

FAMILY LIMITATION

By

Margaret Sanger



INTRODUCTION.

There is no need for anyone to explain to the working men and women in America what a pamphlet is written for or why it is necessary that they should have this information. They know better than I could tell them, so I shall not try. I have tried to give the knowledge of the best French and Dutch physicians, translated into the English language, to all who are interested in the subject. There are many means of medical means of prevention which have not mentioned here, mainly because I have not come into personal contact with those who have used them or could recommend them as entirely satisfactory. I feel there is sufficient information given here, which if followed will prevent a woman from becoming pregnant unless she desires to do so. If a woman is too indolent to wash



## INTRODUCTION.

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I have tried to give the knowledge of the best French and Dutch physicians, translated into the simplest English, that all may easily understand. There are various and numerous mechanical means of prevention which I have not mentioned here, mainly because I have not come into personal contact with those who have used them or could recommend them as entirely satisfactory.

I feel there is sufficient information given here, which, if followed, will prevent a woman from becoming pregnant unless she desires to do so.

If a woman is too indolent to wash

and cleanse herself, and the man too selfish to consider the consequences of the act, then it will be difficult to find a preventive to keep the woman from becoming pregnant.

Of course, it is troublesome to get up and douche, it is also a nuisance to have to trouble about the date of the menstrual period. It seems inartistic and sordid to insert a pessary or a suppository in anticipation of the sexual act. But it is far more sordid to find yourself several years later burdened down with half a dozen unwanted children, helpless, starved, shoddily clothed, dragging at your skirt, yourself a dragged out shadow of the woman you once were.

Dont be over-sentimental in this important phase of hygiene. The inevitable fact is that unless you prevent the male sperm from entering the womb, you are going to become pregnant. Women of the working class, especially wage workers, should not have more than two children at most. The average working man can support no more and the average working woman







can take care of no more in decent fashion. It has been my experience that more children are not really wanted, but that the women are compelled to have them either from lack of foresight or through ignorance of the hygiene of preventing conception.

It is only the workers who are ignorant of the knowledge of how to prevent bringing children in the world to fill jails and hospitals, factories and mills, insane asylums and premature graves, and who supply the millions of soldiers and sailors to fight battles for financiers and the ruling classes.

The working class can use direct action by refusing to supply the market with children to be exploited, by refusing to populate the earth with slaves. It is also the one most direct method for you working women to help yourselves today.

Pass on this information to your neighbor and comrade worker. Write out any of the following information which you are sure will help her, and

pass it along where it is needed. Spread this imperative knowledge!

#### A NURSE'S ADVICE TO WOMEN.

Every woman who is desirous of preventing conception will follow this advice:

Don't wait to see if you do NOT menstruate (monthly sickness) but make it your duty to see that you DO.

If you are due to be "sick" on the eighth of August, do not wait until the eighth to see, but begin as early as the fourth to take a good laxative for the bowels, and continue this each night until the eighth.

If there is the slightest possibility that the male fluid has entered the vagina, take on these same nights before retiring, five or ten grains of quinine, with a hot drink. The quinine in capsule form is considered fresher, but if this is taken, do not use alcoholic drinks directly after, as it hardens the capsules, thus delaying the action of the quinine.

By taking the above precautions you will prevent the ovum from making its nest in the lining of the womb.



Women of intelligence who refuse  
 to have children until they are ready  
 for them, keep definite track of the  
 date of their menstrual periods. A  
 calendar should be kept, on which can  
 be marked the date of the last men-  
 struation, as well as the date when  
 the next period should occur.  
 Women must learn to know their own  
 bodies, and watch and know definitely  
 how regular or irregular they are. If  
 the period comes regularly every twenty-  
 eight days, (normal) or every thirty  
 days in the case of many young girls,  
 mark it accordingly on the pri-  
 vate calendar; do not leave it to chance  
 or guess work. Only ignorance and  
 indifference will cause one to be care-  
 less in this most important matter.  
 A very good preventive (though it  
 is a potent medicine) is BEECHER'S  
 Pills. Two of these taken night and  
 morning, four days before menstruation,  
 will give a good elimination of the bod-  
 y, and assist with the menstrual  
 flow. Castor oil is also a good laxa-  
 tive.

It is the duty of every woman who is desirous of  
 preventing conception with safety and  
 effect:  
 1. To keep a calendar (monthly statement) of her  
 periods, and mark the date of the last men-  
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Women of intelligence who refuse to have children until they are ready for them, keep definite track of the date of their menstrual periods. A calendar should be kept, on which can be marked the date of the last menstruation, as well as the date when the next period should occur.

Women must learn to know their own bodies, and watch and know definitely how regular or irregular they are: if the period comes regularly every twenty-eight days, (normal) or every thirty days in the case of many young girls.

Mark it accordingly on the private calendar; do not leave it to memory or guess work. Only ignorance and indifference will cause one to be careless in this most important matter.

A very good laxative (though it is a patent medicine) is BEECHAM'S PILLS. Two of these taken night and morning, four days before menstruation, will give a good cleansing of the bowels, and assist with the menstrual flow. Castor oil is also a good laxative.

The American physicians may object to this advice because BEECHAM'S PILLS are a patent medicine. But until they are willing to give open advice on this subject, we must resort to such as are the least harmful, until such time as they do.

If a woman will give herself attention BEFORE the menstrual period arrives, she will almost never have any trouble, but if she neglects herself and waits to see if she "comes around," she is likely to have difficulty.

It takes quinine from four to six days to bring about the desired results and if one finds that a longer time has elapsed and the flow is not brought on, then the only remedy is an abortion. When once one has been convinced that an abortion is necessary, do not indulge in medicine of any kind. They only weaken the system, and require a much greater time to recuperate. Never allow a pregnancy to run over a month.

If you are going to have an abortion, make up your mind to it in the first stages, and have it done. Abortions will become unnecessary



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For instance, ten days after the men-  
strual period, and four or five days be-  
fore the next period. This is not  
to be relied upon at all, for it has  
been proven again and again that  
women can conceive at any time in  
the month. Do not depend upon this  
belief, for there is no reliable founda-  
tion for it.

It is a very old book, and the paper is very yellowed and stained. The text is written in a cursive hand, and is very faded and difficult to read. The book is bound in a dark, worn leather cover. The title is written in a large, ornate script at the top of the page. The text is arranged in a single column, and is written in a cursive hand. The paper is very yellowed and stained, and the text is very faded and difficult to read. The book is bound in a dark, worn leather cover. The title is written in a large, ornate script at the top of the page. The text is arranged in a single column, and is written in a cursive hand.

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when means to prevent conception are better understood. It is for each woman to decide this for herself, but act at once, whichever way you decide.

There is current among people an idea that conception can take place only at certain times of the month. For instance: ten days after the menstrual period, and four or five days before the next period. This is not to be relied upon at all, for it has been proven again and again that a woman can conceive at any time in the month. Do not depend upon this belief, for there is no reliable foundation for it.

There is also the knowledge that nursing after childbirth prevents the return of the menstrual flow for several months, and conception does not take place.

It is well not to depend upon this too much, especially after the fifth or sixth month, for often a woman becomes pregnant again without having "seen anything," and without her realizing that she has become pregnant. She thus finds herself

with one at the breast and another in the womb. Use some preventive.

Again, it is believed that conception cannot take place if the woman lies upon her left side at the time of the act. It makes no difference which side she lies upon; she can become pregnant if the semen is not prevented from entering the womb.

Perhaps the commonest preventive excepting the use of the condom is "coitus interruptus" or withdrawal of the penis from the vagina shortly before the ejaculation of the semen. No one can doubt that this is a perfectly safe method; and it is not considered so dangerous to the man as some authorities have formerly viewed it, but it requires a man of the strongest will-power to be certain that he has withdrawn before any of the semen has been deposited in the vagina. It is very difficult to determine exactly whether this has been done. The greatest objection to this is the evil effect upon the woman's nervous condition. She has not completed her desire, she is un-



For a highly nervous woman, her whole being is perhaps on the verge of collapse. She is then left in this dissatisfied state, which is the result of this does not matter. A husband is satisfied sexual act is a great benefit to the woman. The woman, however, it is her life giving, and she is a beautiful and serene. When it is not desired on the part of the woman and she has no opportunity to satisfy not only herself but also the satisfaction and is bound to the woman's inner sensibility. All the marriage certificate on each couple's country notwithstanding, which is a woman desires the sexual act, and is completely satisfied, her whole being is built up and satisfied. Although it, her form develops, her eyes become brighter, her health improves, color comes into her cheeks. All life is changed for her and would continue that if it were not for the fact that she allows intercourse when she has no natural desire for it, and then allowing it, she is



der a highly nervous tension, her whole being is perhaps on the verge of satisfaction. She is then left in this dissatisfied state, which is far from humane. This does her injury. A mutual and satisfied sexual act is of great benefit to the average woman, the magnetism of it is health giving, and acts as a beautifier and tonic. When it is not desired on the part of the woman and she has no response it should not take place. This is an act of prostitution and is degrading to the woman's finer sensibility, all the marriage certificates on earth to the contrary notwithstanding. When a woman desires the sexual act, and is completely satisfied, her whole being is built up and beautified through it, her form develops, her eyes become brighter, her health improves, color comes into her cheeks. All life is changed for her and would continue thus if it were not for the fact that she allows intercourse when she has no natural desire for it, and then allowing it, she is

without means for prevention of conception, and is so throughout the act conscious and fearful of its consequences. Withdrawal on the part of the man should be substituted by some other means that does not injure the woman.

#### DOUCHES & THEIR IMPORTANCE.

The most important part which every woman should learn in the methods of preventing conception is to cleanse herself thoroughly by means of the vaginal douche. After the sexual act, go as quickly as possible to the bath room and prepare a douche. Lie down on the back in the bathtub. Hang the filled douche bag high over the tub and let the water flow freely into the vagina, to wash out the male sperm which was deposited during the act. Do not be afraid to assist the cleansing by introducing the first finger with the tube and washing out the semen from the folds of the membrane. One can soon learn to tell by the feeling when it is sufficiently clean. It is said that the French women are the most thorough douchers in the world, which helps greatly in



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keeping the organs in a clean and healthy condition, as well as preventing the male sperm from reaching the womb to mate with the ovum.

Following are some of the solutions to be used for the douche, which, when carefully used, will kill the male sperm or prevent its entering the womb.

LYSOL-is a brown oily liquid which added to water forms a clear soapy solution. One teaspoonful of Lysol to 2 quarts of water (warm) makes a good solution for douching. Mix in a pitcher or vessel before placing it in the bag.

BICHLORIDE-Get the tablets blue or white from the druggist; the blue are less dangerous to have about because of the color. Always mix this solution thoroughly in a glass or pitcher before turning into the bag. Never drop the tablet directly into the bag. One tablet to two quarts of water makes a splendid solution for preventive purposes.

POTASSIUM PERMANGANATE.-This also makes a good solution, especially where there is a vaginal discharge. The special objection to this is that it

stains the skin and clothing. This can be purchased in crystal form and one teaspoonful dissolved in two quarts of water is the proper strength.

CHINOSOL-is highly recommended as a vaginal douche, as being less injurious to the membranes than bichloride.

SALT SOLUTION-Mix four tablespoonfuls of table salt in one quart of warm or cold water and dissolve thoroughly. This is good and cheap.

VINEGAR SOLUTION-Many peasants in Europe use vinegar as an antiseptic almost exclusively. One glassful to two quarts of water is the strength usually desired. Cider vinegar is preferred. Douche afterward with clear water.

COLD WATER DOUCHE-This will sometimes remove the semen quite effectively without the aid of an antiseptic. But as the semen can hide itself away in the wrinkled lining of the vaginal cavity, the cold water only impedes its progress for a time. As soon as the warmth of the body revives its activity, it continues its journey to meet the ovum.

Every woman should possess a good



two-punt rubber bands are used to maintain a steady direct flow. Some women use the device before the sexual act as a preventive. If this is done, any excitement such as a hard old, or other kind, hydraulic force of pressure used in the acquisition will be of a point of action in the body for the purpose, following the use of the device as a preventive. This is considered to be a good method of preventing the action of the device.

USE OF THE CONDOM OR RUBBER SHEET  
There is little doubt that a woman's own feeling of the genital organs with an elastic sheet is a very effective method of preventing the sexual act. It would be better if the sheet were made of a material which is not so easily torn as the rubber sheet. But as the sheet is not so easily torn, it is better to use a sheet of rubber. The sheet is used in the following manner: The sheet is placed over the genital organs and the edges are fastened to the body. The sheet is then used in the same manner as the condom.

the male organ (penis) and the female organ (vagina) are joined together. The sheet is used in the following manner: The sheet is placed over the genital organs and the edges are fastened to the body. The sheet is then used in the same manner as the condom.



two-quart rubber doucho bag called fountain syringe. Hang it high enough to insure a steady direct flow. Some women use the doucho before the sexual act as a preventive. If this is done, any astringent such as boric acid, alum, citric acid, hydrochlorate of quinine, used in the solution will do. Only a pint of solution is needed for this purpose, following the act a larger doucho is used as a cleanser. This can also be allowed with the regular antiseptic doucho.

#### USE OF THE CONDOM OR "COTS."

There is little doubt that a thorough douching of the genital passage with an antiseptic solution performed by skilled hands immediately after the sexual act would destroy the male sperm and nothing else would be necessary. But there is always the possibility that the sperm has entered the womb before the solution can reach it. It is safer, therefore, to prevent the possibility of the contact of the semen and the ovum, by the interposition of a wall between them. One of the best is the condom or rubber "cot."

These are made of soft tissues which envelope the male organ (penis) completely and serve to catch the semen at the time of the act. In this way the sperm does not enter the vagina. The condoms are obtainable at all drug stores at various prices from two dollars a dozen for the skin gut tissues to one-fifty a dozen for the rubber. These are seamless, thin and elastic and yet tough; if properly adjusted will not break. Fear of breaking is the main objection to the use. If space has not been allowed for expansion of the penis at the time the semen is expelled, the tissue is likely to split and the sperm finds its way into the uterus. The woman becomes pregnant without being conscious of it. If, on the other hand, care is given to the adjustment of the condom, not fitting it too close, it will act as one of the best protectors against both conception and venereal disease. Care must be exercised in withdrawing the penis after the act, not to allow the condom to peel off, thereby allowing the semen to pass into



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The condition is one of the most commonly known preventives in the U. S. It has another value quite apart from prevention in decreasing the tendency in the male to arrive at the climax in the sexual act before the female. There are few men and women so perfectly matched that the climax of the act is reached together. It is usual for the male to arrive at this stage earlier than the female, with the consequence that he is further incapacitated to satisfy her desire for some time after. During this time the woman is in a highly nervous condition, and it is the opinion of the best medical authorities that a continuous condition of this unrelieved state brings on or causes disease of her generative organs, besides giving her a perfect horror and



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the vagina. It is desirable to discard the condom after it has been used once. But as this is not always done, care must be taken to wash the condom in an antiseptic solution before drying it and placing it away for further use.

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repulsion for the sexual act.

Thousands of well meaning men ask the advice of physicians as to the cause of the sexual coldness and indifference of their wives. Nine times out of ten it is the fault of the man, who through ignorance and selfishness and inconsiderateness has satisfied his own desire and promptly gone off to sleep. The woman, in self-defense, has learned to protect herself from the long hours of sleepless nights and nervous tension by refusing to become interested.

The condom will often help in this difficulty. There are many girls who have had no education on the subject, no idea of the physiology of the act, who upon any contact of the semen have a disgust and repulsion, from which it takes some time to recover. Much depends upon the education of the girl, but more upon the attitude of the man toward the relation.

#### THE PESSARY.

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### THE PESSARY

But most often the pessary is of the form of a small, flat, oval disc, made of rubber or of a similar material, and is inserted into the vagina. It is held in place by the contraction of the muscular walls of the vagina. The pessary is used to prevent the descent of the uterus and the ovaries, and to relieve the pain and discomfort which are caused by this condition. It is also used to prevent the escape of urine from the bladder, which is a common complication of this condition. The pessary is usually worn for several months, and is then removed and replaced by a new one. It is a simple and effective method of preventing the descent of the uterus and the ovaries, and of relieving the pain and discomfort which are caused by this condition.

Some of the advantages of the pessary are that it is simple and easy to use, and that it is not expensive. It is also a non-surgical method of preventing the descent of the uterus and the ovaries, and of relieving the pain and discomfort which are caused by this condition. The pessary is usually worn for several months, and is then removed and replaced by a new one. It is a simple and effective method of preventing the descent of the uterus and the ovaries, and of relieving the pain and discomfort which are caused by this condition.

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mon preventive articles used in France as well as among the women of the rich and upper classes in America. At one time the cost of these pessaries was seven dollars, as they were imported into this country from France. Now they are manufactured in this country and may be had from fifty cents up to two dollars. The pessary is the name of one of the best pessaries only one dollar and a half, being the name of the best pessary in France - large, medium and small. It is well to get the medium size, as the small ones are easily lost out of the vagina, and only get out of the vagina in my estimation a pessary is the surest method of preventing the descent of the uterus and the ovaries. I have known hundreds of women who have used it for years with the most satisfactory results. The pessary is a simple and effective method of preventing the descent of the uterus and the ovaries, and of relieving the pain and discomfort which are caused by this condition.



men preventive articles used in France as well as among the women of the middle and upper classes in America. At one time the cost of these ranged up to seven dollars, as they were imported into this country from France. Today they are manufactured in this country; and may be had from fifty cents up to two dollars. The HIZPATH is the name of one of the best, and costs only one dollar and a half at any reliable drug store. They come in three sizes - large, medium and small. It is well to get the medium size, as the small ones are only for very small-boned women and easily get out of place.

In my estimation a well-fitted pessary is the surest method of absolutely preventing conception. I have known hundreds of women who have used it for years with the most satisfactory results. The trouble is women are afraid of their own bodies, and are of course ignorant of their physical construction. They are silly in thinking the pessary can go up too far, or that it could get lost, etc., etc., and therefore discard it. It

can not get into the womb, neither can it get lost. The only thing it can do is to come out. And even that will give warning by the discomfort of the bulky feeling it causes when it is out of place. Follow the directions given with each box, and learn to adjust it correctly; one can soon feel that it is on right. After the pessary has been placed into the vagina deeply, it can be fitted well over the neck of the womb. One can feel it is fitted by pressing the finger around the soft part of the pessary which should completely cover the mouth of the womb. If it is properly adjusted there will be no discomfort, the man will be unconscious that anything is used, and no germ or semen can enter the womb. If the woman should fall asleep directly after no harm can happen. Take part or about a quart of antiseptic douche BEFORE the pessary is removed; after removing continue the douche and cleanse thoroughly. Wash the pessary in clear cold water, dry well, and place away in the box. One should last two years if cared for. I recommend the use of







the pessary as the most convenient, the cheapest and the safest. Any nurse or doctor will teach one how to adjust it; then women can teach each other.

#### SPONGES.

Sponges can also be had at the drug store. They have a tape attached to them to be conveniently removed. They should be soaked in an antiseptic solution for a few minutes before coitus and then introduced into the vagina as far up as they can be placed. Some physicians have recommended the use of a cotton plug, instead of the sponge, to be soaked in a solution of three percent carbolic acid and glycerine, before the act. The male sperm is destroyed by the weakest solution of carbolic acid. Some of the peasants in Europe use the cotton plug soaked in vinegar for the same purpose and find it satisfactory. In this country a boric acid solution has been used for the same purpose and with satisfactory results. Of course this requires a saturated solution, as, for instance, one teaspoonful of the powder to a cup

of water, stirred until dissolved.

Sponges and plugs can be recommended as perfectly safe, if followed by an antiseptic douche before the removal of the plug or sponge, thus preventing the sperm from entering the womb. The problem is: to kill the male sperm upon entering the vagina, or to wash it out or kill it directly afterwards. A weak solution of alum may also be used for cotton plugs and sponges also carbored vasoline on plugs.

#### VAGINAL SUPPOSITORIES.

These may be found at any reliable pharmacy. The majority of them are made from cocoa butter or gelatine which makes it necessary that they be deposited in the vagina several minutes before the act, in order for them to melt. Special ingredients negate the effect of the male seed. Any reliable druggist will make up for you:

BORIC ACID, 0.6 grams,  
SALICYLIC ACID, 0.12 grams,  
QUININE BISULPHATE, 0.2 grams,  
CHINOSOL, 0.12 grams,  
GLYCERINE GELATINE, 6.0 grams.



1. The first of these is the fact that the  
 2. second of these is the fact that the  
 3. third of these is the fact that the  
 4. fourth of these is the fact that the  
 5. fifth of these is the fact that the  
 6. sixth of these is the fact that the  
 7. seventh of these is the fact that the  
 8. eighth of these is the fact that the  
 9. ninth of these is the fact that the  
 10. tenth of these is the fact that the

[illegible]



21- Allow twenty minutes for melting.

Another form of suppository which was recommended by a physician who charged a fee of \$10.00 for the prescription, is the following:

BORIC ACID, 10 grains,  
COCOA BUTTER, 20 grains.

Another suppository which is the same as the well-known ASEPTIKON, is the following:

SALICYLIC ACID, 2 grains,  
BORIC ACID, 10 grains,  
QUIN. PUROL (alkal). 1 grain,  
CHINOSOL, 2 grains,  
COCOA BUTTER, 90 grains.

M.F. suppos. glob. No. 1,  
(Introduce into vagina 3 min.  
before the act).

Practically all vaginal suppositories act as preventives, but the most commonly used is the ASEPTIKON, manufactured by the Chinosol Co. They are to be secured at any reliable druggist's upon demand. They should be kept in a cool place. They are not poisonous and cause no injury to the membranes. They are distributed in a box costing 85¢. The prescription

22- quoted above can be made up more cheaply, however.

It is interesting to note that in the rural districts in France, the peasant women make up their own preventive suppositories, placing them carefully away in glass jars. This is one of the recipes which has been used:

GELATINE, 1 part,  
WATER, 2 parts,  
GLYCERINE, 5 parts,  
BISULPHATE OF QUININE,  $\frac{1}{2}$  part.

Make this into a paste. Allow to spread out and solidify. Cut into pieces of 2 grammes each. Wrap separately, and put in cool place (air-tight).

I have given in the foregoing pages the most commonly known means of prevention. PERSONALLY I RECOMMEND EVERY WOMAN TO USE A WELL-FITTED PESSARY AND LEARN TO ADJUST IT.

Margaret Sanger.



22

It is interesting to note that in  
the district of London, the  
percentage of women workers has been  
estimated at 40%.

1. The first part of the report is a general statement of the work done during the year. This is followed by a detailed account of the work done in each of the four main divisions of the work. The report then goes on to give a summary of the work done in each of the four main divisions of the work. The report then goes on to give a summary of the work done in each of the four main divisions of the work.

1. I have been in the hospital for  
a long time and am now at home.  
I am feeling better and am able to  
do some work. I am now at home  
and am feeling better. I am now at  
home and am feeling better. I am now  
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now at home and am feeling better.

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