

BIRTH CONTROL - IS IT MORAL

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Young people today are more fortunate in many respects than those men and women who have preceded them for countless ages. They have more freedom and independence in the home, school, shop, and factories. Their lives have grown together to the extent of the abolition of the double standard that for so many centuries held women prisoners. To meet this sudden widening of life which has been opened to them, men and women need much new knowledge and new wisdom. The withholding of all the helpful and important knowledge that the adolescent should have has long been the greatest mistake that civilization has made. The boy and girl of today come in contact with life at an early age because of the necessity of making their own way in the world, and whether they join the "army of the employed" or not they always enjoy the privilege and duty of guarding and upholding the social and mental values upon which civilization has so painstakingly been built. There can be little doubt that at the present time there is a test issue between two widely different interpretations of the word civilization and of what is good in men and women. The way in which the opposite sex range themselves in the controversy is more simply and directly indicative of the manner in which they have been raised. This does not imply that those advoca-

ting Birth Control are any more intelligent or intellectual than those opposing it ; for very dull, very complex, very brilliant, and very stupid persons may be found in either camp. However, in looking at the subject as a whole it would seem that for the most part too much personal emotion has been spent on the subject and far too little attention given to the broader aspects. So far birth control has been discussed only in troubled households or aired in crowded court rooms. Why not remove the stigma from Birth Control and look at it in a modern and intelligent manner.

To first understand why all knowledge of birth control has been withheld from the people of the United States one must first understand Anthony Comstock. It seems odd that one man could be responsible for the blanket of ignorance that has covered the United States since 1872. Anthony Comstock believed himself to be appointed by God to stamp out all vice from the United States. Thus inspired he devoted his whole life to that cause. At the age of eighteen he began his career by raiding a saloon single-handed, leaving spilled liquor on the floor.. To wreck a saloon was but the work of an infant for this man who stood 5'10" in his shoes, carried 210 pounds of muscle and bone, whose chest reminded one of a gorilla, and whose legs were so short and solid as to resemble tree-trunks. The Puritan strong boy absolutely practiced what he

taught. "His clothes were always dark and never pressed, his shirts were stiffly starched, and he tied a black tie around a low winged collar. His nearest approach to festivity was putting aside of the black bow for a white tie". He never denied that he wore red flannels the year around or that he considered his famous "mutton chops" an honorable badge of his calling. Nor, did he deny that he carried a wooden snake in his pocket to frighten a small girl whom he honored with his visits. In 1868 he started his "clean-up" campaign by having two book dealers arrested for selling erotic books and pictures; he was a constant source of annoyance to the book dealers in New York during his climb to fame. It was in 1871 that he married Margaret Hamilton because she reminded him of his mother. She was ten years older than himself, but he was absolutely devoted to her, and though he was a constant source of worry because of his erratic ways, she tried to understand him as well as she could. Comstock at times admired children a good deal, and it was a constant desire of his to have a child. As "Maggie" was too old for child bearing, he adopted a child he found in a Chinese slum. Her name was Adele and she was never a very bright child. She grew into a straggling sub-normal girl making herself conspicuous after the manner of stupid children by doing annoying and malicious things. Comstock never realized that Adele was not like other children and insisted upon taking her every place with him. Upon his death at

seventy-two years of age she was committed to an institution as "definitely insane". When Comstock was appointed to the "Committee On the Suppression of Vice", by the Y.M.C.A. , he realized his life's ambition. As a first step he wrote the book, "Frauds Exposed" in which he set bravely out to destroy the "hydra-head monster-vice".. Comstock was not alone in his fight against vice, but he was the only name ever mentioned because public ridicule was too much for anyone else to stand. The distinguishing characteristic was that Comstock was a leader compelled to translate his emotions into action. He was unbalanced on the subject of vice and his horror of sin; his conviction that purity of conduct could be forced on the people from without was part of his early Puritanical training. His drive against vice later extended from New York throughout the United States, and in 1872 he practically drove a bill through Congress suppressing all knowledge of "birth-control" by making it a penitentiary offense to give out information to that effect. In the Lottery Acts , Mann Act, Pure Food Act, Narcotic, Prohibition Act, can be felt the influence of that crazed crusader, Anthony Comstock. Had his crusade run counter to the moves of his people he would have been a pitiful figure, a martyr to a lonely ideal, but he was always in the van, and somewhere behind him stood the ideals of Puritanism struggling to rear its head again from the ruins of a crisis, the Civil War. Readers, I give you, Anthony Comstock and Margaret Sanger, cultured

crazed, crusaders.

Immediately arises the question who is Margaret Sanger? She is Anthony Comstock's opponent. However she is still alive and is struggling to undo the harm so unconsciously done while she was still a small child. It is her wish to give free Birth Control advice to every mother who wishes it. Margaret Sanger is the mother of 3 children. She loves the limelight and ballyhoo connected with her subject. She was the fifth child in a family of seven. Her mother and father were of Irish descent, and the large family was representative of an average family of that generation. Margaret's father, however, was better educated than the average of the people of that time. It was he who first caused Margaret to think for herself, to disbelieve all things she read, and to question every thing she heard. It was her father who caused her to desert her religion by creating such doubt in her mind, that she could no longer accept its teachings. He created this doubt by asking her to whom she was praying in asking God for her daily bread. "Why to God, of course", replied Margaret. "Is God a baker?" he asked. The result of that brief dialogue was devastating and created the doubt that continues to live in her mind today. Her first thought about the limiting of a family came when her mother at the age of 43 died of cancer of the uterus. The end result of having too many children with no proper spacing for them.

The family was poor and sometimes without food; but through the ingenious handling of what finances they had the children all had an education. The father furnished and fostered the desire for knowledge in the children, and in his daughter, Margaret, found an outlet for his ambitions. When Margaret's mother died, her father changed completely. He withdrew into himself and refused to associate with his family. He set certain hours for the family to be in the house, allowed no literature in the house of which he disapproved, and never laughed. Margaret incurred the wrath of her father by coming in late one night. On arriving home, she found the door locked; so she walked the streets until midnight, then she went to the home of a friend who took her in and gave her money to go on to her aunt's. Her father came for her two days later and took her home; but, with the understanding that she was to have whomever she liked in the house. Her father's return to normal was the result of reading the book, "David Harum", that Margaret had smuggled into the house. He read the book secretly one day and was overwhelmed by the nonsense of it. He gradually returned to normal and once more laughter rang through the old house. Six months after her mother's death, Margaret was accepted as a probationer in Westchester County Hospital not far from New York. There she acquired nerve, patience, and endurance. It was here that she gained the tremendous influence which directed the road the birth

control movement took. Soon after leaving the hospital she married William Sanger, an architect by profession, an artist by temperament. A year after her marriage she contracted T. B. and was sent to the Adirondacks to regain her health. It was here she realized she was to have a child. She stayed at the sanatorium until the child was due. Then she returned to New York to await its birth. The child was a healthy boy, in spite of the hard labor and her weakened condition. It was the birth of her son during this critical disease that also was an incentive to go on with her birth control thoughts. Early in 1912 when she was working as a social service worker, the sudden realization came to her that her work as a nurse in social service was futile and useless to relieve the misery she saw all around her. It was then she discovered that pregnancy was a chronic condition among the poor. Working with these people in the slums of New York, she discovered that abortions and births were the main theme of conversation. She saw groups of fifty to one hundred women going to questionable offices in the community for cheap abortions. Upon asking several women what took place, they all gave the same reply: a quick examination, a probe inserted into the uterus, a few quick turns to disturb the fertilized ovum, and then the women were sent home. After that she usually heard of some of these victims in the hospital for a curetage or perhaps in the morgue for burial. She learned of their desperate efforts at bringing themselves "around"-drinking various herb teas, taking drops of turpentine on sugar, steaming over a chamber of boiling coffee or of tur-

pentine water, rolling down stairs, and finally inserting slippery elm sticks, or knitting needles, or shoe hooks into the uterus. It was there that she was implored to give out the information she did not know. It wasn't till 1913 that she became convinced that she couldn't get the information she desired in this country and turned her footsteps toward Europe for the desired knowledge. She attended the birth-control clinics in Holland, France and Germany. She returned in 1914 with all knowledge possible to get on birth control. In the same year she came face to face with Anthony Compstock for the first time. Those two worthy opponents immediately disliked one another and both recognized the strength of the other. Anthony Compstock struck the first blow by arresting William Sanger for passing out birth control literature with which William Sanger had no connection. Margaret Sanger returned from Europe to accept Compstock's challenge. She told the court her husband had no connection with her work and they released him on her admittance that she was responsible for the information being passed out. During the trial which followed this incident, Anthony Compstock her bitterest enemy, died from a chill he received while returning from the court. One might say that fate was on Margaret's side, while on the other hand, a few days later Margaret's daughter, Peggy, died of pneumonia. Her daughter's death has given her a renewed determination to continue her fight for wide spread knowledge of birth control. She felt that Peggy was sacrificed for the cause and that the end results of this campaign would be a monument to her memory. After Compstock's death, Margaret Sanger resumed her fight

with renewed vigor. She ran afoul of the New York Police and was thrown in prison for running counter to Anthony Compstock's laws. There, she made enemies of all the prison officials and jailer by refusing to be fingerprinted "like a common criminal". However, while in prison she was treated with the best of care because of the publicity she was creating. Any abuse she received immediately received publicity also. She has battled the law and the Catholic church for seventeen years and has made headway against all opposition. Through ballyhoo, publicity and modern writing for modern magazines she has managed to keep her name always before the public. In this last year (1935) a bill to repeal Anthony Compstock's vice law was introduced to the Senate, but to Margaret Sanger's disappointment and all her followers, it was repealed by an overwhelming majority. However, by constantly keeping her ideas before the public she may yet live to see the day when all women are freed from the "man-made yoke". It has roughly been estimated that since the passing of the Compstock bill in 1872, 15,000,000 children have expired during their first year of infancy; many born to conditions of poverty and their mother's poor health. A great majority of these might have been lowered by repeated pregnancies. The problem of Birth Control can not be lightly tossed aside as it is one method that can be used to control race over-flow.

Immediately arises the question, where can one get birth control information; what kinds shall be used; when shall it be used. Some people say spreading birth control information is like carrying coal to Newcastle; everybody

practices some form or another of control. Perhaps some form but is it the right kind? Should birth control be done by abortions, induced by slippery-elm sticks, probes and even nail files or should there be wise, conscious control by contraceptives and not deaths? The use of contraceptives are imperative in cases of heart disease, kidney trouble, Syphilis, Gonorrhea, Tuberculosis, deformed pelvis, Feeble Mindedness and Insanity. All of these diseases are either dangerous to the mother or child and must be held in check some way. Dr. Dickson said that over 80% of marriages are emotional failures due to fear mis-mating. Perhaps if knowledge of birth control could be passed among the people, if they could be educated to their uses, wisely, some of the fear and dissatisfaction would be removed. The question has often arisen - is there any 100% contraceptive? The answer is No! Excepting, of course, vasectomy and salpingectomy which is 100% certain. No one method is applicable or recommendable to everybody indiscriminately. Not only must the physical and anatomical condition of the patient be taken into consideration, but the fact that perhaps she has numerous other children. Even the social and economic conditions must be taken into consideration. It would be absurd to recommend the same type of contraceptive to a woman with endless luxuries and to a woman never having seen a bath rub in her life - one to whom a douche bag is a complicated piece of apparatus. The fact that contraceptives are a personal matter must once more be touched upon and that the method that must be used is an individual problem that can only be solved by a physician or

an especially trained person that has spent years following just that study. The modern contraceptives are not injurious and some women have even been benefited by their use. Some of the contraceptives sold in drug stores under the thin veil of "Feminine Hygiene" are either too strong or too weak and both being injurious and a waste of money. Birth Control does not mean the destruction of life. It rather means the prevention of life. It should not be necessary to dilate upon this point, as only the Catholic Church and misrepresentation and ignorant persons are still rambling on this point. Contraceptive measures are divided into two classes: those used by the man and those used by the woman. The preenceptives, which may be used by the man are three in number: withdrawal, the condom and vasectomy. The method used by the women are: douches, suppositories, tablets, jellies, the iodine method, cervical caps, diaphragms, intra-uterine appliances, the safe period, holding back and salpingectomy. We shall discuss first Cactus Interruptus used by the man as a means of birth control. This consists in normal intercourse up to the point of culmination; when the man feels that ejaculation is about to take place, he withdraws the organ and ejaculates into a previously prepared napkin. In spite of many disadvantages of this method, it is still the most popular, the most universally used of all methods because it involves no cost whatever and can be used anywhere at anytime. This use of contraceptive is injurious to the nervous systems of both men and women and is very unsatisfactory in giving complete happiness in sexual intercourse. This method is a reliable preenceptive method for

a few; but, it is undesirable because it is disagreeable, unreliable and injurious for a vast majority of men and women. Next in popular use is the condom invented by Dr. Condom who had no idea of using it as a prevenceptive. He suggested its use in prevention of venereal diseases at the time when gonorrhea and syphilis were raging throughout Europe. The condom or sheath is made either of rubber or animal membrane. The cecal condom lessens the pleasurable sensations less than the rubber, but has the disadvantage of having to be moistened before it is put on. The size of the condom should fit exactly or it is apt to slip off or be so tight as to prevent erection of the part. The condom may be used several times if it is washed with water when removed and dipped in 1/1000 bichloride solution and dried well. Kept in a well closed jar away from the sunlight. This method is the most used by the Jewish people. In vasectomy the duct of the vas deferens are merely tied off. It is a minor operation, only requiring a few minutes to perform, and in no way weakens the sexual power. Some even claim that it increases it. Vasectomy is becoming vastly popular among the intelligentsia. It is simple and it does away forever with withdrawal or condoms on the man's part and with all prevenception on the woman's part. This perhaps is the most ideal method of birth control, especially when the family have as many children as they desire, and feel that their home is complete. All the following methods belong to the women's domain. The women alone can employ them and she is the one to be instructed in their proper and intelligent use. There might be fewer failures in prevenceptive

measures if the women were given five or ten minute lessons in the anatomy of their sex organs. By the aid of a chart she could be shown the shape and position of the uterus, the position of the cervix and the ways these are placed in the body. The important point to drive "home" to the women is whatever she uses, be it suppositories, jelly or tablet, it so be deposited at the mouth of the cervix. Douches are perhaps the most common and least reliable of our prevenienceptives. It can safely be said that they fail in 50% of all cases. The douche would be 100% except in some cases the semen is ejected directly into the cervix and no douche, no matter how powerful, can be of any use. Because the douche only affects the contents of the vaginal canal and does not penetrate into the uterus. It is not the strength of the douche that is important, but the method of douching that counts. Vinegar, alum, formaldehyde, solution of peroxide of hydrogen, boric acid, chinosol are all effecient and harmless. The douche bag usually contains two quarts of water and to this is added two ounces of vinegar, two tablespoons of boric acid, one-half gram tablet of chinosol, four ounces of peroxide of hydrogen or four tablespoons of sodium hypochlorite solution. As a whole, a douche would probably be much more satisfactory if it were used, ante coitum instead of post coitum. Suppositories were the first forms in which modern chemical prevenienceptives were used. Suppositories are very convenient; as convenient as tablets and more convenient to use than jellies. Unfortunately the percentage of failures is higher than with jellies, because

of the careless use of them; the act of intercourse takes place immediately after introduction of the suppository and no time is given for it to dissolve. Often the women will push it into one corner of the fornix instead of placing it in front of the cervix. The base used for making the suppository is sometimes objected to also. Some people dislike the greasy feeling of the cocoa butter and its odor. Some formulas can be made with a gelatin-glycerin base, such as:

Quinine Sulphate	0.2) For one suppository
Boric Acid	0.5	
Chinosol	0.2	
Oil of Theobroma	5.0	

Tablets, from point of view of convenience, are entitled to first place. The modern tablet is made of substances that foam up, fill the vaginal canal with a gas and cover the vaginal walls with an antiseptic foam. Why aren't they ideal then? Because they don't always do it. These tablets need moisture and some women have very scanty vaginal secretions so the tablet remains dry. No gas or foam is formed and the preventive value is nil. Jellies have risen rapidly in popularity because high degree of reliability and simplicity of use. All the modern contraceptive jellies now come in collapsible tubes, with long glass nozzle, which screws into the top of the tube. The tube has a key attached to the bottom and by turning the key, the jelly is squeezed into the nozzle. It is an easy trick to acquire - that of pushing the nozzle to the very cervix before squeezing out the jelly. Also during intercourse, the male organ helps

spread the jelly over vaginal walls. Jellies do not harden as suppositories do, nor do they lose their powers like a tablet does. Jellies are more easily spread, thus affording greater protection. There are a good number of jellies on the market, but perhaps the best is:

Glycerti Amyli	100.0
Acid Borici	5.0
Acid Lactici	1.0
Quinine Hydrochlar	1.0

The simple iodine method, much used by Russian physicians is decidedly 100% if used with intelligence. On the day of cessation of menstruation, or the day following, the woman visits the physician, who injects into the uterus a few drops of solution or tincture of iodine, or swabs out the cavity with a swab dipped in iodine preparation. No dilatation of the cervix is necessary as this is open slightly immediately after menstruation. This injection usually protects the women from conceiving during the month. If, however, the menses fails to appear she should wait a few days - not more than five - again visit the physician who again can swab out the uterus with iodine. This invariably brings on the menses. This simple method can never become one of universal applicability, because it necessitates the women visiting the doctor regularly once a month, and, besides, the second swabbing is really, so to speak, bringing on an abortion, though a very early one, and to this, many physicians would object. The diaphragm is gaining universal popularity, due to the fact that it

can be applied to the mouth of the cervix and left all night. The diaphragm is nothing more or less than a rubber ball cut in half. It has a rigid but flexible rim. It is introduced into the vaginal canal with the concavity upward, so that it covers the cervix and the rim rests on the vaginal walls, thus forming a wall which cuts the vaginal canal in half. The semen inserted into the lower half of the vagina comes in contact with the barrier of rubber pessary and is prevented from entering the os. The diaphragm is not any more successful than the jellies and requires the advice of a physician. However, the diaphragm in conjunction with a contraceptive jelly is almost as safe a prevention as can be found. But the real obstacle to contraceptive advice is the fact that a physician's advice is necessary. And it is a known fact, that in the United States today there are whole communities of people who are born and die without once receiving the aid or benefit of medical attention. Other forms of contraceptives discussed today are the safe periods and the immunity of a nursing mother. The safe period is absolutely unproven, and the fact that a mother is nursing her child is no proof she won't become pregnant. Any woman who depends on the above methods of prevention is prone to disappointment. The newest method of birth control is the use of X-Ray. The use of Roentzen rays measured accurately and used in the right amount by an expert, can produce sterilization, lasting from several weeks to several months. While an over dose of X-Ray will produce sterility. In Russia today experiments are being conducted with preparations of spermatozoa which, when

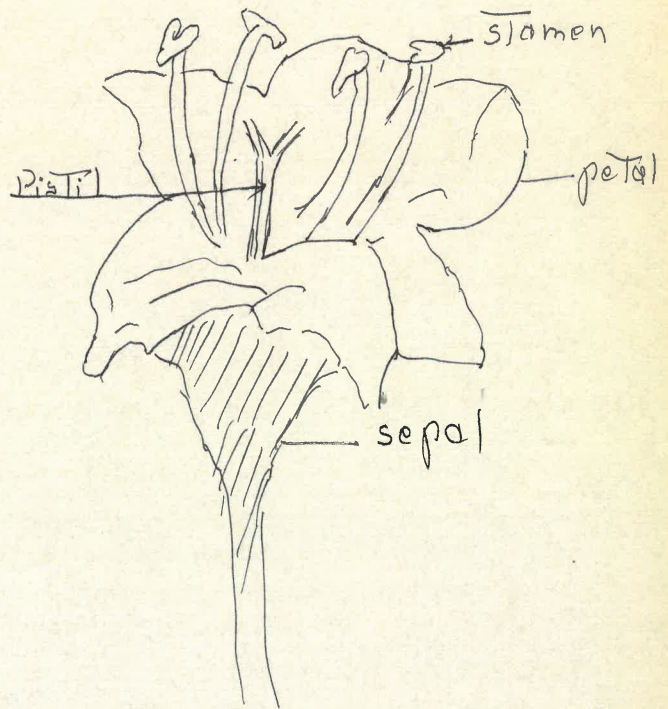
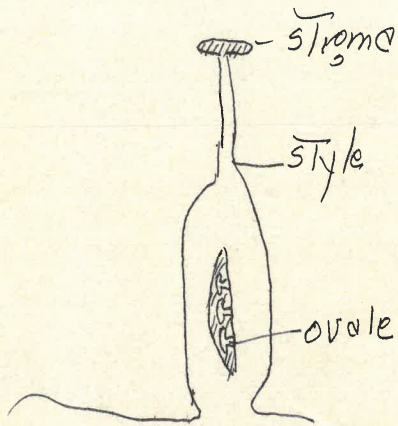
injected into the female cause sterility. This is still in experimental stage, but, if this is perfected it will be the most ideal form of birth control. Immunity by hypodermic injection. The various methods of preenceptive mentioned are given just to show how the race growth is being controlled. None of these are being forced on the public and in fact they are being withheld. Perhaps when the public itself awakes to the fact that it is ignorant and unable to handle these matters by themselves and accepts and seeks the help of the physician, then perhaps more advancement will be made upon this line.

The problem of brith control has arisen directly from the effort of the feminine spirit to free itself from bondage. But, with this freedom comes a responsibility she has not realized. Within her is wrapped the future of the race - it is hers to make or mar. If this information is given her by the efforts of Margaret Sanger and people like her, the human race should be educated as to its use. Its use should not be abused for with this gift should also come Sex Education. Not an education as to the use of the various methods of birth control, but a thorough education of sex, its use and end results. An education that removes the inhibitions and taboos from the subject of sex. The most fundamental task in this education is the instruction given by parents to their children. It is true that so far the parents have not received any adequate help in this matter. If they have any adequate knowledge, it is because of their disappointments in their sex education or a driving curiosity that has caused them to study individually. Assuming that

a child is not born abnormal, the home training he receives makes all the difference between a "good" person and a bad one, between a "social" and an "unsocial", and the boy or girl that can make adjustments and the one who can't. The home situation can make a sound social human being out of any normal child, if the parents have the wisdom to find what is "the right approach in each individual case." Or, the home can without meaning to, create a pessimism and sometimes criminality. The parents of today are not successful in turning out happy, satisfied children, and a lot of the unhappiness is due to ignorance on the parent's part. There isn't any normal parent in the world who wouldn't sacrifice all they had to give their children the best that "money could buy". But, most of them neglect the one thing that would probably settle a lot of the problems of their dissatisfied offspring if they had been able to answer, wisely and intelligently, that question asked so long ago - "Where did I come from?" Most children are put off with the answer, "The stork brought you", or "The doctor found you at the hospital". That is where the first mistake is made. The child has come to the mother because he trusts her, feels that she is truthful and all-wise in her knowledge. He innocently goes out and confides in his playmates that he knows where he came from. Now all children aren't interested in the sex question at the same time - it is an individual matter -- the sex awakening of children. But, in every crowd there is someone who has always discovered the facts before the others, and if there is such a one in the group that hears the whispered news of his playmate,

he will laugh and taunt him and impart the news in no uncertain fashion to his interested playmates. The first boy has been humiliated and with his embarrassment comes the realization that the one person he has trusted, his mother, has been false to that trust. He doesn't come to his mother with any more of his sex-problems because in his childish way he realizes that for some reason or other his mother doesn't want to talk about it. So he goes to the outside for all his information. He gets there, the kind of education that probably most of the parents got - an education of the streets. He doesn't know the reason for things or why they happen; he just knows he was made that way and that they're happening. The boy or girl was not created in any supernatural manner. On the contrary, he or she was created in a way that any mother or father could explain if they would. The only trouble with mothers and fathers is the fact that they are embarrassed when the child comes for information and shove him off rather than let the child see their sheer ignorance in these manners. Sex education should be conducted on the child's level and in a free and open-handed manner. Take a child at ^{four} or when ever he gets curious and teach him sex education on his level and keep it up. First, the lesson should consist of flowers then to fish and frogs, birds and higher mammals. Take the child for a walk in the wood or to some park for his first lesson. Take him some where that flowers are handy so that in explaining the process of reproduction, a flower may be easily dissected and the different parts shown to him. Take any flower that happens to be in bloom at the time and explain

that this certain flower belongs to a family. It has a father and mother which are essential if there are to be any seeds. Then show him the reproductive organs of the flower and explain that every flower grows and dies for but one purpose, to reproduce its kind. If possible take a flower home and draw the different parts so the child may refer to them if he wishes.



After Bergen

Each part of the flower should be explained carefully. The seeds or ovule should have special attention. Show how they lie within the pistil or mother, and the fact that they are undeveloped yet. Next explain the father or stamen of the flower. This being a slender thread-like sac which contains very fine powder-like substance, which is called pollen. Now explain that the pollen from the stamen or the father must get into the pistil or mother and reach the ovule or seed or the seeds will die. The child has now been taught and has seen how the pollen reaches the baby seeds. He has been taught the importance of the pollen for the growth of the seeds. He has seen that they are given new life, that they remain right in the little nest and are nourished by the pistil or mother flower, until they are full grown. Also in the lesson should be included the plant's necessity upon the air, ground and rain for food, oxygen and growth, in order to reproduce its kind. It is in the very first lesson, that of the flowers, that it should be told that "every little girl is like a mother flower who has seeds hidden within in her ever since she was born, while every boy is like the father flower and has a pollen sac like him. Explain that the seeds in the girl are hidden way back in the abdomen and that as she grows and gets big enough, the seeds will also grow. That the pollen of the little boy is kept in the scrotum until he grows up big and strong, when it too will be ready to add life to the little seeds and then become the father of boys and girls." The next order of life study should be fish and toads; these should be gotten in the egg stage if possible in order to watch their

full development. The polly-wog should be carefully observed so the loss of the tail and the development of the legs and enlargement of the body can be fully noticed. The toad sheds his skin frequently while he is developing until he is an adult, and then he sheds them four times a year. Nor do toads reproduce until they are three or four years of age. Explain to the child that this spring the toad is four years old and feels life within it. The mother toad is glad to be awake and alive and off she goes in search of food and friends. Perhaps she finds father toad who is also happy and glad to be alive and who liked mother toad very much. Like the flower, mother toad has in her body a little nest where little seeds or eggs have been kept and now has come the time to awaken them, but she needs the help of father toad just as the flower needed the pollen from the stamen. Also the explanation of the toad's reproduction is absolutely necessary because it is a step above the fish and the toads must be together in order to reproduce. This delicate explanation must be made on the child's level. Now, interpreting the toad's reproduction, show the child how mother toad gets close to father toad when she knows the eggs are to be expelled and he holds her fast behind the arm, and as they are expelled, he pours over them his life-giving fluid, which enters every tiny egg and gives it new life in order to make it grow. Show the child the care given the eggs by father and mother toad and the relatively few toads in comparison with the flowers, and emphasize the care father toad took to fertilize the eggs before they went into the water, one step higher than the fish.

Next highest is the bird. Hunt for a nest to watch the birds grow in, and if possible discover one in the process of being built. Explain that Mrs. Bird takes great care in selecting a mate. He is usually the strongest and best singer of all her suitors - a father that the mother knows will be good to her off-spring. The higher intelligence of the bird must be brought out clearly to the child because of the fact that the egg is fertilized while still in the mother's body. Just like the flowers, fish and toads, mother bird has seeds in her body, and the storehouse is known as the ovary. This ovary is attached to a tiny tube that runs to the outside of the body. When the eggs are ready for fertilization, this is shown to father bird through outward signs, such as, the changing of the bird plumage for a brighter one and the increased beauty of its song. Explain that the father's plumage and song changes and he is bubbling and alive with life. When time arrives, Mr. Bird places himself in such a position that the fertilizing fluid enters the mother's body, and as every bit of this substance is alive it moves on and on until it reaches the hidden egg where it mingles with the egg and produces new life. As the egg begins to grow, it passes down the little opening connected with the outside world, into the nest. Father bird is delighted with the eggs, but, he also realizes that because there are only two or three, they need special and extra care so that each one will hatch. So he and Mrs. Bird take turns keeping the eggs warm, until the day when the shell bursts open and out comes a new bird. Mr. Bird feels very responsible for the new eggs and very proud of his little wife and

he constantly watches over her, fighting off any other birds that venture near and bringing food to Mrs. Bird so she will not have to leave the nest except when she wishes to. Watch the birds grow and emphasize the care Mr. Bird takes of this family. Show the child the part he plays in family life by comparing him to Mr. Bird. There is no more interesting and charming lesson of paternal love to be learned than that among the birds. The first lesson of father love is noticed among the birds. Now comes the most delicate lesson of all the reproduction of mammals. First clear up the question - what is a mammal? Do this by describing the cow or horse to the child. Impress the fact that it breathes with its lungs, not gills, has a hairy covering, a warm blood circulation, and nurses its young. They have little ones which are born with the same shape as their mothers and fathers and not in the form of an egg. There is no one creature to be taken up this time. Use a cow, horse, rat, rabbit or cat. If a cat is to have kittens, get the child to note the outward change of appearance, the enlargement of abdomen and the preparation she makes for the coming event. Show the enlargement of the breasts and explain that this is the preparation that nature makes to feed the coming kittens. Explain that the kittens grow within the mother's body for six weeks, and that as the mother can no longer feed and care for the kittens within herself, she sends them along the passage that connects with the outside world. Elucidate that the cat's cries are due to the fact that pain is caused by the kittens enlarging and stretching the passage as they go, which causes pain and suffering to

the mother, but which is soon forgotten in the joy of having her little ones alive, strong and well. As a final step in this lengthy education, the reproduction of man should be explained. This can be accomplished by getting books and drawings about the human anatomy and discussing and naming the various parts of the anatomy. The size and shape of the woman's uterus can be demonstrated by holding a pear upside down. The vaginal opening can be represented by the stem and by cutting the pear apart, the hidden seeds can be shown. The father's part can be and always should be impressed upon the child. Hold up the ideal of strength and cleanliness as a goal before the child. This thorough education cannot be accomplished overnight, but should cover a year or two. After the lessons are finished, they should be recalled often to the mind through all the coming years. The subject of masturbation can be tactfully introduced in these lessons by explaining that the abuse of the sex organs causes pain and a lack of emotional stability later in life. The whole aim of this lengthy discourse is to impress on the parents the necessity and simpleness of sex education. Take out the shame and fear connected with sex and replace it with frankness, knowledge and intelligent understanding of the problems and there will be far less unhappiness and emotional problems in the world. If however the sex problem will not be taught in the home it will have to be taken into the schools because, there must be some intelligent understanding of this problem given to the children today. It could be taught in the school if it were started early enough and under trained and educated teachers. The first lesson about the

flowers in kindergarden and each successive lesson in following grades. Keep up the sex education throughout school in correlation with every subject taught. But at the first signs of embarrassment the classes of boys and girls should be seperated and taught sex problems seperately. But the outstanding thing to be remembered is the fact that they should be taught sex education from their first conscious sex awakening until their own marriage. One or two generations of sexual enlightened parents will establish a foundation for a greater capacity in making social adjustments and give a greater aesthetic appreciation of life. Birth control as a moral is an individual problem but sex education is an obligation every parent owes his child. And with the increase knowledge of sex will come a more intelligent use of contraseptive, a decrease in abortions, and a decided lowering of maternal and infant death rates.

BIBLIOGRAPHY

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WOMAN AND THE NEW RACE

BIRTH CONTROL LAWS

THE FATHER AND HIS BOY

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SANGER

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DENNETT

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ROBINSON

READER'S DIGEST