

# **FAMILY LIMITATION**

**By**

**Margaret H. Sanger**

**REVISED EDITION**



Several large editions of "Family Limitation" have been exhausted. This new edition is mainly the result of the stupid persecution of the city administration of Portland, Ore. It caused the arrest of three union men at a Margaret Sanger meeting on June 19th., 1916 for selling this booklet.

Birth Control is promoted by prominent labor officials. *Olaf Toeitmoe*, editor of "*Organized Labor*" of San Francisco, *Chas. Bennet*, Business Agent of the River Steamboat M. U., of Portland, Ore., *Marshall Wright*, Business Agent of the I. L. A., of Tacoma, *E. B. Ault*, editor "*Labor Union Record*", of Seattle, *Joe S. Hoffman*, Business Agent of the A. M. C. & B. W., of Seattle, *Anton Johansen*, General Organizer of the U. B. of C. & J. have endorsed the movement.

*Carl Rave*, of the I. A. of B. St. & O. Iron Workers, an active union propagandist, has met with the greatest success in spreading the "Birth Control" message among the unions of the Pacific Coast.

This edition is made chiefly for union men and women. It is placed in their hands with the sincere wish that it may help in realizing the ideals of union labor. We believe it will aid in the emancipation of women and help to bring us better working class conditions.

*Under the capitalist regime, the rise and fall of working class conditions correspond with the rise and fall of the trades union movement.*

## INTRODUCTION

I have tried to give the knowledge of the best French and Dutch physicians, translated into the simplest English, that all may easily understand.

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 to 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 suppository in anticipation of the sexual act. But it is far more sordid to find yourself several years later, burdened down with a half dozen unwished for children, helpless, starved, shoddily clothed, dragging at your skirt, yourself a dragged-out shadow of the woman you once were.

Don't be over sentimental in this important phase of hygiene. The fact is that unless you prevent the male sperm from entering in the womb, you are going to become pregnant.

Working people themselves must remember that they themselves produce the surplus number of wage-earners that overflows the labor market. It is up to the women of the world—the vast majority of whom necessarily are working women—to see that the human material for exploiters and militarists is curtailed in the interests of all useful and productive members of society. It is one thing women can do to help themselves today.



Pass this information on to your neighbors and acquaintances. Write out any of the following information which you are sure will help them and pass it along where it is needed.

## 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 think there is a chance that you have become pregnant, and you do not want a child, here are some of the things to do to bring on suppressed menses:

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.

A very good laxative (though it is patent medicine) is Beecham's Pills. Two of these taken at night and morning, four days before menstruation, will give a good cleansing of the bowels, and assist with the menstrual flow.

In connection with the laxative take a hot vaginal douche of two quarts of water or more. Insert nozzle as far as possible, pressing downward in the vagina.

Or in place of an internal laxative, a warm water enema may be taken for the bowels. Let the temperature be as hot as can be comfortably borne. At least two quarts should be used, a pint of this amount being first injected into the colon, then passed out and the rest injected to give the colon a thorough flushing. Take the knee-chest position or lie on your left side. After the first two quarts have passed out, another similar quantity may be injected. Enemas are more natural and effective in bringing on menses than cathartics.

This measure should be combined with hot vaginal douches as well as **HOT** sitz baths—that is, a bath taken sitting in a small tub so that the water does not touch above the hips or lower than half way to the knees. Kneading the lower abdomen following the sitz bath is desirable.

Osteopathic treatment for suppressed menstruation at the hands of a capable operator is also quite reliable.

Good vibratory treatment given by an experienced operator will relieve suppressed menses, as will also treatment by a specialist in electro-therapeutics.

By the taking the above precautions before the menstrual period, 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 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 as in the case of many young girls. Mark it accordingly on your 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.

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 ten or fourteen days before the next period. This is not to be relied upon at all.

There is also the belief that nursing after childbirth prevents the return of the menstrual flow for several months when conception does not take place. It is well not to depend too much upon this, especially after the fifth or sixth month, for often a woman becomes pregnant again without having "seen anything" or without realizing that she has become pregnant. She thus finds herself with one at the breast and one in the womb. Use some preventative.

A mutual and satisfied sexual act is of great benefit to the average woman, the magnetism of it is healthgiving 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 sensibilities, 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.

Withdrawal on the part of the man before ejaculation of the semen is not to be recommended and for it should be substituted some other means that does not injure the woman and is more certain.

Nature itself has provided the necessity for birth control in the fact that, as stated by a well-known physician, "Every woman may conceive any month of her life between puberty and the menopause; taking the average ages of these periods, gives every woman 384 possible pregnancies. Nature has endowed every normal man with the power to fructify any day of his mature life---think what a condition would exist in spite of all man-made laws if reason were not called to the control of these forces!"

## DOUCHES AND 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.

If other effective measures have not been used, such as the condom, the pessary, the vaginal cotton plug or sponge or some reliable suppository, it is necessary after the sexual act to go as quickly as possible to the bath room and prepare a douche. Lie down upon the back in the bath tub. 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.

Douching helps to keep the organs in a clean and healthy condition.

Even if other means are used for preventatives, careful and fastidious women will find it desirable to use a douche for general cleansing purposes. 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:

**Chinosol---**These tablets are to be highly recommended. They are intensely powerful—somewhat more so than bichloride and much more so than carbolic acid---but they are absolutely non-poisonous, non-irritating and do no injury to membranes. One tablet to a quart of water makes a sufficiently strong solution, although two tablets to a quart would do no injury. The tablets cost 50c a box. If your druggist does not sell them, they may be obtained direct from the importers from Germany, the Parmele Pharmacal Co., 54 South St., New York City.

**Lysol---**is a brown, oily liquid which added to water forms a clear soapy solution.

One teaspoonful of Lysol to two quarts of water (warm) makes a good solution for douching. Mix in a pitcher or vessel before placing it in the bag.

**Bichloride of Mercury---**This is a deadly poison, and while many women use it with care and are not injured, others have made too powerful solutions and have harmed themselves. It is dangerous to have about the house. Many cases are on record where bichloride tablets, mistaken for something else, have been taken internally and have caused death. Use some other drug not so dangerous. Bichloride is, however, regarded as useful in preventing venereal disease.

**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. One tablet to a quart of water is the proper proportion.

**Carbolic Acid** is another drug that is too dangerous to use, especially when harmless means are obtainable. The use of carbolic acid is discouraged.

**Lesperine---**A Rexall product, has been found satisfactory for vaginal douching. Directions on package.

**Boric Acid---**Two teaspoonsful for each quart of water used, is an effective mixture. Boric acid is non-poisonous and comparatively inexpensive.  
(Not very reliable)

**Salt Solution---**Mix four tablespoonsful of table salt in two quarts of warm or cold water and dissolve thoroughly.

**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.



Bicarbonate of Soda—This has been recommended by some as effective. It is an alkaline substance that prevents the growth of the germ by neutralizing the natural acid condition of the womb. It is non-poisonous and inexpensive and may be used with safety. A tablespoonful to a quart of water is a good proportion, but no harm could result from a solution two or three times as strong.

Tyree Powder---Harmless and effective; may be bought at any good drug store; directions on package

Cold Water Douche---This is to be avoided. Cold water for most women is too much of a shock if applied to the vaginal tract when congested with blood. Physicians are almost unanimous in warning against cold water douches. They may result in colds or serious derangement of the female functions. Always use water at or near blood heat---98 1/2 degrees ---for douching.

Every woman should possess a good two-quart rubber douche bag called a fountain syringe. Hang it high enough to insure a steady, direct flow.

Some women use a douche before the sexual act as a preventative.

Bulb syringes, such as the "Marvel Whirling Spray," have been found satisfactory by many women for the purpose of injecting antiseptic solutions. There are different styles and prices of these bulb syringes.

## VAGINAL DOUCHE FORMULAS

Any reliable druggist will fill the following prescriptions for you:

Zinc Sulphate, 1 dram

Alum, 2 drams

Menthol, 10 grains

Carbolic Acid, 5 grains

Boric Acid, 8 ounces

One teaspoonful to a quart of warm water

Salicylic Acid, 25 grains

Carbolic Acid, 5 grains

Eucalyptol, 5 grains

Menthol, 5 grains

Thymol, 5 grains

Zinc Sulphate, 1 1/2 ounces

Boric Acid, 10 ounces

One teaspoonful to a quart of warm water

## THE 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 tissue. These are seamless, thin and elastic, and yet tough; if properly adjusted will not break. Fear of breaking is the main objection to their use. These may be inflated with water or air to find flaws. If space has not been allowed for expansion 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 at the head, it will act as one of the best protectors against both conception and venereal disease. see note.

Men are also cautioned to see that the air is allowed to escape from the end of the condom after adjusted, otherwise there is some danger of stricture. Some little skill is necessary in order to fit a condom properly so it will not be likely to break.

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 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.

The condom is one of the most commonly known preventatives in the United States. 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.

NOTE:---Sanitube (Metchnikoff's Ointment) may be used by men for sexual cleanliness and to guard against venereal infection and to check the bringing into the world of diseased offspring.

There are too few men and women so perfectly mated 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 authority that a continuous condition of this unsatisfied state brings on or causes disease of her generative organs, besides giving her a perfect horror and repulsion for the sexual act.

Thousands of well meaning men ask the advice of physicians as to the cause of sexual coldness and indifference in their wives. Nine times out of ten it is the fault of the man, who through ignorance and selfishness and inconsideration, 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 this 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 depends upon the attitude of the man toward the relation.



## THE PESSARY AND THE SPONGE

Another form of prevention is the pessary (see cut.) This is one of the most common preventive articles used in France as well as among the women of the middle and upper class in America. At one time the cost of these ranged up to \$7.00, as they were imported into this country. They may now be had from 50 cents up to two dollars. The Mizpah is the name of one of the best and costs one dollar and a half at the reliable drug stores.

Avoid those that have a hard rubber rim or are made of hard rubber. They are likely to cause irritation and pain and do not adjust themselves readily to the parts. Use no pessary except one sufficiently soft and pliable. Also examine pessaries carefully to see there are no flaws or "pinholes" in the rubber.

They come in three sizes--large, medium and small. It is well to get the medium size, as the small ones are only for small boned women and easily get out of place.

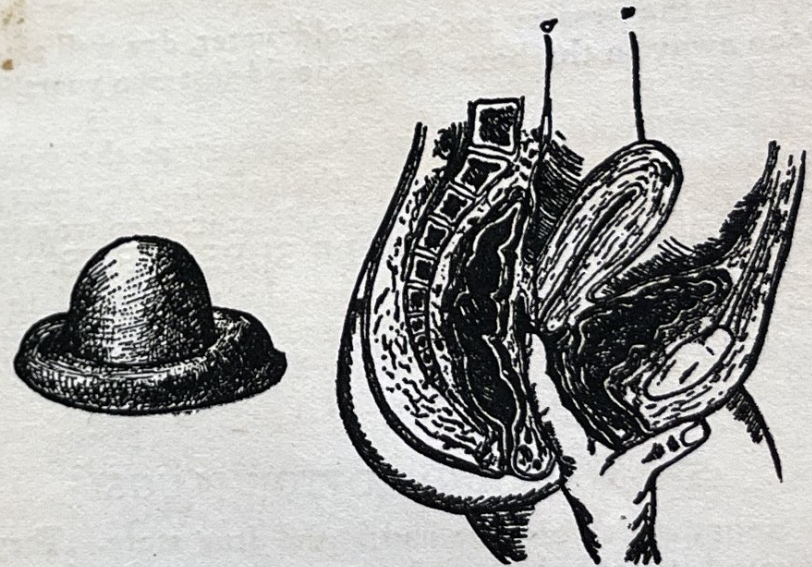
In my estimation a good pessary is the surest method of absolutely preventing conception, provided the pessary fits practically perfectly. The all-important thing about pessaries is a proper fit, otherwise they are not reliable.

I have known hundreds of women who used them 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 cannot get into the womb, neither can it get lost. The only thing that 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, and it is not necessary to take a



(a)---Womb (b)---finger touching neck of womb



douche until the following morning. Take a part or about a quart of an antiseptic douche **BEFORE** the pessary is removed; after removing it continue the douche and cleanse thoroughly.



(a)---Womb; (b)---pessary covering mouth of womb; (c)---vagina; (d)---bladder.

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 you how to adjust it; then women can teach each other. **BUT BE SURE IT FITS.**

It is **NOT** advisable to wear the pessary all the time. Take it out after using and wear it only when needed. A little experience will teach one that to place it is a simple matter.

## SPONGES AND COTTON PLUGS

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 intro-

duced into the vagina as far up as they can be placed. Some physicians have recommended the use of the cotton plug, or, preferably, one made of lamb's wool, with tape attached, instead of the sponge. 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 an antiseptic douche is taken 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 destroy it immediately afterwards.

## VAGINAL SUPPOSITORIES

These may be found at any reliable pharmacy. They **MUST** be deposited in the vagina several minutes before the act to melt. Special ingredients negate the effect of the male seed.

Among other suppositories are the following:

- Boric acid, 0.6 grams
- Salicylic acid, 0.12 grams
- Quinine bisulphate, 0.2 grams
- Chinosol, 0.12 grams
- Glycerine gelatine, 6.0 grams
- Allow 20 minutes for melting

**Benetol**--An alkaline Suppository, excellent, non-posioneous and non-irritating.



Another form of suppository, which was recommended by a physician who charged a fee of \$10 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 three minutes before act.)

It is necessary to see that all suppositories reach the mouth of the womb.

Dr. Walker's suppository has been used with success by some women. Other standard vaginal suppositories which will cure leucorrhea or "whites" are likely to prevent conception.

Here is a formula for an excellent suppository. An honest druggist will make it up for you very cheaply.

Boric acid, 15 grains  
Salicylic acid, 2 grains  
Quinine bisulphate, 3 grains  
Cocoa butter, 60 grains

This is the proportion for one suppository. The best shape is an oval one. The suppository is introduced about five or ten minutes before intercourse and permitted to dissolve.

Practically all vaginal suppositories act as preventatives, but the most commonly used is the Aseptikon, manufactured by the Chinosol Company. 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 ten to a box, costing 85 cents, if \$5 worth (or 6 boxes) are bought at one time. Otherwise they cost \$1 a box. For address see preceding page.

The prescription quoted above can be made up more cheaply but it is well to be sure that the prescription is accurately put up in such form as to render the ingredients active, otherwise you will be disappointed.

The Medical profession, bound by prejudice and superstition inherited from church and state, under the code of professional ethics, is prohibited from rendering any relief in the diseases of pregnancy.

In cases of women suffering from serious ailments, such as Bright's disease, heart disease, insanities, melancholia, idiocy, consumption, and syphilis, all a physician is allowed to do is to tide these women through their pregnancies if possible. Even though the life of the woman is positively endangered, he cannot relieve her without calling a colleague in consultation. Therefore, the mortality of mothers suffering from these diseases, and their infants, is very high, and premature births common.

To conserve the lives of these mothers and to prevent the birth of diseased or defective children are factors emphasizing the crying need of a sound and sane educational campaign for birth control.

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