

**WISE PARENTHOOD, A
SEQUEL TO
"MARRIED LOVE": A BOOK
FOR MARRIED PEOPLE**

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Wise parenthood, a sequel to "Married love": a book for married people by Marie Carmichael Stopes

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MARIE CARMICHAEL STOPES

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The author's vivid and imaginative sympathy has really enabled her in some degree to communicate the incommunicable.

ATHENÆUM.

WISE PARENTHOOD

A SEQUEL TO "MARRIED LOVE"

A Book for Married People

BY

MARIE CARMICHAEL STOPES

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With Introduction by

ARNOLD BENNETT

FOURTH EDITION

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13, Clifford's Inn, E.C. 4

1919

*Dedicated to all who wish to see our
race grow in strength and beauty*

(RECAP)

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Introductory Note

THE rapid progress of the idea of birth-regulation is one of the outstanding social phenomena of the time. But it cannot astonish the thoughtful, for the idea appeals almost irresistibly to the commonsense and the conscience of civilised beings, and nothing save superstition and ignorance can impair or impede its triumph. Further, everybody knows that the vast majority of its instructed opponents practise in their private lives what they condemn for others. That birth-regulation has disadvantages is arguable. Its disadvantages, however, are not those usually emphasised by its opponents. For example, no unprejudiced brain will contend that that which is so manifestly beneficent to the individual can be bad for the race. Nor have children hitherto been such a source of sorrow and disappointment to parents that the parental instinct is likely to be destroyed through the temptations of any device whatever. No! The disadvantages of birth-regulation are mainly transient; they spring from an imperfect acquaintance with the methods of it; and they will pass. Millions and tens of millions of potential parents need advice about birth-regulation. They cry out for sound advice, and they do not get it. They suffer, sometimes horribly, for want of sound advice. This book is a practical manual of birth-regulation written by an unchallenged authority for the intimate use of potential parents.

ARNOLD BENNETT.

Author's Note

SO many people have written to me after reading my book "Married Love," asking for more detail about the end of my chapter on "Children," that it became impossible to answer each one personally. As not only these individual inquirers, but the world at large, and even the medical profession, lack a rational, scientific, and critical consideration of the details concerning birth control methods now used by millions of people, this little book seemed urgently needed. I sincerely trust that it will help materially to improve our race and to check the spread of nervous and other injuries so prevalent as a result of ignorant attempts to obtain that wise and health-giving control of parenthood which all who think must crave.

I should like to take this opportunity of urging young couples who truly love to have all the children to whom they can give health and beauty, even if by so doing they sacrifice their personal luxuries.

MARIE CARMICHAEL STOPES.

October, 1918.

Chapter I.

"I think, dearest Uncle, you cannot *really* wish me to be the '*Mamma d'une nombreuse famille*,' for I think you will see the great inconvenience a *large* family would be to us all, and particularly to the country, independent of the hardship and inconvenience to myself. Men never think, at least seldom think, what a hard task it is for us women to go through this *very often*."—QUEEN VICTORIA in a letter to the King of the Belgians, January 15, 1841.

A FAMILY of healthy happy children should be the joy of every pair of married lovers. If, however, the course of "nature" is allowed to run unguided babies come in general too quickly for the parents' resources, and the parents as well as the children consequently suffer. Wise parents therefore guide nature, and control the birth of the desired children so as to space them in the way best adjusted to what health, wealth, and happiness they have to give. The object of this book is to tell prospective parents how best to do this, and to hand on to them what little help science can give humanity on this vital subject.

This is not an attempt to present complete arguments to show the racial and national necessity for Birth Control: that has been done by others.

Recently valuable expositions of the supreme importance to humanity of a wise use of birth control have been made from many different points of view and by various distinguished people. Doubtless much more remains to be said, for there are many who are still ignorant and consequently prejudiced against the greatest of the steps humanity can take next in its evolution; but this

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is not the place to deal with the wide aspect of the subject.

That almost every intelligent and thoughtful married pair is practising at the present moment some method or other of birth control is beyond dispute.

The question before us, therefore, is not whether or no birth control should be allowed. It is in daily use by the great majority of the more intelligent married people.

General dissatisfaction with most of the methods used is prevalent ; and it is not being alleviated, because there is also a widespread ignorance of satisfactory methods even on the part of medical practitioners. Numbers of people who are practising and have been practising birth control by various means for years are in urgent need of a better method than any known to them. The following pages are written for them.

If this book gets into the hands of some who have not given the subject of birth control adequate thought they should read the books mentioned on the fly-leaf at the end of this volume. This short list is only representative of a few of the more important aspects of the subject ; but if a serious student is not yet convinced by them and will follow up and read all the other works referred to in them he will then at any rate have a fair idea of the essentials of the subject and can form his own opinions.

What we are here concerned with is the fact that birth control methods of all sorts are now so