

A
DESCRIPTIVE PRICE LIST
OF
Neo-Malthusian Appliances
AND
Hygienic Requisites
TO WHICH IS ADDED A
List of Books

RECOMMENDED FOR SERIOUS READING.

For Sale by—

J. R. HOLMES,
The Mulberries,
East Hanney, Wantage, Berkshire

REDUCED PRICES
AUTUMN, 1933.

KINDLY HAND TO A FRIEND.

N.B.—All Prices are subject to alteration without notice.

The King's Physician on Birth Control.

"Birth Control is here to stay . . . the justifiable use of Birth Control is to limit the number of Children, and to spread out their arrival in such a way as to serve their true interests and those of their home."—Love; Marriage; Birth Control, by Lord Dawson of Penn: pages 21 to 24.

Lord Dawson said this in 1921. I had then been advocating the same things for about thirty years!—J. R. H.

A WORD ON PACKING.

Great care is taken in the Packing of Goods, and it is a rare thing to receive a complaint. Here are extracts from letters :—

"Dear Sir,

"I received . . . Your packing of goods, and the paper is exceptionally strong. I am a Post Office official, and I can honestly say that I never saw such packing."

"Dear Sir,

"I should like to thank you for the manner in which you executed the order for 3 doz. XXX Envelopes.

"They all arrived safely. I commend especially the packing: I have never seen better. . . ."

INSTRUCTIONS TO PURCHASERS, Etc.

PLAIN WRITING.—When ordering, be careful to write *name and address plainly*. I am quite unable to read the *names* on some of the letters which reach me; whilst some have neither name nor address.

INITIALS AND FICTITIOUS NAMES.—Postal Regulation.—"Postal Packets addressed to Initials or to fictitious names . . . are not taken in at the Poste Restante, but are treated as undeliverable." Customers should therefore send real names and addresses.

EXECUTION OF ORDERS.—Orders are, as a rule, executed same day as received.

ARTICLES NOT APPROVED.—These, if returned within fourteen days, and *uninjured* (by *uninjured* I mean *unused, untried, unsoiled*), will be exchanged for others, or allowed for in full, less cost of postage, as desired.

REMITTANCES.—Postal Orders are preferred for amounts of one shilling and upwards. These should be made payable to J. R. Holmes at **East-Hanney**. Cheques may be crossed "Westminster Bank & Co., Wantage."

TERMS OF BUSINESS.—**Cash with order.**

LOST LETTERS.—Sometimes Letters are Lost or Stolen in the Post, therefore the Counterfoils of Postal Orders should always be kept; whilst Letters containing Coin or Bank Notes should be Registered.

GOODS POST FREE.—All goods are sent post free at the prices mentioned in this List to places in the United Kingdom (see "Foreign Customers").

PRIVACY.—It has always been my rule to pack goods in double coverings: on the inner one my "return label" is affixed; and the customer's address is written on the outer one. I believe that I was the first dealer to adopt this practice.

FOREIGN CUSTOMERS will please note that the prices in this List do *not* include postage to foreign parts; and that in some countries (United States, for instance) these goods are not allowed to be sent in the mails, if detected. Some kinds of "Envelopes" are the only Contraceptives which can be depended upon to escape observation in the post; these will be sent by letter post at a uniform charge of 3d. a dozen above the prices in this catalogue.

POSTAL ADDRESS.—MR. J. R. HOLMES,
EAST-HANNEY, WANTAGE, BERKSHIRE.

TELEGRAMS.—HOLMES, EAST-HANNEY.

[East-Hanney counts as *one* word.]

IMPORTANT TO CUSTOMERS!

MANY letters reach me containing money and a request to send goods "*as before.*" Now, I find it impossible to remember, and impracticable to keep a record of, what I send to so many thousands of customers, so it is a waste of time and expense to write in this way. The wished-for goods should be specified every time of ordering. It is also important to **WRITE Names and Addresses PLAINLY**, as sometimes I find it impossible to decipher these.

The prices in all editions of my Descriptive List issued before this date are cancelled in all cases where they differ from those given in this List. These prices are subject to alteration without notice.

Telegrams:—HOLMES, EAST-HANNEY.

("East-Hanney" counts as *one* word.)

MONEY ORDER OFFICE:—EAST-HANNEY

INNOCENT REMEDIES.

The articles in this List are in themselves harmless and innocent, and must not be confounded with those health-and-life-destroying poisonous compounds which are advertised to "remove all obstructions," nor with instruments to "remove tumours" (or, in plain words, to cause abortion)—with neither of which will I have anything to do. Dr. Allbutt says:—"Those who live by abortion procuring are knaves who should be hunted out of all civilised and decent society." (*Vide* "Wife's Handbook," 13th edition, page 46.) In this I entirely concur.

Dr. Raciborski says:—"It is no longer with the destruction of living beings, nor the forced abortions of beings ready to live, that we have to do. Remedies of this kind are destined to remain for ever in the hands of barbarous nations, inaccessible to the lights of the Christian religion and of philosophy."

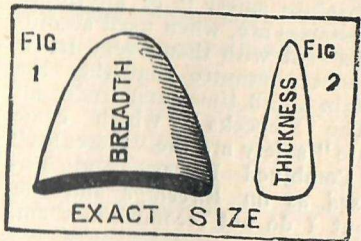
"ABSOLUTELY SAFE" REMEDIES.

Sometimes customers ask me whether this or that "Contraceptive" is "*absolutely safe*." Most often the question relates to the "Rendell" Pessary. To this question I reply that I do not guarantee the "absolute safety" of anything. The "Rendell" Pessaries are, when used according to the directions sent with them, *very trustworthy*, but I cannot guarantee that they are "absolutely" certain at all times and under all circumstances. The "checks" which come nearest to "absolute" safety are the "Hercules" Envelope, the "Combined Pessary and Envelope," *when used as an Envelope* and the Capôte Anglais, but I do not recommend them. For my reasons see page 23.

The method which I have recommended for nearly half-a-century is the use of an Occlusive Pessary (generally known as a Check Pessary) in combination with a "Soluble" Pessary. I do not say that this combination is absolutely safe; but it comes very near to it.

Dr. Marie Stopes has during the last few years recommended this plan. See her book, "Wise Parenthood," which can be had from me, post free, for 3s. 6d.

THE "RENDELL" OR "WIFE'S FRIEND" SOLUBLE PESSARIES



This is a fairly good illustration of the size, breadth and thickness of Soluble Pessaries.

The lowest retail price, as fixed by the makers, is 2s. 6d. the box of one dozen. A single one as a sample sent post free for 6d. (packing and postage cost $3\frac{1}{4}$ d.), or two for 9d. Samples sent with other goods, 3d. apiece.

The makers guarantee them to be harmless to both husband and wife, and to keep good for an indefinite time and in any climate, if kept cool. A gross (twelve boxes) in one neat card box post free for 30/-.

"RENDELL" SOLUBLE PESSARIES were invented by the late W. J. Rendell (hence their name), and have been largely used since the beginning of 1885. They are now, and have been for years, WORLD-RENOWNED.

Dr. Allbutt wrote:—"I consider these pessaries to be perfectly reliable, and that they can always be trusted to prevent conception. Experience has shown that they do all their inventor claims for them." ("Wife's Handbook," 13th edition, page 50.) Mrs. Annie Besant, writing of this Contraceptive, said:—"This is the one which, from a very wide experience, I recommend as at once the most certain and the least inconvenient." ("Law of Population," edition of 1889, page 32.)

EXTRACT FROM TESTIMONIAL.

(Original is in my possession. Many other testimonials have been received.)

DEAR SIR,

14/4/97.

Will you kindly send, as soon as possible, three boxes of Rendell's Soluble Pessaries. . . . Am glad to say I find them thoroughly reliable and perfectly uninjurious to my health, and shall always recommend them to my married friends. . . .

Believe me, yours very gratefully,

ANTISEMAL PESSARIES

These, the latest scientific discovery in Contraceptives, are Soluble Medicated Tablets simple to use, clean, odourless, non-greasy, and essentially trustworthy. Can be used alone, or, like other Soluble Pessaries, in combination with Occlusive Rubber Pessaries as advised by me for nearly half-a-century and by other writers in recent years. Packed in Glass Tubes containing one dozen tablets. 2/6 a Tube, post free.

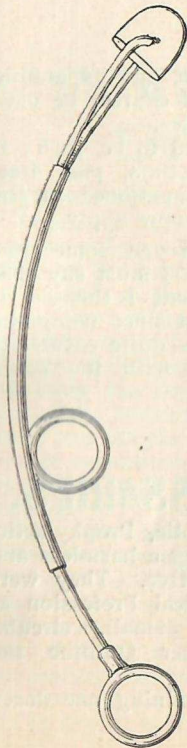
“GELATINE” (non-greasy) and “PERFUMED” SOLUBLE QUININE PESSARIES (these two kinds are *not* Rendell’s) also PRO-RACE CHINOSOL SOLUBLE PESSARIES. are supplied at the same price as “Rendell’s” (see page 6).

Dr. ALLBUTT’S INTRODUCER.

(For inserting “Rendell” Pessaries.)

This article, which I strongly recommend, is made entirely of metal and is plated.

The following appeared in the 17th edition of “The Wife’s Handbook” :—“If one of these Pessaries is inserted *sufficiently high up* the vagina about ten minutes before the act, conception cannot take place . . . A soluble pessary placed only half-way up the vagina will leave the upper portion of that passage and the mouth of the womb entirely unprotected, so that conception is thus apt [liable—J. R. H.] to occur. To obviate this difficulty, and to render the pessaries absolutely reliable, Dr. H. A. Allbutt has invented an INTRODUCER which is most simple in construc-



tion, consisting of handle, tube, and expanding pincer-like blades." It can, of course, be used for all kinds of Soluble Pessaries.

The price of this article used to be 10/6: it is now *reduced* to FIVE SHILLINGS, post free.

Consequently the objection mentioned in the following testimonial does not now apply:—

"Dear Sir,—I received from you some time ago 'Dr. Allbutt's Introducer.' I must say that when I received the Instrument I thought it rather an expensive article, but since using the same, I find that its usefulness quite covers its cost, and I am very pleased with it.—Yours sincerely,"

"SPETON" PESSARIES.

These are said to be Antiseptic, Prophylactic, and Deodorant, as well as being a harmless and absolutely reliable anti-conceptive. They were originally known to the Medical Profession as "Spermathanaton," and are small, circular tablets. They contain neither Quinine nor Cacao-butter.

Packed in Glass Tubes containing one dozen tablets. 3/6 post free.

CONTRACEPTIVE ENVELOPES.

These articles are also known as "Condoms," "Letters," "Sheaths" and other names. They are the only mechanical preventives which can be worn by the husband. Their fame is world wide, and I believe that they are more frequently used than any other preventive appliance. They entirely *envelop* the male intromittent organ (hence their name) and prevent conception by retaining the fertilising fluid. Thus it is seen that they *prevent all actual contact* between the male and female sexual parts, which is by some people considered to be their chief merit, whilst by others it is considered to be a demerit. *So long as they remain entire* they are an absolutely safe means of preventing conception. Sometimes, however, an envelope becomes torn during use; this is more likely to happen on the second time of using it, than on the first, and still more likely on the third occasion and so on: that is, it becomes less trustworthy every succeeding time it is used.

I think it right to mention that the late Dr. E. B. Foote, of New York, U.S.A., informed me

that he considered the use of *Rubber envelopes* "objectionable on physiological grounds," but that he himself dealt in *Skin* ones before the interference of legislation (see Letter page 31). Nevertheless most people prefer Rubber to Skin ones: they are cheaper and much less trouble to use.

N.B.—"Lubafax" (see page 42) should be used with all Rubber envelopes.

HOLMES'S RENOWNED "XXX" QUALITY RUBBER ENVELOPES.

(These have plain ends.)

This quality is the one generally favoured by customers. I have sold large quantities of them and have received hundreds of testimonials. They can be had in either Drab or Rose colour; in either the "circular" form, or "wrapped" in "gold" papers, and in small, medium, large and extra-large sizes. The "circular" form is what I recommend for general use, as those which are "wrapped" in gold papers are thereby injured to some extent.

Reduced price 3/- the dozen, 1/9 the half dozen. Three dozens may be had for 8/6, or six dozens for 16/-.

N.B.—Read (on following pages) what satisfied customers have said about these Envelopes.

What customers have said about my "XXX" quality Rubber Envelopes. Being extracts from a few out of thousands of Testimonials:

"I find these envelopes the best that money can buy."

"I have used this kind over a period of nineteen years with every success."

"We have been using them 20 years: our youngest boy is 22 now so that proves the test of them."

"Have tried at least five other makes during the past month . . . but yours of above quality are by far the most superior."

"Will you send me one dozen XXX quality . . . I have been using your goods for 12 years and have given your address to dozens of young men who work in the same factory. They say as I say, it is the only way to make married life happy. It will be a bad day for the working man and his wife if the Law is ever allowed to stop the sale of your goods. I am very sorry to see in your book that you have been so badly treated,* I will do all I can to recommend your name and goods."

[* This refers to my conviction on May 1st, 1912, at Wantage Petty Sessions, for sending through the Post a copy of my Price List to a middle-aged man, when I was fined £10 and £10 10s. costs on each of two charges, for the one book: a total of £41. See full account in "True Morality."—J. R. H.]

"When I first read your Price List I thought that they were far too cheap to be any good, but since using them I have formed a far different opinion. I am referring to your renowned XXX."

"We have used these with absolute confidence for the past ten years and have recommended them to our best friends."

"I have had these envelopes for 21 years and have not had one failure."

"The last dozen have lasted almost two years."

"We bought some elsewhere last week and the first time we used one it split: a thing that never happened whilst we used yours, so we will not trust to any others but yours in future."

"I myself will always give high praise for your XXX as I have had a dozen three years ago and they have lasted me during that time."

"Have used them for 20 years and find them excellent."

"I have used them for the past five years and they have given me every satisfaction. I asked a doctor if there was any harm in using them and he said, 'No, not at all.' And a little time afterwards he asked me for your address so I handed him your Price List. He said he needed it for one of his patients. You are quite at liberty to make what use you like of this, but, of course, not my name or address."

A FEW MORE EXTRACTS
from customers' letters referring to the "XXX"
quality Envelopes.

" Have used none others for 25 years, which proves reliability."

"I often highly recommend your goods I consider them a blessing to humanity."

"They are really just the best thing possible."

"They are certainly worth their weight in gold."

"I cannot find anything to equal them."

THE "TIP" ENVELOPE.

This is a short "Envelope," which covers only the end of the male organ. I consider it to be untrustworthy in consequence of this fact; but a few customers prefer this kind before the long ones. I include it in my List for this reason. "Ivory" (*small size*) or "Drab" (*large size*). Price 2/6 the dozen, 1/4 half dozen. Three dozens may be had for 7/-.

EXTRACTS FROM LETTERS.

"Please send me 1½ doz. Tips (the small ones). I have had these small ones from you for the last 20 years."

"Please send me one dozen of your Tip envelopes (*large size*) I was advised by my Doctor to use them."

"I have found the Tips very satisfactory."

HOLMES'S SUPER QUALITY SEAMLESS TRANSPARENT ENVELOPE.

This is a new, almost *water-white*, Envelope. One size only. Price 4/- dozen. Half-dozen lots 2d. extra. Either plain end or teat-end, same price.

"I find that this kind is giving much satisfaction to customers who like a thin Envelope."

I recommend this kind to customers who want an Envelope of the very finest and softest texture for using once only.

"SEMI-TRANSPARENT" SEAMLESS ENVELOPE.

This is a good, thin, but strong article. One size only: 4/- dozen, 2/2 half. Can be had with either plain ends or teat-ends, at same price, which includes postage.

I strongly recommend it.

THE "N.R." (NEVER-RIP) ENVELOPE.

The name applied to this Envelope by the makers should, I think, be taken with a grain o' salt! Still, it is a good, thin, strong silky Envelope. Packed in wooden boxes, half dozen in a box. Price 4/- the dozen, 2/2 half dozen, three dozens for 11/-

EXTRACTS FROM LETTERS.

"I may say I find the N.R.'s very nice and soft: almost unnoticeable."

"I find nothing to equal them."

HOLMES'S RENOWNED "IVORY" SEAMLESS ENVELOPE

This is a "silk-finished" Envelope of thin texture, but reasonably strong. One size only: 4/- the dozen, 2/2 half dozen, three dozens for 11/-. Plain end or teat-end same price.

EVIDENCE OF QUALITY.

"Kindly send me a further 2 dozen Ivory Teat-end Seamless . . . I have a long while ago started dealing with you and have had complete satisfaction in every way with your goods."

HOLMES'S RENOWNED "DRAB" AND "PINK" SEAMLESS ENVELOPES.

These are silk-finished Envelopes, thin but strong. One size only : Price 4/- the dozen, 2/2 half dozen, three dozens for 11/-. Plain end or Teat-end same price.

EXTRACTS FROM LETTERS.

"Kindly forward $\frac{1}{2}$ doz. Seamless, Drab . . . they have never failed us. Our youngest is 12 years old."

"It is two years since I sent for the last half doz. and they have lasted till now as they are so reliable."

A clergyman's testimonial :—

"I've got all such goods [Drab S'less teat-end] from you and from no one else for over 13 years . . . and they've always given the utmost satisfaction. A dozen Envelopes lasts me 2 years or so . . . and never an accident."

"Kindly send me some Teat-end Seamless Rubber Envelopes . . . The last lot I had from you have lasted me so long that I have forgotten the price . . . I have, as a married man, used your Envelopes for 20 years and find them all you claim for them."

HOLMES'S RENOWNED DOUBLE-STRONG SEAMLESS ENVELOPES.

The "Ivory," "Drab"
and "Pink" Seamless
Envelopes, both Plain-ends
and Teat-ends, can be had
in Double-Strong Quality.
All at one price.

5/- doz.

2/8 half doz.

A new kind of Rubber Envelope called

" GRAIFIX HYGIEN COVERS FOR MEN "

has been brought to my notice. I take the following from a circular:—

" The ' Grafix ' Cover gives double protection, because it is saturated with antiseptic solution, *which gives double protection*, so prepared that it glides into position smoothly—no oily preparation required.

" The ' G ' cover is almost invisible, and has extraordinary elastic properties: Will stretch a yard without breaking.

" The ' G ' covers are packed singly in metal antiseptic containers in solution, so that they cannot perish and never deteriorate through being kept in stock. Finest, thinnest and strongest quality."

I understand that they are being sold at as much as 2/6 apiece!!

My price is 9d. apiece, post free: or a Carton containing three covers, each in metal case, post free for 2/-.

N.B. The three kinds which follow are made of Superfine Quality Rubber, and are more suitable for both very hot and very cold climates than any other kinds, except, perhaps, the "Graifix Hygien." They are made in *one size only*.

HOLMES'S RENOWNED " SUPERFINE STRONG " SEAMLESS ENVELOPE

(Plain end: Satin Finish).

Price 6/- the doz., 3/2 half doz., 3 doz. for 17/-.

EXTRACTS FROM LETTERS.

Referring to this quality:—

" They are extremely satisfactory and I cannot get anything in like them under 2s. each."

" I would like to add my praise with regard to this particular article. They are the best that I have ever known, and many friends to whom I have recommended them say the same."

HOLMES'S RENOWNED SUPERFINE EXTRA-STRONG PLAIN-END SATIN-FINISHED ENVELOPE.

This is of similar quality Rubber to the Superfine Strong, but is *Extra-strong*. Price 8/- dozen, 4/2 half dozen, three dozens for 22/-.

This and the next kinds are the *most trustworthy* two kinds of all *thin* Rubber Envelopes. It is almost impossible to rupture them by ordinary use

**HOLMES'S RENOWNED SUPERFINE
EXTRA-STRONG HAND-MADE SATIN-
FINISHED TEAT-END ENVELOPE.**

This is similar in both quality and strength to the previous one, but has a teat-end. Price 10/- the dozen, 5/- half dozen, three dozens for 27/-.

**THE HERCULES OR "PARAGON"
ENVELOPE.**

Made of very strong Brown Rubber. Dr. Allbutt states in his "Wife's Handbook" (14th edition, page 50) that one will with ordinary care last a year. Small, medium, large and extra large sizes. Reduced Price : 3/- apiece.

Although this is the most trustworthy Envelope made, I do not recommend it for general use because I consider that, owing to its strength and thickness, it interferes to a too great extent with the natural enjoyment of intercourse.

EXTRACTS FROM LETTERS.

"Will you please forward me one 'Hercules' medium size. I had one of you a twelve-month ago and it's been A.I."

"Please forward medium size 'Hercules' envelope, for which I enclose 3/6. The last one I got two years ago has given every satisfaction and I shall always look upon it as not only a preventive of conception, but a preventive of unhappiness and becoming down-hearted during a long period of unemployment."

HOLMES'S RENOWNED THIN SEAMLESS "PARAGON" ENVELOPES (Satin finished).

I can strongly recommend these to people who want something stronger than the ordinary thin Envelopes, but who at the same time object to the thick "Hercules" Envelopes.

Small, medium and large sizes: 2/- apiece.

A friend who purchased one of this kind elsewhere was charged 5s. for it!

EXTRACTS FROM LETTERS.

"Please send me one of your 'Paragon' Envelopes, Flesh Colour, No. 2 size, as I am very pleased with a previous one."

"Please forward one of your 'Paragon' Envelopes, large size, Flesh colour: Glad to say we find them thoroughly reliable. We have had ours in use for over 12 months and it is quite as good now as it was when we had it and we can always depend upon them."

HOLMES'S "PINK" AND "TRANSPARENT" SEAMLESS PARAGON ENVELOPES.

Made of Superfine Quality Rubber. These are much preferable to the Brown "Hercules" Envelope. Small, medium and large sizes 3/6 apiece.

EXTRACTS FROM LETTERS.

"Will you kindly forward two of your [Seamless] Paragon Envelopes. I have had one for the past six months and it has not given way yet."

"Will you please send me one Seamless Paragon Envelope I purchased one of these Envelopes from you some ten months ago and have been highly satisfied with it."

THE "COMBINED" PESSARY AND ENVELOPE.

This article forms, *when rolled up*, a Pessary for use by the wife, something similar to the Coiled Spring Occlusive Pessary (see page 34) and when *unrolled* it forms an Envelope similar to the "Hercules" or "Paragon" (see page 23). The same remarks apply to it and the price is the same.

A NOTE ON USING RUBBER ENVELOPES.

In order to get the best results from the use of Rubber Envelopes a *Lubricant* is absolutely necessary and the *best* is LUBAFAX (see page 42). Vaseline, Oil, or any kind of grease is unpleasant to use and causes rubber to rot.

THE CAPOTE ANGLAIS (OR FEMALE SHEATH).

Some customers ask for this article but I cannot recommend it for general use as I consider it is much more objectionable than the thick brown Hercules. Its use is, however, indicated as being practically indispensable in certain cases (see "Contraception," by Dr. Marie Stopes, page 186). I can supply it at 3/- apiece post free. (Medium and large sizes.)

SAMPLES OF ENVELOPES.

Samples of Envelopes may be had post free for 2d. apiece above the rate per dozen, i.e., a sample of an article priced at 4/- the dozen would be 6d., post free, at 5/- the dozen, 7d., post free, and so on. If, however, the samples be ordered to be sent with other goods they will be sent at the dozen rate.

SKIN ENVELOPES.

These articles are made of animal skin, but, unlike Rubber ones, are *not* rolled up and are not called "circular." They have to be soaked in water before being used. Dr. E. B. Foote approved of this kind of Envelope [see letter pages 31-32-33] and in his "Home Cyclopaedia," 1901 edition, page 622 (now unprocurable except second-hand) he said: "If the membranous [i.e., *Skin*—J. R. H.] Envelope were always employed where there are any uterine affections on the part of the wife, disease of the glands, urethra, and foreskin would rarely occur. However acrimonious or poisonous the secretions of the vagina may be, the Envelope is an infallible safeguard." [*Rubber* ones are equally effective. —J. R. H.]

"XA" Quality Blue Tie.—My renowned strong variety. Price 6/- the dozen, 3/2 half dozen, 3 dozens for 17/-.

"XXA" Quality White Tie.—This is the variety which I recommend to customers who want a good strong article. 7/- the dozen, 3/8 half dozen, 3 dozens for 20/-.

"XXXXA Quality White Silk Tie.—This is a superior *thin* variety. Price 8/- the dozen, 4/2 half dozen, three dozens for 23/-.

"XXXXA" Quality Pink Tie.—This is the finest (i.e., most delicate texture) Envelope made and is hardly perceptible in use. Price 10/- the dozen, 5/- half dozen, three dozens for 28/-.

A customer sent me a List, issued by a London dealer, in which *Rubber Envelopes* in gold papers are priced at 1/- apiece or 9/- the dozen. [My price is 3/6 the dozen (see page 12) and Skins at 2/- apiece or 20/- the dozen!!!]

Dr. Armstrong says:—

"There are, while human miseries abound,
A thousand ways to waste superfluous wealth."
Art of Preserving Health, Book II.

To purchase Envelopes at these prices is *one* of them!

EXTRACTS FROM TESTIMONIALS in my possession

(want of space prevents more being given).

Sir,—Please send at your earliest convenience five Skin Shields, the long ones, the same as you sent before ["XA" quality—J. R. H.]. We find they answer very much better than the Rubber ones.—Yours truly, ———.

The following is an exact copy, minus name and address, of a letter received from a London working man. It refers to the "XA" quality. "Working men" were not as well educated forty years ago as they are now; but the letter shows that the writer possessed sound common sense.

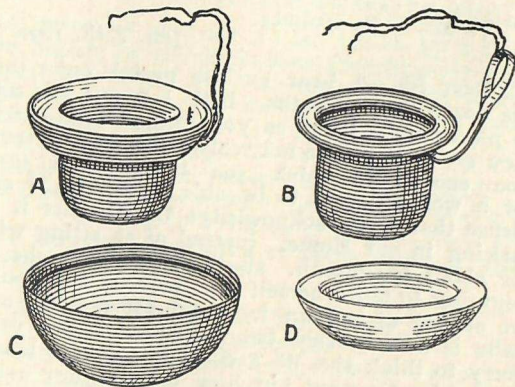
"To Mr. J. R. Holmes.

Jan. 24th, 1890.

"Dear Sir,—I hear enclose postel order for one dozen Skin Sheaths. both I & my wife are so please with them as you cannot ardley tell they are used & I do not really know how to than you enough to think you have plased then for a working man to be able to purch. I am please that I can acknowledge the difrance it is making in our Home. instead of as ailing wife for about ten month. she looks as thow she is begining to build herself up. without any doubt we should of had an increse befor now as our babe is now nearley two years old I was very sorry to think the W T & E refusing to insert your advertisement but how I hope your name will meet the eare of Household your name. I never fail to speak of, so believe me to remain yours ever Resptfully, ———."

OCCLUSIVE PESSARIES.

These articles are generally called "Check Pessaries": they are also known as "Womb Caps."



They are constructed of pure Soft Rubber in accordance with the female organisation and can be worn with ease and comfort. They are easily

adjusted and removed and no apprehension need be felt of their going too far or causing any serious injury.

Dr. Allbutt in his "Wife's Handbook" speaks very favourably of these Pessaries; so did Mrs. Annie Besant in her book, "The Law of Population" (long since withdrawn from sale). Dr. Marie Stopes in her book, "Wise Parenthood," advocates their use, specially singling out the "Pro-Race" variety. Her words are: "I welcome the fact that the other Society [i.e., The Malthusian League—J. R. H.] should now adopt my main thesis, namely that an internal rubber cap worn by the woman [A Rubber cap worn internally by the woman.—J. R. H.] is the best form of contraception." The late Dr. E. B. Foote, of New York, U.S.A., wrote to me many years ago as follows:—

COPY OF LETTER FROM DR. E. B. FOOTE.

120, Lexington Avenue, New York.
Mr. J. R. Holmes. *April 22, 1889.*

Dear Sir,—I . . . acknowledge the receipt of your Illustrated List of Contraceptives. It is certainly quite complete, including about all the available methods, and I think the circular as a whole is well made up. There is one error in it

which I regard as of considerable importance—inasmuch as my name is there mentioned. You refer to page 59 of "The Radical Remedy in Social Science" for my endorsement of the Sheath as the "best mechanical means yet devised." My pamphlet was necessarily somewhat blindly written, and I cannot blame you for misunderstanding me, but what I really had in mind was the Check Pessary, which in this country has been clandestinely, but largely, sold as a French Pessary. This is an article which I rightly claim to have devised and perfected nearly thirty years ago. I think that the stock that you handle of this kind is probably made rather too small [I sell seven kinds: Solid Ring, Inflated Ring, Coiled Spring Ring, Unique C.S. Ring, the "Paris," the "Pro-Race," and the "Mensinga," the last of which is made in fifteen sizes.—J. R. H.]. I know most of the goods in this country are made too small, and so I occasionally hear complaints from people who are not satisfied with them. The goods which I made and sold, before the interference of legislation, had a much larger ring and a much shallower diaphragm, and with any sort of care were very efficient. [If the Quinine Compound be used with the Check Pessary, much greater security is obtained; and by using a Soluble Pessary (see pages 6, 7, 8 and 10) in combination with it, failure becomes next

to impossible.—J. R. H.] I particularly object to having my name used as an endorsement of Rubber Sheaths. This does not appear so directly, as you advertise two kinds of Sheaths. The Skin goods I at one time dealt in myself, but never the Rubber goods. The latter I consider very objectionable on physiological grounds. So in subsequent editions of your pamphlet I would be obliged if you would make corrections according to the information which I herewith offer. It is fortunate that the people of England are permitted to obtain information such as you furnish.—Yours truly,

E. B. FOOTE.

THE "UNIQUE" C.S. PESSARY.

This Pessary contains a coiled Spring secreted in the ring and is represented by the illustration marked "A" (see page 30). I incline to the opinion that this is the *best* kind. Only one size. Price 4/-.

EXTRACTS FROM LETTERS.

"Will you kindly send me a Unique Coiled Spring Pessary . . . It is a boon to civilisation: one will form a wedding present to each of my girls (D.V.) when the time comes. The one you sent is for a niece."

[N.B.—Rubber Pessaries are, as a rule, unsuitable for use *immediately* after the marriage ceremony.—J. R. H.]

" Please forward me by return another ' Unique ' Coiled Spring Rubber Pessary I have used this preventive for over two years and find it perfectly reliable and feel very thankful to you."

THE " COILED SPRING " PESSARY.

The illustration marked " B " (see page 30) is a good representation of this kind, which also contains a Coiled Spring secreted in the ring. Made in four sizes : Small, medium, large and extra-large. All at one price, 3/- apiece.

EXTRACTS FROM LETTERS.

" During the last 7½ years I have used two of your Coiled Spring Pessaries and neither was wore out when I dispensed with it."

" I have used your Pessary with Quinine [Compound] with success for 21 years."

" My Doctor has given me one of your small books and tells me to write to you for the Coiled Spring Pessary."

" I have had one in use for 5 years and find it very valuable. It is getting rather worn, so thought I would send for another."

THE SOLID RING PESSARY.

The appearance of this Pessary is also represented by Fig. " B " (see page 30), but the ring is made of solid Rubber, consequently is not so " springy " as the Coiled-Spring kind. I think that it is too weak ; still some people prefer it. Small, medium and large sizes. All one price, 2/- apiece.

EVIDENCE OF QUALITY.

" Will you kindly forward me 2 Solid Ring medium size Pessaries I have had one in use for two years and I'm pleased to say it has given every satisfaction."

THE PRO-RACE PESSARY.

The illustration marked " B " (see page 30) also represents this Pessary, the Ring of which is made entirely of Solid Rubber. Small, medium and large sizes. All one price, 5/- apiece.

*** The Coiled-Spring Pessary, the Solid-Ring Pessary and the Pro-Race Pessary are all made on the *same pattern*, which explains *why* the *one* illustration serves for all *three* kinds.

THE PARIS PESSARY.

This article is made of Grey Rubber in one piece (see illustration "D" on page 30). It has no spring nor string, and is of one size only. It has been widely advertised at half-a-guinea apiece! My price is 3/- apiece.

EXTRACTS FROM LETTERS.

"I enclose Postal Order for Paris Pessary
I would not be without one on any consideration."

"Will you please send me Paris Pessary
Have been using them for twelve years and find them very satisfactory."

"Please forward me a Paris Pessary I find this Pessary one of the biggest boons a woman can have."

THE DUTCH "MENSINGA" PESSARY.

This pessary is well represented by the illustration "C" on page 30, and is made in many sizes, the smallest being 50 millimetres in diameter. The sizes increase by $2\frac{1}{2}$ mm. a time to 90 millimetres. In plain English, from about two inches to four inches in diameter. Some doctors say that it is the only kind on which dependence

can safely be placed. On the other hand, Dr. Marie Stopes does not approve of it! I should add that in the *first place* this kind should be fitted by a professional person who thoroughly understands its principle of action. It is *not* fitted like the other kinds.

All sizes, 3/6 apiece.

THE INFLATED PESSARY.

The Ring of this Pessary is *inflated with air*, which renders it very light and soft; but I think that it is less durable than other kinds. Price: Small, Medium, or Large size, 2s. 6d. apiece.

Special extra-large size, 3/6.

CATALOGUES FREE

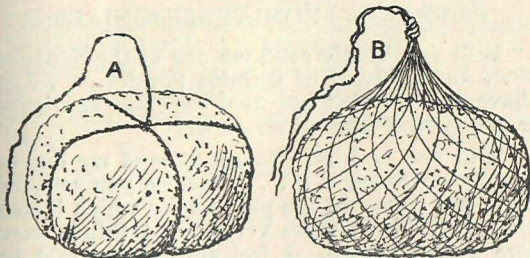
(in cases such as the following).

"I should also be glad if you would send me a few copies of your Catalogue I will endeavour to do my best to place these into the hands of friends and others who would be likely to consider the morality of the methods of preventing conception, and who may not know or be aware of any harmless expedients for attaining same; and yet who would only be too glad to hear of some way out of their anxious mental difficulties."

THE PREVENTIVE SPONGE.

The author of "Elements of Social Science" (long since out of print), after speaking of several other preventives, says on page 350: "By far the best of these mechanical means I should take to be the Sponge." On the same page he says: "It is very possible that some means superior to any of the above might be devised." This was published in 1854, since when the "Rendell" and other Soluble Pessaries (see pages 6, 7, and 10), and the various Occlusive Pessaries have been invented. Mrs. Annie Besant spoke very highly of it in her book, "The Law of Population," page 32, edition of 1889. [This book was long since withdrawn from sale.] The author of "Every Woman's Book" also advocated this preventive.

I strongly advise people to use either one of these Sponges or an Occlusive Pessary in combination with a Soluble Pessary when great security is desired.



Corded Sponges, i.e., Sponges with a string fixed to them. See illustration "A." Price 1/- apiece, small medium or large size. Three may be had for 2/6, or half a dozen small ones in one box for 4/6.

Netted Sponges, i.e., Sponges in silk nets with a string fixed to the net. See illustration marked "B." Price 1/3 apiece, small, medium or large size. Three for 3/6. Half a dozen small size in one box for 5/-, half dozen medium ditto for 6/-.

N.B.—"Lubafax" (see page 42) should be used with Sponges except when Quinine Compound is used.

EXTRACTS FROM TESTIMONIALS

"Will you kindly send me one of the Sponges and a packet of Quinine Powder as I have a friend that has used the same appliance for ten years, and never failed."

"Will you be kind enough to send me one of your Safety Sponges The one you sent me before has answered the purpose for which it was intended. I wish these very useful things were more widely known. I feel sure they would be used by many."

Quinine Powders.

(HOLMES'S SOLUBLE).

These Powders are used for making a Solution to saturate Contraceptive Sponges (when a packet should be dissolved in *a quarter of a pint* of hot water) and for using as an injection with a Syringe, when a packet should be dissolved in a *pint* of hot water. The Solution may be used warm or cold. Every packet is guaranteed to contain 20 grains of Hydrochlorate of Quinine.

This is often sold at a 1d. a grain! My powders dissolve instantly in hot water.

Price 5/- the dozen packets, 2/8 half dozen, 7d. for a single packet, post free (or 6d. if sent with other goods). Three dozens may be had for 14/-.

Quinine Compound.

(HOLMES'S IMPROVED).

This is a kind of Ointment which is used with Contraceptive Sponges and Occlusive Pessaries. It destroys the fertilising power of the male fluid. In Collapsible Tubes, Price 2/- apiece.

EVIDENCE OF QUALITY.

"Kindly send me three tubes of Holmes's Quinine Compound it never failed me."

Dr. Palfrey's Injection Powders.

These are used for the same purpose as Quinine Powders. They are much cheaper and are very effective. In 6 oz. packets. Price 2/- a packet.

TRADE 'LUBAFAX.' MARK

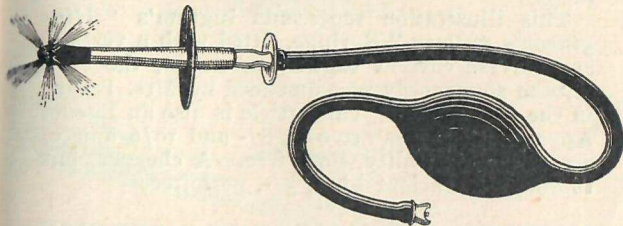
Surgical Lubricant.

 A medical friend has drawn my attention to this excellent lubricant. It is a soluble, pleasantly (but only *slightly*) perfumed, non-irritating jelly, which is neither sticky nor greasy. It is used for lubricating all kinds of surgical instruments, contraceptive envelopes, occlusive pessaries, etc. A little of it, both on the inside and outside of the Envelope tends to lessen the risk of breaking, and is otherwise highly beneficial. In large collapsible tubes: Price 1/9 apiece, post free.

EVIDENCE OF QUALITY.

"Please send one tube of Lubafax I find it excellent, and clean in use also."

SYRINGES.



Syringes have been largely used for contraceptive purposes; but I have had letters from many women who said that they had been disappointed with this system: the cause being in most cases owing to their *having been informed by a doctor* that it was effectual if used within *two hours* of intercourse. I think that it may sometimes fail if used within *two minutes*! It is also a very unpleasant plan, especially in cold weather; therefore I do not recommend it for this purpose. Nevertheless, one of a kind which can also be used as an *Enema Apparatus*, should be in every home. Dr. Chavasse said in the 14th Edition of *Advice to a Wife*, page 85, "No family ought to be without a good *enema apparatus* Many valuable lives have been saved by means of

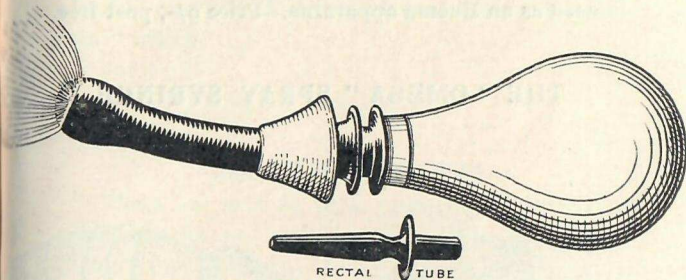
it." And Dr. Foote said, "Married women have no excuse for not using it." Home Cyclopaedia, p. 557.

This illustration represents Ingram's "*Higginson's pattern*" Syringe, fitted with a vertical and reverse current vaginal tube (i.e., the kind of tube so strongly recommended by Mrs. Besant in the olden days). This article is also an Enema Apparatus. Prices are 6/6, 8/- and 10/6 apiece, according to quality, post free. A cheaper, but thoroughly efficient kind, 5/-, post free.

INGRAM'S "STERILENDUM" SYRINGE AND ENEMA APPARATUS.

The advantage of this Enema over others is that it is fitted with Hygienic Fittings so that it can be Sterilised in its entirety. In this Enema, there are no Metal Fittings to which germ-laden matter can cling, and thus do incalculable harm in the spreading of disease, but all the valves and pipes are of glass, which can be easily and effectively cleansed by sterilisation. Guaranteed to stand boiling water. Of course, they should *not* be put directly into boiling water, but into warm water which can then be brought to boiling point. The shape, etc., is very much like the illustration on page 43. Price 6/6, post free.

HOLMES'S IMPROVED RATIONAL SPRAY SYRINGE AND ENEMA APPARATUS.



This Syringe is highly recommended. I consider it to be a better article than some which are widely advertised at a much higher price. Price 8/6, post free.

EXTRACTS FROM LETTERS.

[The first is from a Doctor.—J. R. H.]

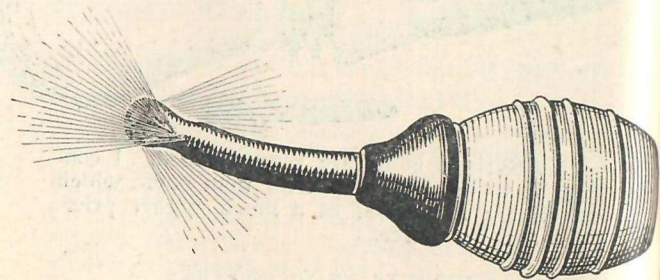
"My patients are very pleased with the Fountain Syringes [i.e., the Rational Spray—J.R.H.] and I think they are excellent."

"Very many thanks for Syringe [Rational Spray—J. R. H.] which I like very much."

THE "ECLIPSE" SPRAY SYRINGE.

This Syringe is very similar to my "Rational Spray" (see previous page), but it cannot be used as an Enema apparatus. Price 9/-, post free.

THE "OMEGA" SPRAY SYRINGE.



This is an excellent Syringe : has a forward and backward current and is made of very superior materials (cannot be used as an Enema apparatus). Price 13/6, post free.

"WHIRLING SPRAY" SYRINGES.

Some dealers advertise "*Whirling Spray*" Syringes, but to "whirl" is to *rotate rapidly*; and I question if any Syringes cause the spray to "whirl."

DAMIANA WAFERS.

These are said to be a powerful Tonic and a Remedy for nervous disorders. Price 5/- a box, post free. [N.B.—As these Wafers are a "patent medicine," a shilling of this price is "Stamp-Duty."]

Waterproof Bed Sheets.

For use during child-birth, size 36 x 54 inches, 6/- apiece, post free.

BOOKS

Recommended for Study.

In recommending these books, I may mention that I do not agree with everything they contain.

"READ NOT TO CONTRADICT AND CONFUTE, NOR TO BELIEVE AND TAKE FOR GRANTED, NOR TO FIND TALK AND DISCOURSE, BUT TO WEIGH AND CONSIDER."—*Bacon.*

TRUE MORALITY :

A TREATISE ON THE NEO-MALTHUSIAN PHILOSOPHY.

By J. R. HOLMES.

A new edition of this book is now (Summer, 1933) in preparation. It will contain: An Essay on True Morality; Voice of the People; Rules for the Married; Rules for the Unmarried; What the Ladies Say; Some Startling Statistics; More Statistics; Dr. Foote's Views on Prevention; The Bishop of London on Prevention and My Reply thereto; a Picture of Society; Marriage Ages of Notable Persons; Best Ages for

Marriage; The Malthusian Theory; The Rev. F. Minton v. Sir John Herschell; Neo-Malthusianism our only Hope; How to Control the Amative Passion; On Corsets; Two Great Men on Parentage; A Saved Man; Extracts from "Kate"; Col. Ingersoll's Day-dream; The Birth-rate Mania; Our Babies; The Bishop's Dilemma; A Text from Herbert Spencer; The Glory of Motherhood; The Prosecution of the Author; Dr. George Drysdale's Views; Views of Other Doctors; Armageddon and its Cause; and much other matter.

The object of this book is to show people how they may become happy husbands and wives; happy fathers and mothers; and how to rid the world of poverty, prostitution and inherited disease.

Numerous editions amounting to many thousands of copies have been issued.

The New Edition (Revised and Enlarged) will consist of over 200 pp. with Portrait and Autograph, and contain an account of the prosecution of the Author. In order that it may have a large circulation, and to bring it within the reach of the poor, this edition will be issued in Paper Covers, Price 6d., Post Free.

It should be read by every sane adult person.

Here are a few extracts from letters referring to former editions.

"I have just been married and consider myself very fortunate in having [had] your splendid little book, 'True Morality,' brought to my notice."

"Your book, 'True Morality,' I look upon as one of my most valued possessions."

"Many thanks for your book, 'True Morality.' It is a remarkable work and should be in every home and read by every adult person."

"Your 'True Morality' to hand, for which I thank you very much. On reading it I am impressed with the idea it ought to be in the hands of all young men and women who are or [are] contemplating being married. It deserves a wide circulation."

The author of "The Wife's Handbook" wrote to me as follows:—

"Dear Sir,—Thanks for your excellent pamphlet. It is a pleasure to read it, on account of its numerous apt quotations, and for the sound Malthusian advice it contains.

"Yours truly, H. A. ALLBUTT."

The following are extracts from Press notices:—

"The publication is opportune . . . of this useful compilation . . . in a neat and desirable form . . . The book ought to be widely circ-

lated."—NATIONAL REFORMER, January 24th, 1892 (page 62).

"Mr. Holmes has made a really admirable collection of Authorities."—MALTHUSIAN, October, 1892 (page 73).

THE NATIONAL REFORMER of September 4th, 1892, said of the Edition then current: "Mr. Holmes's pamphlet . . . is an almost unexceptional statement of the Neo-Malthusian theory and practice . . . and throughout appeals to moral feeling . . . The special value of Mr. Holmes's service to the Neo-Malthusian cause and to human well-being generally is just his combination in his pamphlet of a plain statement of the physical and moral need for family limitation, with a plain account of the means by which it can be secured, and an offer to all concerned of the requisites at the lowest prices." (Pages 154-5.)

ADVICE TO A WIFE.

On the Management of Her Own Health, and on the Treatment of some of the Complaints incidental to Pregnancy, Labour and Suckling.

BY DR. CHAVASSE. REVISED BY G. T. WRENCH, M.D.]

In order to show the popularity of this excellent book it is only necessary to mention that it is now in its 450th thousand. In the first part of

it poetry and prose are so delightfully blended that the reading of it is a pleasure. Over 360 pages, well printed in good type, on good paper, post free 2/10. I advise people to read "The Wife's Handbook" (see next page) in conjunction with this. Every *wife* should read these two books.

ADVICE TO A MOTHER.

On the Management of Her Children, and on the Treatment on the Moment of some of their more pressing Illnesses and Accidents.

BY PYE H. CHAVASSE, FELLOW OF THE ROYAL COLLEGE OF SURGEONS OF ENGLAND, &C., &C.
REVISED BY T. D. LISTER, M.D.

Over 360,000 copies of this book have been sold. It contains upwards of 400 pages of, on the whole, interesting and valuable matter. It is a companion volume to "Advice to a Wife," and is sold at the same price, i.e., 2/10, post free.

*** As a member of *The National Anti-Vaccination League*, I feel it my duty to state that I am very sorry that the before-mentioned useful book—"Advice to a Mother"—is so sadly marred by the author's advocacy of that ghastly rite—Vaccination. His statement: "*Vaccina-*

tion, however frequently performed, can never do the slightest harm, and might do inestimable good" (page 44 of the 14th edition), is AN ABOMINABLE UNTRUTH, and it has been removed from the present edition; but the advocacy of the rite is still there.

THE WIFE'S HANDBOOK.

BY DR. ALLBUTT.

Over half a million copies already sold. This book treats of the way a woman should order herself during pregnancy, confinement, etc.; and gives hints on the management of the baby, and other matters of importance; 59 pages, price, post free as a letter, 11d.

*** The author of *this* book says that "arm-to-arm vaccination" (which was the method so strongly recommended in the early editions of the former one) "is a method attended with grave dangers to health. Many children have been injured for life through being vaccinated with lymph taken from other infants"; page 39. Dr. Foote, in an article on Vaccination in his "*Home Cyclopaedia*," page 231, says: "We unhesitatingly affirm that its known dangers far outweigh its doubtful benefits." And speaking of the new

fangled "glycerinated lymph," says: "A German official report on vaccination for the year 1894 tells of eleven deaths from this glycerinated 'what-is-it.'" Dr. Allinson says that it "has hurried thousands of children to the grave."—*Medical Essays*, vol. I, page 94.

THE WIFE: HER BOOK.

BY DR. HAYDN BROWN.

This is, on the whole, an excellent work. Nearly 300 pages, bound in cloth, post free, 4/-.

"Women should know something of the functions of sex when the time for marriage and child-bearing has come. The general tone of the book is good; indeed it is the best popular book we have seen which treats of these difficult questions."—*The Nursing Mirror*.

MALTHUS'S "ESSAY ON THE PRINCIPLE OF POPULATION."

In two volumes, bound in cloth.

This book should be read by everybody who wishes to understand the Population Question.

The author of "Elements of Social Science" said, on page 315 of *that* book, which is now out of print:—

"This wonderful essay: the most important contribution to human knowledge, it appears to me, that ever was made. On rising from it, with a mind overpowered by the vastness of the subject and the incomparable way in which it has been treated, I cannot but consider its author to have been the greatest benefactor of mankind, without any exception, that ever existed on this earth It is a discovery which, in fact, stands quite alone and unapproachable among the discoveries in its relation to human happiness. Compared with it, the labours of poets, of a Shakespeare, a Voltaire, a Goethe, or a Byron [he might have added Homer, Virgil, Dante, Lucretius, Milton and Shelley—J. R. H.]; of the physical enquirers—as Newton, Laennec, Humboldt, or Bacon, are utterly insignificant in their power over human happiness. The law of population is beyond all comparison the most important law ever discovered, and the most indispensable contribution to moral, medical and political science."

Some time ago I saw, in a leading London bookseller's catalogue, a copy of the fifth edition priced at £1 5s. second-hand!

The book is now published in two volumes bound in cloth. I am able to sell the *two* vols. for 4/6 post free. Or in Library Binding at 6/6.

*** To show the importance of reading such books as the following I may mention that Dr. Schofield, of Harley Street, states in his book, "Behind the Brass Plate" [This entertaining book can be had from me, price 6/-, post free], that a clever Society girl, a friend of his in his young days, when in the carriage with her bridegroom, besought him, with tears in her eyes, not to take out one of her ribs to make a child as she was sure that it must be very painful. She believed that a woman lost a rib with every child! He adds that he found the ideas about ribs were not confined to clever girls. Such ignorance comes through listening to Doctors of Divinity instead of to Doctors of Science.

To do what is *right* we must know what is *true*.—J. R. H.

HOW WE ARE BORN.

A letter to parents for their children, setting forth in simple language the truth about the facts of sex.

BY MRS. N. J. WITH A PREFACE BY J. H. BADLEY, HEADMASTER OF BEDALES SCHOOL.

Highly praised in *The New Age*, *The Malthusian*, and other papers. Artistically printed and bound, in cloth, post free 3/3.

An excellent book for the purpose of enabling parents to enlighten their children modestly and truthfully about the facts of birth and parentage, in answer to the question: "Mummy, where did I tum f'om?"

ON THE THRESHOLD OF SEX.

A book for readers aged 14 to 21.

BY F. J. GOULD, WITH AN INTRODUCTION BY DR. SALEEBY.

Cr. 8vo, art canvas; post free 2/10.

Mr. Gould has combined knowledge of Physiology with literary capacity, and presented the subject of sex simply, sanely, delicately and beautifully.

Three ladies and three medical men read and approved this book before it was published.

VALUABLE BOOKS BY DR. MARIE C. STOPES, D.Sc., Ph.D., F.L.S.,
all of which are worthy of particular attention.

SEX AND THE YOUNG.

Laying bare and showing how to cleanse the many sex problems in school and nursery. For parents and teachers. Price, post free, 3/9.

THE HUMAN BODY.

Telling all the things about human bodies all want to know and even Huxley did not tell. It contains a 7-plate atlas of the human body and 58 other illustrations. For young people. Price, post free, 3/9.

MARRIED LOVE.

A new contribution to the solution of sex difficulties. Price 6/- post free. 593rd thousand.

"Dr. Marie Stopes has endeavoured to meet the need of healthy young people of the educated class for information as to the sexual responsibilities of marriage. Though not a medical woman, the author has *special qualifications* for this task: with high scientific attainments she combines literary skill, sympathetic insight, idealism, and more than common courage To the married and to those about to marry, provided they are normal in mind and body and not afraid of facing facts, this should prove a most helpful book."—*British Medical Journal*.

ENDURING PASSION.

A Continuation of "Married Love," with new contributions to the solution of sex difficulties. Dr. Stopes's New Book. Shows how ideal sex contentment can and should be attained. Crown 8vo, Cloth, 6s. net.

WISE PARENTHOOD.

A practical handbook on birth control. Price 3/6 post free. 476th thousand.

"Its subject is birth control, and it gives in the plainest possible language information as to the ways—or way—in which control can be practised, with the least possible detriment to health, morals, and æsthetics . . ."—*The Common Cause*, December 27th, 1919.

RADIANT MOTHERHOOD.

The book of help for expectant parents. Price 6/- post free. 4th edition.

"Luminous with that sense of dignity which Dr. Stopes brings to matters which were shameful secrets to our forefathers. An intelligent study of Dr. Stopes's works (and a practical application of their teachings) would see the human race transformed in a few decades."—*Daily Express*.

TRUTH ABOUT VENEREAL DISEASE.

A practical handbook on a subject of urgent national importance. Price 3/6 post free. 5th impression.

"We believe that . . . after reading it, every right-minded citizen will enlist according to his strength and ability in the campaign against venereal diseases."—*Lancet*.

"A high-toned and admirable little book."—*Lord Gorell in the House of Lords*.

MOTHER, HOW WAS I BORN?

6d. net. (Postage 1½d.)

"It is a suggestion as to how a child's questions about sex should be answered by its mother."—*Star*.

[Mothers who do not agree with the author's peculiar theological views will be able to adapt the replies accordingly.—J. R. H.]

THE CONTROL OF PARENTHOOD.

By Prof. J. Arthur Thomson, M.A., LL.D., Prof. Leonard Hill, M.D., F.R.S., The Very Rev. Dean Inge, C.V.O., D.D., Mr. Harold Cox (Editor, *Edinburgh Review*), Dr. Mary Scharlieb, C.B.E., M.D., M.S., Sir Rider Haggard, K.B.E., Rev. Principal A. E. Garvie, M.A., D.D., Rev. F. B.

Meyer, B.A., D.D., Dr. Marie Stopes, D.Sc., Ph.D., F.L.S. Introduction by The Bishop of Birmingham. Edited by Rev. Sir James Marchant, K.B.E., LL.D., F.L.S., F.R.S.Ed., Secretary of the National Birth-rate Commission, etc.

Price 6/- post free. 7th impression.

"Nothing could be fuller, franker, or more to the purpose."—*Truth*.

"Deserves to be widely read . . . It is throughout frank, clean and wholesome."—*Times Literary Supplement*.

"A book to be read by all thoughtful men and women and especially by those who are married."—*Medical Press*.

CONTRACEPTION: ITS THEORY, HISTORY AND PRACTICE.

BY DR. M. STOPES.

New and enlarged edition, with Introduction by the late Sir Wm. Baylis, F.R.S., and Introductory Notes by Sir James Barr, M.D., Dr. C. Rolleston, Dr. Jane Hawthorne and "Obscuros."

A large well-printed book, with numerous illustrations of Contraceptive devices. Nearly 500 pages. Price 15/-, post free.

Some "grains of wheat" may be found in the following American books, which are all neatly printed and bound in cloth of uniform style; they have a large sale. All are 5/- a piece, post free.

BOOKS FOR MEN.

BY SYLVANUS STALL, D.D.

- What a Young Boy Ought to Know.
- What a Young Man Ought to Know.
- What a Young Husband Ought to Know.
- What a Man of 45 Ought to Know.

BOOKS FOR WOMEN.

BY MRS. MARY WOOD-ALLEN, M.D.,
AND MRS. EMMA F. A. DRAKE, M.D.

- What a Young Girl Ought to Know.
- What a Young Woman Ought to Know.
- What a Young Wife Ought to Know.
- What a Woman of 45 Ought to Know.

COMMENDED BY—Dr. Joseph Cook, Rev. C. M. Sheldon, Dr. Theo. L. Cuyler, Dr. Francis E. Clark, Bishop Vincent, Anthony Comstock, Mrs. I. M. Alden, Frances E. Willard, Rev. F. B. Meyer, Dr. John Clifford, Dr. R. F. Horton, F. Anthony Atkins, Rev. T. Spurgeon, Rt. Hon. W. E. Gladstone, L. Ormiston Chant, Lady Hy. Somerset; by Eminent Physicians; and others.

A GRAMMAR OF THE ENGLISH LANGUAGE.

In a Series of Letters, Intended for the Use of Young Persons.

BY WILLIAM COBBETT.

A new edition of an excellent little book. Strongly recommended for self-instruction. It is very interesting and should be studied by every one who wishes to write clearly. It is *not* enough to be able to write so as to be understood: People should write so that what they write cannot be *mis*-understood. Over 160 pages, strongly bound in cloth. Price 2/6, post free.

BIRTH CONTROL.

BY JOHANN FERCH.

Based on the Scientific Researches of J. Kurrein, Doctor of Medicine. Translated with a Biographical Foreword by Christian Roland and Edited with an Introduction by A. Maude Royden [the celebrated woman preacher.—J. R. H.] An excellent book on this subject. In one volume, cloth bound, price, post free, 3/9.

A NEW GOSPEL TO ALL PEOPLES.

This book is recommended by Dr. Marie Stopes "for those swayed by religious feeling who are not yet sure of the application of Science to Reproduction." Price, post free, 2/6.

THE MORALITY OF BIRTH CONTROL.

A Handbook of Moral Pathology for Clergy, Ministers and Social Workers by "A Priest of the Church of England." Dr. Marie Stopes recommends this book "for acute theological argument." *The Spectator* says: "We believe this book will come as a relief to many Christians They will be glad to find that unless they are bound by the 'say so' of the Roman Church, there is no theological objection to their following the dictates of reason." Price 11/-, post free.

MEDICAL HELP ON BIRTH CONTROL.

By W. M. Telling, M.D., F.R.C.P., and a dozen other doctors (both Men and Women): all well qualified to speak on this subject. Price, Post free, 6/-.

"After reading this book the public will have chapter and verse to quote in proof of the fact that 'doctors approve' very emphatically."

VEGETARIAN LITERATURE.

As I believe that the adoption of the *Vegetarian System of Diet* would tend to promote the health, strength and general well-being of the human race, I advise readers to apply to:—

"THE SECRETARY

OF THE VEGETARIAN SOCIETY,

39, WILMSLOW ROAD,

RUSHOLME,

MANCHESTER,"

for further information.

He will send *HELPFUL LITERATURE* to any applicant on receipt of a Stamp for Postage.

It may interest readers to know that some of the greatest and wisest of men, from Pythagoras and Plato down to George Bernard Shaw, have been Vegetarians and have advocated Vegetarianism, and most people know that the *strongest* animals are vegetarians. I may instance the Elephant, the Rhinoceros, the Horse and the Bull. Whilst the Jewish myth of Eden tends to show, by its statement that God appointed a vegetarian diet for Adam and Eve (see Gen. 1, 29), that the writer considered it to be the *ideal*.

Books not in this List procured to order at the published prices.