

# BIRTH CONTROL

UN-NATURAL *and*  
IRRATIONAL —

OR

NATURAL *and*  
RATIONAL —



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## UN-NATURAL AND IRRATIONAL

or

## NATURAL AND RATIONAL?

### CONTROLLING BIRTHS

Some authorities place the use of contraceptive devices in the United States at about thirty million a week, and the number of abortions at more than two million a year, twice the number of births. Is this situation wholesome?

**Unnatural Control** That abortion is a tragedy in the life of a woman and that it is unnatural, will not be disputed by many. That the use of artificial means to prevent conception is similarly unnatural appears from the fact that *violence is done to nature* in its most fundamental processes, namely, in the generation of a human being. Its unnatural character appears likewise from *the harm* that it causes. There is a growing unanimity among physicians of experience to the effect that the *habitual use of* contraceptives not infrequently causes injury to the generative organs, induces cancer of the womb, brings on sterility, shatters the nervous system, etc. Admissions to that effect have been made by many advocates of contraception. We will quote one of the foremost among them. Dr. van de Velde, a Dutch gynecologist, known the world over for his writings, says: "There is no ideal contraceptive and there never will be. By an ideal contraceptive, I understand one that will not cause any inconvenience or disturbance, that will exclude the possibility of doing harm to the user herself, and that is at the same time fool-proof." It is true that conditions may arise when contraception, prescinding entirely from the moral problems involved, may be the lesser of two physical evils, but it remains an evil just the same, and retains its unnatural character.



**Irrational Control** In one sense, *the most tragic aspect* of abortion and contraception is this: there is no need of paying the terrifically high price they demand in order to obtain the purposes intended. If there ever were irrational procedures, abortion and contraception are such. The spacing of births, or even preventing them altogether, if circumstances make such practises advisable, can be obtained in a *natural* and, hence, in a *rational way*. All this is set forth in the booklet,

**Natural and Rational Control** *The Rhythm of Sterility and Fertility in Women: A Discussion of the Physiological, Practical, and Ethical Aspects of the Discoveries of Drs. K. Ogino (Japan) and H. Knaus (Austria) Regarding the Periods when Conception Is Impossible and when Possible*, by Leo J. Latz, A.B., B.S., M.D., Member of the Staffs of Loyola University Medical School and Alexian Brothers' Hospital, Lecturer at the St. Elizabeth Hospital and Mercy Hospital Training Schools for Nurses, Secretary of the Cosmas and Damian Associates, Chicago. The booklet is published by the Latz Foundation, a corporation not for profit, organized to discourage the practise of contraception and abortion and to reduce the evils resulting therefrom. The Foundation invites all who are concerned at the harm that results from these practises, to assist in its endeavors. A practical method of cooperating would be to help in the judicious distribution of this pamphlet which can be had free upon request.

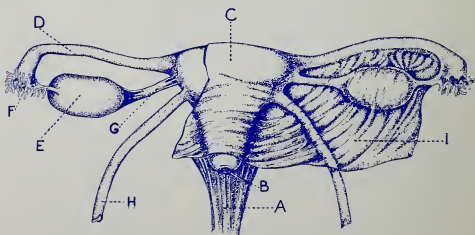
### THE OGINO-KNAUS DISCOVERIES

**The Skeptics** Most readers of these lines—and there may be many a physician among them—will shrug their shoulders, perk their lips in ridicule and maintain: *"It's the bunk, there is no such thing as a safe, natural way of spacing births, much less, of preventing them altogether, without making 'superhuman demands' upon husband and wife, i. e., without demanding complete sexual abstinence."* Some of those who speak thus are thinking of the Capellmann theory which has been abandoned. But none of these skeptics can be familiar with the recent discoveries, in regard to the rhythm of sterility and fertility in women, by the scientists Prof. Dr. K. Ogino, Chief Attending Physician of the Gynecological Department of the Takeyama Hospital, in Niigata, Japan, and Prof. Dr. Hermann Knaus of the University Women's Clinic, Graz, Austria.

## THE OGINO-KNAUS THEORY

**The Rhythm Theory** *The central thought of the Ogino-Knaus theory, as explained in THE RHYTHM, is this: The period of sterility in a woman, i. e., the time when it is impossible for her to conceive, is more than three times as long as the period of her fertility, i. e., the time when she can conceive. To be specific, a woman whose menstrual cycle is twenty-eight days cannot conceive during twenty-two to twenty-three days of that cycle and can conceive only during five to six days. These days can be determined without much difficulty if the directions given in THE RHYTHM are followed. In other words: As in most of her processes, Nature observes certain periodic movements in the generation, not only of animals (these are well known by breeders), but also of human beings and these periodic movements are called "The Rhythm of Sterility and Fertility."*

In the brief space of this folder, it is, of course, impossible to give more than *the main points of the theory*. For a fuller treatment the reader must turn to **THE RHYTHM**.



**Female Sexual Organs**

**The Father Cell** In reading what follows, the reader will find the above figure helpful. When performing the marriage act, the father deposits in the body of the mother (the

vagina, A) millions of minute organisms which are called, in scientific language, spermatazoa, but which, for our purposes, may be more easily identified by being called *father cells*. In structure, the father cells resemble the larval mosquito, having an appendage like a tail, which serves for purposes of locomotion. Some enter the mouth of the uterus (B) and passing through the uterus (C), enter one of the Fallopian tubes (D). These tubes are about five or six inches long and have a diameter approximately the same as that of the lead in a lead pencil.

**The Mother Cell** The ovum or egg, which, for the sake of convenience, we will call the *mother cell*, is prepared in one of the ovaries (E). Every month one of these mother cells reaches maturity, leaves its tiny room (sac), is caught up by the fringed end (F) of one of the Fallopian tubes, taken up into the tube (D), and then carried forward towards the uterus (C). If it meets a father cell and is united with it, a human being comes into existence. This union is called *conception*. The human being coming into existence and potentially possessing all the organs of a full grown man is very much smaller than the period at the end of this sentence. The embryo remains in the tube (D) for about eleven days, and then proceeds to the uterus or womb (C) where it fastens itself into its folds and grows, until after nine months the phenomenon of birth takes place.

All of this seems as impossible to understand as the mysteries of faith and is inexplicable except on the supposition of an infinitely wise and omnipotent Creator.

**Menstruation** If the mother cell does *not* meet a father cell, it dies after a few hours, is propelled through the tube (D) into the uterus (C) and, being dead, is expelled together with the mucuous substance and blood that had been stored up in the womb to serve as food and shelter for the expected embryo. This phenomenon is called *menstruation*.

## **The Heart of the Rhythm Theory**

Menstruation is the key to the rhythm theory. The scientific research, conducted independently of one another, by the two scientists, Dr. Ogino and Dr. Knaus, has established the time when ovulation occurs, i. e., the time when the mother cell breaks away from the ovary. Together with other scientists they have further established that the mother cell can live only a few hours if it is not fertilized, and that the father cell has a fecundation span of only two days. From these *three basic facts* they logically conclude that if the marriage act is performed during the two days before, on the day of, and (under certain circumstances) on the day following, ovulation, conception will take place with physiological inevitability. But if the marriage act is performed at any other time, conception is impossible.

What has been said above in explanation of the Ogino-Knaus theory may be represented by means of

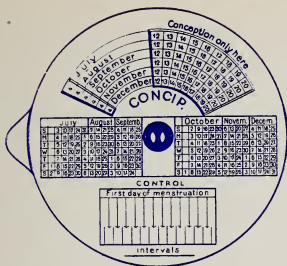
### The Rhythm Graph



## APPLICATION OF THE RHYTHM THEORY

How can a woman apply the rhythm theory to her specific case? This question is answered in detail in *THE RHYTHM*. A simplification of the directions is offered by the Latz Foundation in the form of a device, which, when properly adjusted, will tell a woman at a glance the precise days when she can conceive and the days when she cannot conceive. The device is called *Concip or Marriage Calendar* and has been approved by Prof. Doctor Knaus as in accord with his theory.





## The Concip or Marriage Calendar

### **Conditions for the Use of the Concip Calendar**

In order to use the calendar effectively a woman must know her cycles accurately. It is suggested that she have an ordinary calendar handy so that notations can easily be made on it. Every month the precise day, beginning with midnight, is marked, on which the first sign of the menstrual flow made its appearance.

### **Short, Normal, Long Cycles**

The next important matter is to count the exact number of days that lie between menstruations, beginning with the day on which the first traces of blood appeared. The majority of women will find that they have *normal cycles*, i. e., cycles ranging between 26 and 30 days. A series of six of these cycles may appear as follows, though, possibly, the differences may not be quite so pronounced: 27, 29, 28, 30, 28, 28. Some women have *short cycles*, i. e., cycles ranging between 21 and 25 days, while others have *long cycles* ranging between 31 and 36 days. For all of these groups calendars can be provided. Women who have regular cycles outside the limits of 21 and 36 days will have to follow the directions given in THE RHYTHM.

### **Irregular Cycles**

When cycles are very irregular, e. g., 29, 37, 41, 33, 28, 38, the rhythm theory cannot be applied. The person concerned should continue to keep a record of her cycles, should try to discover the cause of

the irregularity, and, for that purpose, should consult a physician. The irregularity may have been caused by the use of contraceptives. These must be discontinued in order to give nature a chance to restore the normal functioning of the generative organs. *As soon as regularity returns*, that is, as soon as the cycles do not vary beyond four or five days, and remain within the limits of twenty-one and thirty-six days, *a calendar can be provided, and followed with assurance.* This rule applies likewise to premature and delayed menstruation when its cause is definitely known, for instance, emotional stress, over-exertion, sudden change in climate, childbirths, etc. Conversely, if extraordinary conditions develop which may cause irregularity in menstruation, the calendar should not be followed. The rhythm theory holds only for normal women under normal conditions.

When placing an order for a calendar, it is necessary to indicate the longest and shortest cycles that are considered normal. Delayed or premature menstruation may be disregarded, if extraordinary causes can account for it.

## IS THE RHYTHM THEORY RELIABLE?

***The Rhythm Theory Is Safe*** Is the theory which is explained, discussed and espoused in **THE RHYTHM** safe? Can it be relied upon?

For complete answers to these questions, the reader must turn to **THE RHYTHM**. Here, only *a very brief summary of the arguments* can be given.

1. *The rhythm theory is vouched for* by Prof. Dr. Ogino and Prof. Dr. Knaus, two of the most distinguished scientists of our day. They are gynecologists who devote all their energies to the problems involved. It is quite apparent that these two university professors could not afford to jeopardize their professional standing in a matter of such importance, and that they could not expose themselves to become the laughing stock of their fellow

scientists and of the world, by advocating and by continuing to advocate theories for which they lacked incontrovertible proofs, the result of careful experimentation and observation.

2. The rhythm theory is *the easiest of theories to disprove*, if it were wrong. Every fertile married couple could furnish the refutation. More than fifty thousand of the marriage calendars referred to above are in use and no case is on record where it failed, provided the directions given were followed.

3. *Corroborating evidence* is supplied by physicians and by married people from every part of the world. James J. Walsh, M.D., Ph.D., assures us in *The Homiletic and Pastoral Review* for December, 1932: "*The observations and experiments of Drs. Knaus and Ogino have been rather thoroughly corroborated by a number of clinical investigators, that is, physicians in actual contact with patients in various parts of Europe who have been devoting special attention to the subject.*" The Latz Foundation has evidence and continues to collect evidence from those who have followed directions contained in THE RHYTHM or who have used the Concip Calendar. Friends of the Foundation are requested to cooperate in this direction.

4. It is well known that *conception frequently fails to result from sexual intercourse*. How is this phenomenon to be explained? It is reasonable to assume that a condition exists among the females of the human race similar to that among the females of animals that are similar in structure. Among the latter there are relatively long periods of sterility and very short periods of fertility. Cows, for instance, have a cycle of twenty-one days, nineteen of which are sterile. *The rhythm theory fits into the observed facts of human generation with a nicety that is surprising.*

## MORAL ASPECTS OF THE RHYTHM THEORY

Is the application of the rhythm theory ethically and morally permissible? For a complete answer to this all-important question, we must refer the reader to THE RHYTHM.

First of all, let it be definitely understood that the Latz Foundation utterly *repudiates the Malthusian theory* of over-population, that it does not favor childless or one child families, as a general rule. It most emphatically does not believe that herein lies our social and economic salvation. Our social and economic ills cannot, and must not be remedied, even if they could, by depriving married people of the blessings and joys of parenthood.

***Ideals of the Latz Foundation***      The purpose of the Latz Foundation is to *combat contraception and abortion* and to reduce the mounting physical and mental misery, the increasing moral deterioration, and the great financial losses that result therefrom.

Even more than that, it has the positive objective to help *buttress the foundation of our civilization, the family*. It hopes to make its contribution in this direction by enabling married people to have a happier and finer home life by bringing into the world healthier, stronger children, with a richer physical, emotional and mental heritage. And this it hopes to achieve by spreading the information and advice contained in THE RHYTHM.

***Dignity of Parenthood***      Parents who will accept this guidance from the Latz Foundation will know definitely when they are performing the act which will bring into existence a new human being, when they are cooperating with God in the creation of one of His children. Having that knowledge they will bring to the act the measure of reverence and devotion and love which *conscious cooperation with the Creator* spontaneously evokes. They will prepare themselves for the act which involves such tremendous consequences, by avoiding all those sinister influences—such as violent emotional excitement, excessive use of alcohol, nicotine and drugs in general—which exert a blighting influence upon their progeny.

## THE RHYTHM

**Blessings of Parenthood** The Latz Foundation is absolutely convinced that *children are a great blessing* to married couples from the psychological, the physiological, the social and the moral point of view, and that the complete objectives of married life cannot be realized except through the influence that children bring to bear upon their parents and upon one another.

**The Rhythm Theory Is Ethical** But along with all this the Latz Foundation likewise holds that conditions of a physiological, economic or social character sometimes develop which make it desirable, not to say imperative, that *births be spaced* and, in exceptional cases, be prevented altogether. Where such conditions obtain, as is shown in *THE RHYTHM*, it is ethical to take advantage of the rhythm of sterility and fertility. Such a procedure is in accordance with the laws of nature and with the dictates of reason, hence, can be denominated "natural and rational."

## THE RHYTHM

*THE RHYTHM*, we may be permitted to say in passing, is printed with the "approbation" of the local authorities of the Catholic Church, the most consistent and persistent opponent of contraception and abortion. Every married couple intending to make use of the rhythm theory owes it to themselves to read the third part of the booklet, in which the ethical and moral aspects of the theory are discussed. Viewpoints are expressed there that will be enlightening as well as comforting to husband and wife, who are seeking a deeper meaning of the functions of married life.

*THE RHYTHM* is written in a simple style that will be easily understood by the average reader. The booklet contains helpful illustrations, is attractively bound in blue, flexible, gold-stamped, covers, and can be placed in a pocket or a purse. A few of the hundreds of recommendations which it has received follow:

VIEWPOINTS

*Dr. Latz builds up his thesis in regard to the rhythm of sterility and fertility in women with inescapable logic. The Ogino-Knaus theory must become the working knowledge of every practicing physician.*

HENRY SCHMITZ, A.M., M.D., LL.D., F.A.C.S., F.A.C.R., Professor and Head of the Department of Gynecology, Loyola University School of Medicine. Attending Gynecologist, Mercy and Cook County Hospitals, etc.

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*The book seems so good to me and so utterly timely that I believe steps should be taken to bring it to the attention of all the clergy, not only in the United States, but, throughout the world. I am convinced that this should be done and done vigorously.* VERY REV. J. W. HYNES, S.J., President, Loyola University, New Orleans, La.

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*One can hardly do better than quote with full approbation the closing words of the introduction of Father Joseph Reiner, S.J.: "No physician, no nurse, no social worker, no clergyman can afford to disregard the information contained in this book."*

AMERICA.

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*We do not know of a more potent antidote to the contraception heresy so wide-spread today, than this explanation and justification of what Dr. Latz rightly calls the only rational method of birth control.*

ARTHUR PREUSS, Editor,  
*The Fortnightly Review.*

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*. . . that there is a "safe period" . . . would thus seem to be established. The physicians making this declaration are . . . serious workers in the field of gynecology and obstetrics who have had large opportunities for observation and give their carefully drawn conclusions in the matter.*

JAMES J. WALSH, M.D., Ph.D.,

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**The Latz Foundation, Lock Box 752, Republic Bldg., Chicago, Ill.**

Please send me the following:  
Quantity

- \_\_\_\_\_ **The Rhythm** @ \$1.00 . . . . .
- \_\_\_\_\_ **Concip or Marriage Calendar** for a woman whose cycles range between  
26 and 30 days @ \$1.00 (*normal cycles*) . . . . .
- \_\_\_\_\_ **Concip or Marriage Calendar** for a woman whose longest cycle  
is \_\_\_\_\_ days, the shortest \_\_\_\_\_ days @ \$1.00 (*short, long cycles*) . . . . .

Total

\_\_\_\_\_ **Birth Control:** Unnatural and Irrational or Natural and Rational? (*gratis*)  
Enclosed find \$\_\_\_\_\_ in payment of my order (include five cents for  
exchange if remittance is made by check).

Name \_\_\_\_\_ (Please Print)

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*There is nothing more charming than a mother with her child in her arms, and there is nothing more venerable than a mother among a number of her children—Goethe.*