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authority and the almost unanimous opinion of the great moral theologians. It will depart from that position, when a lead in that departure comes from the source of all ecclesiastical authority, Rome.

At the same time THE LINACRE maintains that the proper place to discuss the momentous questions raised by the Rhythm Theory is in its pages and in the pages of similar professional publications. It believes that all Catholic doctors and priests should be intimately acquainted with the facts so splendidly presented by Doctor Latz in his book on "The Rhythm" and the results both moral and physical which have been the consequence of the application of the theory. Evidence of these results is presented by Doctor Latz in this issue.

With the reservation made above THE LINACRE takes this occasion to congratulate Doctor Latz not only on his scientific knowledge and his experimental confirmation of the findings of Doctors Knaus and Ogino, but also on his patient, persistent toil without which "The Rhythm" would have been an impossibility.

THE LATZ FOUNDATION — ITS AIMS AND ACHIEVEMENTS

By LEO J. LATZ, M.D.

THE LINACRE presents this article without approval or disapproval of the moral questions involved. In our issue for March, 1933, we discussed some of these moral questions. Others are still being hotly discussed by European moralists, notably and recently in the "Ephemerides Theologicae Lovanienses" for July, 1934 and "L'Ami Du Clergé" for November 8, 1934. Among these problems is the problem of the validity of a marriage contracted with a deliberate intention of perpetually restricting the use of marriage to the sterile days.

IT IS an honor to be asked to contribute an article to THE LINACRE QUARTERLY on the topic indicated above. As far as possible, I shall let the record speak for itself.

THE AIMS OF THE LATZ FOUNDATION ARE FIVE-FOLD:

1. *To spread information about the rhythm theory of sterility and fertility in women, as discovered by Drs. Ogino and Knaus.*
2. *To confirm the theory by the collection of pertinent data and to study problems that are closely related, like the changeability of the menstrual cycle, the factors that bring about the changes, the shortest basic period of fertility, etc.*
3. *Through the dissemination of the knowledge of the rhythm theory to assist married people in overcoming sterility, in choosing the time and arranging the circumstances that are most propitious for the generation of children, or, where circumstances indicate such a procedure, in spacing births or in avoiding them entirely. Through this service, the Latz Foundation aims to help married people to a*

happier and finer home life and thereby to buttress the foundation of civilization, the family. More early marriages will doubtless result. Many young people are deterred from getting married because of the financial and other burdens that result from the natural increase of the family that normally occurs if some sort of control is not exercised.

4. 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.

5. To assist in the solution of one of the gravest present-day moral problems that confront the Catholic Church, namely, contraception.

ACHIEVEMENTS OF THE LATZ FOUNDATION

1. *The Latz Foundation spread the knowledge and helped bring about the acceptance of the rhythm theory.*

It should be borne in mind that, when "The Rhythm" was published in 1932, the first book in English on the subject, the theory which it expounded was practically unknown in the English-speaking world. Denunciation, misconstruction of motives, ridicule, persecution have usually been visited upon new movements beneficial for mankind, especially if they ran counter to generally accepted notions. The rhythm theory was not an exception in this respect.

A much more favorable attitude toward the rhythm theory exists today. To a surprising extent ignorance has given way to knowledge, opposition to acceptance, denunciation to approval, throughout the United States, and, to a less extent, throughout the British Empire. Medical Journals that refused advertisements of "The Rhythm" in 1933 accepted them in 1934, one of the journals writing an editorial favorable to the theory. *Medical authorities and general practitioners are supporting the rhythm theory* in increasing numbers. Limitation of space will allow only a few instances:

"For those, who because of religious or other reasons are not willing to resort to . . . contraception, the Ogino-Knaus method is a great boon and is certainly the one that should be recommended by the physician." Emil Novak, M.D., Leading American Gynecologist, *American Medical Association Journal*, February 10, 1934, page 453.

"Thus there is being developed scientific evidence to warrant the possibility that this method for . . . birth control is sufficiently accurate to be dependable and at the same time psychologically, socially and esthetically sound." Editorial, *American Medical Association Journal*, February 10, 1934, page 459.

"All the evidence strongly suggests the fundamental accuracy of the postulates of the Ogino-Knaus findings," said Dr. Andrew C. Ivy, Head of the Department of Physiology at Northwestern University and a recognized authority in the field of reproductive physiology.

"Enough evidence has already been established to indicate that a strict observance of the method is insurance of sterility even beyond that associated with the employment of most of the contraceptive apparatus and medicaments." Editorial, *American Medical Association Journal*, September 8, 1934, page 757.

The Catholic clergy have been particularly open-minded and have accepted the theory in large numbers. They bought up about five thousand copies of the first and second editions and continue to recommend "The Rhythm" to their parishioners and penitents. One of the most surprising as well as encouraging experiences of the Latz Foundation at the inception of its campaign, was the vision and liberal attitude of the Chancery of the Chicago Archdiocese, their familiarity with the theory and their readiness to permit the book to be "published with ecclesiastical approbation."

To sum up, the rhythm theory today has become well known throughout the English-speaking world, both by the medical profession and by people at large.

The efforts of the Latz Foundation to bring about the result consisted in devoting the funds realized from the sale of "The Rhythm" largely to a world-wide educational campaign through the distribution of about 150,000 copies of its free folders and pamphlets "The Rhythm," "Birth Control—Unnatural and Irrational, or, Natural and Rational," "The Big Problem of Married People—Solved," through the sale of 60,000 copies of "The Rhythm," in practically every country on the five continents, through advertisements in publications having a combined circulation of many millions, and by arranging lectures and discussions. News items concerning the rhythm theory were carried in the daily papers that are served by the Associated Press, United Press, International News Service. The *Chicago Tribune*, for example, carried three lengthy items and devoted an entire page to the rhythm theory in its Sunday Graphic Section. Articles appeared in clergy magazines (*Ecclesiastical Review, Acolyte, Homiletic and Pastoral Review*, etc.), in religious popular publications (*Sunday Visitor*, etc.), in general magazines (*Fortnightly Review, Commonweal, News-Week, New Republic, The Nation*, etc.).

Publication of many books and pamphlets have followed upon the appearance of "The Rhythm." We mention the following: "Legitimate Birth Control" by Rev. John O'Brien, Ph.D. (61,000 copies); "Safeguarding Marital Happiness" and "Control of Family Through Natural Laws" by Emmett Culligan; "Conception Period in Women" by Dr. K. Ogino, published by the Medical Arts Publishing Company, Harrisburg, Pa., etc.

2. *The Latz Foundation gathers data in confirmation of the rhythm theory and in elucidation of related problems.*

(a) *Evidence of an indirect type* is represented by the sale of 60,000 copies of the book itself and the negligible number of complaints received—one for every 4,000 books sold. Where investigation

was possible, it was found that directions given had not been followed accurately.

Repeat orders come in constantly from the same bookstores, from parishioners of the same clergymen, from friends of people who have used the book for some time. So far, not one complaint has been registered by either a clergyman or a physician, that the rhythm theory is unreliable. A book of the type of "The Rhythm" usually passes from hand to hand and not infrequently is used by as many as a dozen different people. It is reasonable to assume, then, that thousands of women are employing the rhythm theory with satisfaction.

(b) *Evidence of a direct type* is contained in hundreds of letters like the following:

"That the rhythm theory is correct is evidenced from the fact that intercourse was had 62 times during the year, both before menstruation and after menstruation, within the 'free periods' indicated, without the occurrence of pregnancy. Previous history of the case shows that the patient is very susceptible to pregnancy, under normal circumstances. Three successive births have already occurred. During thirteen years of married life, not a single abortion has occurred.

"I know of a great many women making use of your system and all have been successful except one and she is very irregular." Maryland.

"In December, 1933, I wrote for one of your Concup Calendars. Previous to that I had two babies, one miscarriage, an operation for appendicitis and a goitre in three years. . . . I am in perfect health, thanks to your calendar." Wisconsin.

"I worked out my own cycle for the past two months with good results." St. Louis, Missouri.

"We have read your book 'The Rhythm' and by observing it for five months, results have been satisfactory." Ohio.

"A year ago my wife and I sent for your book 'The Rhythm,' calendar and record book and started your system of birth control. It has been very successful."

"I learned of the theory of rhythm ten months ago from a local doctor. I have used it and have had perfect results."

"We obtained one of the first copies of 'The Rhythm' when it was published in October, 1932. During the intervening 23 months, the method of controlling births which it presents has worked out perfectly in our married life."

(c) *Physicians who have observed the working of the theory in their patients have been kind enough to pass on their observations.* A few instances may be quoted:

Dr. N. Sproat Heeney, Chairman of the Department of Gynecology and Obstetrics of Rush Medical School and Chief Gynecologist and Obstetrician of the Presbyterian Hospital of Chicago:

"Two years ago I became convinced of the authenticity of the Ogino-Knaus method. As a result, I began advising its use to patients who rightfully wished to avoid conception and to those who must avoid it. During these two years, in every case where the prescribed method was followed, not a single pregnancy has occurred."

Dr. Joseph A. Tobin, Director of Nursing Education at De Paul University, and that school's nine affiliated hospitals, member of the staff of John B. Murphy Hospital:

"As a physician, I accepted the Ogino-Knaus method on scientific grounds only, and began to assist patients in spacing births where that was needed because of economic or pathological reasons, and my private and clinical practice confirms its workability."

Dr. Paul E. Lawler, Associate Professor of Obstetrics at Loyola University Medical School:

"Where the cycle is determined and the method followed, this theory works. Otherwise it does not. I have been advising the method for several years with uniformly good results under the conditions stated. . . . I have two patients who are now happy parents through the application of the Ogino-Knaus technique in their marital relations, whereas for eleven years in the one case and eight years in the other, they had gone childless. Both of them had been thought to be sterile."

Dr. Philip M. Law, neurologist and member of the staff of the Cook County Hospital and the University Hospital:

"I became convinced of the soundness of the theory and the practical application of it has confirmed that conviction."

Anthony Bassler, M.D., F.A.C.S., New York City:

"I have had occasion to recommend this book to some dozen or more patients and up to the present time, I have not seen it fail."

"I have found your book of the utmost usefulness in both the medical and the social hygiene field. I am recommending it with enthusiasm." J. E. A. Marcotte, M.D., 3523 Ontario East Street, Montreal, Canada.

(d) *The most accurate, and hence the most convincing evidence* for the validity of the rhythm theory in the possession of the Latz Foundation is that furnished in the "*Record Calendars*" which married couples are sending in. Record Calendars are described and some are produced in "*The Rhythm*" to which we must refer the reader. They contain detailed, accurate, personal information about menstrual data, about intercourses had during the fertile and sterile periods and the results.

The amount of evidence that has been collected is so great that opponents of the rhythm theory will have a difficult, I should say, an impossible, task to explain the facts that have been collected and fit them into their theory.

Gathering sufficient data will help determine the shortest basic period of fertility, that will throw light upon the regularity of the menstrual cycle over a long period of time, upon factors that bring about changes or that regularize cyclical fluctuations, etc., is a matter of prolonged research, requiring the co-operation of large numbers. As significant data become available, they will be published in medical journals.

3. Married people have been helped to overcome sterility and to space births. Early marriages have been encouraged. Married life has been enriched.

In my own practice, I was able, by recommending a definite application of the rhythm theory, to overcome apparent sterility in two cases, one of six and the other of eleven years' standing. Dr. Lawler's

experience, mentioned above, of a similar character, is probably still in the reader's memory.

Husbands and wives that have experienced the advantages of the rhythm theory not infrequently write in to the Latz Foundation and give expression to their happiness and satisfaction. Space will permit us to quote from only a few letters:

"I can't begin to express my sincere thanks to you. That is all I can say, I'm so thankful. Your theory has proven very successful for me." Wisconsin.

". . . the knowledge of these two conditions (sterility and fertility) during twenty-five years of married life resulted in the birth of seven children by choice and the control of fertility without transgressing the laws of God or nature." Illinois.

4. *The rhythm theory helps effectively in combating contraception and abortion.* This is implied in many of the quotations scattered throughout this article and would appear to be an obvious result.

The enormous extent to which contraception is practiced is indicated in an editorial "Contraception and Birth Control" of the *American Medical Association Journal*, September 8, 1934, as follows: "Today there are hundreds of jellies, suppositories, rubber devices and systems sold for such purposes throughout the country, as well as many antiseptics that have about the same efficiency as water. A survey in the western part of Florida in 1932 is said to have revealed the information that preventives were sold in 376 places besides drug stores, including gas stations, garages, restaurants, soda fountains, barber shops, pool rooms, cigar stands, news stands, shoe shining parlors and grocery stores. The president of one concern manufacturing a rubber device stated that his business marketed twelve thousand gross a month."

A detailed analysis of the physical, moral, social evils that follow upon the habitual use of contraceptives, need not detain us. Denouncing contraception will not mitigate the evil, as we know from experience. And still, as Dr. de Guchteneere pointed out, "some sort of family limitation has become a necessity in modern countries on account of the economic depression and of the general conditions of civilized life." This world-renowned gynecologist gives the solution of the problem when he says: "A rational use of the sterile period is the right means to that end." It is the right means from every point of view, not only medically and morally, but also, as the *A. M. A. Journal* editorial of February 10, 1934, puts it, "psychologically, socially and esthetically." Quite properly, then, does the editor of the *Journal* (September 8, 1934, p. 757) refer to this method as "a ray of light in the situation."

Contraceptives are always distasteful and frequently repulsive.

They will be dispensed with when a natural method is available. Here is a typical confession of a correspondent: "I too, am a contraceptive who has become disgusted with mechanical and chemical contraception." On no other basis, except the widespread desire to have a natural, esthetic and psychological method of birth control, can the sale of over 50,000 copies of "The Rhythm" and of an equal number of "Legitimate Birth Control" by Father O'Brien, and of other publications dealing on the same subject, within the short space of two years, be explained. Quotations throughout this article bear testimony to the same contention. The numerous articles and references in the daily and weekly press and other periodicals do so likewise.

It is impossible, of course, in the very nature of things, to determine accurately *the extent of abortions, self-induced, criminal, and "therapeutic."* Some believe that there are about one million abortions per year in the United States. Others think that they are as numerous as normal births, about two million. Still others believe that they are twice as numerous as normal births, namely, four million. The bearing that a natural-method birth control can be expected to have upon this situation is indicated by Dr. Mark T. Goldstine of the medical surgical staffs of Wesley Memorial Hospital and former president of the Chicago Gynecological Society: "I am intensely interested in this subject, if for no other reason, than that its apparent fundamental soundness promises a way to reduce the appalling number of criminal abortions which are being committed. And they are steadily and rapidly increasing. I consider it a professional duty to assist in this worthwhile movement. I shall advise my patients in the use of this method. And, I shall further assist by cooperating with Dr. Latz in reporting my findings to him."

Possibly more impressive is the statement of Dr. Paul E. Lawler, Associate Professor of Obstetrics, Loyola University Medical School: "Had I known it (the rhythm method) sooner, I might have saved one patient from two criminal abortions which I know she had performed prior to adoption of this method for spacing births."

5. *The group of men who were quickest to appreciate* the tremendous advantages of the rhythm theory especially from a moral point of view, *were the Catholic clergy throughout the world.* Within three weeks, they bought up the first edition of 3,000 copies and in a few succeeding weeks bought five additional thousand copies. They have been very generous in bestowing praise upon the work of the Latz Foundation and have given every encouragement to its undertakings by writing letters of appreciation, by recommending "The Rhythm" to their people and by distributing the Foundation's pamphlets.

Experience confirms our conviction that the discovery of the rhythm of sterility and fertility in women by Drs. Ogino and Knaus represents one of the most helpful triumphs of science, a triumph of the greatest significance for the human race because of its physiological, social and moral implications.

Summing up, then, we may be allowed to state that *the Latz Foundation, during the first two years of its existence, realized to a considerable extent its aims: 1. Spreading the knowledge of the rhythm theory of sterility and fertility in women. 2. Collecting data in confirmation of the theory, and, 3. Making available to increasing numbers the tremendous advantages of a normal method of birth control.*

GUILD NOTES

MANHATTAN GUILD—In the Nurse's Auditorium of St. Vincent's Hospital, New York City, the Catholic Physicians' Guild of Manhattan held its fall meeting on November 21st. Its galaxy of interesting speakers in the past was increased by the presentation of an address by the Reverend Walter G. Summers, S.J., of Fordham University. Father Summers asked, "How Shall Physicians be Compensated?" pointing out the causes and conditions which gave rise to the present deplorable situation in economic medicine and enumerating the undesirable features of socialized and state medicine. The Reverend Edward Roberts Moore, the Guild's Moderator, then addressed the meeting, commenting on Father Summer's theme and explaining the planned activities of the government to carry the people through the depression. Dr. Robert Emmet Walsh, President of the Physicians' Equity Association of America, reviewed the difficulties and obstacles which confront the doctor of today. Dr. Richard Kovacs spoke on the advisability of using our constituted County and State Societies to effect economic reforms. The meeting ended after talks by Drs. Bassler, Power and Welling. Through the courtesy of the Sisters of the hospital, refreshments were served after the meeting.

BRONX GUILD—On Sunday, November 25th, Dr. Henry J. Barrow, M.D., the newly elected President, presided over the fall meeting of the Guild. Following mass and communion, the Reverend Walter G. Summers, S.J., presented a scholarly paper on socialized medicine. It was declared by the members present as undoubtedly the best presentation of the question that they had heard. A lively discussion was carried on from the floor. Attention was called to the desirability of having such a paper printed in separate pamphlet form for distribution among those who do not see the fallacies and the dangers in the socialized medicine movement. A few weeks after the communion breakfast a committee of the doctors' wives organized a whist party to raise funds for the Guild.

BROOKLYN GUILD—Several committee meetings were held during the fall. Ways and means of stimulating the interest of Catholic physicians in the Diocese were pondered. In November, the Chapter requested the Reverend William J.