

## ABORTION and BIRTH-CONTROL

**S**IR.—With regard to the talk on abortion given recently by Dr. Turbott over the ZB stations, we would like to draw your attention to the following points, all of which apply to pre-war conditions in New Zealand.

1. That of 176 women who died from sepsis following abortion (1931-35) 109 were married women, and by their deaths 338 children were left motherless.

2. That sound and up-to-date contraceptive advice can be obtained in this country only with difficulty, and then in a hush-hush atmosphere.

3. That the woman who sincerely wishes to produce a sizeable family of well-spaced, healthy children is regarded by the community at large as either a martyr or a fool.

4. That the mother of a large family cannot house them decently.

5. That the lack of help for mothers often results in chronic ill-health, and certainly inhibits a normal desire for children, thus contributing to a falling birthrate.

6. That even when help is found, it is beyond the means of the average young parents, because the incidence of taxation gives negligible relief from the considerable burden of rearing a family to-day.

7. That labour-saving devices that would in some degree offset the lack of help are prohibitive in price.

8. That nursery schools, play-centres and residential nurseries are the exception rather than the rule.

A brief consideration of these points will lead to the following conclusions:

1. That it is not immorality but social and economic circumstances that are producing the bulk of criminal abortions.

2. That birth-control and gynaecological clinics should be included in the medical services to enable mothers to obtain scientific advice on these subjects from doctors trained in modern methods. This was recommended by the Royal Commission set up by the Government several years ago to inquire into the incidence of abortion in New Zealand.

3. That a change must be brought about in the present social attitude of the community towards large families, and that the mother should have a privileged place in the community.

4. That all housing plans for the future should be such as to encourage larger families, rather than discouraging them as Government housing does to-day.

5. That trained helpers with well-deserved professional status be made available to mothers of young families.

6. That the incidence of taxation should be changed so that parents of families are able to enjoy the same standard of living as childless couples or single persons with the same income.

7. That the cost of labour-saving household equipment be brought down by the removal of duties on such equipment.

8. That a system of nursery schools, play centres and residential nurseries be developed throughout the country.

Until such measures as these are brought forward in New Zealand, it is unlikely that any campaign against

criminal abortion will meet with any success.—KATHLEEN M. HANCOCK (Chairwoman, Wellington branch of the New Zealand Family Planning Association).



## STAMPS

SEND 1/- for Monthly Bulletin of Stamp Offers.

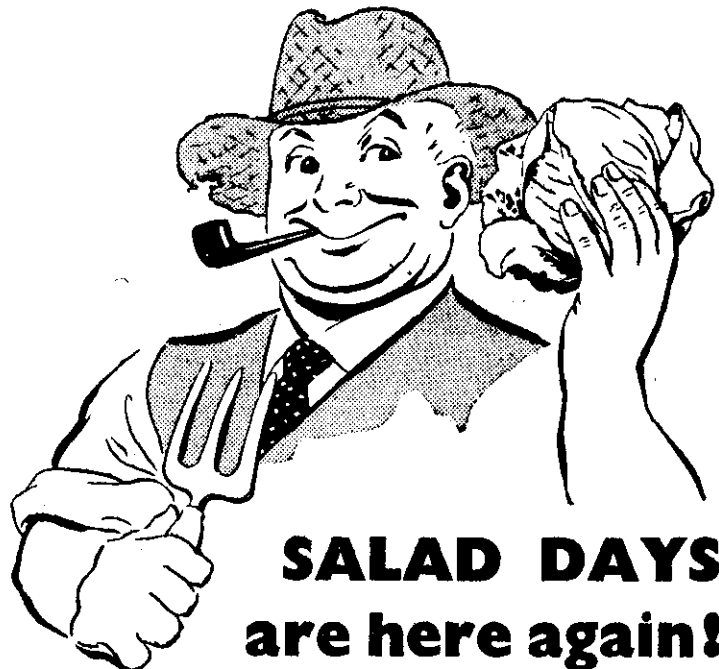
**PIM & CO.**

310 Chancery Chambers, Auckland.

ISSUED BY THE



DEPT. OF HEALTH



Summertime is salad-time. Sensible home-gardeners will have a supply of fresh greens coming along all through the season.

Every day you should get some raw fruit or vegetable—the fresher the better. In a salad, no food value is lost by cooking. And crisp, fresh, raw fruit or vegetable needs chewing, which keeps the teeth clean and healthy.

With lettuce as a basis (finely shredded heart of cabbage makes an excellent substitute for lettuce), make a salad of grated carrots and swedes, chopped celery, onion, beetroot, tomatoes, apples, chives, mint, parsley, radishes, and young green peas—with cheese and walnuts.

This list will give you an almost endless variety of tasty and nourishing salad dishes!

**IMPORTANT:** In making any salad, the vegetables or fruits should be shredded or grated or chopped and combined *just before* the meal at which it is to be eaten. In this way you get the greatest value from your salad vegetables and fruits.

Vary your salads and use them often. And get all you can out of your own garden.

FOR A HEALTHIER NATION