"As soon as the country becomes overpopulated, these reactionaries proclaim loudly its moral right to expand. They point to the huge population, which in the name of patriotism they have previously demanded should be brought into being. Again pleading patriotism, they declare that it is the moral right of the nation to take by force such room as it needs. Then comes war—usually against some nation supposed to be less well prepared than the aggressor."

"The "need of expansion" is only another name for overpopulation. One supreme example is sufficient to drive home this truth. That the Great War, from the horror of which we are just beginning to emerge, had its source in overpopulation is too evident to be denied by any serious student of current history. Fear and shame have stood as grim guardians against the gate of knowledge and constructive idealism. The sex life of women has been clouded in darkness, restrictive, repressive and morbid. Women have not had the opportunity to know themselves, nor have they been permitted to give play to their inner natures, that they might create a morality practical, idealistic and high for their own needs."

Sanger poses before leaving Brooklyn Court of Special Sessions after her arraignment in New York in October 1916

"It is time that women assert themselves upon this fundamental right, and the first and best use they can make of the ballot is in this direction. These laws were made by men and have been instruments of martyrdom and death for unnumbered thousands of women. Women now have the opportunity to sweep them into the trash heap. They will do it at once unless, like men, they use the ballot for those political honors which many years of experience have taught men to be hollow."
"One thing we know—the woman who has escaped the chains of too great reproductivity will never again wear them. The birth rate of the wealthy and upper classes will never appreciably rise. The woman of these classes is free of her most oppressive bonds. Being free, we have a right to expect much of her. We expect her to give still greater expression to her feminine spirit—we expect her to enrich the intellectual, artistic, moral and spiritual life of the world. We expect her to demolish old systems of morals, a degenerate prudery, Dark-Age religious concepts, laws that enslave women by denying them the knowledge of their bodies, and information as to contraceptives. These must go to the scrapheap of vicious, cast-off things. Hers is the power to send them there. Shall we look to her to strike the first blow which shall wrench her sisters from the grip of the dead hand of the past?"

"...the workers of the United States still have more children than they can care for. There are enough of them left over to provide 3,000,000 child laborers, who by working for a pittance crowd their parents out of employment and force the families deeper into poverty."

"When all is said and done, the workers who produce large families have themselves to blame for the hundreds of thousands of unemployed grasping for jobs, for the strike breakers, for the policemen who beat up and arrest strikers and for the soldiers who shoot strikers down. All these come from the families of working men. Their fathers and mothers are workers for wages. Out of the loins of labor they come into the world and compel surplus labor to betray labor that is employed."

"In every nation of militaristic tendencies we find the reactionaries demanding a higher and still higher birth rate. Their plea is, first, that great armies are needed to defend the country from its possible enemies; second, that a huge population is required to assure the country its proper place among the powers of the world. At bottom the two pleas are the same."