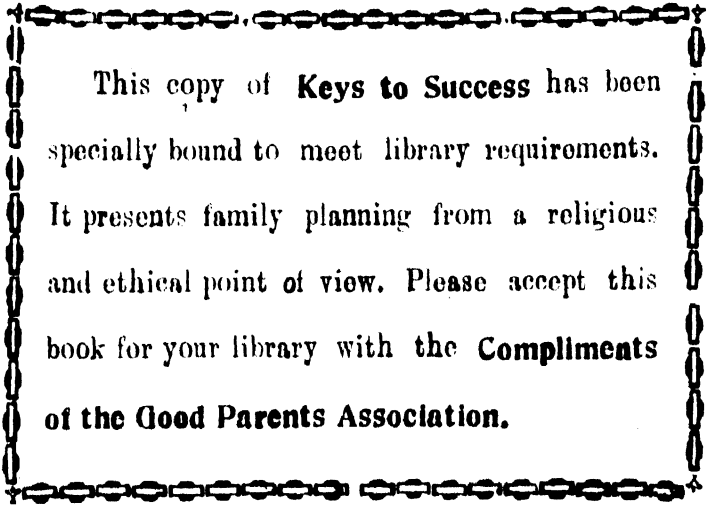


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KEYS TO SUCCESS

by

GOOD PARENTS ASSOCIATION

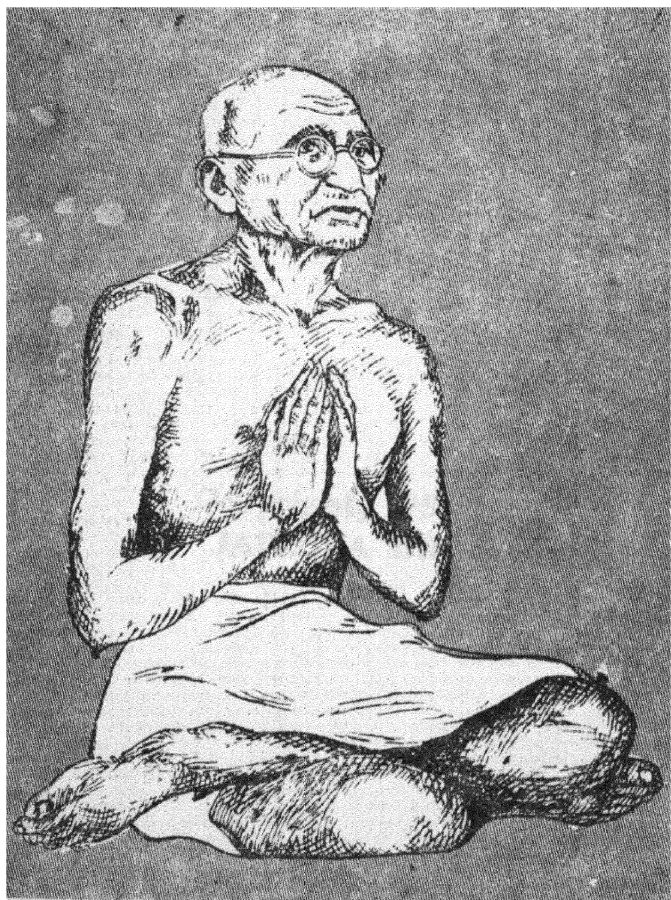
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1954

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“ GOD IS TRUTH ”

— Mahatma Gandhi

To

Mahatma Gandhi

OUR INSPIRATION

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Magic Keys to Success

Get knowledge. Get understanding. Get wisdom. Easy ! It's easier than you think !

Get knowledge that matters. Get understanding of human nature. Get wisdom in dealing with people.

SMILE. It is easy to smile. Your smile will do so much good in the world for you and for others.

Practice smiling at yourself in a mirror. And then give others the benefit of your smile whenever you can. That will be nearly all of the time. There are moments to show the sadness of a sympathetic heart. But they are few compared to the many hours when you can spread the sunshine of your smile.

TRY TO REMEMBER NAMES. This is not so easy but it is well worth the effort. A man's name is very precious to him. You have

gained wisdom when you can smile, greet a man by his name, and ask how he is.

Three simple rules will help you develop your ability to remember names. First, write down the names of people shortly after you meet. Add a few words of description that will help you recognize each person and use his name correctly.

Second, try to recall a man's name mentally when you see him, both his first name and his last name. This habit of double checking will prove a great aid to your memory.

Third, become sincerely interested in other people. Ah, there is wisdom ! But how can you acquire this virtue ? Well, you can be sincerely interested when you are trying to learn names. Make a hobby of seeing how well you can tie in people with their names. Here is the name of a man you have met. What does this man stand for ? What is nearest to his heart ? This knowledge will give significance to his name, interest you, and help you remember.

Make the sunshine of your smile sincere. Show respect for your fellow man. Give him a feeling of importance. How ? By greeting him by his name. By talking in terms of his interest. Love makes the world go round. The goodwill that you

spread on principle will become sincere. Your effort to do what is right will make you sincere.

How does this sincerity fit the confidence man? (The man who rides high through life on bull talk and nerve; the man who wins your friendship and then sells you down the river). Well, let's give the devil his due. The confidence man **at least makes the effort** to remember your name and show interest in you. The story is true to life of the confidence man who grows so interested in his victim that he becomes sincere and helps the person he planned to exploit.

It is possible to counterfeit sincerity. But it is also possible to develop a genuine, deep, and natural sincerity by simply remembering names and who they stand for.

CHARACTER. What a magnificent word! What an asset for any man to have! Yet it is within reach of every man. A good beginning can be made by just trying to remember names.

Give honest appreciation. Be hearty in your approbation and lavish in your praise. But do it sincerely. You can do it sincerely when you have taken an interest in your fellow man—his name, his accomplishments—who he really is.

Know yourself, yes, but also know your fellow man.

Keys to success...Dale Carnegie has described a number of golden keys to success in his famous best-seller, *How to Win Friends and Influence People*. Be sure to read this very helpful book that has sold many lakhs of copies and benefited crores of people throughout the world. Keep a copy handy for ready reference.

Hundreds of other success books have been written giving worthwhile advice : Study salesmanship, finance, law. Face reality and at the same time try to be optimistic and have a sense of humor. Know yourself—your liabilities as well as your assets—but nevertheless try to be self confident. Be yourself and yet try to be courageous, energetic and aggressive. Such advice will prove difficult for a person with serious handicaps.

Success stories include case histories of persons with terrific handicaps who nevertheless have managed to make good. These heroes inspire us to try and they give us hope. Still the difficulty of such achievement must be faced.

Fortunately you do not have to select those keys to success that are difficult for you to use.

There are so many doors to success that you do not have to enter the hard way. The purpose of this book is to show how easy success is to attain.

This book deals with the mystic keys to success—the mystic key to health, the mystic key to wealth, and the mystic key to happiness.

Mystic Keys to Success



Proper spacing of children for health.



A first-born son, plus family planning according to the ability of parents.



A clear distinction between sex life for pleasure and planned reproduction, plus

knowledge of all of the methods of family planning.

These keys are mystic in the sense that you can grasp them by direct insight.

They are mystic in that they are easy to use, yet crores of persons fail because they do not use these valuable keys.

These mystic keys easily open the main door to success...and behold !—your family welcomes you. Here is the heart of a good life. Here is what really matters. Here is your opportunity for true success.

The mystic key to health is the proper spacing of children for health. How vital this key is to the health of the mother, to the health of the children, to the health of the entire family ! Yet how often it is neglected.

The mystic key to wealth is a first born son plus family planning according to the ability of parents. What a great blessing it is to have a first-born son. You may be inspired by religious faith to have a son in order to enter heaven. You may think in terms of moral convictions that an increased proportion of sons will raise the standard of living and improve the position of women. The value of a first born son is truly beyond expression.

Having a first born son is only a part of successful family planning. You may want as many children as you can afford. Plan your family according to your ability. Let others inspire you by their example. Let the economic superman prove his success by the character of his family.

Some persons maintain that a wife is a luxury and children are an even greater luxury. Perhaps they are. But by planning your family according to your ability you can enjoy these luxuries. Men of limited earning power have been known to work and save for years in order to enjoy luxury of a wife. Both husband and wife may continue to work and save for several years before trying to have their first-born son. Even then they might find that they can afford only three or four children. Such sacrifice dictated by economic necessity is an extreme case. Nevertheless family planning according to the ability of parents is still the key to their success.

The mystic key to happiness is a clear distinction between sex life for pleasure and planned reproduction, plus knowledge of all of the methods of family planning. Sexual harmony is fundamental to married happiness. God has blessed parents with the ability to decide when their love is for

pleasure and when it is for reproduction. It is a sin not to exercise this ability. To please God every child must be a wanted child, planned for and provided for.

Some parents may feel that knowledge of many methods of family planning is superfluous. They have learned a few methods that are satisfactory and they are happy. They are inclined to let well enough alone.

There is danger in closing your mind to new knowledge of family planning. As you travel through life you change. Your ignorance may cause you trouble at some future time and mar your happiness.

The safe way is now so easy—to learn all about family planning and apply your knowledge to increase the happiness of your marriage. New discoveries are bringing remarkable improvements in family planning. You can only be sure that you are doing your best to make your marriage happy when you are well informed.

Your keys to success are in your hand.

Father Forgets

By W. L. L.

Listen, son : I am saying this as you lie asleep, one little paw crumpled under your cheek and the black curls stickily wet on your damp forehead. I have stolen into your room alone. Just a few minutes ago, as I sat reading my paper in the library, a stifling wave of remorse swept over me. Guiltily I came to your bedside.

These are the things I was thinking, son : I had been cross to you. I scolded you as you were dressing for school because you gave your face merely a dab with a towel. I took you to task for not cleaning your shoes. I called out angrily when you threw some of your things on the floor.

At breakfast I found fault, too. You spilled things. You gulped down your food. You put your elbows on the table. You spread butter too thick on your bread. And as you started off to play and I made for my train, you turned and waved a hand and called, " Good-bye, Daddy ! "

and I frowned, and said in reply, "Hold your shoulders back ! "

Then it began all over again in the late afternoon. As I came up the road I spied you, down on your knees, playing marbles. There were holes in your stockings. I humiliated you before your boy friends by marching you ahead of me to the house. Stockings were expensive—and if you had to buy them you would be more careful. Imagine that, son from a father !

Do you remember, later, when I was reading in the library, how you came in, timidly, with a sort of hurt look in your eyes ? When I glanced up over my paper, impatient at the interruption, you hesitated at the door. "What is it you want ?" I snapped.

You said nothing, but ran across in one tempestuous plunge, and threw your arms around my neck and kissed me, and your small arms tightened with an affection that God had set blooming in your heart and which even neglect could not wither. And then you were gone, pattering up the stairs.

Well, son, it was shortly afterwards that my paper slipped from my hands and a terrible sickening fear came over me. What has habit

been doing to me ? The habit of finding fault, of reprimanding—this was my reward to you for being a boy. It was not that I did not love you; it was that I expected too much of youth. It was measuring you by the yardstick of my own years.

And there was so much that was good and fine and true in your character. The little heart of you was as big as the dawn itself over the wide hills. This was shown by your spontaneous impulse to rush in and kiss me good-night. Nothing else matters tonight, son. I have come to your bedside in the darkness, and I have knelt there, ashamed !

It is a feeble atonement; I know you would not understand these things if I told them to you during your waking hours. But tomorrow I will be a real daddy ! I will chum with you, and suffer when you suffer, and laugh when you laugh. I will bite my tongue when impatient words come. I will keep saying as if it were a ritual : “ He is nothing but a boy—a little boy ! ”

I am afraid I have visualized you as a man. Yet as I see you now, son, crumpled and weary in your cot, I see that you are still a baby. Yesterday you were in your mother’s arms, your head on her shoulder. I have asked too much, too much.

The Sacred Books

Throughout generation after generation, century after century, in many lands and in widely different cultures, Sacred Books deal with how to have a first-born son. Why ? Need any person ask why ? This is one of the first and most important efforts of those who want to be good parents.

Consider the natural and biological advantages of a first-born son. While father and mother cooperate in raising a family, the burden of bearing and nursing the children falls on the mother. A natural division of labor results in which the males become the breadwinners and assume the main responsibility for earning the family living. What a great advantage it is to have an extra breadwinner at the outset and insure the economic well-being of the family !

The first-born child, being older and bigger than the others, naturally occupies a position of leadership. This advantage belongs to a son. The qualities of leadership are so useful in earning

a living that good parents will strive to have sons before daughters. Such sons often acquire the reputation of being natural-born leaders.

In addition to the natural, biological reasons for having a first-born son, there is a definite reason in pure abstract logic. Let us take the example of good parents that have a first-born son. They decide they would also like a daughter. By mischance another son is born. They try again and again. They have four sons and no daughter. So what? They merely keep on trying until a daughter is born and everybody is happy. These good parents have formed a strong family of many breadwinners and a beloved girl baby.

Contrast this beautiful family picture with the fate of parents that have a first-born daughter. They desire a son. They try again and again. By mischance the babies are all girls. How long can this keep up? How many mouths can one breadwinner feed without excessive strain? There is a limit when a man breaks down from overwork, worry and disease. Who will provide all of these girls with a good home, healthful food and attractive clothes? The tragedy of suffering in this family is only begun. The Sacred Books

were inspired by the Creator of the universe. Naturally therefore and no wonder they deal with how to have a firstborn son.

The Vedas are among the most ancient Hindu Sacred Books that describe how to have a son. Book VI of the Atharva Veda Samhita contains the ceremony of ritual and incantation known as Pum-savana (meaning male-production ceremony).

A fire is made from sami wood and asvattha wood. Some ghee is prepared with milk of a cow with a male calf. The fire is churned and some of the ghee is put with the right thumb up the right nostril of the woman, like the paidva.

Part of the fire is cast into a drink into which honey has been stirred. Then the mixture is given the woman to drink.

The remainder of the fire is surrounded with the wool of a male animal. The wool is then tied upon the woman as an amulet.

A hymn is chanted continuously during all of these fire rituals. The work of Pragpati (Lord of Creatures) is invoked that male producing spermatozoa may enter the womb of the woman and

produce a son. The hymn conjures the aid of the male-producing bull and the divine herbs. This hymn also sets forth the principle that the birth of a son will influence all future births of the woman in favor of sons.

The Upanishads include a Creation Ceremonial that prescribes how to prepare and eat rice in order to have a son. For a tawny son the rice should be cooked with sour milk and eaten prepared with ghee. There are likewise specific directions about the rice in order to have a swarthy son, a learned son, etc.

The Laws of Manu deal with how to have a son in Chapter III and Chapter IV. Timing is of the essence according to these laws. The first day of menstruation is counted as the first day of timing and the even days are favorable to have a son. But the first four days are forbidden. Furthermore the position of the moon must be taken into account as certain nights are forbidden, such as the night of the new moon, the night of the full moon, and other specific nights. (Chapter III, sections 45 to 50; Chapter IV sections 40 to 42)

The most useful feature of these Sacred Books for family planning is their psychological help to married couples trying to have a first-born son. The confident belief that you will have a first born son is a great aid to conception. The right psychological attitude of husband and wife (the right spirit) is nearly as important as the correct timing of relations in order to have a first-born son. Some couples become capable of reproduction only when-after years of trying-they reach this right psychological attitude. The real spiritual benefit of the Sacred Books must be fully appreciated. These Sacred Books merit the highest praise for their good influence.

GIRL OR BOY ?

Or perhaps we should put it the other way around—BOY OR GIRL ? What are your chances of having a first-born son ? Let's go further: Can you have four sons in succession ? Many parents are delighted at the arrival of either a boy or girl baby. But even today, as in centuries past, fortune smiles on those parents that have sons.

Now some parents have four daughters in succession, and still no son. This can happen to YOU ! The law of probability dictates with the force of destiny that millions of parents must suffer this fate—**unless they try scientifically from the beginning to have a son.**

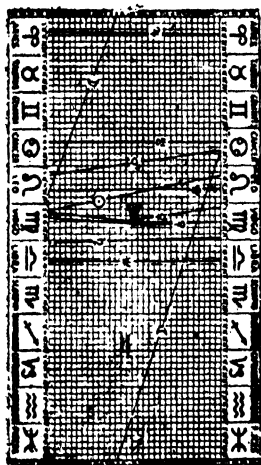
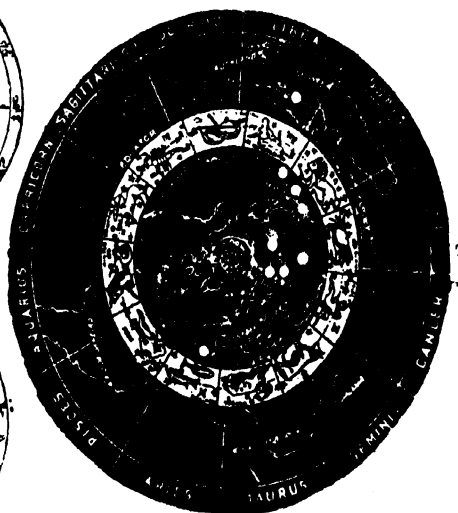
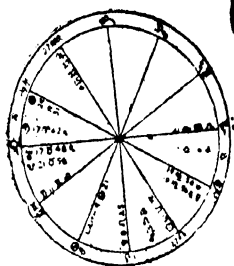
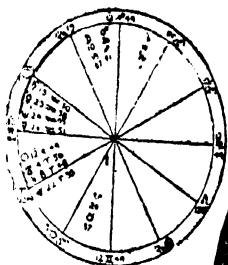
Mankind has tried (but not very scientifically) for thousands of years, yes, even thousands of years before the golden age of Asoka. Yet more

progress toward the answer has been made during the last few years than in all of the centuries before

Maharajas in ancient times offered lakhs of rupees for the answer. They called in their trusted advisers, put them on the carpet, and demanded the answer. Advisers were desperate-in danger of losing their lives. They tried all sorts of fantastic answers in astrology, alchemy and magic. Then they looked wise and waited nervously for the baby girl or boy that decided their future.

Sometimes the Maharaja did have a son. Advisers were handsomely rewarded and elevated in position. Occasionally a Maharaja was lucky enough to have four sons in succession. His trusted advisers became rich and famous beyond their fondest dreams.

One of the favorite answers of the advisers was to give the Maharaja a rare talisman and say, "Wear this very special talisman and have a son. For an extra guarantee, give your wife a beautiful yellow sari and ask her to wear it often to please you. Tell her to tie her hair to a fertility tree and pray for a son."



THE RAM.
 THE BULL.
 THE TWINS
 THE CRAB
 THE LION
 THE VIRGIN.
 THE BALANCE.
 THE SCORPION
 THE ARCHER
 THE GOAT.
 THE Water Carrier.
 THE FISH

HOUSE OF LIFE.
 HOUSE OF RICHES
 HOUSE OF BROTHERS
 HOUSE OF PARENTS
 HOUSE OF CHILDREN
 HOUSE OF HEALTH.
 HOUSE OF MARRIAGE.
 HOUSE OF DEATH.
 HOUSE OF RELIGION
 HOUSE OF DIGNITIES
 HOUSE OF FRIENDS.
 HOUSE OF ENEMIES

A particularly bright adviser recommended choosing young wives as most likely to bear sons. He added that husbands older than their wives are also favorable.

Yogis advise mating twenty-eight hours after the new moon in the month of December, January, February, and March. Horoscopes of husband and wife should be compared with the signs of the zodiac to determine the best month. Heads must be toward the West. They say a north wind is favorable to have a son.

The Hindu Religion offers advantages to persons desiring a son according to ancient teachings. For example, a vegetarian diet is best. Brides should eat and drink little. Exercise is beneficial since it reduces weight. Brides that have recently lost weight or are naturally light weight have the most chance of bearing a son according to traditional beliefs.

Hindu Mystics have for centuries recommended sexual abstinence as favorable to having a son. This seems like a mystical contradiction in terms. But modern science has verified that abstinence

during the days before ovulation does prepare for having a son.

Mystics also maintained that mating should occur when the mother is feeling amorous. Modern science has proved that women feel amorous at the time of ovulation. The amazing discovery is that mating during ovulation or shortly after is favorable for having a son.

Doctors recommended a slightly alkaline douche of soda solution for brides before going to bed. Medical science may soon be able to prove that this favors the birth of a boy baby. Spermatozoa of the human male are basic (alkaline). Glandular secretions along the path to the womb of the human female usually are acid. But at the time of ovulation secretions at the entrance of the womb are basic. These secretions may aid in having a boy baby. Recent discoveries in biochemistry support this theory.

It is not necessary to use soda solution to have a son when pure water is unavailable. A small amount of soda (sodium bicarbonate) may be introduced in powder form and allowed to dissolve naturally.

The ideal answer is a little box of sugar coated pills, pink pills for a girl baby and blue pills for a boy baby. Their discovery may come any day. Chemical research holds promise of guaranteeing to you that time-honored blessing—the birth of four sons in succession !

HOW TO HAVE A SON

There are three principal ways to have a son:
I. By Coitus the Day after ovulation, II. By Artificial Insemination, III. By Scientific Research

1. HOW TO HAVE A SON BY COITUS THE DAY AFTER OVULATION.

Directions: (1) Figure out the usual number of days in the mother's monthly course. (2) Subtract 12. (3) The result is the day of the monthly course on which the father should have relations with the mother. (4) They should abstain from intercourse during at least five days preceding the day for relations.

EXPLANATION: Coitus on the day after ovulation usually results in a boy baby. Coitus on the days immediately before ovulation usually results in a girl baby.

Do not be discouraged by failure to obtain pregnancy the first month or even the second

or third month after trying this method. Several months are nearly required. This method is a natural method and does not have the scientific accuracy of the artificial insemination. But it does have the advantage of being free and available to all.

Coitus means sexual intercourse, relations with the mother. **Ovulation** is the passage of an egg cell from an ovary of the mother toward the womb. This occurs once a month nearly two weeks before the beginning of menstruation or bleeding. **Pregnancy** means growth of a baby in the mother's womb. This wonderful event of pregnancy can only begin within a few days of the time of ovulation.

The days of the monthly course are counted beginning with menstruation, the first day of bleeding being called the first day.

Example- 1. A mother has a regular monthly course of 28 days. And $28 \text{ minus } 12 \text{ equals } 16$. Therefore the father and mother should have relations on the 16th day of the monthly course. They should abstain for five days before this in order to have a son.

Example- 2. Another mother has a monthly course of around 26 days. ($26 - 12 = 14$). Relations

HOW TO HAVE A SON CHECK TABLE

DAYS IN MONTHLY COURSE	DAY FOR MATING TO HAVE A SON
23 days	11th day
24 days	12th day
25 days	13th day
26 days	14th day
27 days	15th day
28 days	16th day
29 days	17th day
30 days	18th day
31 days	19th day
32 days	20th day
33 days	21st day

The first day of menstruation is counted as the first day of the monthly course.

should begin on the 14th day, counting the first day of bleeding as the first day.

Example- 3. This mother has a monthly course that is usually 31 days. ($31-12=19$). Father and mother should abstain from intercourse at least from the 13th to the 18th day. Coitus should take place on the 19th day.

II. HOW TO HAVE 'A SON BY ARTIFICIAL INSEMINATION

Directions: (1) Father and mother should go to their doctor or the nearest clinic of the Good Parents Association. (2) Find out the cost of an artificial insemination of the father's spermatozoa at the entrance of the mother's womb. (3) Decide whether to spend the money or use the free method of coitus the day after ovulation.

EXPLANATION : Artificial insemination has the advantage of scientific accuracy. The exact day of ovulation will be determined by an expert from records of daily body temperature. There is no risk of depositing the spermatozoa on the day before ovulation. This scientific accuracy is especially helpful for the mother with a monthly course that varies from 25 days one month to 32 days or more another month.

Of course artificial insemination can be avoided. A father and mother can buy a thermometer, keep temperature charts, and determine by themselves the time of ovulation. Ovulation occurs when the daily body temperature of the mother reaches a low point and then suddenly starts to rise. Coitus the next day is as reliable as artificial insemination.

Sixty per cent (60%) of all artificial inseminations result in boy babies ! Only forty per cent (40%) result in girl babies.

When the relations of father and mother are unplanned, one family in eight has three girl babies in succession. Only one family in sixteen has this experience with artificial insemination.

With artificial insemination there are less than three chances in a hundred that you will have four children without a son. There are more than twelve chances in a hundred that your first four children will all be sons.

III. HOW TO HAVE A SON BY SCIENTIFIC RESEARCH

Directions:- (1) Obtain a high-powered microscope and other laboratory equipment as

needed. (2) Study the boy-producing and girl-producing spermatozoa of the human male with the idea of separating them. (3) Try everything mechanics, chemistry, electronics, biology, etc.

EXPLANATION :- Scientists have already proved that there are more than a hundred million spermatozoa in on insemination. Around half of the spermatozoa are boy-producing and half girl-producing. All that is needed is to separate the boy-producing spermatozoa before insemination. Then you are nearly certain to have a son.

Scientific measurement has revealed that the specific gravity of the boy-producing spermatozoa is slightly greater than that of the girl-producing. There is hope of separating them by centrifugal force in a small centrifuge.

Mothers have some way of influencing pregnancy on the day after ovulation to produce a boy baby. Their influence is probably chemical, perhaps a hormone that favours the boy-producing spermatozoa.

Electronics may bring amazing results when applied to separating boy-producing and girl producing spermatozoa. Positive and negative charges

of electricity, magnetic fields, and X rays may help this separation.

The wonderful achievements with penicillin suggest that study of biology will soon reveal a very reliable method for having a son.

The Good Parents Association will begin these scientific researches as soon as finances permit. You can do a great service for humanity by aiding such research.

At present the most productive combination to have a son includes the right psychological attitude, the use of soda (sodium bicarbonate) before mating, and the exact timing of relations.

TINY RAM

Tiny Ram's skin was the color of red gold. His parents say he was worth his weight in gold, which is an understatement. Tiny Ram was the seventh son of a seventh son. But only two uncles and three brothers were alive when Tiny Ram was born. His family had been poor for generations.

Baby Ramji used to cry and cry. He cried because he was hungry and because his mother did not have enough milk. She was half starved and exhausted from working long hours in the rice fields.

His mother felt compelled to put drops of opium into Ramji's eyes when he was four months old. She had to work, and that was the only way she could keep Ramji asleep and out of mischief.

At the age of three Tiny Ram was toddling around the rice fields, splashing in the water. He

caught infantile paralysis and lost the use of his left leg. His father cut a forked stick from a tree for a crutch. With it Tiny Ram still managed to toddle around the rice fields.

Before long Ram was helping his parents plant rice. He could carry a bundle of seedlings with his right hand and guide the crutch with his left. When he reached the planting area he would push the crutch in the ground and use it for a prop under his left arm. Then he would shift the seedlings to his left hand and plant them one by one with his right.

Ram died at the age of seven from malnutrition, overwork, and fever. He was cremated beside a stream near the rice fields where he had spent most of his life.

Upon my honor, Tiny Ram,
You did not die in vain,

You never had a chance—instead,
Your life was full of pain,

You took it on the chin until
You died under the strain,

But Ramji Boy, I pledge my life,
You did not die in vain.

You brought right home to all of us
The need of action quick

To save so many children
Who are starving and are sick,

And all of us who think of
You will more than gladly give—

We'll go to work and do our best
That other kids may live.

EIGHTEEN WAYS

God in his infinite mercy has granted you the ability to plan your family. You may never get those castles in Delhi that you dreamed about. But you can own that vine-covered cottage with as many children as you want playing in the sunshine. All of your reasonable desires are obtainable by family planning.

The best methods of family planning for you are the ones you like best, though of course your choice will be influenced by your religious beliefs and your economic position. Therefore many methods are described here to help you make your choice.

If you believe it is your duty to save and plan for your babies, then the methods that include proper spacing of children will be most interesting to you. May God bless you with that belief.

1 Sexual abstinence

Millions of religious persons have adopted celibacy or virginity for their entire lives. Virtuous abstinence for married couples is much less severe. A season or two after childbirth will guarantee you healthy spacing of children. If this is asking too much, you may limit your abstinence to the fortnight following each menstruation. The minimum is mid-cycle abstinence from the tenth to the twentieth day of the monthly course. Thousands of couples succeed in planning their families by this simple method.

2 Postponement of Marriage

You don't want to postpone your marriage. But you may have to in order to find your true love. Largely because of such postponement, from sixteen to thirty-six per cent of the reproductive span elapses on an average before women in the highest economic classes give birth. The longer you postpone your marriage, the smaller family will be.

3. Education for parenthood

Education for parenthood means teaching the facts of life in the high schools. It means making

sure that persons who hold marriage certificates are not in reality marriage illiterates. Because of the neglect of proper sex education, *coitus interruptus* or withdrawal is still a common abuse of marriage. Moreover hundreds of criminal abortions are performed every day. Worst of all, millions of young persons develop guilt complexes that injure their personalities. Proper education for parenthood can eliminate these evils.

Education of young people for parenthood is essential for democracy. The mere guarantee of freedom of speech on the subject of family planning is not enough. Democracy presupposes a community of individuals capable of managing their own affairs. Therefore the young people must have the benefit of a good program of sex education. Otherwise the sex urge will hit them unprepared and throw them into confusion with wrong ideas and bad habits. Young people with knowledge of family planning fight off these bad influences and gain confidence and self respect. Education for parenthood shortens the list of public enemies and others that burden the government, and adds names to the honor roll of good citizens.



BUDDHA
MASTER of SELF

4. Saving money toward the costs of raising children

If you live in a progressive nation, your hospital bills for maternity expenses may be paid by your government. Otherwise you should join a hospital service plan several months before you try for conception. Saving money toward the costs of raising your children is always praiseworthy. You want your children to have plenty of good food, clothing, medical care, and education. You understand that parents provide the heredity and the most important environment for their children. When nearly all married couples save and plan for their babies, poverty will lose its serious sting. In other words, parents make their children what they are. You are accountable before God whether your child becomes a good citizen or a public enemy.

5 Contraception or birth control

Birth control meaning contraception is approved by several branches of religion, but it has serious disadvantages. Contraceptives cost money, more than a poor person can sometimes afford. They are inconvenient and detract from the natural spontaneity of married love.

Birth control methods are so familiar to thousands of married couples that discussion here is unnecessary. Qualified persons can obtain information for therapeutic purposes from a pharmacist or doctor, or from **Birth Control Simplified**, the famous book by Dr. A. P. Pillay.

6. Rhythmic regulation

The rhythm method of spacing children represents a triumph of religion in the face of criticism. This method was tried for years on the basis of religious belief without the benefit of scientific research. As a matter of fact, intellectual critics were quick to joke about the rhythm and emphasize its failures. Nevertheless millions of the faithful continued to trust in this method of family planning and a large proportion of them found it very satisfactory. Scientific investigations finally verified the existence of an infertile time for women of around five days preceding menstruation.

The rhythm has the excitement of forecasting. Take an ordinary calendar for next month and draw a horizontal line through every day of expected menstruation. Later mark each actual day with a vertical line. When the result is nearly

all plus signs with less than three minus signs a month, you are an expert forecaster and ready to apply this method of family planning.

7. Moral restraint

Religion inspires moral restraint in persons by glorifying both reproduction and virginity. Moral restraint in married love is a true spirit of cooperation, making a clear distinction between sex life for pleasure and planned reproduction. It is a definite understanding by husband and wife of when their love is for pleasure and when it is for conception. Children are born according to moral restraint only when both parents earnestly desire to raise a family.

This method of family planning has many variations. One variation is chaste single blessedness with postponement of marriage until the individual can afford a family. A contrasting variation is the India method, applicable only to couples desiring an additional child. Your own method may be very different from either of these. The essential nature of moral restraint is an attitude of consideration, a true spirit of cooperation.

INDIA METHOD OF MORAL RESTRAINT

<i>Day of the Monthly Course</i>	<i>How to Count</i>	<i>Description of the Period</i>	<i>Policy and Procedure</i>
1,2,3,4,5 ±	1111	Beginning of the monthly course (Five days of menstruation).	Satisfy husband by mutual masturbation.
6,7,8,9	1111	Post menstrual period, (Three or four days for intercourse).	Satisfy husband by intercourse.
10,11,12,13, 14,15,16,17, 18,19.	1111 1111	Mid-cycle. (Ten "teen" days for mid-cycle abstinence. Identified as each number that begins with 1 and has two digits.)	Satisfy husband by ejaculation and orgasm from embraces, kisses, motions, and other love play.
20,21,22,23, 24,25,26,27, 28 ±	No need to Count	Rhythm period. (Seven to eleven days for intercourse).	Satisfy husband by intercourse.

8. Temporary sterilization

Temporary sterilization is now possible by means of serums, X rays, and operations. A leading doctor has predicted that research workers may soon discover a substance giving temporary sterilization for as long as a year. Operations can give temporary sterilization for any length of time desired. Temporary sterilization not only avoids the mechanical inconvenience of contraception but also holds promise of costing much less money. It is most reliable for spacing children and will become a popular method of family planning.

Temporary sterilization is preferable to permanent sterilization, whether for family, eugenic, or therapeutic purposes. For example a mother who has suffered from repeated Caesareans may be warned by her doctor that another pregnancy will be fatal to herself and child. A temporary sterilization is advisable because medical science may progress so rapidly in the next few years that a live birth becomes possible for the mother. When a doctor merely advises waiting several years before bearing another child, temporary sterilization is the safest method.

You will find temporary sterilization most useful when your family is complete. You don't want permanent sterilization, because you may change your mind and desire another child. And you certainly do not want contraception, because you will be approaching the dangerous change of life period. Even the best contraceptives have one chance in twenty of failure. Can you believe this? — some laws authorize doctors to prescribe contraceptives for patients to whom pregnancy will be fatal! Do such laws legalize a form of homicide? Temporary sterilization is the twentieth-century prescription.

9. Sex hygiene

Sex hygiene merits increased use in family planning. "Cleanliness is next to godliness" expresses the approval of religion. Worldwide use of soda solution alone in sex hygiene is sufficient to end extremely high population pressure by spacing children, improving health, and perhaps even increasing the percentage of babies that are boys. If you are planning a large family and merely want to wait a year or two between children, sex hygiene is a satisfactory method.

10. Marriage prophylaxis

The difference between marriage prophylaxis and contraception is recognized by courts of law and leaders of religion. Therefore this distinction must be understood. An example of marriage prophylaxis is use of a protective product in conjunction with rhythmic regulation by a father whose daily work exposes him to contagious disease. An example of contraception is wearing of a device by a mother to achieve proper spacing of children. The physical fact that a leading prophylactic can be misused as a makeshift contraceptive is an accident of chance and irrelevant.

You should have clearly in mind the legal differences between (A) sex hygiene, washing before and after intimacies, (B) prophylaxis, the prevention of disease, and (C) contraception, the employment of a device or chemical to lessen the chance of fertilization. These differences are the ABC's of the law on contraception. Laws against contraceptives usually do not interfere with prophylactics or cleansers.

PROPER SPACING OF CHILDREN FOR HEALTH

MIDCYCLE CHECK CALENDAR

JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE
1 10 19 28	6 15 24	5 14 23	1 10 19 28	7 16 25	3 12 21 30 9
3 11 20 29	7 16 25	6 15 24	2 11 20 29	8 17 26	4 13 22 1
5 12 21 30	8 17 26	7 16 25	3 12 21 30	9 18 27	5 14 23 2
4 13 22 31	9 18 27	8 17 26	4 13 22	1 10 19 28	6 15 24 3
5 14 23	1 10 19 28	9 18 27	5 14 23	2 11 20 29	7 16 25 4
6 15 24	2 11 20	1 10 19 28	6 15 24	3 12 21 30	8 17 26 5
7 16 25	3 12 21	2 11 20 29	7 16 25	4 13 22 31	9 18 27 6
8 17 26	4 13 22	3 12 21 30	8 17 26	5 14 23	1 10 19 28 7
9 18 27	5 14 23	4 13 22 31	9 18 27	6 15 24	2 11 20 29 8
JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
1 10 19 28	6 15 24	2 11 20 29	8 17 26	4 13 22	1 10 19 28 6
2 11 20 29	7 16 25	3 12 21 30	9 18 27	5 14 23	2 11 20 29 7
3 12 21 30	8 17 26	4 13 32	1 10 19 28	6 15 24	3 12 21 30 8
4 13 22 31	9 18 27	5 14 23	2 11 20 29	7 16 25	4 13 22 31 9
5 14 23	1 10 19 28	6 15 24	3 12 21 30	8 17 26	5 14 23 1
6 15 24	2 11 20 29	7 16 25	4 13 22 31	9 18 27	6 15 24 2
7 16 25	3 12 21 30	8 17 26	5 14 23	1 10 19 28	7 16 25 3
8 17 26	4 13 22 31	9 18 27	6 15 24	2 11 20 29	8 17 26 4
9 18 27	5 14 23	1 10 19 28	7 16 25	3 12 21 30	9 18 27 5

PROPER SPACING OF CHILDREN FOR HEALTH

MIDCYCLE CHECK CALENDAR

1. Pick out the date when your last menstruation began. The date to the right of this is the date to stop having intercourse. You should abstain from sexual intercourse for ten days during the midcycle. The next date to the right shows you when intercourse may be resumed.

2. (For parents unable to abstain from sexual relations throughout ten days of the midcycle). These parents should restrict their relations during the midcycle to petting to climax by manual manipulation. This is the medical expression for orgasm and ejaculation without intercourse induced by kisses, embraces, caresses, and other love play.

" If a father and mother are not eager to have another child, they should simply refrain from uniting. "

—Mahatma Gandhi

3. (For parents unable to refrain from uniting in intercourse during the midcycle). Such parents may apply to a clinic of the Good Parents

Association for relief as distress cases. They will be permitted to use contraceptives when conditions of illness and distress warrant.

11. Mid-cycle abstinence and pr phylaxis

You may well combine marriage prophylaxis with a certain amount of abstinence. Some of the greatest poems and symphonies were created by persons practicing abstinence at the time. Likewise mid-cycle abstinence can help you achieve the greatest accomplishments of your life. You do not want to be a frigid ascetic, but neither do you want to be a sexual athlete. The happy parent enjoying a balanced life is usually the most successful.

12. Rhythm-hygiene

You may have found the rhythm method unsatisfactory. Sex hygiene also may have failed to give proper spacing of your children. Don't be discouraged. Try combining rhythm and hygiene, which is many times more effective for family planning than either method alone. Religious leaders should refrain from criticising you for using antiseptics, lubricants, prophylactics, or cleansers to increase the happiness of your marriage.

13. Moderation or sublimation of sex desires

Moderation of sex desires is accomplished in a number of ways, such as cold baths, exercises, special diets and avoidance of heavy meals, at night. In the sense of redirecting sexual energy into child care, religious and charitable work, and hobbies like the drama and music, sex desires can be diverted to a degree resembling sublimation. Religion is of great spiritual help in these endeavors to keep a family at moderate size.

14. Adoption of children

Some couples who want children very much are unable to have any. Adoption is one solution but it has limitations. Many persons fail to meet the requirements for adopting children. Even when couples are successful the husband's or wife's regard for adopted children is apt to be less intense than the regard of parents for their own children.

15 Operations and treatments for fecundity

Another solution is an operation to make reproduction achievable. When a wife's womb is upside down or a husband's glands require treat-

ment, a doctor often can enable a couple to have a baby. Religion is very tolerant of such endeavors to have children.

16. Artificial insemination

A few married couples can only have a baby by artificial insemination of the husband's spermatozoa at the entrance of his wife's womb. This method of conception may prove useful in the control of sex. The male or female characteristic of the spermatozoa might be determined before insemination. Then parents that already have several daughters will use artificial insemination to have a son.

17. Family allowances

Millions of mothers and their children now benefit from family allowances in Belgium, Canada, England, France, Russia, and other nations. But amounts at present are less than needs which average around twenty per cent of a worker's wage for each child. Graduated luxury taxes can finance increased family allowances in the future.

Family allowances are paid in cash, goods, and services. Any cash allowance should be

paid to the mother in token of her economic service in raising children. Allowances of children's clothing have the advantage of being easy to see that the children really benefit. Free meals and medical services are often provided through the schools.

18. Application of eugenics

Application of eugenics in family planning is scarcely begun, perhaps because the immediate problem is how to prevent the starving and needless deaths of millions of innocent children.

So many million children have been killed
within our time,

Our sympathy grew calloused- let's admit
this awful crime !

Around seventy million babies are born into the world every year. Nine million of them die in infancy. The average infant mortality rate is 130 per thousand births when it can be 40 or less. **More than six million babies die needlessly every year.** Many more millions of toddlers and children die needlessly. Where is humanity ? What have the leaders of society to say about this waste of human life ? How much is being done Put these dying infants, toddlers, and children by the

side of the road where humanity passes by, and watch what happens.

Here come the leaders of governments. What do they do ? Most of them move ahead. A few of them notice children of their own nations. They take a few infants in their arms and lead some children along the road to safety. But when all the leaders of governments are gone, the masses of dying children seem nearly as large as before.

Here come the leaders of religion. They grieve at the sight of the starving and sick children. They resolve to mention them in their sermons and prayers, to take up offerings to save them, and to send missionaries to help all children in need.

Here come the leaders of charities. They look on the millions of dying infants and agree that here is a worthy cause for charity. They shed tears and regret that so much of their money has already been appropriated that little can be done.

And here comes you ! What do you do about it ? You don't have to answer. Your action will speak louder than your words. Upto now all

that leaders of charities are doing, plus all that leaders of religion are doing, plus all that leaders of governments are doing, adds up to nowhere near enough. **The sacrifice of infants, toddlers, and children continues upon the altar of stony indifference.**

God-given intelligence is bringing thousands of parents to realize the virtue of family planning. Spiritual enlightenment shows the evil of falling to plan and provide for children. The sin of the negligent parent is visited upon the children who are underprivileged and handicapped. But this evil is much more the sin of leaders of society who realize the need of education for parenthood and family planning in the world, yet do only enough to ease their consciences.

Those of us who want to make a real effort have a twofold opportunity. We can do our part to save the lives of children and we can try to win the cooperation of others. **OUR ACTION and that of others like us will determine what is done about the crime of needless infant mortality.**

LITTLE SITA

The other afternoon I stopped to watch some happy, healthy children at play. I am always deeply affected by such a sight. Why must little children in many parts of the world suffer from hunger and neglect? Why are there so many Little Sitas?

Little Sita was born into hardship. She was the youngest of thirteen children, but only six were still alive when Sita came. Her mother was worn out with many pregnancies and years of toil in the silk mill. Her father had been unable to work in the jute fields for two years. He suffered from tuberculosis in an advanced stage. The two oldest children earned a mere pittance.

For almost nine months after Little Sita was conceived, her mother worked overtime to feed one more mouth. The frail little woman fainted twice in the eighth month and lost three days' pay. Her strength did not return as fast as usual.

Little Sita was born on a day of pouring rain. Her mother died from complete exhaustion soon after the baby's first weak cry. The oldest girl, age eleven, wrapped the little child in a soiled sheet and took on the role of mother and nurse. She already had the work of preparing the meager meals for the rest of the family.

Sita's crib was a cardboard box. The new baby had a struggle to live from the day of her birth. She was so thin her first few months would have been uncertain even with the best of care. She could not be called a happy baby. Her face never broke into a grin. But then she never cried either. At six months she began to show the gaunt signs of neglect.

When Little Sita was ten months old a Red Cross medical unit stopped at the village. She was examined with the rest of her family. As the doctor pressed the stethoscope to her chest he shook his head grimly. "This baby must have immediate care. She has a spot on her left lung." After some consideration he said "I believe we will take her with us if her family consents. Perhaps this is one baby we can save out of the thousands who perish from neglect."

It took no great persuation to tear Little Sita from the bosom of her family. There were already too many mouths to feed. She did not even have the strength to cry when she found herself in strange surroundings. The nurse wrapped her in a clean gown and put her to rest between immaculate white sheets.

Sita had the best of medical care from then on. Her body became more rounded and her small bones no longer seemed visible. She even learned to smile at the nurses and doctors, who all fell in love with her. But all their care and attention were of little avail. The disease was far advanced. In spite of all their efforts, she did not have strength to fight it, and, indeed, began to get weaker. As Sita passed her first birthday she was too weak to raise her head.

On a day of pouring rain, in her thirteenth month, Little Sita gave up her short fight. Just before she lost consciousness she gave the doctor a weak smile as if to say, "Thank you for doing your best." A look almost like anger crossed the doctor's face. He said to the nurse in a broken voice, "But, something more must be done."

Oh, Little Sitas o'er the world,
If you could only speak,
Perhaps you angels then could have
The answer that you seek.

"Why is it we who suffer most?"
I hear your voices cry.
"Why can't we have a chance to live?"
It's almost like a sigh.

With tears of sorrow in my eyes
I hasten to reply
"Kill ignorance and greed", I say,
"Then you won't have to die."

POPULATION AND PEACE

We hear talk about the density of population, unequal distribution of population and resources, expanding population as a cause of war. Don't be confused by all of this talk. It is too emotional and highly controversial. There are arguments on both sides and that is usually as far as it gets.

All of us want to reduce infant mortality. Here is a topic on which there is good chance for agreement. Let us at least consider whether the fundamental cause of war is excessive infant mortality.

We are moved by the father who hears his children cry, "We're hungry, Daddy." We admire his aggressiveness when he risks his life in the wilderness to bring home food.

The connection between infant mortality and war is not so obviously simple. There are many more links in the chain between cause and effect.

The struggle for existence becomes complex in modern civilization. The implications of the struggle are not so clear as they were in the wilderness. Yet most of us still have some awareness of the struggle for existence in our own lives.

Now consider this illustration: What has home to offer a youth where conditions are so bad his brothers and sisters are dying? Think of the attractions to him of a military career-adventure, romance, promotion, conquest, booty, wealth and power. Contrast these temptations with the restraint that military totalitarianism puts on a youth from a healthy, happy home.

Nations are easily led to aggressive war when their children are dying. The conditions that make for high infant mortality are conditions that make for aggressive war. Malnutrition is an example. Citizens are emotionally on edge because of the misfortunes that surround daily life. They are easily swayed to violence. Militarists exploit these conditions to gain power. Youths facing a hard life of drudgery in the fields or factories are attracted by a military career. They find a successful leader and fall in line. Politicians stir up the war spirit with talk of

righting wrongs. Suddenly the nation plunges into aggressive war.

High infant mortality is a symptom of potential aggression. Furthermore when we cut out excessive infant mortality we necessarily in the process cut out the underlying causes of war.

No nation with an infant mortality rate of less than five per cent has ever fought an aggressive war. That fact is so significant it bears repeating: No nation with an infant mortality rate of less than five per cent has ever fought an aggressive war.

Sweden fought aggressive wars until the nineteenth century. But upto that time the infant mortality rate in Sweden was high. The attitude of the people toward war changed when Sweden reduced infant mortality. Now the rate for Sweden is less than four per cent and the Swedish population has a record for living in peace. The way of life that makes for low infant mortality is the way of life that makes for peace. Sweden is an example worthy of emulation.

Germany entered the First World War with an infant mortality rate substantially above five

NEEDLESS INFANT MORTALITY

WAR

DISGRACE OF MANKIND

Deaths from needless
infant mortality in
the twentieth century:

THREE HUNDRED MILLION

SCOURGE OF MANKIND

Deaths from wars in
the twentieth century:
SIXTY MILLION

CRIME AND PUNISHMENT

per cent. Japan had a high rate preceding the invasion of China. Italy had a high rate preceding the conquest of Ethiopia. Germany still had a rate above five per cent at the time of the Second World War.

Critics will scoff at the connection between infant mortality and war and brush the idea aside with some emotional refutation. For example they say, "Some areas of high infant mortality are no threat to world peace." Great minds feel they have utterly demolished and completely discredited the idea when they point to Bolivia, Egypt, and India. They expound their wisdom, saying, "These nations have not gone to war. The infant mortality idea is too simple. There are other causes of war." Then they change the subject.

Learned books have been written on the many causes of war. Every war has been explained by a different set of facts. But why were some nations willing to start wars? And why did not other nations start wars? The fundamental cause is deeper than the books.

The high-sounding wisdom of the great minds only shows how emotional the thinking is on the cause of war. Of course we know that

some nations with high infant mortality have not started wars. Even children realize that modern war requires huge war industries. But we do not want to draw attention away from the fundamental cause of war—excessive infant mortality. Our basic fact is that no nation with low infant mortality has been an aggressor.

We are glad that in the light of recent progress we can add some more supporting facts. Many nations have succeeded in reducing their infant mortality. They show what can be done to establish peace. This movement has gone so far that now only a few industrial nations with infant mortality exceeding five per cent tend to aggressive war. Aggressive war can be eliminated by reducing infant mortality in these few remaining nations. But as other nations may become industrial, the safest approach is to reduce infant mortality wherever it is excessive.

Nearly everyone will scorn and belittle this idea. If they didn't, they would feel compelled to do something about it, the problem of war would no longer exist

We may wonder why great minds in twentieth century have devoted so little attention to the rela-

tion between infant mortality and war. We must not be discouraged that we are among a very few that see the relation. We are sure to be few under existing conditions. Because when many feel as we, infant mortality will be reduced throughout the world and peace will be established.

One of the controversies mentioned in the first paragraph is the argument that war results from the unequal distribution of population and resources. Some nations are said to have more land and other resources than their populations require. Other nations have such large populations that they sorely need these excess lands. Wars are efforts to bring about a balance between populations and resources for the benefit of humanity.

The counter-argument is that this claim of unequal distribution is totalitarian excuse for aggression. Because the truth is that the standard of living of any nation depends on the proportion of parents that keep their children alive. In every nation in every century of recorded history there have been some families with little or no infant mortality. The question is simply how many families have no infant mortality? This determines the well-being of the nation. Is it two out-of-three, four-out-of-five, or nine-out-of-

ten ? Is the percentage that have no infant mortality 40 per cent, 70 per cent, or 95 per cent of the families in the nation ? Here is your measure of real character and true prosperity in a peace-loving nation.

There were good parents in Switzerland in the tenth century as well as the twentieth. And there were good parents in Africa and China from the earliest times. Unequal distribution of population and resources did not prevent them from keeping their children alive. Their achievement reveals nature's way of perfecting humanity.

Survival in the fullest and fittest sense requires that a person (1) live to adulthood, (2) have children, and (3) keep them alive so that they in turn can repeat the cycle of life. Thousands of young couples have met these requirements in all nations in all times. Many more can be inspired to do likewise. When nearly everyone born in the world lives to raise a family, prosperity and peace will prevail.

At present around nine million babies die EVERY YEAR, more than SIX MILLION of them NEEDLESSLY. The average infant mortality rate in the world is thirteen per cent or less

Many more millions of toddlers and children die needlessly.

Some devoutly religious persons believe that war is chastisement of mankind ordained by divine will for the sin of indifference to the needless killing of children-the slaughter of the innocents. There is much rational logic to support this spiritual belief. The truth of this faith will be abundantly revealed when mankind turns to saving the lives of children throughout the world.

GOOD PARENTS

Consider how important good parents are to the well being of humanity.

Put famous philosophies on the left side of the scale— Spiritualism, Materialism, Mysticism, etc. Many of them carry great weight. That's fine—leave them on the scale. Add leading religions as you like—Mohammedanism, Christianity, Hinduism, Confucianism, etc. Pile on political systems monarchies, oligarchies, democracies, etc. Mix in economic theories— capitalism, socialism, etc Tie the whole lot together with threads of individualism and totalitarianism and leave them on the left side of the scale.

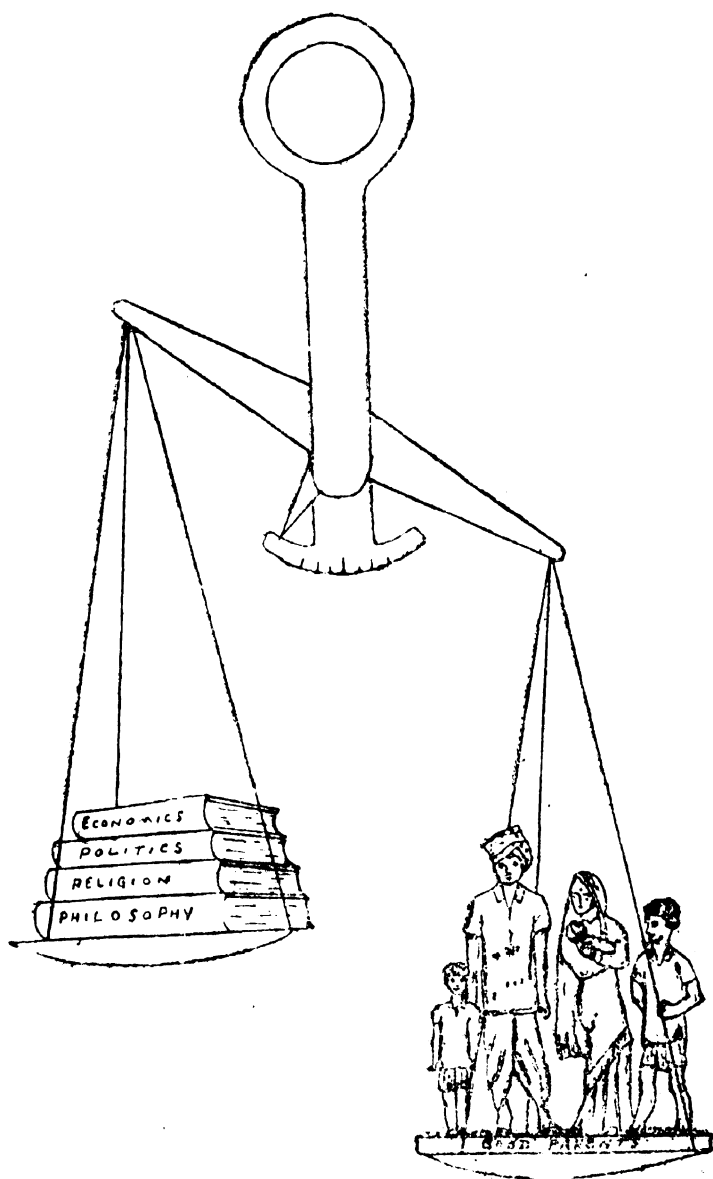
Now put good parents on the right side of the scale. The balance will tip in favor of good parents. They are the best influence for the individual, the family, the community, the nation, and the world.

Good parents endow their children with fine heredity. Right here half the battle of life is won. What an advantage it is in the struggle for existence to have a sound mind in a sound body. Good teeth, good eyes, strength and health—these are among the precious gifts of good parents.

The first few years of life are very important to the future of the individual. Here again good parents are what really matter. They keep their children alive, provide proper nourishment, give loving care, raise the family in the finest sense. The family home is the natural environment for children; good parents make it an ideal place to live.

Children grow up in a few years and begin to learn about their neighbourhood. The importance of good parents continues. A community formed by good parents will consist of healthy, happy families enjoying playgrounds, educational facilities, and other public services.

Good parents can accomplish for an entire nation what they accomplish for community and family. The cooperation of millions of good parents is what builds character and achievement



in the nation. Indeed the real success of a nation may be measured by the large proportion of families that have good parents.

Why are some nations with limited resources famous for their high standard of living? Even the forces of nature seem against them; nevertheless they enjoy prosperity. Why? The answer is they have high standard of parenthood. The standard of living of any nation may be improved by raising the standard of parenthood.

The world needs more good parents. They hold the power to end exploitation, lead mankind to prosperity, and build a lasting peace.

EARN THE MAHATMA GANDHI MEMORIAL AWARD

Join the Good Parents Association—Get health and medical advice at minimum cost. For free application write to the

Director of the Good Parents Association,
All-India Institute of Hygiene and Public Health,
110, Chittaranjan Avenue, Calcutta.



फूल तो दो दिन व्हारे जांफिजा दिखलागए।
हसरत उन गुञ्चांपे है जो विन खिले मुरझागए॥

The flowers they smiled and had their day,
Our heart is ever sore
For buds that faded long before
The breeze their fragrance bore.



The Good Parents Association is dedicated to saving the lives of infants, toddlers, and children throughout the world by building up healthy happy families

Members of the Association uphold the following principles :

1. The preciousness of the individual child.
2. The solidarity of the family.
3. The brotherhood of children throughout the world.
4. Free discussion on the subject of family and home life.
5. Education for parenthood.
6. Teaching newly weds how to have a son.
7. Teaching parents the proper spacing of children for health.
8. Family planning according to the ability of parents.
9. Encouraging leading citizens to have large families.
10. Helping all children without discrimination of any kind.

RECOMMENDED READING

How To Have A Son- (As. 3- The world famous booklet in Hindi). Send three annas in stamps for this valuable guide to married happiness. Shows you how to have four (4) sons by new discoveries. Also explains the proper spacing of children for health. Get your copy now through your bookstore or direct from

Jaideva Bros., Atmaram Road, Baroda.
Give a copy to your library.

COOPERATE WITH YOUR LOCAL
LIBRARY WHERE THERE IS NO
COMMUNITY LIBRARY, PLEASE DO
WHAT YOU CAN TO START ONE

उत्तम माता पिता समाज

Good Parents Association

POPULATION ESSAY CONTEST

N. E. 154, Mohulla Purian, Jullundur City.

**FRIENDS OF THE GOOD PARENTS ASSOCIATION
HAVE CONTRIBUTED HUNDREDS OF RUPEES
TOWARD THE POPULATION ESSAY CONTEST**

*YOU can easily win the Population Essay
Contest-Only a dozen Contestants entered each*

year since 1944. They received hundreds of rupees in prizes plus promotions in their careers. Enter the Contest today—WRITE NOW.

Eligibility of Contestants—Any person born within the borders of India shall be eligible to enter the Essay Contest.

Subject of the Essays—The Essays may be written on family planning plus any other topics related to population. All related topics are eligible in order that young specialists may write in their particular fields bearing on population.

Qualifications for the Winning Essay—The Prize winning Essay must be more than five thousand words typewritten on one side of the paper only. It may be written in Hindi or English. One typed copy should be submitted by May 30. A copy of the Winning Essay shall be sent to the donor with signed permission from the winner to publish it in a book of essays on population. This permit shall not impair any copyrights of the winner.

Basis of Award—Judges shall grade the Essays under three tests —

- (1) Philosophy, vision, thought.
- (2) Clearness, accuracy, force.
- (3) Beauty, charm, persuasion.

Essays shall be given grades from zero to a hundred for each of the three tests. The Essay with highest total score will win the Contest. Three hundred is the perfect score.

Date of Award—The date of award shall be August 15th and August 15th of each year thereafter as long as the Contest continues.

Amount of Prize—The winner of August 15th shall be awarded ONE THOUSAND Rupees The prizes in subsequent years will depend on the interest being shown in the Contest and the support given.

Winners of the Contest

1946 Satya Swaroop ... Punjab's Population and Health Problems.

1947 A. C. Bhatia ... India's Population and food Supply.

1948 S. A. Joshi ... Population Policies of Nations with High Population Pressure

1949 Man Mohan Mehta ... Rehabilitation of Uprooted Population.

1950 { B. P. Misra ... The case for and against Family Planning
R. V. Rao Population and Planning in India.

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- | | | | |
|------|---|----------------------|---|
| 1951 | { | P. C. Gupta | ...India's Population Problem and a Way Out. |
| | | Bidhi Singh | Backward children of our Population. |
| 1952 | | Mrs. Saraswati Raina | ...Demographic Crisis and Family Planning. |
| 1953 | { | P. L. Chopra | Bhartiya Jansankhya aur kautumbik Niyojana |
| | | N. K. Dass | Family Planning & Indian Population problems. |

YOU CAN EASILY WIN THE POPULATION ESSAY CONTEST

Topics — The following topics are only a few examples of the many acceptable:—

1. The nature and measurement of population pressure.
2. Child mortality as an index of population pressure.
3. The relation between education and fertility.
4. Use of motion pictures, chain teaching, comics, pamphlets, and co-operative libraries in educating young people.
5. Economic effects of education for parenthood, saving money toward the costs of raising children and family planning according to the ability of parents.

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6. Functions of the struggle for existence.
 7. Case studies of parents that have risen from poverty and made good.
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 22. Organization and operation of a family planning service.
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SANT RAM BHATIA,

Secretary and Editor

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