

When the man's organ is too long for a woman with a short vagina or low womb, continual bumping against the womb may cause injury, especially to the woman. In such instances the woman should determine how far the man shall enter her body. To do this the side position, instead of the usual one of the man above the woman, is advantageous. When the man tends to reach the climax before the woman, he should delay it by will power to enable the woman to obtain an orgasm about simultaneously with him. A sluggish woman may speed up her excitement by active participation instead of remaining passive. The husband should support his weight on his elbows to give his wife more freedom of motion. When the vagina is too dry it should be moistened with saliva. This is better than use of such fluids as olive oil as the natural secretion of the vagina greatly resembles saliva chemically.

## BIRTH CONTROL

**T**HE old "Comstock laws" forbid the transmission of birth control information through the mails and otherwise. A recent decision of the U. S. Circuit Court of Appeals and action of the American Medical Association have made it legal for physicians to supply contraceptives to their patients when regarded as necessary for their health. This is considered by many people as a step forward. But there is still a strong sentiment against efforts at birth control in many quarters.

The organized effort to legalize dissemination of birth control information is a century old and the battle is still being waged. An outstanding leader is Mrs. Margaret Sanger of New York. The American Birth Control League, 515 Madison Ave., New York, N. Y., was organized in 1921. Birth control clinics have been established in more than three hundred places in this country. Information about these clinics may be obtained by writing to the League.

The argument in favor of birth control is based on the contention that parents should be allowed to decide how many children they want and how many they can support. Many people living in poverty are

ignorant on the subject of birth control and have large families in consequence. Voluntary parenthood is necessary if children are to have a fair chance. While efforts to limit the number of births have prevailed since antiquity, the first important work in English on the dangers of excess population is the "Essay on Population" by Thomas Robert Malthus, published in 1798. The two main arguments for a large population which have prevailed in the past do not hold today. These were the need for large armies in time of war, and for a large supply of industrial labor. Birth control advocates hold that children should be welcomed only where they can be given sufficient nutrition and opportunities to insure normal, healthy and happy lives.

The argument against birth control is that if people are taught how to prevent childbirth they will resort to promiscuous intercourse, and there will be a great encouragement of immorality. A religious argument is based on God's punishment of Onan recorded in Genesis 38:8-10.

Much has been written on the subject of rhythm in birth control, which is based on the idea that for a part of each month the woman is sterile and intercourse may be had without danger of conception. The difficulties are that doctors disagree as to what these periods are, and they vary somewhat in the individual woman. As a general rule it is a satisfactory method of voluntary parenthood. It is claimed by some authorities that the "safe period" to avoid conception is from ten days after one menstrual period until three days before the next one. It is only a general rule and there are many exceptions. Sometimes the ovum comes down to the womb at an unseasonable time, and if fertilized the woman will become pregnant.

Sterilization is an operation which prevents fertilization and conception, and renders men or women sterile. In some states it is required for mental defectives, habitual criminals, or when some forms of disease and degeneracy exist. In man it is termed vasectomy and consists in the removal of a small portion of each sperm duct. It is also known as Rentoul's operation. In woman it is termed salping-