

**FAMILY CONTROL IN THE VILLAGES ON MASS SCALE**

The other thing that worries me most is population control. No matter how much work we do in increasing the production of the farmers, if they have more children than their land can absorb, we are fighting against a negative situation.

So the solution is to teach the farmers birth control and insist upon them that from the experience of other nations the prosperity depends upon having limited children.

Many years ago I wrote an article "HOW TO HAVE SONS" which was published by the local press in January 1969. This article was printed in the issue of Reader's Digest in December 1970 under big names, but the essence of the article was the same.

The main thing is that whilst the husband can sleep with the wife almost any day excepting during the menstruation cycle, conception of the child is only possible on the days of ovulation, exactly 15 days before the next menstruation cycle starts. Basically only 2/3 days before the ovulation date and the ovulation can be fertile period, the rest of the period before and after is safe.

If the next cycle is going to be in 28 days, the ovulation conception can take place 15 days before the 28 days. Similar if the woman has a short cycle, say 25 days, ovulation conception can only take place 15 days before the 25 days. Those who have extremely short cycle of 20 days can not conceive, as ovulation day coincides with menstruation or shortly before or thereafter.

Once ovulation day has passed, a child can not be conceived, and the couple can sleep freely without any danger of conception.

Even when the cycle is of 25 days, conception will take place 15 days before the next cycle. This means that on the 10th day from the last starting of the menstruation cycle, if the menstruation lasts 4 days, theoretically between the 4th and 9th days it is also safe. But since the sperm can remain in the vagina and conception is possible in remote cases on the 10th day, I would say that the safer period would be between the 4th and 7th day when the next cycle is of 25 days, on the 4th to 10th day in case of 28 days and 4th to 12th in case of 30 days from the start of the last menstruation and the lady should wash herself, to avoid the possibility of spermatozoa remaining in the vagina. Of course as stated above after the ovulation day until the next menstruation cycle there is absolute safety and child can not be conceived.

In Switzerland Bioself Distribution S.A., 7 avenue de Thonex, case Postale 172, CH 1226 Thonex Geneve have produced a thermometer which can measure the fertile days of the woman. This thermometer is available in Spain at the chemists for less than \$ 50 each, although this could be manufactured in India for less than \$ 1 may be.

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