

# HAPPINESS IN MARRIAGE

BY  
MARGARET SANGER



BLUE RIBBON BOOKS  
*New York*

**COPYRIGHT 1926 BY MARGARET SANGER**

PUBLISHED JUNE 1926  
SECOND PRINTING SEPTEMBER, 1926  
THIRD PRINTING JULY 1927  
FOURTH PRINTING OCTOBER, 1928  
FIFTH PRINTING JUNE 1930  
SIXTH PRINTING AUGUST 1930  
SEVENTH PRINTING OCTOBER 1930  
EIGHTH PRINTING DECEMBER 1930  
NINTH PRINTING MAY 1931  
TENTH PRINTING DECEMBER 1931

**PRINTED IN THE UNITED STATES OF AMERICA**

PRINTED BY THE CORNWALL PRESS, INC  
CORNWALL N Y

TO THE NEW GENERATION  
WHO SEEK HAPPINESS IN MARRIAGE  
BASED ON TRUTH  
THIS BOOK IS DEDICATED

# CONTENTS

CHAPTER		PAGE
	INTRODUCTION	5
I	THE FIRST STEP	13
	<p>This book deals with the problems of normal sex love and marriage. It does not deal with sexual diseases or abnormalities. The course of true love does not run smoothly. Truly says an old adage. Even aside from considerations of venereal diseases and such pitfalls legitimate married love is fraught with dangers. First essential a clean conception of sex. Failure of many modern marriages due to ignorance of sexual love. (1) Its central importance in life. (2) Its delicate instrument of expression. (3) Necessity for keeping alive the fire of romantic love. To understand growth, development and maturing of romantic sex love we must go back to beginning of life, the building up of virility and beauty.</p>	
II	BUILDING UP LIFE FORCES	27
	<p>The dynamic energy of virility, youth and its problems, the conservation and storage of life energy, channeling and storing, reverence and respect for powers.</p>	
III	COURTSHIP FOR THE MAN	37
	<p>Courtship (for the young man). The importance of preliminaries, psychological factors, successful lovemaking. The value of courtship in building characters. The importance of good manners. Self respect and reverence for loved one, an essential in romantic love. Avoid petty negligence or thoughtlessness. The value of passion in life.</p>	

# CONTENTS

CHAPTER		PAGE
IV	COURTSHIP FOR THE GIRL Her choice of a husband much depends upon the skill with which she encourages the suitor of her choice Importance of personal hygiene and dress Necessity of finding out suitor's predilections etc	51
V	ENGAGED	69
VI	THE HONEYMOON Time of year of month of day place of honeymoon etc	85
VII	THE ORGANS OF SEX AND THEIR FUNCTIONS	105
VIII	THE DRAMA OF LOVE—THE PRELUDE The tuning up psychological differences between male and female the importance of retarding the consummation	119
IX	SEX COMMUNION—THE FULFILMENT	137
X	THE RHYTHM OF SEX Ordinary problems of married life Periodicity of desire etc	151
XI	PSYCHIC IMPOTENCE AND FRIGIDITY	165
XII	SETTLING DOWN	177
XIII	PREMATURE PARENTHOOD AND WHY TO AVOID IT Love must be cultivated and deeply rooted before children are brought into world Many wives become mothers too soon Cause of many divorces	191
XIV	BIRTH CONTROL IN PRACTICE	207
XV	THE HUSBAND AS LOVER	221