

Chapter 14 — Husband and Wife

from the 1938 edition of *The Sex Life Before and After Marriage* (a.k.a. *Living a Sane Sex Life*)
by
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Sources for Chapter 14, in the order in which they first appear

- (1) Millard S. **Everett**, Ph.D., *The Hygiene of Marriage: A Detailed Consideration of Sex and Marriage* (New York: The Vanguard Press, 1932)
- (2) Oliver M. **Butterfield**, Ph.D., *Marriage and Sexual Harmony* (New York: Emerson Books, 1938)
- (3) Havelock **Ellis**, *Psychology of Sex: A Manual for Students* (New York: Emerson Books, Inc., 1933, 1938)
- (4) G. V. **Hamilton**, M.D., *A Research in Marriage* (New York: Albert & Charles Boni, Inc., 1929)
- (5) Paul **Popenoe**, Sc.D., *Preparing for Marriage* (Los Angeles: The American Institute of Family Relations, 1938)
- (6) Robert Latou **Dickinson** and Lura Beam, *A Thousand Marriages: A Medical Study of Sex Adjustment* (Baltimore: Williams & Wilkins, 1931)

Key

- (a) **Green** indicates where a source author (other than Sadler) first appears, or where he/she reappears.
- (b) **Magenta** indicates an earlier Sadler book.
- (c) **Yellow** highlights most parallelisms.
- (d) **Tan** highlights parallelisms not occurring on the same row, or parallelisms separated by yellowed parallelisms.

- (e) An underlined word or words indicates where the source and Sadler pointedly differ from each other.
- (f) **Pink** indicates passages where the Sadlers specifically share their own experiences, opinions, advice, etc.
- (g) **Light blue** indicates passages which strongly resemble something in the Urantia Book, or which allude to the Urantia phenomenon.
- (h) **Red** indicates either an obvious error on the Sadlers' part, brought about, in some cases, by miscopying or misinterpreting their source, or an obvious inconsistency brought about by the Sadlers' use of an earlier Sadler text.
- (i) **Gold** highlights key words or themes which will be discussed in the analysis of the chapter.

Matthew Block
23 April 2013

Work-in-progress Version 12 nov. 2011
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 Revised 23 April 2013

VIII: MARITAL HYGIENE (Everett 117)

PRE-MARITAL PHYSICAL EXAMINATION
 (Everett 117)

At the occasion of the pre-marital physical examination, a woman may also make a certain provision for a pleasant initiation into marriage which will commend itself to both the layman and the physician **more and more** as we advance in civilization. This is the artificial **dilatation** of the hymen (Ev 118).

It would seem that in all cases the common-sense thing to do is to have a physician examine the hymen several weeks before marriage to determine whether it can easily be **dilated by the woman herself** or whether it requires perforation by a physician (Ev 118).

XIV — HUSBAND AND WIFE

14:0.1 Nowadays **more and more** brides are properly **dilated** before marriage.

Either the physician teaches the prospective wife how to effect manual **dilation of the hymen herself**, or else she is properly **dilated in the doctor's office**.

If the young husband has been patient and considerate of his bride during the beginning of the honeymoon, it is her turn to be understanding and patient if trouble is experienced with the stretching of the hymen.

OVERCOMING DIFFICULTIES (Butterfield 62)

Premature Ejaculation. Sometimes it comes about, especially during the early days of marriage, that by the time a man has aroused his wife to the proper degree of sexual desire he is himself so highly stimulated that, in attempting to make the entrance against the resistance of the **hymen** or the vaginal opening, he produces his own orgasm before has had any chance to help his wife secure hers (B 63).

A Resistant Hymen. A second possible difficulty may be found where the hymen is so thick and **tough** that it will not stretch enough to permit the entrance of the male organ without causing too much pain to the woman (B 63-64).

VIII: MARITAL HYGIENE (Everett 117)

PRE-MARITAL PHYSICAL EXAMINATION (Everett 117)

Allowing defloration to occur in the "natural" way at the beginning of marriage, especially in these latter cases, is not only inhumane but **unwise** from the standpoint of the subsequent pleasure, for the shock of a painful defloration may affect a woman **adversely** in reference to the sex act for a long time and perhaps permanently, if she has not been given proper sex education (Ev 118).

14:0.2 Many tense, high-strung young husbands have a tendency to **experience ejaculation so early** in these first attempts at coitus that the **hymen** does not become properly stretched.

On the other hand, in women of twenty-five or thirty, this membrane may be unusually **tough** and difficult to dilate.

It is very **unwise** for the young wife to suffer much pain or inconvenience during these early attempts at the sex act because such an experience is likely to **adversely** condition her to the whole sex experience.

It is our advice, if such troubles are not properly solved by the young couple within six weeks after marriage, that they seek medical help and not permit the wife to undergo repeated and painful failures in normal sex relations.

THE SEX URGE

VII: THE ART OF LOVE (Ellis 323)

Why Love Is an Art (Ellis 329)

Thus Dickinson found that 70 per cent. of average women belonging to all classes experienced sexual impulses of sufficient strength, and usually, it is evident, with considerable frequency, to induce them to solitary gratification.

Katharine Davis, among 1,000 unmarried women college graduates found that 65 per cent. of those answering the question acknowledged that they had practiced masturbation, about half of these admitting that they still do so,

the general health of those who still carry on auto-erotic practices being in a larger percentage of cases "excellent or good" than among either those who have given them up or those who have never practiced them, since a vigorous sexual impulse is the efflorescence of vigorous health.

14:1.1 The study of masturbation has served to show that the unmarried woman is not far behind the man in experiencing strong sex impulses,

at least sufficiently strong to lead to solitary gratification.

Katharine Davis reports that of 1000 unmarried women, college graduates, 65 per cent practiced masturbation,

and it is interesting to record that

the general physical health of this group seemed to be equal to, if not better than, that of those who had never indulged in the practice.

SOURCE

Hamilton, dealing with persons of position and ability above the average and all married, found that only 26 per cent. women stated positively that they had never masturbated, and he observed the tendency (which I myself have long since noted) for women, after childhood is passed, to begin the practice later in life than men, for only 1 per cent. men began after the age of 25, but 6 per cent. women.

Various interesting points came out clearly. The practice had not generally been taught, as is so commonly supposed to be the rule. In by far the larger proportion of cases, of both sexes, it was discovered by the individual spontaneously.

It is significant that while 17 per cent. men and 42 per cent. women state that they have not masturbated since marriage, the number of women who state that they have done so "frequently" since marriage is nearly as large as of men and includes nearly half the women who do it at all after marriage, the infrequent practice being much more common among the men.

That would seem to indicate that while in married men it is mainly due to absence from home, or other extraneous cause, in married women it expresses the greater incidence on them of dissatisfaction in marriage (E 340-41).

14: LIVING A SANE SEX LIFE

14:1.2 Hamilton showed that only 26 per cent of the women studied stated positively that they had never indulged in masturbation.

Our professional experience of more than thirty years is consonant with these findings.

In this connection it is interesting to note that the majority of these individuals, especially the women, were not taught by anyone to practice masturbation; its discovery was spontaneous.

These same investigators found that considerably more married women masturbate than married men.

a fact strongly suggestive of the failure of many wives to secure adequate sexual gratification in the marital relationship.

SOURCE

That is to say that physiological and psychological adjustment to the sexual relationship is under normal conditions less easily achieved by women than by men (E 342-43).

“Why should not husbands be taught more?” asked one of Dr. Davis’s subjects as she reviewed her own painful experiences. And what these experiences may have been we gather from the nature of the answers given by the married women to the question concerning their first reaction to marriage:

“amused,” “astonished,” “bewildered,” “disappointed,” “frightened,” “indignant,” “resigned,” “shocked,” “stunned,” while 173 merely “took it as a matter of fact” (E 343).

We are tending to concede to women the same erotic privileges as to men; we are also tending to aspire after a monogamy which, unlike our present system, may eventually be real and not nominal only (E 345).

With regard to posture in coitus, it is sometimes assumed that there is only one right, proper, and normal posture, with the feminine partner supine,

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It must be recognized that woman finds it far more difficult than man to make adequate adjustment to the sexual relation.

There is something decidedly wrong with the premarital education of brides and grooms when such a host of married women,

in responding to Dr. Davis’ questionnaire as to their first reaction to the honeymoon sex contact, used the following terms as descriptive of their attitude:

“amused,” “astonished,” “bewildered,” “disappointed,” “frightened,” “indignant,” “resigned,” “shocked,” and “stunned,” while a very considerable number reported that they “took it as a matter of fact.”

14:1.3 While we must, in these twentieth century times, continue to labor for the upbuilding and stabilizing of the ideal of monogamy, we must also frankly concede the same erotic privileges to woman that man has heretofore claimed,

and it must be clearly recognized that the wife is just as much entitled to full marital gratification as is the husband;

and in this connection, modern peoples must be delivered from the erroneous notion that there is but one natural and normal way to engage in sex relations.

SOURCE

and that any other posture is unnatural, if not indeed “vicious.” That is a mistake (E 349).

A woman should be “assured,” as Dickinson, a wise and experienced gynecologist, declares, “that there is nothing in the fullest sweep of passion that is not compatible with her highest ideals of spiritual love, and that all mutual intimacy of behavior is right between husband and wife” (E 351).

Van de Velde remarks, as regards Europeans, that husbands seldom realize that the monotony of the marriage-bed—if such it is found to be—may be relieved by variations that come within the normal range; and even if they realize this possibility they often put it indignantly aside as “licentious” (E 349).

The recognition that a number of methods of intercourse, far from being vicious “perversions,” come within the normal human range of variation is required because it is often found that when one method is unsuitable to secure gratification another method proves more successful.... Due attention to the preliminary courtship of the act of intercourse and to the method most suitable for adoption suffices to cure the majority of cases of sexual frigidity in women (E 346-47).

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14:1.4 It is certainly a mischievous idea that any deviation from the orthodox technic of coitus, in which the woman lies supine and all too frequently utterly passive, is a perversion or even a vicious practice.

Sensible married people should understand that any and all variations of the sex act, as they may have first understood it upon entering wedlock, are wholly compatible with good taste, and in every way desirable

since they furnish that relief from monotony

which is so essential to the maintenance of the intriguing lure of the sex relationship over the long period of married life.

14:1.5 Many times we have found that the so-called frigidity of the wife is cured by change of position during the sex act.

SOURCE

Usually it is for the male to take the initiative in this, when he divines that the right moment has come (for he must not expect the woman to tell him this) and to take the most active part, although there is nothing really abnormal in his partner's assumption of the more active part,

and the art of love can scarcely be exercised when the female is merely passive.

On the purely physical side, it is not until, by the preliminary play of courtship, the woman's genital region is bathed in the glandular secretion liberated by emotions of pleasure that intercourse is either pleasurable or often even easy, so that, sometimes, artificial substitutes, which should not be needed, are recommended to replace the natural lubricant (E 347-48).

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Furthermore, she must be taught how to become, after the initial by-play in which the husband takes the lead,

an equally active partner from start to finish.

There is just no such thing as having normal sex relations with a wholly passive, falsely modest, and prudish woman.

Some such women are so nonparticipative in the sex relation that there is an actual absence of the normal lubricating secretions,

so that artificial lubrication is required.

This is always a positive indication of an utter failure of normal sexual technic.

THE WOMAN'S NATURE

VII: SOME QUESTIONS FOR WOMEN ONLY (Hamilton 136)

Table 94 (Hamilton 148)

Card 7: Question 3: *“Did your first sex act cause you much pain?” ...*

1. “No;” “Painful, but not seriously so,” etc. [61]
2. “No;” the hymen was not broken for several months [1]
3. “Yes” [15]
4. “Yes;” it was seriously painful [16]
5. “Yes;” seriously painful, and hymen was not broken for a month [1]
6. “Yes;” had to be dilated by a physician [5]
7. Inconclusive answer [1] (H 148).

Table 95 (Hamilton 148)

Card 7: Question 4: *“Did it (the first sex act) frighten you? Disgust you? Surprise you?” ...*

“No” (neither frightened, disgusted nor surprised) [57] (H 148).

Table 96 (Hamilton 149)

Card 7: Question 5: *“Did you enjoy the first sex act?” ...*

“Yes” [17] (H 149).

Table 97 (Hamilton 149)

Card 7: Question 6: *“About how many times did you have the sex act before you began to have orgasms?” ...*

35. Never had an orgasm [20] (H 149-50).

14:2.1 The investigations of Hamilton and others have disclosed the interesting fact that only about one-half of young brides suffer serious pain during their first sexual relation,

but it also disclosed that 40 per cent of them are disgusted, frightened, or disappointed by the first coitus;

that only 20 per cent really enjoy their first experience.

14:2.2 Twenty per cent of the married women studied had never had orgasm;

SOURCE

1. The first time [4]
2. "Right away" [1]
3. "Always had an orgasm" [1]
4. 2 or 3 times [1]
5. 3 or 4 times [2]
6. 4 or 5 times [1]
7. "Soon;" "A short time" [6]
8. 6 times [2]
9. 1 week [3]
10. 2 weeks [2]
11. 10 times [2]
12. 2 or 3 weeks [1]
13. 1 to 4 weeks [2]
14. 1 month [1] (H 149).

20. 1 year [3]
21. Not the first year [1]
22. The second year [3]
23. The third year [1]
24. 3 years [1]
25. "Several years" [2]
26. 5 or 6 years [1]
27. 7 years [1] ... (H 149-50).

Table 98 (Hamilton 150)

[Card 7: Question 7: "Was the sex act pleasant to you, *distasteful*, painful, or merely a matter in which you were not personally interested during the first year? During the second year? After that?" (H 150)]

PREPARATION FOR MARRIAGE (Popenoe)

SOME PROBLEMS OF MARRIED MEN (Popenoe 15)

Each woman's sexual nature is different from that of all others, due to her particular education and make-up; and it is the husband's prime duty to study his wife and adapt his initiative to her needs and desires.

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25 per cent acquired the ability thus to enjoy their marital sex relations during the first month of married life,

and others acquired the capacity for orgasms in from one to several years.

We believe lack of capacity to experience orgasm is overcome if the act itself is not distasteful to the wife.

14:2.3 The young husband should bear in mind that every woman has a personal sexual nature.

Women differ in their sex natures more than men. There is not the same uniformity as regards technics of excitation and gratification. In the case of women, adolescent attitudes and pre-marital education have a great deal to do with their ability to enter immediately into a normal and successful sex life following marriage.

If sexual intercourse is an expression of his love for himself, rather than of his love for her, it falls short of the best.

The man who looks upon sex relations merely as a means of gratifying his own lust is not going to make a success of marital sex life.

If it is to be the latter, it must seek always the **full gratification of the wife**; hence, it must be had only when acceptable to her, and in the way that gives her most pleasure (P 16).

A successful married life means that the **wife must experience full gratification** as well as the husband,

and therefore, since the women's sex urge is more or less periodic, there must be some special consideration given the young wife if the husband is to work out a mutually satisfactory program.

[contd] The female approach to the love cycle is usually **much less direct** and **business-like** than that of the male;

14:2.4 The male lover must remember that the *female approach* to the sex experience is **much more indirect** than, and entirely different from, the **businesslike** approach of the thoughtless male.

Except with a very few strongly sexed women,

she craves to be **wooded**—

the wife always expects the sex act to be preceded by a **wooing** and winning, a love making, courtship attitude on the part of the husband.

with some women, indeed, this always remains rather more desirable than the actual orgasm—and has a love for form and ritual in the wooing, that many a husband thinks rather a **nuisance**.

The latter's **caresses** are an indispensable **preliminary** to coitus, but are also valued by most wives quite as much for their own sakes; hence the husband must not be sparing with them (P 16-17).

[**Indifference, distaste, or dislike** of a mate, if due to dissatisfaction of some sort with the experience of sexual intercourse, may sometimes be overcome by proper wooing, by full satisfaction of the wife during coitus, and by paying attention to the proper times for intercourse (P 17).]

It is **rarely due to physical causes**. These will usually have been discovered by the examining physician before the wedding-day.

During or just before menstruation many women are moody and irritable.

Of course, she sometimes expects too much of this; nevertheless, all wise husbands will remember this feminine trait and reckon with it in their love making and marital sex approach.

These affectionate preliminaries mean much more to many women than does the act itself, and the husband will do well not to look upon these **caressing preliminaries** as either foolishness or as a **nuisance**;

the husband who would make of his wife a really competent and satisfactory sex mate will not be stingy with these essential endearments.

14:2.5 There is always a reason for sexual **indifference** or **distaste** for the sexual embrace. Something is decidedly wrong with the approach when the relation is so **disliked** by the wife.

The failure of the female partner to respond should lead to a thoroughgoing investigation into what is wrong with the technic.

Bear in mind that the failure to enjoy the sex act is very **rarely due to physical causes**.

It would be well for the husband to remember that,

just before and even during menstruation, many women are slightly moody and more or less nervously irritable.

True, the wife should make an effort to overcome these nervous reactions attendant upon her monthly periods, but this cannot be done all at once. Meantime the husband must be patient with his spouse.

In other cases irritability and repulsion of the lover may really be due to unrelieved desire, which the wife does not like to acknowledge. She may think her husband should recognize her desire and, when he fails to do so, she thinks, wrongly enough, that he is indifferent (P 17).

14:2.6 On the other hand, a wife often makes a mistake of thinking that her husband is so sympathetic and understanding of her varying moods that he should know all about these matters without being told.

Some wives expect too much of their husbands along these lines.

At the same time the educated husband should understand that

[contd] The sexual desire of most women is heightened either just before, during, or just after the menstrual period, and a little observation will discover to a husband just what his wife's peculiarity is in this respect.

most women experience an increasing sex urge just before, during, or just after the menstrual period, and, if wise and observant, he will soon learn just when his wife is most responsive sexually.

Some writers have noted that

A few women have heightened desire half way between the periods.

some women have a season of heightened sex desire midway between the menstrual periods, but we have met but few such women.

14:2.7 The husband will do well to remember that the wife is peculiarly susceptible to *romantic situations*, to unusual experiences, such as special entertainment, vacations, and moonlight excursions reminiscent of courtship days.

SOURCE

Besides this, occasions of general pleasurable feeling, as after an outing or entertainment, should be utilized for sexual intercourse as a completion of mutual happiness.

After more experience of life together, the wife will often suggest indirectly to her husband her desire for him; and a practiced eye will note it in a more affectionate and clinging tendency than usual.

While it is important to utilize such occasions for love, and while it is never right to force a wife into coitus against her will, there is a real danger that a considerate husband, anxious to please his wife, may be too considerate—

he may be too timid, too expectant of initiative from her.

At the proper time, most women like a masterful mate.

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The thinking man should be wise enough to utilize these peculiarly favorable opportunities to improve the sexual relationship of a wife who is not measuring up to his full idea of sexual companionship.

14:2.8 After several years of married life, the wife becomes more skillful in letting her husband know when she feels sexually adequate, but the practiced eye of the male spouse should take note of the little flirtations and the more than usual clinging tendency of the wife

and should be thus made aware that his partner is experiencing an increasing capacity for sexual feeling.

THE PROBLEMS OF THE WIFE

14:3.1 Now we come to the one of the most difficult and fine points of discrimination which the husband must exercise in the sexual relationship.

No man who loves his wife wants to force her into sex relations against her will, but there is a real danger of his becoming overconsiderate, altogether too anxious to cater to his wife;

this is carried so far that many such husbands develop a sexual timidity, a lack of sexual initiative, which becomes very distressing to the wife.

It would be well for all such loving and considerate husbands to bear in mind that

there are times in which women really enjoy being “affectionately overcome,”

SOURCE

Boldness and **self-confidence** at that time are appreciated much more than a timidity which may be misconstrued as indifference to the charms of the partner (P 17-18).

SOME PROBLEMS OF MARRIED WOMEN (Popenoe 19)

In actual life, however, the desire of the husband exceeds that of the wife in **two-thirds of the cases**, and **the correction of this disproportion** depends upon a **mutual adjustment and education** to proper balance.

One of the greatest aids to this—an indispensable aid, in fact—is **complete frankness**.

The wife must be frank with her husband as to the **times of her desire**, as to the approaches she finds most stimulating or satisfying, and as to her own feeling of **response to his initiative**.

After marriage a **frank discussion** between the two partners as to their early **misinformation and misapprehensions** will often do much to remove any **undesirable states of mind** resulting from such experiences and attitudes,

and coitus will more and more seem, not merely to be natural and wholesome but the **finest expression of mutual love** and the **perfect symbol of unity** (P 19-20).

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and that they are highly receptive to a loving sort of **boldness** and masculine **self-confidence**

and are wholly ready to respond to such a kind but confident sexual advance.

14:3.2 In **the correction of the disproportion** between the sexual desire of husband and wife—that of the husband being the greater—which characterizes the experience of **two-thirds of married couples**, **mutual adjustment and education** are essential.

This necessitates **perfect frankness** on the part of both.

The wife should not hesitate to tell her husband at what **times she experiences desire**, which of his introductory steps most stimulate her, and the degree of her **response to his initiative**.

14:3.3 If newly married couples will only **frankly discuss** their previous **misinformation and misapprehensions**, they will largely overcome their **undesirable attitudes** due to them

and will come to regard their sexual relations, not only as natural and wholesome, but as the **most beautiful expression of mutual love** and the **symbol of perfect unity**.

SOURCE

[contd] Through this process, any unpleasant attitudes that are the result of early and painful experiences, observations, or shocks, will gradually dissolve. Fears based on the fact of previous self-relief are likewise unjustifiable (P 20).

XII: THE AROUSAL AND SATISFACTION OF SEX CURIOSITY (Hamilton 268)

In ordinary clinical work one finds at every turn impressive evidence in support of the view that adult sex maladjustments are usually due to adverse experiences and, particularly, tuitional impositions of childhood.

Parents, teachers, and society in general appear to be unwittingly in collusion to teach the child that the general region of the body that is concerned with excretory and sexual functions is ugly, filthy, and shameful.

Desires related to this region must be given the minimum of acknowledgment that is consistent with physical health and the perpetuation of the species.

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This course will result in dissipating such unpleasant attitudes as may have attended any early and painful experiences, observations, or shocks, including the fear that masturbation may have unfitted them for complete sexual expression in married life.

A D V E R S E S E X ASSOCIATIONS

14:4.1 Physicians are profoundly impressed with the fact that the sex maladjustments of adult life can generally be laid at the door of unfortunate childhood experiences, particularly to the attitude of parents toward everything sexual.

Children generally get off to a bad start because

parents, teachers, and society as a whole unintentionally conspire to teach them that the portion of the body where the excretory and sexual organs are located is ugly, filthy, and shameful.

The natural functions of these organs are supposed to be given no more attention than is absolutely necessary for physical health and the perpetuation of the species.

SOURCE

The simple folk words for sexual and excretory organs, acts, and products—many of which are charmingly onomatopoeic—are indiscriminately listed as filthy words which nasty-minded children write on privy walls and coarse adults employ as expletives of disgust.

Cumbersome euphemisms are substituted for them in the nursery when allusion to the forbidden region is inescapable.

We not only do all that we can to make excretion and sex odious to the child's mind, but we give to these an almost identical reactive value (H 290-91).

[contd] When the child begins to be curious about sex structures and functions, and to experience impulsions referable to sex, he is likely to find that allusions to them elicit warnings, prohibitions, evasions, half-truths, embarrassed apologies for things as they are, and even downright lies from his elders.

His parents, who can be trusted to give him very simple and realistic explanations of almost all other phases of what goes to make up his own life and the environment with which he interacts,

make him feel that they are afraid and ashamed of the tabooed region and its functions.

In other words, the little boy—and particularly the little girl—must grow up in an environment which reeks with conditioning factors which tend to give to sex a negative reactive value (H 291).

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The ordinary everyday terms used in referring to the sexual and excretory organs, their functions and secretions, are all labeled as filthy—words which the evil-minded write on outhouse walls and employ in their vile conversation.

Odd-sounding terms are used in place of them when reference to this tabooed part of the body is unavoidable.

The effect of all this is to make excretions and sex equally hateful to the child and to make him react to both in about the same way.

14:4.2 *Childish curiosity* regarding the sexual organs and their functions, as well as any reference to early sexual feelings, usually brings from parents and elders prohibitions, evasive half-truths, and bare-faced falsehoods.

The child soon learns that the simple answers his parents cheerfully give to his questions about almost everything else in his life and surroundings

are not forthcoming when he asks them about these matters;

he naturally concludes that they are afraid and ashamed of everything about this part of the human body.

In other words, the little boy—and particularly the little girl—must grow up in an environment which reeks with conditioning factors that tend to give to sex a negative reactive value.

The result is that little children, especially girls, are early conditioned to react to sex in anything but a natural manner.

XX: SUMMARY (Dickinson 433)

VI. AMBIVALENCE OF SEXUAL POWER
(Dickinson 445)

2. The woman has a capacity for sexual desire, **lifelong, inconsistent and fluctuating**, and found in every individual fully studied (D 446).

The manifestations of this desire and her ability to turn them to happy issues are extraordinarily dependent upon her early life (D 446).

4. Even where there are no children, complete unity in marriage **depends on sexual unity** (D 446).

5. **Sexual abstinence** in marriage is ordinarily impracticable.

It has the effect of driving sexual power back into the self. Its re-emergence is through refractions of egotism which are a personal and social risk. The refractions typical of this series take the direction of idiosyncrasy of opinion or act, **derangement of health or disturbance of the emotional life** (D 446).

14:4.3 The painstaking study of Dr. Dickinson's gynecological histories of 1,000 wives discloses that

these women all had average capacity for sexual desire and function, that it **lasted throughout life**, but that for various reasons it was **inconstant** and many times **fluctuated**.

It further developed that the ability of a woman to lead a normal marital sex life was largely dependent upon her earlier sex attitude, more especially during adolescence.

14:4.4 Even in families without children it was observed that *marital unity* was largely **dependent upon the development of sexual union**,

and that **sexual abstinence** in marriage was always productive of domestic disharmony and infelicity,

many times terminating in **disturbances of both physical and emotional health**.

SOURCE

6. While intimate sex relations are most acceptable to women in terms of the total personality, there is a definite **physical technique** kept perfect only through experiment....

There is also a definite **psychological technique** of surmounting barriers and entering into the feelings of another (D 446-47).

8. The sexual difficulties are infrequently **organic** in the woman and save in exceptional cases, not **functional**. They are variants of mental and emotional behavior (D 447).

Although in this series, **only four per cent** came to the point of divorce or separation, **nearly half** showed some degree of difficulty: **one-sixth** had considerable persistent distress in intercourse;

eighteen wives were **long-time married virgins**, not from impotence, but from ignorance (H 447).

II. CLASSIFICATION, THEORY AND PREMISES (Dickinson 437)

The **average frequency of coitus**, ascertained in 526 couples, is the familiar "twice a week;" but this average is made up of instances ranging widely: from **sixteen per cent** reporting "daily or oftener" to **eleven per cent** reporting "yearly or less."

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14:4.5 The Dickinson observation determined that there was a **psychologic technic** as well as a proper **physical procedure** concerned in the higher enjoyment of the sexual relation.

These studies also showed that sexual insufficiency and incompatibility are only in rare instances based on **organic** or **functional** findings—they represent mental and emotional attitudes.

14:4.6 While **one-half** of the married women studied in the Dickinson series were experiencing more or less domestic difficulty and sexual incompatibility, **only 4 per cent** went on to the point of separation and divorce; **one-sixth** of them complained definitely and seriously of difficulties in having sexual intercourse.

14:4.7 It is interesting to observe that in this series there were **28 long-time virgin wives**, that is, married women who had lived with their husbands year after year without copulation, and in no one of these cases was the trouble due to male impotence.

14:4.8 It was found that the **average frequency of coitus** in 526 couples was twice a week, but this average was made up of wide variations—**16 per cent** reporting "daily or oftener," **11 per cent** reporting "yearly or less."

SOURCE

Three quarters of all reported coitus at least once a week, with the single largest group twenty-three per cent, as “two or three times” (D 438).

[contd] The habitual duration of intromission is an instant in twelve per cent, under five minutes in forty, five to ten minutes for thirty-four per cent, fifteen to twenty for seventeen, and half an hour or more for nine per cent (D 438).

[contd] Duration of orgasm averages under fifteen seconds (D 438)

[contd] The most frequent complaint is that the woman does not reach orgasm.

In 310 cases reporting, more than a quarter had never experienced orgasm with the husband and fourteen per cent were having it only “rarely” or “not now.”

That is to say that in any five women, two had it, two did not, one had it “sometimes” (D 438).

PREPARING FOR MARRIAGE (Popenoe)

SOME PROBLEMS OF MARRIED MEN (Popenoe 15)

[contd] Among the fears which disturb many men who are planning to marry, one of the commonest is the fear that earlier masturbation may have caused some injury or left some result that will interfere with a perfect sexual life after marriage (P 15).

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Three-quarters had coitus at least once a week, the largest single group—23 per cent—two or three times a week.

14:4.9 Duration of intromission was ascertained to be an instant in 12 per cent, less than five minutes in 40 per cent, from five to ten minutes in 34 per cent, fifteen to twenty minutes in 17 per cent, and half an hour or more in 9 per cent.

Duration of orgasm averaged less than fifteen seconds.

14:4.10 The most frequent complaint was that the woman did not reach orgasm.

Of 310 cases, more than one-quarter had never experienced orgasm with the husband, and 14 per cent had it only “rarely” or “not now.”

Thus of five women, two experienced orgasm, two did not, and one only “sometimes.”

SOME PROBLEMS OF THE HUSBAND

14:5.1 Many men who contemplate marriage are seriously perturbed lest earlier masturbation may have produced results that will prevent a satisfactory sexual life after marriage.

SOURCE

Studies show, however, that the majority have masturbated at some time during life, usually in the teens. If the habit has not become fixed in its associations with convictions of guilt and shame, it is not likely to affect married life (P 15).

[contd] On the other hand, men who have had no sexual intercourse previously or who have been continent for many years, sometimes wonder whether this fact has left them unfitted for marriage.

The answer is a confident NO.

As with any other art, some practice will be needed before a husband masters the art of love, but in the long run he who has not had sexual relations with any other woman has the best opportunity to build up a satisfactory relationship with his wife (P 15).

[contd] Previous sex experience of an unsatisfactory kind leaves one with feelings of anxiety and chagrin, with fears lest one may prove equally inadequate in marriage.

But the mental attitude in marriage is very different from that which may have caused difficulties in the furtive experiments that were previously humiliating; and the latter need be no cause for anxiety as to adequacy in relations with one's own wife (P 15).

[contd] The man who has had an active sexual life prior to marriage may be particularly handicapped because he has probably formed habits which will prejudice his success in marriage.

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Unless this habit, which is so widespread among men, has become too deeply associated with convictions of guilt and shame, it very seldom, if ever, mars the happiness of married life.

14:5.2 Another group of men who have never indulged in sexual intercourse or have been continent for a long time, worry because they fear this abstinence has unfitted them for marriage.

But this fear is absolutely groundless.

The art of love requires some practice, as does every other, but in the long run the man who is a stranger to sexual relations has the best chance of developing a satisfactory relation with his wife.

14:5.3 Unsatisfactory, *clandestine sexual experiences* cause anxiety and chagrin and lead men to fear they may be equally inadequate after marriage.

The mental attitude which was probably responsible for these earlier humiliating furtive experiments will be entirely changed after marriage, so that there need be no fear of inadequacy in the marriage relation.

14:5.4 An active sexual life before marriage is a handicap because the husband has very likely formed habits which will interfere with success in marriage.

SOURCE

He needs, therefore, to be on his guard and prepared to unlearn what he knows and start over again.

If he has patronized prostitutes, he has formed a habit of seeking only his own gratification and looking on his partner merely as an instrument for that purpose—

a point of view which some men carry over into marriage, but one that is fatal to success on the highest level.

If he has had an affair with some girl of his acquaintance, his attitude may have been much the same.

She was perhaps of a passionate nature, easily aroused, and likely to use every effort to arouse him for her own benefit; and he expects a similar behavior from his modest and timid bride, which expectation is sure to be disappointed at the outset.

This may cause serious misunderstanding, leading him to think that his wife is frigid or antagonistic, and leading her to think that he is bestial (P 15-16).

[contd] The man, therefore, who has had no previous experience of coitus, and who marries a woman equally inexperienced, has the best opportunity to establish this unique relation on a permanently satisfactory basis.

Others must be on their guard (P 16).

14: LIVING A SANE SEX LIFE

He must be prepared to forget what he knows and begin again.

The attitude of the man who has cohabited with prostitutes is to seek only his own gratification and to regard his partner merely as an instrument for that purpose.

When this viewpoint is carried over into marriage, success on the highest level is impossible.

If the husband has been sexually intimate with some feminine acquaintance, his attitude may be much the same.

A girl who would enter such a relationship is probably passionate and uses every means at her command to arouse him for her own gratification; if he expects his modest bride to conduct herself in the same way, he is sure to be disappointed.

He is likely to think his wife is frigid or antagonistic, while she may conclude that he is bestial.

14:5.5 It is our opinion that the man who has never indulged in coitus, when married to an equally inexperienced woman, is most likely to be successful in establishing permanently satisfactory marital relations.

To other men the problem is more complicated.

SOURCE

[contd] Fears of impotence trouble many men, especially those who have read the advertisements of quack doctors.

In general, it may be said that any healthy man with proper education will be fully able to meet the requirements of marriage.

Of course, those who have ever been exposed to possible infection with syphilis or gonorrhea must make absolutely certain that they are free from infection, before they think seriously of marriage.

Such examination should be given by an experienced and reputable physician and should include a Wassermann test of the blood (for syphilis) and microscopic examination of the secretion from the penis (for gonorrhea) (P 16).

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14:5.6 The advertising of medical quacks, which fortunately is less common than formerly, is responsible for the fear of impotence which has tortured many men.

Such fear is largely groundless.

Generally speaking, any healthy man, when properly instructed, can meet all the requirements of married life.

Exposure to *syphilis* or *gonorrhea* necessitates making certain that the infection has been cured before marriage can be considered.

This can be determined by an examination which should be given by an experienced and reputable physician; the investigation should include a Wassermann or Kahn test of the blood (for syphilis) and a microscopic examination of the secretion from the penis or from the vagina (for gonorrhea).

SEXUAL VARIANTS WITHIN MARRIAGE

XX: SUMMARY (Dickinson 433)

III. SEXUAL VARIANTS WITHIN MARRIAGE (Dickinson 439)

The essential element for happy and complete union shows in the repeated desire of 1,098 women for sexual expression.

Any case followed for a reasonable length of time exhibits some form of sex feeling, either actively, passively, as a wish, or even as a hatred (D 439-40).

14:6.1 Dickinson's study of 1,000 married women disclosed that the essential element for happy marriage in this group was the repeated desire of these women for sexual expression.

Any case long followed exhibited some form of sex impulse, active or passive, as some wish or feeling, even as hatred.

SOURCE

Thirty women, who by their statement and acts, were passionate beyond the average, give the most thought-provoking statement of adjustment to the conditions of married life. Described as of high general capacity, nearly all are mothers and except as adultery is admitted, they conform to the social conventions. Ignoring the cases merely thwarted in passion because the husband did not match them, attention is drawn to those who may have a genuinely high sexual endowment. Their accounts of passion explain and amplify desire (D 440).

The 365 wives who are adjusted without complaint to marriage include one hundred of the sterile but even so show a little more than the median of fertility: 1.70 children per capita in the after-forty age group.

Coitus proceeds in a semi-weekly rhythm. Twelve per cent of 164 cases report entire lack of experience of orgasm (D 440).

The 375 wives who are on the negative side in marriage consist of 100 diagnosed as frigid, 175 who had dyspareunia and 100 who were maladjusted, usually with strongly worded grievance toward the husband or marriage (D 440).

Coitus proceeds in a rhythm of once to twice a week and thirty-four per cent of 244 cases report absence of orgasm with the husband (D 440-41).

14: LIVING A SANE SEX LIFE

14:6.2 “Thirty women, who by their statement and acts, were passionate beyond the average, give the most thought-provoking statement of adjustment to the conditions of married life. Described as of high general capacity, nearly all are mothers, and except as adultery is admitted, they conform to the social conventions. Ignoring the cases merely thwarted in passion because the husband did not match them, attention is drawn to those who may have a genuinely high sexual endowment. Their accounts of passion explain and amplify desire.”

14:6.3 The 365 wives who were adjusted without complaint to marriage included 100 who were sterile.

Coitus proceeded in a semi-weekly rhythm. Twelve per cent of 164 cases reported entire absence of orgasm.

The 375 wives who were on the negative side in marriage consisted of 100 diagnosed as frigid, 175 who had dyspareunia, and 100 who were maladjusted, usually with strongly worded grievance toward the husband or toward marriage.

Coitus proceeded in a rhythm of once to twice a week, and 34 per cent of 244 cases reported absence of orgasm with the husband.

SOURCE

The difference between the frigid, maladjusted and dyspareunic patient after the cases of physical dyspareunia caused by local inflammation or anatomical difficulty have been excluded, is one of degree in assertion on the negative side. She does not want the pattern of intercourse with which she has become familiar because it is not interesting and does not end well; it leaves her feeling badly afterward. She may say this verbally or with introitus; may act it; may, when she means this, act in some other way; may inhibit sensation and inner release although going through external compliance. Her husband lacks perhaps in personal qualities, in vigor and staying power, but certainly lacks the technical skill necessary to change this response (D 441).

[contd] No organic basis, and no functional basis except in the scattered cases of low vitality, fatigue, family care, great spiritual emergency or temporary pelvic indisposition, can be established for this proportion of sexual coldness.

It records a sex experience usually limited to the husband and the total meaning of the woman's elaborate recoil seems to be that she thought she was going to be loved by a man of her own nature (D 441).

14: LIVING A SANE SEX LIFE

14:6.4 "The difference between the frigid, maladjusted and dyspareunic patient after the cases of physical dyspareunia caused by local inflammation or anatomical difficulty have been excluded, is one of degree in assertion on the negative side. She does not want the pattern of intercourse with which she has become familiar because it is not interesting and does not end well; it leaves her feeling badly afterward. She may say this verbally or with the introitus; may act it; may, when she means this, act in some other way; may inhibit sensations and inner release although going through external compliance. Her husband lacks perhaps in personal qualities, in vigor and staying power, but certainly lacks the technical skill to change this response."

14:6.5 No organic basis, and no functional basis except in the scattered cases of low vitality, fatigue, family care, great spiritual emergency, or temporary pelvic indisposition, can be established for this proportion of sexual coldness.

It records a sex experience usually limited to the husband, and the total meaning of the woman's elaborate recoil seems to be that she thought she was going to be loved by a man of her own nature.