

Chapter 15 — The Marital Sex Experience

from the 1938 edition of *The Sex Life Before and After Marriage* (a.k.a. *Living a Sane Sex Life*)
by
William S. Sadler, M.D. and Lena K. Sadler, M.D.

© 2011, 2013, 2019 Matthew Block

Sources for Chapter 15, in the order in which they first appear

- (1) Helena **Wright**, M.B., B.S., *The Sex Factor in Marriage: A Book for Those Who Are or Are About to Be Married* (New York: The Vanguard Press, 1937)
- (2) G. V. **Hamilton**, M.D., *A Research in Marriage* (New York: Albert & Charles Boni, Inc., 1929)
- (3) G. V. **Hamilton** and Kenneth **Macgowan**, *What Is Wrong with Marriage* (New York: Albert & Charles Boni, Inc., 1929)
- (4) Oliver M. **Butterfield**, Ph.D., *Marriage and Sexual Harmony* (New York: Emerson Books, Inc., 1938)
- (5) Havelock **Ellis**, *Psychology of Sex: A Manual for Students* (New York: Emerson Books, Inc., 1933, 1938)
- (6) Millard S. **Everett**, Ph.D., *The Hygiene of Marriage: A Detailed Consideration of Sex and Marriage* (New York: The Vanguard Press, 1932)
- (7) Th. H. **Van de Velde**, M.D., *Ideal Marriage: Its Physiology and Technique*, Translated by Stella Browne (New York: Random House, 1926, 1930)

Key

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

- (d) An underlined word or words indicates where the source and Sadler pointedly differ from each other.
- (e) **Pink** indicates passages where the Sadlers specifically share their own experiences, opinions, advice, etc.
- (f) **Light blue** indicates passages which strongly resemble something in the Urantia Book, or which allude to the Urantia phenomenon.
- (g) **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.

Work-in-progress Version 26 juni 2011
 © 2011, 2013, 2018 Matthew Block
 Revised 29 April 2013 and 13 Oct. 2019

XV — THE MARITAL SEX EXPERIENCE

[See 15:1.2-3, below.]

15:0.1 It is unfortunate that the Occidental peoples have developed a tendency to shun everything that is sexual and to associate it with sordid and filthy levels of thinking. The Oriental races teach their youths before marriage how to effect and enjoy coitus.

V: THE PERFECT SEX-ACT (Wright 80)

It should be explained to all *young couples* anticipating marriage that

Inexperienced men find it difficult not to come to the climax too soon.

the man tends to arrive at the climax too quickly,

In the course of time, and with the establishment of habit, they are able to lengthen the interval before the climax.

With women it is the reverse;

and the woman too slowly, for the enjoyment of mutual and reciprocal orgasm.

as she becomes experienced she can be roused to the climax more and more quickly (W 94).

Sometimes in later married life, after the wife has developed an increasing capacity for, and facility in reaching, the orgasm, she may “arrive” ahead of her husband. On the other hand, he may reach the orgasm only after much delay, but this in no way really interferes with the enjoyment of a normal sex life.

SOURCE

15: LIVING A SANE SEX LIFE

15:0.2 The chief mistake in the sex life of many married couples is that, with the passing of years,

What is the commonest cause of the breakdown of the marriage-tie? Surely it is a desire for something new. **Monotony** is the deadliest enemy of love (W 94).

they allow coitus to become **monotonous.**

They fail to use their *imagination*s. They show little or no *ingenuity* in

It ought to be the aim of every pair of lovers who know love to be an art, to study the question, and to think out **new ways of loving**, so that their mutual sex-experience will always have the element of freshness and novelty (W 95).

developing frills, **new technics of sex play,**

and it never occurs to some couples, even after years of married life, that there are at least fifteen or twenty different positions in which coitus can occur. They go right on month in and month out, indulging in the sex act in the same routine fashion that they first stumbled onto during the honeymoon.

IX: MARITAL SEX ADJUSTMENTS AND SEX PLAYS: DISCUSSION OF FINDINGS (**Hamilton** 192)

15:0.3 Hamilton's observations showed that

[The 100 married women's answers concerning their orgasm capacity] falls into three main groups. The first of these contains the 54 women who experience the orgasm in not less than 20 percent of all sex acts. [*contd next pg.*]

The second group contains the 41 women who either have never had the orgasm or with whom it has been of such doubtful or infrequent occurrence that they themselves question the accuracy of their memories as to this experience. The third group contains the 5 women who have the non-terminative, unsatisfying multiple orgasms which, in my opinion, are not classifiable as true orgasms.... [Combining the second and third groups] gives us a total of 46 women who may be regarded as having a very inferior or wholly lacking orgasm capacity, and 54 women who have relatively adequate orgasm capacity (H 193).

one-half of married women have *orgasms* ranging from what would be called normal to those that are inferior and unsatisfactory; one-half have no orgasm or experience only a slight partial or pseudo orgasm.

THE SEXUAL RELATION

V: THE PERFECT SEX-ACT (Wright 80)

During the early years of marriage the wish to have children is almost universal,

15:1.1 The desire for children is common to most young married people,

but there inevitably comes a time in every family when, for one reason or another, enough children have been born.

but as the years pass, the time eventually arrives when the family is complete.

The love and affection which the parents feel for one another should be deeper and fuller than it was at the beginning of marriage,

Parenthood, however, should have so increased and deepened the love of husband and wife for each other

and for the rest of their lives the sex-act will be to them a necessary and beautiful expression of their love for one another (W 81).

that the sex act will become a necessary and beautiful expression of their mutual affection.

SOURCE

There can be nothing impossible about the achievement of a successful sex act,

because it is the universal experience of primitive peoples, and of Eastern civilizations.

The difference between us and them is one of approach.

Primitive peoples rarely leave a knowledge of sex to chance; among them it is a subject of ritual and serious education.

Sex is recognized to be one of the central mysteries or beauties of life,

and it is considered a deep social disgrace if a man marries, and proves himself incapable of rousing and satisfying his wife's physical nature.

The Indians and the Arabs gradually discovered and wrote down most that there is to know about elaboration in the sex act.

Our civilization has taken a different standpoint;

for one cause or another so many mental hedges have been allowed to grow up round the subject of sex,

that the simple, beautiful truths about it have become invisible.

15: LIVING A SANE SEX LIFE

15:1.2 *Successful sex life* cannot be so difficult to achieve,

for it is universal among primitive races and Eastern peoples.

The difference between orientals and occidentals is one of approach.

The boys and girls of primitive races are carefully and reverently educated in the intricacies of sex; they are not left to acquire a chance knowledge of it.

To them, sex is one of life's chief mysteries and beauties;

it is a social disgrace for a married man to be incapable of awakening and satisfying his wife's sexual nature.

15:1.3 We know that

down through the ages the people of India and Arabia have gradually discovered and reduced to writing about all that can be known concerning perfection in sex living.

Western civilization has looked at these things differently;

mental barricades have been raised so high around sex

that its simple, beautiful truths cannot be seen.

SOURCE

The average attitude of mind towards sex, in our country, is unhealthy, ignorant, and thoroughly unsatisfactory.

There are, however, signs of improvement, demands for knowledge and instruction are heard here and there, and attempts are being made to supply these demands (W 83-84).

[contd] More and more people are coming to understand why it is so important to have a happy sex-life.

Authorities on the mind are telling us that lack of sex-satisfaction in marriage

is not a merely negative matter, on the contrary, it is a potent source of positive ills of all kinds.

Many apparently mental disagreements between married people have their origin in disharmony in the physical sex-life.

Our nature is so complex that no marriage can be completely happy if it does not give satisfaction and development to the body,

as well as the mind and the spirit (W 84-85).

15: LIVING A SANE SEX LIFE

The attitude toward sex of the average individual in this country is marked by gross ignorance and is unwholesome and wholly unsatisfactory.

But there seems to be developing a popular demand for fundamental facts and information

that will enable married people so to improve their sex experience that they will definitely add to the sum of human happiness.

15:1.4 The importance of a *happy sex life* is gradually beginning to impress people in general.

Psychiatrists are warning us that the unsatisfied sexual emotions of married folks

are an active source of definite physical and mental ills and emotional maladjustment.

Many of the quarrels of married people as well as wrecked homes originate in the discords of the physical sex life.

Human nature is so complex that marriage cannot be perfectly happy unless it satisfies the demands of the body

along with those of the mind and the spirit.

SOURCE

[contd] Failure generally results from an ignorance of the fundamental differences between a woman's and a man's responses to sex stimulation.

Given the right circumstances, a man's sex feelings are easily and quickly aroused, and quickly satisfied,

and the actual sensations are limited to the relatively small area of the skin of the penis.

A woman's desires are widely diffused and not quickly aroused nor quickly satisfied (W 85).

[contd] Naturally these differences vary in amount between race and race, with climate, and with temperament,

but taking everything into consideration,

it remains true that women need more time for full stimulation than do men (W 85).

[contd] It may be that women take longer because their responses are more complex than those of men.

Speaking generally, Nature seems to have designed definite rôles for the two actors in the sex drama.

But again it must be remembered that these definite rôles are more or less theoretical;

in actual life it is by no means always the man who takes the initiative.

15: LIVING A SANE SEX LIFE

Marital failures are usually due to ignorance of the basic differences between the responses of men and women to sex stimulation.

If the setting is favorable, the sex emotions of a man are easily and quickly aroused and as quickly satisfied,

the actual sensations being limited to the skin of the penis.

On the other hand, more time is required both to arouse and to satisfy a woman's desires.

15:1.5 These differences vary in degree with races, climates, and temperaments,

but, on the whole,

the fact remains that women cannot be fully stimulated as quickly as can men.

Perhaps this is due to the fact that their responses are the more complex of the two.

15:1.6 It appears to have been intended that husband and wife should have their particular parts in the sex drama.

But even this is largely a matter of theory,

for actually the man does not always take the initiative.

SOURCE

In a perfectly balanced married life

the husband and wife are free to vary their modes of expression according to mood or circumstance.

Usually at the beginning the man is the initiator, the woman the willing recipient;

the husband, understanding his wife's nature,

has the joy of rousing her gradually, of creating in her an ardor equal to his own.

A woman's body can be regarded as a musical instrument awaiting the hand of an artist. Clumsiness and ignorance will produce nothing but discord,

knowledge and skill

evoke responses of limitless beauty.

Before marriage, intending husbands should be made to realize that

a man may become a worthy lover only with patience, knowledge, and practice.

If a wife remains cold and unresponsive, it may be the husband's fault;

however willing she is, she cannot arouse her own feelings.

15: LIVING A SANE SEX LIFE

Where the relations of husband and wife are thoroughly harmonious,

they are both free to modify their emotional expression as mood or circumstance may dictate.

But usually the *husband initiates* the love play, the wife willingly receiving his attention;

being acquainted with his wife's emotional nature,

he has the deep satisfaction of rousing her gradually, of stimulating in her an eagerness equal to his own.

15:1.7 Just as a violin does not respond to the performance of an awkward amateur with all the harmony of which it is capable, but rather with jarring discord,

so a woman's body must be played upon with knowledge and skill

if it is hoped to elicit the depth of limitless beauty of which *it* is capable.

Prospective husbands should be taught that

they cannot expect to be successful lovers unless they exercise patience and knowledge backed up by studious practice.

The *coldness of a wife* may be her husband's fault;

she cannot stimulate her own emotions, no matter how anxious she is to do so.

SOURCE

On the other hand, no amount of skill and tenderness on the husband's part can be successful unless the wife *is* willing to be roused (W 85-87).

[contd] During the early days of marriage mistakes are apt to be made:

both sides may become temporarily irritated, and disappointed,

and these first mistakes are sometimes allowed to become the starting-points of an unspoken resentment which lasts for years.

There are two sure guides through this difficult time,

perfect frankness from the outset,

and an unswerving expectation that with patience and experience full success must come (W 87).

II: THE NATURE OF THE SEX-ACT (Wright 45)

Sex Union: A Mental Experience (Wright 45)

[contd] The mental part of sex union consists of the states of mind of the actors.

These are fully as important as any state of body (W 45).

In the presence of fear, anxiety, dislike, hurry, or any disturbing mental condition,

15: LIVING A SANE SEX LIFE

At the same time, unless she really wants to be aroused, the husband's greatest exercise of skill and tenderness will be of no effect.

15:1.8 Young married people are certain to make mistakes;

both husband and wife may become so irritated and disappointed that

unspoken resentment is engendered that persists for years.

There are two ways to avoid this:

being absolutely frank with each other from the beginning

and confidently expecting that patience and experience will bring ultimate success.

NATURE OF THE SEX ACT

15:2.1 The mental attitude of the participants in sex union

is just as important as health of body.

Fear, anxiety, dislike, hurry, worry, or any other disturbing mental reaction

SOURCE

successful sex unions are, generally speaking, impossible (W 45-46).

[contd] The wife who means to have a happy sex life must realize that her mind has a great deal to do with it.

She must decide with all her strength that she *wants* her body to feel all the sensations of sex with the greatest possible vividness.

A wife who allows her mind to keep any unworthy ideas about sex lurking in its corners is her own worst enemy.

Her body will only yield its fullest joy, will only allow her to know the experience of physical ecstasy, if her mind and her soul are in active sympathy with it (W 46).

[contd] Like everything else worth having, the sex-act needs mental preparation.

All disturbing thoughts should be deliberately put away, ideas of love and beauty should be welcomed,

and the mind tuned to a condition of keen expectation (W 46).

[contd] The husband's mental preparation is different.

Generally speaking, pleasure in the sex-act is easy and instantaneous to normal men.

15: LIVING A SANE SEX LIFE

is entirely sufficient to prevent successful sex feelings.

15:2.2 These facts must be recognized by the wife who wishes a happy sex life.

She must fully make up her mind that she really wishes to experience all the sensations of sex completely and vividly.

To do this she must rid herself of any notion that sex enjoyment is unworthy of self-respecting, upright men and women.

Unless her mind is in full sympathy with her body in these matters, she can never hope to experience the fullness of ecstasy.

Not only must there be this gradual reconstruction of the attitude toward sex, but

there should be definite mental preparation for the sex act.

Disturbing thoughts must be banished and those of love and beauty encouraged,

while the mind should be brought into a state of keen expectation.

15:2.3 With the husband the situation is entirely different.

To the normal man enjoyment of the sex act is usually easy and instantaneous.

SOURCE

The husband's part is, therefore, to put himself imaginatively into his wife's personality,

to determine that he will learn how to arouse in her the most intense and delicate sensations of pleasure of which she is capable.

At the beginning of marriage, he more often than not has the rôle of initiator;

his is the magic touch that will awaken his wife's physical nature;

her future sex happiness will depend to a very large extent on his knowledge, delicacy, imagination, and sympathy.

To this end he should study her, discover her latent desires,

and encourage her to express her gradually increasing pleasure in the physical intimacies of sex (W 46-47).

At the beginning, married life is new and strange to both partners; both must inevitably sometimes feel shy, sometimes entertain fears and doubts which are puzzling.

There is no better habit than that of complete, fearless frankness.

15: LIVING A SANE SEX LIFE

But it is his duty and should be his pleasure so to relate himself to his wife's personality

that he will, at least in a measure, understand her attitude and reactions;

by doing this he will learn how to awaken in her the most vivid and satisfying pleasurable sensations it is possible for her to experience.

15:2.4 First, his is the role of initiator;

it is through him that his wife's physical nature can be aroused.

His knowledge, delicacy, imagination, and sympathy manifested during their early sex relations will have much to do with determining her future sex happiness.

To be most successful he should study to detect her latent desires

and should encourage her to express her pleasure in the intimacies of sex.

15:2.5 The *puzzling fears*, the doubts, and the shyness which are inevitable to both husband and wife during early married life

should be frankly and fearlessly discussed between them.

SOURCE

Many unsuccessful marriages might have been saved, if both partners had from the first trusted one another enough to have put disappointments into words,

before they had had time to become hidden grievances and sources of silent estrangement (W 48-49).

[contd] Marriage is full of adventures,

often disconcerting to accepted points of view.

One of the unexpected results of intimate knowledge of a member of the other sex

is the realization that

the terms “masculine” and “feminine”, as used to describe a person, are only relatively true.

The pure masculine or the pure feminine individual is very rare. Most of us are mixtures.

We all know men whose minds and natures have many feminine qualities, and women who are so nearly masculine that it is said of them in marriage “*she* is the man of the two” (W 49).

15: LIVING A SANE SEX LIFE

This course will prevent serious misunderstandings that can be avoided by

trusting one another enough to express any disappointment that may be felt and to talk it over

before it leads to estrangement.

Many marriage failures could have been avoided if this policy had been adopted.

15:2.6 *Marriage is a great adventure,*

and it sometimes shakes from their pedestals preconceived notions and outmoded ideas.

The intimate acquaintance of husband and wife, among other unlooked-for revelations,

often demonstrates that

the terms “masculine” and “feminine” are only relatively descriptive of men and women,

for most people are mixtures of the two.

One hundred per cent masculine or feminine individuals are the very rare exception, not the rule.

Feminine qualities in men and masculine in women are almost universally met with.

PERIODICITY OF SEX DESIRE

VI: THE SEXUAL SIDE (Hamilton & Macgowan 88)

15:3.1 In one painstaking investigation of woman's sex desire,

The majority of women feel a periodicity of desire in the sense that there are times when they are distinctly more responsive than others.... [Seventy-two of them] said that it occurred at menstrual time. These located it as follows:

- 25—just after their period
- 21—just before and just after
- 14—just before
- 06—during their period
- 03—during and just after
- 01—just before, during and just after
- 01—just before and during
- 01—either just before or just after (H&M 91)

it was found that 14 per cent experienced the strongest sex urge just before menstruation; 25 per cent just after the period; whereas 21 per cent experienced strong sex urges both immediately before and after the period.

Contrary to the findings of lay writers—who generalize, of course, from non-controlled observation—only one woman had marked this time of maximum desire as occurring midway between her monthly periods;

Only one in one hundred experienced a strong desire midway between menstrual periods,

and she hadn't observed this fact about herself until she had read Dr. Marie Carmichael Stopes' book, "Married Love," which locates one peak of passion in the mid-month (H&M 91).

and even that 1 per cent had read about such a likelihood.

Six per cent of the married women studied experienced their strongest urge during the menstrual period,

[See 15:9.5.]

and it is probable that, but for the esthetic and other reasons of conventional training, a larger number would undoubtedly have reported a similar experience.

SOURCE

15: LIVING A SANE SEX LIFE

15:3.2 An interesting fact developed by this study of married women was that

It is important to remember that all this deals with the time of *maximum* desire. For most women desire is either constantly present or can be aroused at any moment ... (H&M 92).

one-half of them reported that they had a fair desire for sexual relations at any time during the month if they were properly stimulated.

15:3.3 This same investigation yielded the information that

Out of the eighty-one who had been pregnant, seventy-five had had continued intercourse, and one had had it after the first pregnancy but not after the second (H&M 93).

80 per cent continue intercourse during pregnancy, at least up to the last few weeks.

15:3.4 It goes without saying that, in view of what we know of the periodicity of the sex-urge cycle,

The day of marriage ought to correspond to the time of fullest desire (H&M 92).

the date of the wedding should correspond pretty closely with the time of the greatest sex desire on the part of the average woman.

III: KINDS AND DEGREES OF SPOUSAL SATISFACTION AND DISSATISFACTION (Hamilton 59)

Table 13 (Hamilton 76)

Card 43: Question 4: *“What changes would you make in any of the following mental qualities of your husband (or wife):*

SOURCE

15: LIVING A SANE SEX LIFE

Temper? Talkativeness? Thriftiness? Carefulness of dress? Selfishness? Tendency to scold? Intelligence? Social standing? Religious life? Truthfulness? Tendency to flirt? Capacity for showing affection? Strength of sex desire? Vanity? Serious-mindedness?" ...

1. Would make no changes in any of these qualities [Men 21]....

2. Would give the spouse a better temper [Men 28]....

8. The spouse has not sufficient intelligence or an unsatisfactory intellect [Men 27]....

14. ... The spouse's sex desire is not strong enough [Men 25]....

7. The spouse has a too great tendency to scold [Men 24]....

4. ... The spouse is not thrifty enough [Men 16] (H 76-77).

VI: OTHER PRACTICAL ISSUES (Wright 101)

The factors that govern acuteness of desire are not yet fully understood, either in men or women.

There is a good deal of evidence suggesting that women pass through more or less regular natural and physiological phases of desire,

15:3.5 While only 20 of 100 married men studied by Hamilton were fully satisfied with their wives,

it is interesting to note that sexual incompatibility was not the chief or only cause.

High in the list of causes of marital dissatisfaction were temper manifestations

and lack of education;

then came frigidity,

nagging, scolding,

and financial disagreements—

the charge that the wives were spendthrifts.

15:3.6 Scientists have not yet determined the factors influencing acuteness of desire in either men or women.

However, it appears that women experience somewhat regular, natural, and physiological phases of desire

SOURCE

which tend to be the same every month and to have a relation with the dates of the menstrual flow (W 103).

It would be interesting and useful if women would show some intelligent interest in the subject. All that is necessary is to

mark a calendar with one sign for days of desire, and another for the days of menstrual flow (W 103).

Whether any kind of regular rise and fall occurs in the sex desires of men is not known for certain.

There is at least one definite physiological factor—

namely, the condition of the four reservoirs or storehouses for the seminal fluid, described on p. 58.

If these are full there is a certain amount of pressure on their walls,

and it is known that that pressure is enough of itself to start the train of mental, emotional, and physical relations

which end in conscious sex desire.

If circumstances do not permit sexual intercourse to take place,

the body has a mechanism of its own for relieving the pressure. The reservoirs empty themselves during sleep,

and peace is restored (W 104-05).

15: LIVING A SANE SEX LIFE

that are quite likely to be the same every month and to have some relation to the monthly period.

Every woman could determine her own periods of sexual stimulation by

marking on a calendar the days of desire and those of menstrual flow, using a different symbol for each.

15:3.7 There is no certain information as to whether the sex desires of men regularly rise and fall.

However, there is one dependable physiological indicator:

the condition of the seminal vesicles which contain the seminal fluid.

When they are full, the pressure on their walls

is sufficient of itself to set in motion the train of mental, emotional, and physical reactions

that culminate in conscious sex desire.

If sexual intercourse is not indulged in,

the seminal vesicles empty themselves during sleep

through nocturnal emissions—so-called wet dreams—

and the tension is relieved.

FIRST SEX CONTACTS

FAVORABLE CONDITIONS

(Butterfield 48)

[Preamble] (Butterfield 48)

Noisy hotels, railway trains, or other public places or conveyances all tend to be distracting and to rob the [first] experience of something of that quiet and ease which are its just due.

The earlier part of the honeymoon should be so planned as to insure both rest and privacy (B 48).

Hurry is another element which should be banished from the scene if the experience is to be remembered with joy and gladness (B 49).

The bride who comes to her wedding night tired and weary with the events of the day should have the advantage of at least one night's rest before any attempt is made to have sexual relations (B 49).

15:4.1 There are a number of things which a young married couple should understand about the proper preliminaries to successful and satisfactory sex relations.

It is most unfortunate that

the first attempts at coitus must so often be carried out in noisy hotels or on Pullmans.

Above all things,

the bride and groom should plan for a wholly private and in every way quiet and tranquil honeymoon,

some place away from the gaze of curious throngs and far removed from friends and relatives.

15:4.2 Furthermore, the first sexual relationships of married life should be free from all hurry and worry

and should not be attempted when either partner is tired out or nervous or in any way anxious and apprehensive;

and this, of course, means that in the average case no attempt at coitus will be made the first night after marriage,

Again it may happen that in the absence of any agreement whatever

a bride may come to the wedding chamber **eager and expectant** of the joy of the first sexual embrace (B 50).

1. *The Foreplay:* (Butterfield 50)

She may require anywhere **from fifteen minutes to an hour of fondling, caressing, and love-making**

before she is as ready as he may be in a very few minutes (B 50-51).

To bring about this favorable condition it is important that the **wife forget for the time being all the conventions and restrictions** concerning personal familiarities and permit her husband to fondle her freely (B 51).

Let her **throw off all her reserve,**

though there are many exceptions to this rule.

It often develops that,

when the bride is a woman whose hymen has been dilated, and who is normally sexed, and who has **long looked forward** in a very normal way to married life, very satisfactory sex relations are experienced even on the first night following marriage.

15:4.3 While it is a fact that an occasional young wife can respond spontaneously and almost immediately to the sexual embrace of a loving partner, it still remains true that

more than 90 per cent of women must receive **from 15 to 30 minutes of caressing, fondling, and affectionate petting**

before they are prepared to respond in the sexual relation.

On the other hand,

the young **wife must very early learn to overcome her natural reticence and her acquired or conventional inhibitions;**

she must learn frankly to **discard all this feminine reserve** and so-called female modesty which have been such a part of her life before marriage,

SOURCE

15: LIVING A SANE SEX LIFE

and in the quiet of love's embrace let her join in the fondling and caressing which the Creator intended as a preparation for this sacrament of love (B 51).

Newly married couples should not be discouraged if their first few attempts are not as near the ideal as they had hoped. (B 52).

2. *The Entrance:* (Butterfield 54)

It is not enough that the woman be merely passive and acquiescent (B 54).

and which even yet are very desirable during the first phase of the preliminary preparation for coitus, but which are fatal to satisfactory sex relations if allowed to persist over into the actual sex act.

15:4.4 But no young married couple, especially the wife, should be discouraged if the first attempts at coitus are not wholly successful;

if the relationship continues to improve, the couple should be content, for in many cases it requires six months or a year for the wife to become accustomed and adjusted to the relationship so that she will experience more or less complete satisfaction—orgasm.

15:4.5 Married folks must come to realize that the sex act is a partnership, that its enjoyment entails mutual interest and active participation by both partners.

It will not be successful if the wife is merely silent and passive.

While it is entirely proper for her to allow her husband to assume the active or aggressive role in the initiation of sexual relationship, nevertheless, when the preliminaries have been well started, she should begin active response to the male's advances; after coitus has begun, the wife need not restrain herself, for no matter how actively she participates, her enthusiasm will be wholly acceptable, even highly gratifying, to her husband.

SEXUAL PRELIMINARIES

VII: THE ART OF LOVE (Ellis 323)

Why Love Is an Art (Ellis 329)

In the course of any preliminary courtship before intercourse it is natural and desirable that more or less contact, pressure, or friction should be exerted on the clitoris, which is from the first the chief focus of sexual sensation in women.

It is sometimes said by psycho-analysts that

this is only true for an early age,

and that with adolescence sexual sensation is normally, if not constantly, transferred from the clitoris to the vagina.

It is difficult to account for the origin of this notion which seems to have been devised in the study, and might easily have been dispelled by a little actual knowledge of women.

The clitoris is a normal focus of sexual sensation and tends so to continue, frequently as the chief if not the only focus (E 348).

15:5.1 The most common error in the preparation of the woman for the sex act is the failure or inartistic nature of the preliminary courting.

The male lover must not forget that

the clitoris is the focus of the whole sexual system in the female.

The idea broadcast by the Freudians that,

while the clitoris is the center of the sexual system in early life,

it is supposed to be transferred from there to the vagina,

is an unfortunate one ever to have gained credence.

In our opinion, such a condition does not occur one time in a hundred.

Throughout the life of the average woman, the clitoris continues to be the sole focus of sexual sensation and gratification.

15:5.2 Another error which stands badly in need of correction is that physical familiarity with the person of the lover, aside from that secured within the sexual embrace, is an evidence of abnormality.

While we can conceive of nothing more revolting and disgusting than the enforced requirement or commercial practice of unusual love-making, at the same time we have met too many perfectly normal men and women who have in the love life been spontaneously led to engage in these intimate types of caressing, and who have never entertained the slightest idea that they were doing anything wrong until they subsequently heard that such practices are not only vicious and abnormal, but that they are certain to wreck the health of both mind and body.

Taking sexual relationships in the widest sense, but still on the physical side, it is important always to bear in mind that

15:5.3 Once and for all let it be made clear that,

when men and women enter the marital state,

whatever gives satisfaction and relief to both parties is good and right, and even in the best sense normal, provided (as is not likely to happen in sound and healthy persons) no injury is effected. Fellatio and cunnilinctus (the impulse to either of which frequently arises spontaneously in men and women who never heard of such practices) are perhaps the chief of these contacts (E 349-50).

they are entitled to any and all pleasure which they may choose,

and which they are able to derive from each other's bodies in the pursuit of their intimate love life.

SOURCE

[*Compare:* It seems to be forgotten that not even the most recognized methods of sexual intercourse can well be described as “aesthetic.” It is not understood that here, amid the most intimate mysteries of love, we are in a region where the cold and abstract viewpoints either of science or of aesthetics are out of place unless qualified by more specially human emotions (E 350).]

It may be added that of the 100 married women investigated by Hamilton—

presumably normal and healthy and of good social position—

he found that thirteen had had experience of *fellatio*, *cunnilingus*, or both, but in no case could any ill effects be discovered (E 350).

15: LIVING A SANE SEX LIFE

That which may seem a disgusting practice to one man, may be regarded as wholly esthetic, beautiful, and artistic in the love life of a husband and wife who have, through long association, come to mean so much that is mysterious and indescribable to each other that no outsider can possibly understand their reactions to many such practices so erroneously called both abnormal and vicious.

15:5.4 It no doubt shocked even the medical world when

Hamilton first reported his findings in a study of 100 normal married women,

in good health and occupying good social positions,

to the effect that 13 of them had enjoyed unusual forms of love-making.

The time has come to free otherwise normal-minded sexual lovers from all thoughts of abnormality and moral guilt because of the various types of sexual by-play into which they may be spontaneously led because of their mutual love and devotion.

SUCCESSFUL COPULATION

IV: DETAILS OF STRUCTURE AND ADJUSTMENT (Wright 71)

Before beginning married life, it is necessary for both the partners to realize the nature of the changes that take place in the penis, under the influence of sexual excitement.

Ordinarily the penis is soft, and so limp that it is incapable of actual motion without being handled.

During the preliminary stages of sex feeling,

a greatly increased flow of blood comes into the penis and fills up all the spaces provided.

The effect of the extra amount of blood is to make the organ hard and solid.

It now stands out by itself at an angle from the body, with the tip pointing upwards,

and in this condition it is said to be "erect."

Naturally, when full of blood, the penis is altogether larger than it is at other times, and full allowance must be made for this increase in size during the first few months of marriage

when the wife's vaginal opening has not been stretched very much (W 71-72).

15:6.1 Under *sexual excitement* certain definite changes to take place in the penis.

Except at these times this organ is usually soft and incapable of voluntary movement.

In the early stages of sex arousal

a large amount of blood flows into the penis,

causing it to become hard and solid

as well as longer and of greatly increased diameter

and to stand out at an angle from the body, head pointing upward;

this condition is known as erection.

The size of the organ during erection must be taken into account during the early months of marriage

before the vaginal opening of the wife has been stretched.

[contd] The angle of the erect penis with the body of the male, as he lies above, corresponds very fairly with the slope of the vagina downward and backward from its opening.

The husband may ascertain with his fingers just what this direction is—at first nearly level, then dipping toward the couch, with semi-circular muscular bands sweeping beneath the bony arch, and the relaxed cavity beyond, into which dips the mouth of the womb, a distance of five inches before reaching the rear wall of the bony pelvis or basin (W 72).

[contd] The hymen, or small ring of tissue which is round the outlet of the vagina, is a very variable structure.

Sometimes it is so tough that introduction of the penis is impossible without causing so much pain that

not only are the wife's prospects of pleasure ruined for the moment,

but a shock is given to her mind which often takes a long time to die away.

There is no æsthetic or other kind of value in the pain inevitably given during the sudden stretching or breaking of the hymen.

In some primitive races the hymen is stretched before marriage,

15:6.2 The upward and slightly backward slope of the vagina from its external opening usually corresponds with the angle of erection of the penis.

When this is not the case, the penis is often pushed straight backward against the rear wall of the vagina, which causes the wife acute pain.

To avoid this, the husband should determine with his fingers in what direction his wife's vagina slopes.

15:6.3 Around the outlet of the vagina there is a small ring of tissue, whose structure varies with different individuals, that is known as the *hymen*.

This tissue is sometimes so tough that the penis cannot enter without causing intense pain, so much so, in fact as to

destroy the wife's pleasure for the moment

and to shock her so seriously that she will be a long time getting over it.

15:6.4 Neither esthetic nor physical purpose is served by so suddenly breaking the hymen.

Among aboriginal races it is the practice to stretch the hymen before marriage,

SOURCE

and there is no reason why we should not adapt this humane custom to our times.

Opinions on this point vary very much;

common sense seems to say, if pain *has* to be given, why not avoid it before its presence can spoil the memories of the first days of marriage? (W 73)

Any woman doctor would teach a girl how to do this herself with her fingers, a little at a time, during the ten days before marriage (W 73).

There is no reason why the husband should not stretch the hymen with his fingers, as a preliminary to full intercourse (W 73-74).

In our day it is more or less taken for granted that the sex-act shall be completed on the first night after marriage.

But why should it be?

A number of women date their sexual unhappiness from the fact that their husbands had no patience,

and penetrated the vagina before they were emotionally or physically prepared for it.

Time and gentleness in this matter bring a golden reward.

It is not difficult to introduce the stretching of the hymen into the preliminary love-play

15: LIVING A SANE SEX LIFE

a custom that could well be adopted by civilized people.

However opinions may disagree on this point,

it seems only good sense to undergo whatever pain may be necessary before marriage in order to avoid spoiling the experience of its early days.

Any woman physician could teach the bride how to stretch the hymen with her fingers, gently and little by little, just before marriage.

Or the husband might do it as a preparation for full intercourse.

15:6.5 Although it is generally understood these days that coitus shall be engaged in the first night after marriage,

it does not necessarily follow that this is necessary.

The sexual unhappiness of many wives can be traced to the impatience of their husbands

who insisted on penetrating the vagina before their companions were ready for full intercourse, either emotionally or physically.

Patience and *gentleness* in this matter are well worth while.

Stretching of the hymen can be made a part of the preliminary love play

SOURCE

so gradually that the woman is unconscious of any pain at all.

Such a method of stretching has another strong merit;

if done gently enough, and always with the definite design of arousing sex-feeling,

it will powerfully help to awaken vaginal sensation.

The establishing of acute pleasure by stimulation of the vaginal walls is sometimes only accomplished after months of marriage.

A procedure on the lines here suggested, carried out before early sex-acts,

will help considerably (W 74-75).

[contd] Sex activity is in the nature of a duet;

sometimes one voice dominates, sometimes the other,

but harmony is only created when both are singing.

If wisdom demands that full penetration shall not take place immediately,

and the husband restrains himself and allows his feelings only to show themselves as a gradual crescendo,

the wife must exercise her imaginative sympathy, and realize the strain which her husband is voluntarily imposing upon himself.

The mechanism of physical satisfaction is different in the two sexes.

15: LIVING A SANE SEX LIFE

and accomplished so gradually as to produce no sensible pain.

Another advantage of this method is that,

if it is done gently and carefully and with the idea of awakening sex-feeling,

it will be of great help in stimulating **vaginal sensation.**

which is sometimes not accomplished until months have gone by.

If the husband will always follow this suggestion before intercourse,

it will be of real help.

15:6.6 Coitus is engaged in by two persons,

either of whom may dominate from time to time,

but they must both take part to make the experience complete.

If it is evident that full penetration should be delayed,

the husband must restrain himself, allowing his emotions only gradual expression,

while the wife should do her very best to understand the strain to which he is willingly subjecting himself.

The mechanism of sexual gratification is so different in men and women that

SOURCE

An inexperienced wife may find it hard to understand that

the gentleness and delicacy of her lover's behavior towards her is not a measure of his own desires.

She needs arousing; he needs relief.

Her love must be discerning enough to divine his wishes,

and active enough to help him to attain them.

Ejaculation, or the release of the sex fluid from the male, is easily achieved in a number of ways,

and brings with it enough mental and spiritual satisfaction to tide over the time until her initiation is complete,

if the husband is allowed to feel that his wife understands and partners him.

The exercise of a little imagination will insure that no physical discomforts will obtrude themselves on these first experiences (W 75-76).

[contd] Penetration itself is a little awkward because the erect penis is not, like a finger, provided with muscular power of movement or direction.

The adjustment is easy

if the husband or wife will only use the hand and direct the penis gently into the outlet of the vagina (W 76).

15: LIVING A SANE SEX LIFE

a wife who has not been properly instructed before marriage may not realize that

the gentleness of her husband's conduct toward her does not adequately represent his own desires.

He is seeking relief, while she needs to be aroused.

15:6.7 If her love is deep enough, she will see his wishes

and be happy to help him attain them.

There are a number of ways of bringing about ejaculation

that result in sufficient physical and emotional satisfaction to carry him along until her initiation has been achieved,

provided he is assured that she understands and sympathizes with him.

A little imagination will enable these partners in the marriage adventure to prevent the intrusion of physical discomforts into these early experiences.

15:6.8 *Penetration* is sometimes difficult because the erect penis does not have a delicate sense of movement and direction.

This can be obviated

if the wife will direct the organ into the vaginal outlet with her hands.

There is also a right and a wrong way of removing the penis from the vagina after ejaculation has taken place. If the husband has reached the climax before his wife has reached hers, the muscles circling the vaginal walls may be in a condition of some tension, but they will relax while her sensations are subsiding.

Soon after ejaculation, moreover, the penis always returns to its ordinary size and softness,

and then it can be removed with no difficulty (W 76-77).

The attainment of complete sex-pleasure in a woman is the fine flowering of a healthy body.

It is almost impossible in the presence of fatigue, worry, or ill-health.

Two of the commonest causes of lack of pleasure among the wives of to-day are insufficiency of rest, and constipation.

Life is so full, and work so arduous, that most women are in the habit of going to bed tired out.

It is not reasonable to expect vivid, active pleasure under such circumstances.

15:6.9 The penis should not be removed from the vagina immediately after ejaculation unless the wife has reached her climax,

for otherwise the muscles in the walls of the vagina will be tense

and may resist the withdrawal of the penis, which is still hard.

The male organ will soon return to its ordinary size and softness,

when it can easily be removed.

15:6.10 The woman's complete attainment of sex pleasure is the culminating experience of a healthy body

and cannot be achieved when she is fatigued, worried, or sick.

Among the various causes of women's failure to enjoy sex relation,

the two most common are insufficient rest and constipation.

In the press of modern life most women are thoroughly fatigued when they retire,

and under such conditions vivid, enthusiastic sex expression is not to be expected.

SOURCE

The wife who means to have a happy sex-life must do some thinking and planning.

If the sex-relation is sincerely held to one of the sacraments of life, it is worthy of care and preparation.

Sex-acts average nearly twice a week; they need not occur often,

but they should always be beautiful (W 77-78).

[contd] **Constipation** works in two ways to prevent the development of sex-sensation.... The presence in the rectum, or back passage, of masses of material,

results in discomfort, or even pain, during sex intercourse,

because the wall of the back passage is stretched and pressed upon (W 78).

The wish for a happy sex-life, therefore, provides an added motive for keeping in perfect bodily condition (W 78).

It is desirable that everything to do with [the sex-act] should be as dainty and attractive as possible.

After the completion of intercourse, the whole of the sex-region of both partners is naturally moist,

and in the wife's case, some of the seminal fluid may flow out of the vagina

and endanger the clean linen of the bed-clothes.

15: LIVING A SANE SEX LIFE

A happy sex life must be thought about and planned for.

Sexual relations are an important phase of married life and as such deserve preparation.

Coitus is not necessarily engaged in often,

but it should always be a beautiful experience.

15:6.11 **Constipation** often results in the accumulation in the rectum of fecal matter

which causes discomfort, or even pain, during intercourse

because the rectum wall is stretched and pressed upon.

The avoidance of constipation will contribute to a happy sex life.

15:6.12 Since everything about the sex act should be as attractive as possible,

and since immediately after intercourse the sex region of both partners is moist,

and some of the seminal fluid may flow from the vagina

and soil the bed linen,

it is advisable to provide

SOURCE

An extra handkerchief, and a folded towel, or cloth, placed under the wife's hips beforehand

will deal unobtrusively with this difficulty (W 79).

[!]

FAVORABLE CONDITIONS (Butterfield 48)

4. *The Orgasms* (Butterfield 60)

[contd] For the man the orgasm, or climax, of coitus is that stage in the process of sexual excitation where the delight in the act reaches its highest peak,

and the internal glands release the supply of seminal fluids and propel them out through the penis in a series of rhythmic contractions.

Under ordinary conditions it may be produced in less than five minutes

but it is usually much more satisfying for the man to postpone his orgasm and keep his erection under control so that he can continue the sex play with his wife as long as she needs him (B 60-61).

15: LIVING A SANE SEX LIFE

an extra handkerchief and to place a folded towel under the wife's hips.

These precautions will satisfactorily care for the natural toilet problems.

THE ORGASM

15:7.1 In the last step in sexual intercourse the motion of the organs subsequent to their union is involved. It is not understood by all married people that the entrance of the penis in to the vagina is but the beginning. After the proper preparation of both husband and wife, the movement of the penis in the vagina so increases sexual stimulation that both partners will desire to continue their pleasure, which is not the same in the man as in the woman.

15:7.2 In the man, the orgasm is the point in sexual excitation at which his enjoyment reaches its greatest intensity

and the internal glands discharge their fluids.

Ordinarily his orgasm may occur in five minutes or less,

but it is much more satisfactory to prolong the preparation for it for a much longer time.

SOURCE

Following the orgasm the penis quickly relaxes and soon loses most of its sexual sensitiveness (B 61).

For the woman the orgasm produces no discharge of fluids as in the man,

but it is the climax of a series of spasmodic sensations in the vagina and the clitoris

and is accompanied by a series of quick, gasping breaths.

[?]

This series of throbs lasts for ten seconds or less, and then dies away, leaving her spent and relaxed. There are women, however, who commonly have not simply one but several orgasms in succession if the husband is able to continue his stimulation long enough (B 61).

[?]

15: LIVING A SANE SEX LIFE

After the orgasm, the penis immediately relaxes, becomes soft, and loses most of its sexual sensitiveness.

15:7.3 Little or no ejaculation of fluid accompanies the woman's orgasm,

but it concludes with repeated thrilling and delightful sensations in the cervix, the upper vagina, and the vulva.

The movement of the penis in the vagina so increases these sensations that, if it is kept up long enough, her whole being will concentrate on bringing on the climax.

After continuing for several minutes,

the ecstatic thrills slowly diminish as she relaxes, and her sexual desire gradually disappears.

About one-third of all women experience these sensations externally instead of internally.

15:7.4 Every couple should learn how to engage in the act so as to insure the satisfaction of the woman's sexual desire before the man's orgasm occurs. General instructions that will insure this result in all cases cannot be given because each couple differs materially from every other.

POSITIONS IN COITUS

VIII: MARITAL HYGIENE (Everett 117)

SATISFACTORY PHYSICAL UNION (Everett 122)

[See 15:0.2.]

(a) By far the commonest position adopted by Europeans

is face to face lying down with the woman on her back.

This position needs no explanation.

It is rendered unsuitable when there is great disparity of height between the partners.

Many variations of it are possible according to the degree to which the woman bends or straightens her legs,

and the presence or absence of a small firm pillow beneath her hips (Ev 126).

[contd] (b) In the opposite position the two are lying, but the woman is uppermost.

It is useful in cases where the wife is small and slight, and liable to be fatigued by the commoner position.

15:8.1 While it is possible to engage in sexual intercourse in a dozen or more possible positions, we will here describe only the five most common among American and European peoples:

15:8.2 1. The most common position for sexual intercourse assumed by the white races

is face to face lying down, with the woman on her back, in mutual embrace.

This position hardly requires explanation.

It is undoubtedly best for average couples

except when there is great difference in height.

Many variations are possible as the woman bends, straightens, or encircles her legs.

Many women put a small but firm pillow beneath their hips.

15:8.3 2. In the opposite position the sex partners are lying but with the woman uppermost.

This is often preferable when the wife is so small or delicate as to be fatigued by the more common practice.

SOURCE

Further, it has the advantage that the woman is free to move her hips as she pleases,

and so is able to direct and control the degree of stimulation she receives (Ev 126).

[contd] (c) In classical Rome the attitude of the wife astride was greatly favored.

The man lies on his back, with or without a pillow under his hips,

his legs slightly bent to support the weight of the woman's thighs.

She sits astride, with her trunk upright, or leaning a little backwards (Ev 126).

It has two advantages:

firstly, as all the movements are made by the wife,

it is, from the male's point of view, the most passive of all positions,

and therefore appropriate when the husband is fatigued or in poor health;

secondly, the degree of sensation possible to both is higher than that produced by the other positions (Ev 126).

[contd] (d) In the sedentary attitude the man sits,

and the woman takes her place facing him, suspended across his thighs,

with one leg on each side of his trunk.

15: LIVING A SANE SEX LIFE

This position permits the woman freely to move her hips,

and this enables her to direct and largely to control the degree of stimulation received by the clitoris.

15:8.4 3. In classical Rome it was common for the wife to sit astride her husband.

In this position the man lies on his back, with or without a pillow under his hips,

his legs being slightly bent to support the woman's thighs.

She sits astride, with her trunk upright, or leaning a little backwards.

This position has two advantages:

since all movements are made by the wife,

it is the most passive of all positions for the man

who may be fatigued or suffering from some exhausting disease.

Again, the degree of sensation possible to both partners is much greater than that secured by any other position.

15:8.5 4. In this position the man sits on a chair,

while the woman takes her place facing him, suspended across his thighs (sitting astride his lap)

with one leg on each side of his trunk at the hips.

SOURCE

Mutual apposition is so easy in this attitude that it is a specially suitable one for early married life,

and it has the further advantage that both partners can move freely (Ev 126).

[contd] (e) In the side-to-side attitude there are a number of serious difficulties.

Its success depends on the relative proportions of the pair, and, therefore, in some cases its performance is impossible.

There is no choice in sides, but it seems more usual for the woman to lie on her right side, and the man on his left.

The woman slightly bends her right thigh and places it between the man's legs,

her left leg she places uppermost, on the outer side of the man's right thigh (Ev 126-27).

These attitudes are sufficiently varied for adoption at the beginning of married life (Ev 127).

When lovers have practiced them, and learned how to obtain from them the maximum joy possible, they will need no further directions. They will themselves be masters of the art of love, able to

create new forms of expression which will put them forever beyond the fear of boredom or satiety (Ev 127).

15: LIVING A SANE SEX LIFE

This is an attitude easy to assume and is especially suitable for newly-weds,

since it enables both partners to move freely.

15:8.6 5. In this, the side-to-side position, a number of difficulties are encountered.

Since the success of coitus in this position depends on relative height and proportions, in some cases it proves entirely impracticable.

Usually the woman lies on her right side, the man on his left.

The woman slightly bends her right thigh so as to place it between the man's legs,

her left leg being uppermost, on the outer side of the man's right thigh.

This position frees the woman from the sensation of weight and oppression which so often interferes with the pleasure of coitus in the usual positions.

15:8.7 These positions provide sufficient variety for the average couple at the beginning of married life,

and their practice will enable intelligent lovers to

discover other attitudes and to invent numerous playful adaptations of coitus which will greatly enhance the joys and satisfactions of their sex life.

P R E G N A N C Y A N D M E N S T R U A T I O N

VI: OTHER PRACTICAL ISSUES (Wright 101)

Many couples inquire about the advisability of intercourse during pregnancy, and after the birth of a child.

No harm is known to follow a moderate amount of sex activity during pregnancy,

and many women find that they have particularly strong desires in the first three or four months.

Later there are practical difficulties caused by the growing size of the abdomen,

and then comes the time when a change in the ordinary positions can be used with comfort to both.

Soon after labor there is no doubt that women need complete rest,

but as soon as all tenderness has disappeared, and the desire for intercourse has returned,

there is no reason why it should not be satisfied (W 106).

15:9.1 Should intercourse occur during pregnancy and soon after the birth of the child?

Moderate indulgence during pregnancy is not objectionable,

and many women are particularly stimulated during the first three or four months.

The growing abdomen of course eventually prevents intercourse in the usual way,

but then a change from the ordinary positions is more comfortable for both husband and wife.

The mother needs complete rest following labor,

but when the tenderness has disappeared and the sexual desire reappears,

it may be fully gratified.

XVI: BODILY HYGIENE (Van de Velde 289)

Sexual Intercourse in Special Bodily (or Physical) Circumstances. Sexual Intercourse during Menstruation (Van de Velde 289)

[See V 294.]

Immediately during coitus the uterus may be convulsively agitated, and expel its contents. In other words, ... coitus can bring on an abortion, a premature delivery, ... or the labour pains of a birth more or less normally due (V 294).

Of course any marked pressure on the woman's abdomen is quite wrong in the later months—but it is equally certain that appropriate positions and attitudes will avoid such pressure (V 295).

But: if the woman is healthy; if the uterus shows no tendency to premature function ...; if all necessary care and consideration are exercised during the act; ... and if, for the last—say four—weeks, total abstinence is observed, then in my opinion the risks to the woman are reduced to a very slight extent (V 297).

15:9.2 The distinctly old-fashioned advice sometimes given to husbands, even by physicians, that they refrain from intercourse with the wife during pregnancy, is wholly fallacious.

Normal *sex relations during pregnancy* do not tend to produce abortions,

and of course neither do they cause the embryonic child to become abnormally sexual.

It is true that the husband should be particularly careful during the later months of pregnancy to avoid undue pressure over the lower abdomen,

but otherwise there is no valid argument against married couples' living a normal sex life throughout the period of pregnancy,

at least up to the last few weeks.

SOURCE

15: LIVING A SANE SEX LIFE

For it is nothing less than impossible for a man accustomed to active sexual life,

to stop complete functional satisfaction, more or less suddenly, for several months, and nevertheless to continue to play the wooer to his wife ... (V 300).

VI: CONCEPTION, CONTRACEPTION, AND MOTHERHOOD (Hamilton 118)

To the best of my knowledge, all female mammals below the primate level are continent during pregnancy,

but all members of the primate order (which includes monkeys, baboons, apes, and man) tend to have sex intercourse until within a few weeks or even days of parturition unless they are prevented from doing so by cages, or (in the case of man) tutional impositions (H 119).

VI: OTHER PRACTICAL ISSUES (Wright 101)

It is often asked whether any harm results to the woman if the sex-act takes place during menstruation.

This question is largely one of feeling... No positive harm can be done.

Trying to live up to these false proscriptions against intercourse during pregnancy has wrecked many a happy married life

as the husband, having freely indulged himself up to this time, finds that his moral nature cannot stand the stress and strain of

eight or ten months of total abstinence.

15:9.3 All animals below the biologic level of the primates are continent during pregnancy,

but this does not extend to the simian tribe.

They, like most human beings, indulge in coitus during the pregnant period.

15:9.4 A common question is as to whether intercourse harms the woman if it occurs during menstruation.

In the case of the average woman

little or no harm can be done by engaging in coitus during menstruation.

SOURCE

Speaking generally, the days of the menstrual flow are those when the woman is least inclined for the sex-act,

but there seems to be a small class of women whose desire is strongest then.

Nature is a better guide than any rule of ours,

and if the spontaneous wish for intercourse appears very markedly,

it is wise to allow it free expression, whenever it occurs (W 105-06).

XVI: BODILY HYGIENE (Van de Velde 289)

Sexual Intercourse in Special Bodily (or Physical) Circumstances. Sexual Intercourse during Menstruation (Van de Velde 289)

Even though there are no such *ritual* prohibitions among Occidental peoples, and the ancient rule only formally binds individual Hebrews among us, yet the immemorial dogma has such force of suggestion, that sexual abstinence during menstruation may almost be regarded as customary (V 289).

There are also the following physical factors:—

(1) The particular discomforts (headaches, disturbed digestion, etc.) felt by many women during a time, which for them really, is “being unwell” (V 292).

15: LIVING A SANE SEX LIFE

Whether to permit it at this time is largely a matter of personal feeling.

Women generally are least interested in the sex act during menstruation,

but in a few cases the opposite is true.

No rule can be laid down.

15:9.5 If the desire for intercourse is spontaneous and well-marked on the part of the woman,

it is well not to curb it, even during menstruation.

Nevertheless, the civilized races will undoubtedly continue to be adverse to sex relations during the menstrual period,

though public prostitutes pay no attention to this matter.

There are many reasons for this.

One is that the woman often is really to some extent ill;

[contd] (2) The initial and inevitable congestion of the genital organs,

which, while it promotes sexual tension and enjoyment alike, may also make them sore and tender (V 292).

[contd] (3) The special flow of blood to and from the genitals in response to stimulation. In association with (2) there may be a positive hæmorrhage, or an excessive loss which has ceased may begin again during coitus (V 292).

Apart from the ritual customs of the Oriental races, and assuming as an indispensable condition, the utmost personal cleanliness, then *moderate* and *mutually desired* sexual intercourse between *healthy* partners during menstruation is quite unobjectionable. But for *æsthetic reasons*, it is better to abstain during those days when the discharge is greatest (V 293).

[See V 290.]

the female sexual organs are more or less congested,

therefore more irritated and subject to pain,

and vigorous sex relations would no doubt cause a greater loss of blood by increasing the menstrual hæmorrhage;

but, after all, the chief reason is the *æsthetic* one.

15:9.6 Looked at from a purely biologic standpoint, it would probably be true that in many cases the female would enjoy sex relations at this time more than at others, particularly during the last day of the period, but it remains a fact that Occidental peoples eschew such relations during menstruation.