

Mum, where do children come from?

Practical handbook on sexual education



Tonight I watched my
daddy and my mommy:
I think my daddy is
stealing my milk....

Practical handbook on sexual education

16.6.2024

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Sex education

Mum, where do children come from?

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Foreword

Young people have to learn how to deal with life, and sex is an important aspect of life.

Who is responsible for teaching young people how to behave in the sexual sphere?

Should it be done by parents, the school, the church, or should young people make their own experiences?

We are of the opinion that it is up to those who have had them to make their experiences available to those who wish to learn about them. We also recommend the sites mentioned at the end.

This booklet condenses the experiences of men and women of different abstraction but who have in one way or another wanted/known how to take advantage of that wonderful gift that nature has given to humans: love, pleasure and the joy of a romantic relationship.

They hope that everyone can share in this joy by deepening their knowledge, improving their performance and achieve interior peace. Make love, not war!

We wish everyone good reading and much happiness in life.

PS: we are sorry to readers for any shortcomings, errors, inaccuracies, etc. In case of doubt, we invite the reader to consult a specialised encyclopaedia. This treatise is not intended to replace the specialist doctor whose opinion has in any case the priority.

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CHAPTER 1

Historical, sociological and biological notes

The necessity of species reproduction,

Since living beings are mortal, in order to ensure the survival of the species, nature wants living beings to reproduce.

Reproduction for the purpose of reproduction of the species and all acts necessary for this purpose are therefore innate in the form of the species-preservation instinct that every human being also possesses to a greater or lesser extent.

Reproduction is ensured by the females that possess the reproductive apparatus with which they generate new beings of the same species.

With rare exceptions, the female reproductive apparatus is only activated when the sperm produced by males meets the egg inside the female's body and fertilises it.

Registry data

In Europe, approximately 102 male humans are born for every 100 female humans.

Between the ages of 20 and 40, males and females are numerically balanced. After the age of 40, the higher male mortality rate creates an overabundance of females, a disparity that becomes more and more pronounced with age to the extent that two-thirds of the over-80s are female.

The rumour that there are seven women to one man is without foundation. It is only in the case of major conflicts that decimate the male population that a surplus of women is created, which in the past, however, has not exceeded 10 to 20 % limited to the generation between 20 and 40.

In Switzerland, the average life expectancy for men is 81 years and for women about 84 years.

External interventions, the State.

In principle, two kinds of external interventions can be distinguished:

Interventions concerning **the health** of individuals, couples and **families and social and demographic interventions.**

Health. These are usually carried out by private specialists or public employees such as doctors, gynaecologists, urologists, consultants of various kinds, etc. For some years in hospitals, alongside maternity wards, we also find departments dealing with fertility and assistance with conception. Artificial fertilisation and in vitro conception are characteristic. Also worth mentioning are sexual counsellors who help couples solve personal problems in the sexual sphere and relationship problems within the couple.

Sociality and demography. These are usually the responsibility of the state, the parastatal authorities and/or other bodies of a public nature.

For several years now, the most developed countries have been confronted with an increasing denatality. It is well known that in order to reproduce the population, it is necessary for each woman to give birth to an average of about 2.2 children. However, this figure, known as the fertility rate, varies from country to country. In Switzerland and neighbouring countries, the fertility rate varies from about 1 to about 1.5. This is clearly too little to reproduce the existing population and in the long run endangers the very survival of the species. Governments and politicians are aware of the problem and have long since proposed various types of aid to women and families, but with rather modest results. The aid is financial (subsidies of various kinds, support for families, etc.), social (crèches, holidays for new parents, assistance in returning to the labour market, subsidies for companies that hire new mothers, etc.), educational, social and political research to understand and combat the phenomenon.

However, the problem lies upstream: with the general reduction in purchasing power, people and especially women (and/or couples) tend to postpone marriages and pregnancies to better times, and consequently the average age at first childbirth is now well over 30. Today's hectic life and

the excessive use of electronic media has atomised society and individuals find it difficult to relate to each other and find a suitable partner. We have now reached the point where it is not uncommon for a simple courtship, a gift or a text message to be reported as sexual harassment (stalking), i.e. everything becomes more complicated and the consequence is also a large number of lonely people (the 'singles') and elderly people.

Facilitating meetings and relations between the sexes today is not the task of the state, which hesitates to intervene even in the name of respecting 'privacy'. On the contrary, when European dictatorships needed a lot of soldiers, these intra-sexual relationships were encouraged big time and governments organised big parties, camps, summer and winter camps, sports activities, etc. where young people could easily meet and mate. Religious gatherings also served this purpose, but now Christian religions are losing speed. Everything is left to private initiative and chance. Pity.

The human being and his needs

The American psychologist Maslov outlined what he considered to be the most important needs of human beings. The non-fulfilment of needs leads to serious psycho-physical consequences not excluding suicide (see 'Social Psychology' same CD/site).

The instinct of preservation of the species and consequently fertilisation etc. is one of the common and most important needs of all living beings. In humans, this need is combined with many other physical (need for warmth, hormones, orgasm, etc.) and psychic (affection, security, success, consideration, human warmth, etc.) needs.

Other physical needs are breathing, drinking, eating, sleeping, health, etc.

Other psychic needs are sociality, spirituality, security, etc.

The satisfaction of a need confers a more or less accentuated sense of happiness that is particularly pronounced in the affective and sexual relationship. Consequently, the affective/sexual relationship, with or without reproductive purposes, is instinctive and highly coveted.

The importance of the body

Mens sana in corpore sano, the Romans used to say. This also applies to sexuality, which can be compared to sporting exercise: the better the fitness, the better the result.

A fit body facilitates pregnancy and childbirth, makes a man more powerful and resistant

However, the golden rule also applies here: don't overdo it because too much is too much.

As with any good sportsman, diet, hygiene (with regular visits to the doctor, dentist, hairdresser, etc.) and moderate but constant physical activity are very important.

Particular attention must be paid to the diet, which must be balanced (dietary fibre, protein, carbohydrates, i.e. fresh vegetables and fruit, pasta, meat, dairy products, etc., well chewed and ingested in just enough quantity to cover the need for vitamins and protein, etc.).

Sugar, animal fats, coffee and alcohol should be limited; smoking and drugs and any addictive habit should be avoided.

Regular physical activity, high morale, good education and culture combined with courtesy and altruism are essential for good mental and physical condition.

In our society, the body and its beauty are a true culture:

- sport for young people, men and women has as its goal the formation of a perfect physique
- beauty with its beauty contests and the election of beauty queens, etc.
- physical bodybuilding especially for men who spare no effort and means to be able to exhibit muscular bodies to the hilt, but also often complicating life.

- art that portrays the human body in all possible forms, etc.

The beauty of the human body corresponds to well-defined, albeit sometimes questionable criteria (see also 'What man desires' and 'the inferiority complex').

Dividing the weight by the square of the height in metres gives the body mass index, which should be between 21 and 25.

You can learn more about the human body by consulting a medical encyclopaedia.

The male body, the male sex organs

the penis with the glans, foreskin, urethra, etc.

the scrotum with the testicles and the various sperm channels

the seminal vesicles, Cowper's glands

the prostate

the pubis

The glans is the most sensitive part of the male genital organs.

When a man is sexually aroused, the blood pressure in the penis increases. As a result, the penis becomes enlarged and erect (erection). Only an erect penis is able to properly penetrate the vagina and ejaculate. Under normal conditions, the penis is floppy.

Normally, the skin covering the glans (foreskin) runs along the penis and allows the glans to be fully exposed. An average erect penis is between 14 and 18 cm long.

The testicles produce spermatozoa (and the hormone testosterone) continuously.

The spermatozoa, which are about 1/4 mm long, accumulate in the vesicles. At the moment of ejaculation, they flow down the sperm duct and join the sperm fluid produced by the prostate and other organs and glands. In the penis, sperm enters the urethra through which it quickly exits the male genital organ.

Sperm is an opaque white, sticky liquid. The amount ejaculated is variable and depends on various factors such as how long it has been since the last ejaculation, the degree of arousal, the state of health, the man's age and weight, etc.

The male body is generally complete at 16 to 18 years of age and is on average 10 to 20 % longer and heavier than the female body. The man is physically more powerful than the woman.

In the male, the layer of fat lies between the bones and the muscles. The muscles, covered only by skin, are more conspicuous. The male body is also more hairy than the female's.

In men, the abdominal circumference should be 10 % smaller than the hip circumference.

The female body, female sex organs

the breasts with nipples

the vulva with the labia majora and labia minora

the clitoris,

the urethra,

the vagina with the hymen, the 'G-spot', the mucous membrane and the uterus, Bartolini's gland

the trombones and ovaries

the pubis

The 'G-spot' is a particularly sensitive area about 4 cm inside the vagina, at the top. Shaped as a thickening of the vaginal wall, together with the clitoris, the G-spot is one of the two most sensitive points of the female genital apparatus (it is located in the centre of the inner part of the clitoris) and allows a woman to have a vaginal orgasm. Recent studies (University of L'Aquila - Emmanuele Jannini) have shown that not all women are sensitive at the 'G-spot'.

When a woman is sexually aroused, the blood pressure in the genital organs increases.

<https://it.wikipedia.org/wiki/Ossitocina>

Consequently, the nipples enlarge, the vulva becomes turgid, and the vagina moistens to facilitate penile penetration and sperm movement. Moreover, chemically, the mucous membrane becomes basic, a necessary condition for the survival of spermatozoa. Under normal conditions and in old women, the vulva is flaccid.

The female body is complete and is at its best after puberty (12 - 15 years) and until menopause (end of menstruation, around the age of 50). The woman matures physically and sexually earlier than the man. After the menopause, the female body fades more quickly, but the woman is biologically more resilient and therefore lives longer than the man and retains her intellectual clarity for longer.

In women, the natural layer of fat is located under the skin, which gives the body curved lines, rounded shapes and greater thermal insulation. The muscles, hidden under the layer of fat, are less obvious.

Easily excess fat forms unsightly folds (e.g. cellulite).

The body, and the female body in particular, has become a symbol. The ideal figure personified by models, beauty queens and actresses are the dream of many women who make their appearance a powerful sexual lure.

Currently, the typical model is about 175-180 cm tall, has a shoulder circumference of 90 cm, a waist circumference of 60 cm and a hip circumference of 90 cm; she weighs about 56 kg. Very few women have a body that perfectly conforms to these requirements, and their physical shape is only maintained for a few years: in fact, age, sedentariness, stress, pregnancies and too rich a diet easily weigh down the female body. This process is more evident in the black race but also widespread in Western countries. Remember that there is also the body mass index for men and women.

The female body has more hormones than the male body and, according to recent research, the female brain functions faster. Women are generally more graceful than men.

Female hair is generally thicker and the ends of women's hair tend to split in two. A blond woman normally has between 120,000 and 160,000 hairs.

In women, the abdominal circumference should be 15 % smaller than the hip circumference.

The most sensitive parts of the female body, the exogenous zones

The entire female body is very sensitive to epidermal contact,

However, they are particularly sensitive

- in general the genitals, the mouth and lips, the eyes, the thighs, the neck and nape of the neck, the back along the spine, the inside of the knees - in particular the clitoris, the vagina and the nipples (see also chapter: erotic massage)

The clitoris is the most sensitive external organ; the vagina is the most sensitive internal part, in particular 'the G-spot' which is located about 4 cm up inside the vagina and probably corresponds to the centre of the clitoris. In women, the sensitivity of the G-spot can vary from little or none to greater sensitivity than that of the protruding part of the clitoris. The clitoris is an organ that is shaped like a little man with a small head protruding at the upper end of the labia minora, two legs that wrap around the vagina and two arms that are the roots arranged +o- in the thighs. In the whole of this organ there are more than 8000 nerve endings that make the organ very sensitive especially to pressure. This is why theoretically there should be no difference between the sensations created by the manipulation of the protruding part and the sensations experienced inside the vagina, so the aforementioned clitoral (preeminent) and vaginal orgasm are probably subjective differences.

<https://www.ilpost.it/2016/09/20/la-clitoride-spiegata-bene/>

The cycle - menstruation

During a woman's fertile age (about 15 to about 45-50 years) once a month an ovum (rarely more than one) comes out of the ovaries, then it can be fertilised by a spermatozoon and settles in the mucous membrane of the uterus. The ovum has a diameter of about 1/4 mm. When a spermatozoon has penetrated inside it and fertilised it, the ovum closes in a curl. In the ovum, cell division begins immediately, which will result in the formation of the foetus.

After a few days in the fallopian tubes and uterus (fertile period), the ovum that has not been fertilised continues its journey towards the vagina and then outwards, carried by the menstrual fluid that also contains some mucous (hence the deep red colour) and some blood. This flow lasts for several days and is often accompanied by abdominal pain and malaise. The menstrual secretion of a healthy woman is neither poisonous nor contagious. However, it is best to avoid sexual intercourse during menstruation as, apart from the hygienic fact, it could lead to some disruption in the course of the cycle. It should be noted that the menstrual secretion, particularly blood, of an AIDS patient woman is a dangerous source of contagion.

There are thousands of ova in the female body (decreasing with age) but only fertilised ova can generate a pregnancy. To remedy the inconvenience of menstrual discharge, women normally use sanitary pads that are applied externally or absorbent tampons that are inserted into the vagina. Premenstrual and menstrual discomfort (nausea, abdominal pain, migraine, etc.) can be more or less intense. In certain cases, it even causes character disorders (hypersensitivity, aggressiveness, depression, etc.) for which one will speak of premenstrual or menstrual syndrome. In extreme cases, the menstrual syndrome takes on the importance of a pathology and requires medical intervention.

Fertile days (see chapter on natural contraceptives).

The first menstruation is an important stage in a woman's life and marks the beginning of her fertile age. This phase is often accompanied by fears and anxieties.

Menstrual irregularities, especially if accompanied by other symptoms, should always be medically examined because they could be a symptom of serious diseases such as polycystic ovary syndrome. There is an electronic bracelet (AVA) on the market that helps follow the cycle.

Conception, pregnancy, childbirth, menopause

It is likely that, in order to ensure the quality of DNA and the regular conformation of the unborn child and offspring, nature wanted the genetic heritage of two individuals to be available, thus creating the biological necessity of mating.

When the sperm fertilises the ovum, pregnancy begins: it is conception.

When the spermatozoa are in the vagina they start a frantic race towards the ovum to fertilise: it is a natural selection because only the first to arrive (the best or one of the best) is the one that can fertilise the ovum. Obviously, the greater the number of sperm in the race, the better the quality of the winner. It is therefore in the woman's interest to receive as much sperm as possible, so it is in her interest to excite the male as much as possible to make this happen (see also 'erotic games'). It is a good thing if the future parents have planned conception and desire the child to be born.

Many parents wish to be able to determine the sex of the unborn child in advance. By natural means this is rather difficult and haphazard: it is said, for instance, that if conception takes place in the first half of the fertile period, the unborn child will be female and vice versa, etc.

Chromosomes contain the genetic heritage. Women have X chromosomes and men X and Y. Sex is determined by a random combination of chromosomes and the odds are more or less 1 to 1. (X + X = female; X + Y = male).

Some specialised hospitals are able to pilot the sex of the unborn child by fertilising the ovum with appropriately pre-selected cells.

Chromosomes can be damaged by, for instance, ionising radiation (X-rays, contact with radioactive material, etc.) or chemicals. In men (given the turnover and continuous production of new spermatozoa) the danger of genetic deformation of the offspring is most likely extinguished after 3 months. In women, damage to the chromosomes of the egg cells is permanent and can certainly result in a genetic deformation of the offspring even after decades. However, there are examinations that make it possible to rule out chromosome damage and genetic malformations.

In the case of one or both parents being infertile, conception can take place artificially.

- Artificial insemination: sperm taken from the husband (either by natural or surgical means) or offered by a donor is placed in the uterus.

- Test-tube fertilisation: one or more ova are taken from the woman's body and fertilised in a suitable external environment using sperm from the husband or a donor. A fertilised egg is then placed back into the uterus (which is not necessarily the mother's).

At present, it is possible to store sperm and eggs at low temperature even for extended periods.

However, the choice of a woman to be fertilised with the sperm of her husband who had died years earlier has caused much discussion: her children are orphaned before they are even born!

Since people with impaired fertility are usually involved, artificial insemination usually requires several attempts before a positive outcome is obtained, which is not a foregone conclusion.

Moreover, preventive hormone treatments involve many unknowns, so the choice of artificial insemination must be carefully weighed up.

In any event, it is advisable to have the woman followed during pregnancy by a doctor or specialist, possibly the same one who will then assist the mother during childbirth. This is all the more important in the case of problems such as an extrauterine pregnancy or other.

Normally the woman feels that she is pregnant; some even suffer from vomiting and/or a sense of heaviness. In any case, the woman becomes aware of it after a few weeks due to the absence or irregularity of menstruation.

Pregnancy

Normally pregnancy lasts 270 days (9 months).

Only from the fifth/sixth month is a protuberance in the mother's womb visible.

Normally the mother can lead a normal life until a few days before the birth and have (cautious) sexual relations until a few months before the birth.

Pregnancy is rarely connected with a state of physical indisposition, which in severe cases prevents the woman from any physical activity or requires hospitalisation. For medical reasons it is sometimes necessary to deliver the baby prematurely (septum) and have it grow for a few months in an incubator.

During pregnancy it is advisable to attend special training courses (e.g. family planning) and preparation for childbirth organised by hospitals.

During pregnancy in many hospitals, the foetus is examined to determine its sex (ultrasound) and/or to detect possible diseases and genetic deformities. The latter tests being invasive (a little amniotic fluid has to be taken) are linked to a risk of infection and/or loss of the foetus, so it is advisable to weigh the risks and benefits carefully. Probably in the case of healthy parents, when the woman is under 35 years of age, the risks of invasive examinations outweigh the benefits.

Conception and the subsequent pregnancy can give rise to fears, anxiety and even depression in the mother or both parents, requiring the intervention of specialised personnel. For the woman, support/assistance from her partner, relatives and/or other mothers is very helpful.

Childbirth

Motherhood is a milestone in a woman's life: through it, a woman becomes more mature and aware of the role that nature has assigned her.

Labour pains are the sharp but temporary pains generated by the subsequent widening of the cervix of the uterus in view of the passage of the foetus. Labour pains announce that the birth is imminent: the closer they are (from a maximum of about 30 minutes to 1 minute), the closer the birth is. If necessary, the birth can also be provoked earlier.

A moment before the expulsion of the foetus, the placenta ruptures and the amniotic fluid comes out. The premature loss of amniotic fluid makes delivery impractical.

During labour, while waiting for the pain to pass, the woman must breathe heavily and compress her abdomen as if she were defecating (the muscles used are the same).

During this strenuous exercise, it is helpful if a person, e.g. the husband, helps (and comforts) the woman by hugging her to support her back (damage to the spine is avoided) and head. At the same time, it is helpful if he places a hand on the belly of the woman between her breasts and navel and presses (following the woman's instructions) in the direction of the vulva to help the woman 'squeeze' the unborn baby through the vagina (as primitive men did before the invention of the caesarean section). The help received from the partner at this difficult time will convince the young mother that she can also count on her partner in the future, to the benefit of the couple's relationship and the serenity of the new family. Nowadays, new birthing techniques are also practised, such as underwater childbirth, squatting, etc. During childbirth, the presence of strangers who might intimidate the mother should also be avoided.



Generally, to facilitate the passage of the foetus through the vagina and to avoid a tear in the perineum (which could lead to permanent damage, a sharp drop in sexual desire, and even incontinence; the perineum can be re-educated with electro-stimulation if necessary), the gynaecologist makes a cut in the upper part of the vagina (perineum), which is sewn up immediately after delivery. Normally the foetus is expelled head first and remains connected to the mother through the umbilical cord.

As long as the umbilical cord is pulsating, the foetus receives blood and oxygen from the mother. However, this only lasts a few minutes, so it is necessary for the foetus to start breathing on its own as soon as possible. A few encouraging taps on the buttocks are sufficient for this.

When the unborn child breathes, the umbilical cord is cut and closed and the placenta is withdrawn from the uterus. To alleviate the trauma of the transition from the womb to the outside environment, the foetus is placed on the mother's body and only then washed, dried, its eyes disinfected, wrapped in cloths, etc. After childbirth, the woman is generally exhausted and in need of rest, but will soon begin to breastfeed her baby, thus initiating the life of a new human being. It is also advisable to choose the name(s) of the unborn child(ren) before the birth and to bring along a small gift for the diligent gynaecologist's assistant.

Before and during pregnancy it is a good idea to strengthen the nipples by having your partner kiss/suck them regularly. Normally after childbirth, the breasts swell and from them the baby sucks breast milk, which in humans is an opaque colourless liquid but very nourishing and beneficial. Breastfeeding is also beneficial for the woman and keeps the mammary glands in shape, partially inhibiting the formation of lumps and breast cancer. It is therefore recommended that women breastfeed from the outset, to form the bacterial flora in the intestine of the unborn child, and for as long as possible. In Switzerland, women who breastfeed receive special subsidies from the state and/or health insurance companies. It should also be noted that the health insurance companies only reimburse costs if the birth takes place at least 270 days after the special insurance has been taken out, which must be done before conception.

It is also advisable to take advantage afterwards of the valuable and qualified care for young mothers that social services provide free of charge even at home.

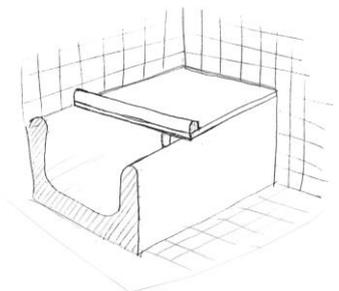
Regular check-ups by a gynaecologist and paediatrician are also desirable.

In order to facilitate childbirth, new ways of giving birth have recently been tried out: seated birth (the fetus' downward exit is facilitated by the fetus' own weight), immersion birth (a natural position: even outside the womb, the fetus/infant is in a liquid environment), etc. However, these are possibilities that must be agreed in advance (see www.nascerebene.ch).

If the vagina and/or the opening in the bony structure of the pelvis is too small, or in other special cases, it is necessary to deliver the foetus through a gash that must be surgically cut in the skin of the belly and uterus (caesarean section).

It should be noted that with regard to sexual life in every woman, childbirth has a different impact. Normal sexual desire and activity usually resume no earlier than 4 to 6 weeks. If the situation does not normalise within a year, a specialist should be consulted.

It is also useful to prepare a board (with a side border and with two positioning/fixing pads of the doorstep type underneath) to be placed on the bathtub and to be used as a surface for changing nappies. Later, when the baby is able to stand up by holding on to a handle, it can be showered in the bathtub. It is not recommended to change nappies by placing the baby on the table, as the baby could easily fall on the floor and be seriously injured.



The menopause

It is the last milestone in a woman's sexual life, but also the attainment of a greater degree of maturity.

The end of menstruation marks the end of fertility but also the inexorable passing of time. It is accompanied by various symptoms such as hot flushes, migraines, spots on the skin, etc. and sometimes also hypertension, depression and irritability. Most of these phenomena are transient and usually do not impair the pleasure of sexual activity.

To alleviate the woman's pain, doctors often prescribe hormone treatments, but these should be used with extreme caution. Treatments based on natural medicines should be preferred to them. Since the menopause is also accompanied by incipient osteoporosis, to compensate for the loss of calcium a menopausal woman should increase her consumption of dairy products.

For the childless woman, the menopause also means the end of hope and a sense of worthlessness. The affection of relatives, friends and, above all, the closeness of children and the possibility of some social activity are a great comfort.

Reproduction

- in living beings in general

Nature has subdivided most living beings into males and females and has stipulated that the contribution of both is needed for reproduction. In particular, the ovum present in the female specimen must be fertilised by a special substance produced by the male subject.

Interesting is the way in which this substance is transported from the male subject to the female ovum: by the wind or insects in plants and by the most diverse apparatuses in insects, etc.

Male mammals, including the male human being, have a sexual organ that they introduce into the female's body by depositing sperm directly into it.

In animals, the sexual act is usually very brief and limited to reproductive purposes only. In some animal species and primitive humans, the sexual act is also an assertion of power by the pack leader.

In many animal species the sexual act is preceded by a courtship of the female by the male or a struggle between males to conquer females. These procedures serve to select the most beautiful or strongest specimens and improve the species.

- Humans

Humans also reproduce like animals and have the appropriate organs.

Unlike animals, the female is fertilisable throughout the year and fertilisation of the ovum takes place inside the body.

The number of fertilised ovules, i.e. offspring, decreases the higher the evolution of the species. If plants release millions of seeds, insects thousands of eggs, a female mouse can give birth to 250 offspring, theoretically a woman can bear up to 40 children in her lifetime. In practice, the number varies from around 2 children in western nations to around 10 children in the most underdeveloped nations.

In human beings, the phase preceding consensual sexual intercourse is very complex: courtship, falling in love, etc.

Unlike animals, the human being is much more sensitive. From the relationship with the opposite sex come many sensations that are for the most part pleasurable. In particular, the sexual act is combined with a strong feeling of pleasure called orgasm (see chapter). Sexual intercourse also makes it possible to pleurably satisfy many basic needs (sociability, consideration, affection, etc.), so it is often a source of happiness and therefore much sought after. However, according to recent research, after the first relations with a woman, the testosterone responsible for sexual attraction in the male is depleted within 6-8 months.

Family formation, origin

In primitive societies, people lived in groups and in full promiscuity like animals. The woman, as mother, played an important role (matriarchal family, see "The origin of the family..." same disc/site).

The monogamous patriarchal family as conceived today did not exist: people married in groups (over time smaller and smaller to avoid inbreeding relationships) and everyone had relationships with everyone. In a way, women were a public good!

It was only when men acquired material security by breeding animals and taking ownership of the land (wealth) that the need arose to pass on these goods to their descendants. It was inevitable that a man would oblige a woman to mate only with him in order to be certain about the origin of the offspring so that the property could be passed on only to blood relatives, i.e. his own family. The life-long cohabitation of a woman with the same man shaped the traditional monogamous family.

However, while it was obligatory for the woman to have relations only with her man so as not to diversify the offspring, the man was allowed to have relations with other women. The children born of these extramarital relationships were called "natural" or "illegitimate". Since their paternity was officially unknown, they were excluded from any right to inheritance and were often even discriminated against.

In antiquity (slave and feudal societies), the family was very large, especially if it was wealthy: 10 to 15 children were not uncommon. The head of the family was, as a rule, the father-master.

The couple, the children, the life of the couple,

While the fixed couple did not exist in primitive man, it was imposed with the need to ensure direct descent and the continuity of the landowning family.

Today, for many people, especially the proletariat, this necessity does not exist. The need to have children who will provide for their parents in their old age has also declined.

Children are even a luxury that many people renounce. It was recently reported that in Switzerland the first child costs 700,000 francs in twenty years (including the mother's loss of earnings).

The steady couple is still in vogue, however. However, in the course of a lifetime people change partners more often and more easily than they did a few decades ago.

In Western countries, about 1/3 of marriages result in divorce. The peak is in Ticino, where around 60 % of marriages end prematurely.

Even fidelity is now a relative concept and there is no shortage of occasions (parties, holidays, carnivals, travel, husband's absence for work, etc.).

Marriage is like a besieged citadel: those on the outside want to get in and those on the inside want to get out. This playful comparison suggests that, despite promises, an affective relationship does not always last a lifetime to the full satisfaction of both.

Lack of dialogue, habits, boredom, repetitiveness, monotony even of sexual life are the enemies of love and harmony as a couple. This is also the consequence of today's stressful life (for example, in Paris they say: 'metrò-boulot-dodò', i.e. metro - work - sleep). It is therefore necessary to constantly introduce elements of novelty: different places, different times, different and fun ways of living and loving each other. Couples also need to have some moments of 'privacy': for example, a hobby room for him and a personal corner for her.

It would be nice to always remain as one was when one met. But if growing old and dying is inevitable, that is no reason to neglect one's psycho-physical condition, neglect good manners and give up leisure, entertainment and psycho-physical culture.

Communication within the couple

Communication and dialogue within the couple is the lifeblood of love.

In principle, there should be no secrets, communication should not be limited to written, verbal or electronic communication. Body language (e.g. clothing, a look, a smile) is also important to signal a desire, a need, a readiness, an incitement, or whatever. The woman can signal desire by presenting herself dressed in a dressing gown and only underwear that is obviously very sexy, with lace. With the colour of the underwear she can signal the intensity of the desire (e.g. white = normal, red = urgent...).

It is advisable to agree on a system of coded messages that can be transmitted secretly in the presence of strangers or in the event that the mouth is occupied, e.g. during genital kissing. In this situation, being able to communicate a state of mind is very important; it contributes to arousal and gives the necessary confirmation to continue the action.

The most suitable means of transmission are the hands or possibly other parts of the body. For example, a quick series of small handshakes or body pressure could have the following meanings:

----- = yes, positive, everything is fine, keep it up
 = attention, come on - answer, I have some doubts
 = I love you
 etc.

We remember this curious anecdote: to signal in public that the zip on his trousers was open, she would insert the word 'Amsterdam' into her speech. This worked until the day the zip jammed. She, desperate, kept talking... about the trip to "Amsterdam". and he desperately tried to point out that...in 'Amsterdam' one just couldn't go ('because damn the zip was jammed').

The couple's sexual relations are either an intimate and private affair and one should not talk about it with third parties, except in general terms.

Conflict management is also important for the good functioning of the couple.

A conflict situation first leads to withdrawal into the ego on the part of males and a certain insistence on the part of females. Then a negative approach to everything crystallises. This is followed by increasingly accentuated mutual accusations (you always do this..., you are incapable of... etc.). This is followed by verbal and even physical attacks.

To better manage and overcome these conflictual situations, which are not uncommon in the life of a couple, it is necessary to follow some useful guidelines:

- 1 - Talk to each other sincerely and openly, sit around a table and discuss your relationship, problems, successes and mistakes. This is at least once a week and when there are common interests/activities.
 - 2 - Hold hands, maintain physical contact.
 - 3 - Carrying out activities together, e.g. helping each other with housework, hobbies, work, going out together for walks, shopping, dinners, cinema, lectures, dancing, parties, etc.
 - 4 - the presence of relatives and/or third parties serves to dilute and procrastinate conflicts as long as they are not directly involved to the point of taking the side of one or the other party.
- A good marriage counsellor, being theoretically neutral, can certainly help a couple and/or individuals in conflict management.

Courtship, friendships, dancing, falling in love

As in animals, in humans too it is generally **he** who must attract the woman's attention and arouse **her** interest in a relationship:

'the man proposes and the woman disposes'.

The basis of courtship is the suitor's behaviour: the look, the smile, the personality, the availability (sometimes also financial), gallantry, politeness, good manners but also friendliness and a certain imaginative resourcefulness are the winning weapons.

For centuries, dancing has been a classic courtship practice even if in its modern form it is losing its appeal. We remember the anecdote of the enterprising young man who, in order to approach girls, would bump into their cars and then go to their homes to apologise...

Other classic forms are flowers (say it with flowers) the letter, the invitation, the greeting card, the home visit, etc. Don't forget name day, birthday and Valentine's Day!

The telephone has made things much easier because it allows one to reach the person one is interested in directly at almost any time of day, without prior notice and without this being considered cheeky. A polite phone call with a flattering invitation is always a pleasure. Not forgetting love messages (SMS), which cost little but should not be obscene or insistent. Also important are friends/friends who can, for example, introduce sisters and brothers, invite people to go on a trip or other activities, etc. Today, social-networks (facebook, twitter, linkedIn, twoo, etc.) offer almost unlimited possibilities.

The shrewd 'hunter' should overcome her shyness and signal her availability with a look, a smile, a willingness to talk, attractive but not provocative clothing... and if appropriate, also take some initiative, e.g. with a phone call, an invitation. Often the free/available men stand in a huddle at the bar, so it is useful to sneak into this group with a pretext and address them naturally but with a minimum of initiative and insistence, even by physically positioning oneself close by, to a man who seems a bit isolated (don't forget that the man hates to be rejected so he will hesitate before 'committing') to ask for a toothpick, to ask about the orchestra, to express a desire to buy the orchestra's CD, to order/consume a coffee, etc., only to 'realise' that the man is a bit of a pushover and that he is not a man. only to 'realise' that he has forgotten his purse or has no money, etc.). The man, once he is sure that he is taken seriously, will be overjoyed to have found company and to lend a helping hand... and even to take the lady home. One should also know that interesting and active men often perform voluntary or socio-cultural activities for which it is necessary to attend these associations. One can also socialise at a mixed evening course/activity (dancing, languages, culture, etc.).

A mutual attraction, a liking, desire, falling in love can thus arise between two people of the opposite sex. If the feeling is reciprocated, an exciting period of deepening mutual acquaintance follows, which generally leads to a beautiful love story.

The choice of partner - natural selection of the species?

The choice is conditioned by many factors.

Certainly one of the factors is the coincidence of the partner with the ideal image that each person carries within him/herself and that probably goes back to childhood (e.g. memory/image of mother or father): "he is / is not my type!"

Beauty and 'sex appeal', i.e. a mixture of beauty and personality, are also important.

The innate instinct in each of us also plays its part and it is probably nature itself that has arranged for the exclusion of less suitable individuals (e.g. on this thesis the Nazis built their theory of the pure, superior Aryan race).

However, this natural selection is often distorted by other values such as economic factors, cultural level, character. Sometimes the relationship is imposed by parents either through violence, blackmail, subterfuge or is the result of necessity.

Recent research has established that

- most encounters that lead to marriage occur in the workplace. (see also 'What men desire').
- women do not necessarily fall in love with handsome men. Beauty is a strong lure only in the first approach. This is followed by intellectual charm, irony and humour.

Marriage agencies

Obviously, searching for and choosing a partner takes time, good will and also means.

Unfortunately, our society offers fewer and fewer opportunities to socialise and many people, especially VIPs, have very little time.

Over the past few years, agencies have sprung up like mushrooms to deal with the search for a partner.

If the professionally committed man often relies on the agency to solve his problem, the woman, especially the young one, is more reluctant because she relies on the success of her personality/physical appearance. As a result, some agencies have a supernumerary of well-qualified male candidates, who are contrasted by a few candidates who for one reason or another are 'on their last legs'. On the other hand, there are supernumerary candidates of a certain age who have now 'lost all hope' because suitable men are in short supply and/or are permanently attached.

This is why agencies often do not ask any contribution from young ladies (a fact that should alert male candidates) while gentlemen pay generously. This is a total lack of seriousness as the chances / chances for men to see their dream realised are minimal.

When concluding the contract, it is therefore advisable to ascertain the number of candidates of both sexes and the number of marriages concluded by the agency. Perhaps also ask for some references (a phone call never hurts). If possible, see photos of the candidates and ask how many proposals are submitted per month. If the answers are evasive or undocumented the offer should be considered with great circumspection. Much also depends on the skill and sensitivity of the intermediary, who should always remain the same and get to know the candidates personally and thoroughly.

The service fee of a serious matrimonial agency should not exceed half of an average monthly salary and be linked to a successful conclusion.

Only recently have agencies for VIPs sprung up, but the asking price ... is VIP. Moreover, it is not excluded that the main evaluation criterion is the amount of the bank account. It is not our intention to dissuade you from using specialised agencies or to imply that they are not reliable.

Dating clubs (clubs, associations, speed dating, etc.) have existed for several years. This too is a possibility worth exploring, but here too patience and good will are required and success is by no means a given. The cost is certainly lower than that of a matrimonial agency. The advertisement in newspapers, via the Internet (Tinder, Bumble, Meetic, etc.) has the advantage of wide distribution and cost-effectiveness, but has the disadvantage of fitting into a sea of similar advertisements.

In addition, the advertiser has to quickly and exhaustively evaluate/review valid proposals or even meet/know several discerning persons in a short time.

There is also the danger of a hasty decision driven by the fact that the other party also has several offers and wants to conclude quickly.

The foreign partner

A chapter apart is the foreign partner.

Mixed marriages are the order of the day also because many foreigners aspire to marry (and settle down) in Western countries and are therefore initially more sociable and helpful.

Choosing a foreign partner presents quite a few legal problems (residence permit, marriage documents, etc.), moral problems (cultural and social differences, family remoteness, etc.) and economic problems (cost of documents and permits, cost of travel for periodic returns, trousseau, possible help for distant relatives, etc.).

There are specialised agencies that, for example, procure women from Eastern European countries. In these cases it is necessary to check the seriousness of the agency by analysing references.

There is the advantage that many immigration formalities are carried out by the agency itself, plus the agency formally guarantees the seriousness of the persons proposed and can perhaps help in the event of difficulties. If possible, it is a good idea to get to know the candidate beforehand by inviting him/her to live in your home for a few months and get to know your family.

One of the negative aspects is the fact that one hastily attaches oneself (due to the need to regularise one's residence permit) to a person who may be attractive and kind but whose customs, habits and culture are very different. Not to be forgotten is the sense of melancholy for one's own country that strikes the spouse who has to settle in a new environment, far away and very different from his or her own. Only great affection from everyone can get the newcomer through this difficult phase.

Not infrequently, the outcome of these relationships is uncertain and often conditioned by the ties with family members living abroad, sometimes in difficult circumstances and/or wishing to join the relative settled here (the case of the mother married in the West, who wants her children to enjoy the acquired advantages by moving in with her, is a classic example). Moreover, in case of need, the foreign partner cannot rely on distant relatives.

Marriage with separation of property is almost always advisable.

In the event of divorce, care must also be taken as to who the children are assigned to and care must be taken to ensure that the foreign father or mother does not take them across the border without the spouse's consent. The consequences of such abductions are traumatic.

Even the transfer of a woman from Western countries to a Third World country in the company of her repatriating foreign spouse does not always meet the expectations of the spouse. Not infrequently, racial differences, etc. make integration into the spouse's family rather difficult. The case of the French lady who, upon arrival in Africa in the retinue of her new husband and prince, found out that she was the no. 8 wife of the harem is striking. It is also worth mentioning that in many matriarchal families in the Third World, the mother of the groom is in charge, to whom the young daughter-in-law, black or white, must also submit.

On the other hand, many foreigners have a much more ingrained sense of family and fidelity than in our latitudes. It should also be added that the divorce rate in mixed couples is +o- equal to that of native couples; only the reasons for separation change. Long-lasting ties with people from the world of prostitution are of course to be avoided, both because of their unstable character and because of their equivocal and dangerous ties.

With all the above, we do not wish to discourage marriage with a foreigner, we simply emphasise the importance of carefully considering such an important step in life. On the other hand, a foreign partner allows those united to get to know new realities, new cultures and countries, acquiring a new and broader view of life and the world.

The partner with children

Not infrequently, lonely people with children not only suffer from loneliness, but also have material difficulties, problematic relationships with their ex, their family, their employer, managing their children and inheritance, etc. Their desire to find a loving, supportive partner who will also act as a father/mother to their children is understandable.

In such cases, a deep mutual acquaintance is required, for which a long period of engagement and/or cohabitation is recommended. Furthermore, relations with the children (maintenance, adoption, etc.), property relations (matrimonial regime, participation in expenses, accommodation),

etc. must be regulated. Particular attention must be paid to relations with the ex or his family, either because a divorce case is still pending or for inheritance or participation in the pension and/or social security benefits, or for children's visiting rights, etc. For the new father/mother it is important not to get involved in these diatribes that would only poison relationships already conditioned by the presence of other people's children.

Moreover, it must be clear that the parent-child relationship will probably always be stronger and more lasting than the emotional relationship with the new partner, especially if reasons other than emotional ones weighed more heavily in the decision to join him/her. The newcomer must therefore first of all be accepted by the children.

It should also be borne in mind that a person with children has, of necessity, already had life and emotional/sexual experiences, so they certainly know what they are doing. On the other hand, joining a partner with children is a quick and easy way of creating a family. Moreover, the reconstitution of a monogamous family, i.e. the basic cell of our society, is also interesting from a human, economic and social point of view. That is why the reconstitution of families should be officially encouraged and/or promoted.

The engagement

It is the promise of marriage.

The promise, the word says it, is a commitment and should not be pronounced lightly but only after deep reflection and mutual knowledge.

Usually the man gives the woman a ring and gifts are exchanged that are often already calibrated in anticipation of a wedding (clothes, furniture, trousseau, etc.).

In the event of a breach of engagement, in fairness (and according to CO), gifts (ring, jewellery, furniture, trousseau, etc.) made in anticipation of marriage should be returned. Usually, wedding announcements are accompanied by the typical white sugared almonds. Glass ashtrays, which are much cheaper and more useful than the special plastic candy boxes offered by specialised shops, may well be used as containers for the sugared almonds.

The Wedding

For most people, marriage is the natural conclusion of an emotional relationship. However, it must be remembered, it is a deep commitment of great responsibility and duration, especially when it is enriched by children.

In Switzerland, there are two legal forms

- community of property: this is the normal case. Each person keeps the assets they had at the time of the marriage, but the increased assets are jointly owned and must be divided equally at the time of the eventual divorce.

Spouses are also economically jointly liable to each other with personal property

- with the separation of property: each keeps his or her own property, manages it on his or her own account and keeps the increase in assets.

The spouses are not jointly and severally liable with their assets (if the husband's business fails, the wife's assets are not affected). This regime is particularly suited to wealthy persons, entrepreneurs, etc., but can be chosen by anyone and is advisable if disputes concerning assets are anticipated.

At the time of marriage, it is a good idea to make an inventory of everyone's assets, with photocopies of savings books and bank account statements, etc. This is because in the event of divorce, usually after several years, it is difficult to reconstruct/prove the amount of assets existing at the time of the marriage.

Generally, the wedding is celebrated with pomp and circumstance, with fancy dresses and succulent meals eaten in common.

It is a good idea to establish a precise schedule of the various stages and to communicate this written schedule (with times, addresses/plans and phone numbers of people, restaurants, church, meeting places) in advance to all the guests so that everyone can find their way around independently even if they get 'lost' in the confusion of the party.

Depending on financial possibilities, it is nice to have everything photographed/filmed by a professional and then provide the photos/recorded houses/CDs to the participants.

It is essential to define the guests in advance, who will pay the bills, who will organise the travel, who will make the introductions, where guests from afar will stay, who will look after the children, reserve the restaurant, the church, the town hall, the orchestra, the presenter, the decorations, etc. It is also necessary to designate a general organiser (this can be a specialised firm) to take care of things after the ceremony as the bride and groom, caught up in the whirlwind of the event and about to leave for their honeymoon, do not have the time.

It is useless to complicate the event because in the case of cancellation or programme changes, disappointment and costs are created.

The separation of spouses

When 'rien ne va plus' in a couple, the bond slackens to the point of breaking and the spouses separate.

Normally, spouses who are not divorced but no longer have a normal marital relationship are defined as separated. Sometimes, when divorce would have too onerous consequences (if, for example, the spouses own a business that cannot be divided), the state of 'separation' becomes permanent. Sometimes the spouses continue to cohabit in the same house or flat: in this case we speak of 'separated at home'.

The separation, in order to become official and become a 'civil status', must be sanctioned by a judge.

The judge will also establish the rights and obligations for each family member. However, underlying this is an idea of temporariness, in the hope that everything will work out and that, after a healthy break, the spouses will live together again.

Separated persons do not have the right to remarry before a divorce is pronounced.

The partner of a separated person is officially his/her lover and/or cohabitee.

Separation is however a traumatic phase in a person's life, both because of the emotional disappointment and the life changes it entails.

A spouse who can count on another partner at the time of separation can face the separation more serenely.

People who have to go through this phase of life are advised here to maintain good relations with their partner and always seek the path of dialogue and consensus, including remembering the good times they spent together. One must accept events serenely because separation is one of the imponderables of life in two. If there are children, the cooperation that must exist must not be disturbed by disagreements. In any case, the children, especially if they are minors, must never lack their parents' affection.

It is also advisable to visit an official marriage counsellor together, who will certainly be very experienced and can give excellent advice.



The divorce

It is normally the final conclusion of a marital relationship. In Switzerland, almost 50 % of marriages result in divorce.

Divorce must be sanctioned by a judge and usually only applies to civil marriages. In fact, many religions, including Catholicism, consider marriage indissoluble.

Only a few couples, preferably wealthy and/or for serious reasons, manage to have even a religious marriage of Catholic rite annulled by the Vatican's Sacra Rota.

In Switzerland, a new matrimonial law has recently been passed that provides for divorce by mutual consent, and the concept of fault on the part of one of the spouses has been abolished. This spares the people involved the traumatic confrontation to establish mutual guilt.

Often the judge attributes the children and the house to the wife and all maintenance obligations to the husband, who consequently finds himself in a precarious financial situation and in any case unable to rebuild his family. The wife, on the other hand, has a house and children and can more easily have a relationship with another man.

Not infrequently, divorced wives, despite having the opportunity, for convenience, revenge, and/or in order to continue extorting alimony from their husbands, renounce marriage and/or gainful employment, effectively condemning the 'ex' to a life as a poor single man.

Divorce is often the culmination of a marital drama that will leave a lifelong moral, sentimental, familial and economic aftermath. This is why more and more young people renounce a marriage bond, precisely because they are aware of the damaging consequences of a divorce.

For many people, especially women, divorce is an unexpected (the wife discovers that her husband had a mistress), dramatic and traumatic event, the end of a dream, of a security (economic security, certainty of the solidity of the marital relationship), of an ordered family life.

Often this trauma is the cause of nervous depression, especially when the sufferer cannot explain the reason for the partner's decision.

The costs of a divorce (especially because of high lawyers' fees) are considerable, so it is advisable for divorcees to agree beforehand on the allocation of children and the home, visitation rights, division of property, etc., and then to settle any disputes by negotiation, on pain of high costs, especially if lawyers have to intervene again. Normally, 'purchases', i.e. the increased assets of both spouses added together, are to be divided equally. The parties are also urged to disregard any spirit of revenge: even if someone had the possibility of legally damaging the former spouse, this would not be good for the image and even less for the serenity of the relationships that, due to the children and common acquaintances, must be maintained anyway.

Life as a 'single' person

Unmarried persons are the 'singles': single, single, separated, divorced, widowed.

According to the registry office, those living alone also form a 'fire', i.e. a household.

About 15 % of the population are single.

Due to their ability in the household, women fare better.

Life as a single person is characterised by constant ups and downs: when the single person is in a relationship, things are great, whereas during long periods of loneliness, life is depressing.

Freed from family commitments, many singles have a prosperous economic situation while others, separated or divorced and forced to pay onerous alimony, are in great difficulty.

The life of the latter is often lacking in satisfaction. This is one of the reasons why many singles, despite having the opportunity, renounce marriage.

Recently, various initiatives have sprung up especially for singles: clubs, meeting groups, holiday villages (Club Mediterranee), recreational and sporting events, etc.

Some singles live with their parents for a long time and also renounce marriage to take advantage of the security and comfort offered by their parents. Classic is the case of the male child (often an only child), pampered by his mother until his forties, i.e. until the 'mama's boy' is 'taken over' by his wife, a woman necessarily endowed with great maternal spirit.

Modern life offers many career possibilities. However, professional commitment is hardly reconciled with social relationships. Consequently, loneliness in private life is not uncommon among managers, and especially many gentlemen and/or lady managers are single and/or marry late.

Widowhood

When the husband dies, the widow often finds herself very lonely and sometimes even in financial difficulties. In Switzerland, in certain cases, a special social insurance called 'widowhood', which is part of the 1st pillar of the OASI, provides some support for widows and orphans.

In some countries the custom is for the widow to mourn for one year, after which she is free to remarry.

Green widows

This is the name given to wives left alone by their husbands who have to be away for long periods of time for work (e.g. the wives of sailors, emigrants, commuting workers, military personnel, prisoners, etc.). This phenomenon is particularly noticeable in Japan where men take frequent and long absences for work.

One-parent families

Single-parent families consist of one parent and the children.

In some Nordic countries, more than half of all children are born out of wedlock and grow up in a one-parent family (usually with their mother).

Single parents with dependent children often have the major problem of reconciling professional, social and emotional life with homemaking. Without parental help, they have to rely on crèches and other specialised but often expensive services.

In some countries, the cooperative system of single mothers/dads who take turns or on assignment to care for all the children in the group is gaining ground.

For women in some developed countries, the single-parent family (one mother with one child) is spreading as a lifestyle choice. While this choice allows women to freely satisfy their desires and instincts, primarily maternal, it probably has a negative impact on the preparation for life of the child, who will later break away from the protective wings of the mother. This desire for freedom on the part of women probably also creates unhealthy frustration and loneliness among men, with all the attendant consequences.

Adoption

For couples who cannot procreate, one possibility of having children is to adopt them.

For this, the couple must be mature and ready to accept the newcomer as if it were their own child, love it, raise it and initiate it into life as a real father and mother can. It goes without saying that adoption is not suitable for single people or homosexual couples. In our latitudes, most adopted children come from third countries, many of them from the Third World.

Broadly speaking, there are 3 methods to adopt a child.

In some cases the adoption process is quite complicated and there is even a waiting list.

1) direct contact with a mother/donor. The families know each other and can keep in touch. The inconvenience may arise from subsequent claims by the birth parents ranging from pecuniary demands to demands for the return of the child. Moreover, when the child has grown up, he or she may want to meet or return to the birth parents.

2) the adoption of a child from an orphanage. This is generally a good solution because the adopting family has a certain choice, and the orphanage can also provide a certain guarantee for the child's health. Contact between adoptive and birth parents is almost excluded.

3) Adoption through an Organisation (e.g. *Terres des Hommes*). Regardless of the seriousness of the Organisation (child trafficking is not uncommon), it usually only acts as an intermediary between families or orphanages and adoptive families. There is seldom a choice and, for humanitarian reasons, these Organisations sometimes ask that a handicapped child be adopted.

It has recently become possible to adopt children placed 'for sale' by their parents via the Internet. However, a recent case has shown that caution is needed because in order to collect the maximum possible, children are 'placed' even several times at once, with serious legal and moral consequences among adoptive families forced into long, costly and demoralising legal battles, even international ones.

As an adult, the adoptive child, especially if of a different race, will probably want to know the truth about his or her origin, so it is a good idea to keep initial records. It is also a good idea to take photos of the child and the place where he or she lived, the people who were close to him or her, etc.

A child accepts his new parents as his own all the faster the younger he is: from a few weeks for a child up to 1 year old to a few months for a 5-6 year old to 1 year and more for a 10 year old.

At 15 years of age, the child already has an identity of its own that it will retain for the rest of its life. This does not mean that he will not love any adoptive parents, but his origin is indelible for him.

Different forms of marriages

- Early marriage

In many countries people marry very early. It may happen that the bride is less than 14 years old and the groom 16. This is also due to the fact that life expectancy is lower in those countries.

In many cases, the marriage is imposed by the families of the bride and groom, in which case not infrequently the very young bride is given in marriage to a mature man who can pay a large dowry. Needless to say, the feelings of those forced to marry are not taken into account.

In Switzerland the legal age to get married is 18. From the age of 16, parental consent is required, and before that also the consent of a judge.

- Bigamy, mistress, 'flirtation', fling, escapade, betrayal, adultery

A person bound in marriage with two or more partners is bigamous. In Western countries, bigamy is illegal.

It often involves people having two different domiciles, whether for work or otherwise.

Classic and tragic is the case of the emigrant who, having left his wife and children at home, marries a citizen of the host country to facilitate his stay. It is also necessary to remember those charming but unscrupulous scoundrels (men or women) who marry serially rich people to appropriate their wealth, without even asking for a divorce and leaving behind a trail of disappointments, debts and controversy.

Often a married person has one or more clandestine but regular and protracted relationships with other partners who call themselves lovers and who are bound by a deeper passion than that which unites or should unite the spouses.

Hardly a person (and men in particular) can clandestinely entertain more than one family relationship for a long time without arousing suspicion.

If at least one of the partners is consenting (the lover) it is sometimes possible to keep the situation hidden for a long time. Finally, it is often the case that the married person leaves the family to live with the lover, which occurs e.g. when love (and the wife) has waned and the husband, who is still attractive, is presented with the opportunity to win a young, pretty or more cultured woman with whom he can start a new family. The relationship with a mistress is precisely characterised by the lovers' hope that one day they will be able to make their union official, so it is not a simple romance. This is why the unmarried/married lover is generally more difficult to handle (she wants to get married as soon as possible) than the married lover with a family.

If sentimentally two or more women manage with much difficulty to share a man, it is almost impossible for two men to share a woman.

The first situation often occurs in the prostitution business when a group of prostitutes is romantically linked to a single pimp who exploits the feelings of his mistresses/prostitutes to force them to give themselves to strangers and hand over the proceeds to him. The second situation occurs when only one or a few women are present in a group of men, e.g. isolated for work reasons: this is the case of caravan drivers in the desert or the Andes, sailors or scientific expeditions in remote places, etc.

A '**flirt**' is an intense but short-lived relationship, a small sentimental adventure usually limited to superficial effusions. A classic is the 'flirtation' with an occasional travelling companion that ends at the end of the voyage or one that lasts the time of a party. Although generally not followed up these beautiful and innocent relationships make life more interesting and lift the spirits.

If one or both partners do not intend to marry, the outcome of a relationship is uncertain. Even if the relationship is intense, with intimate relations, etc., the whole thing is reduced to a **mere sentimental term adventure**.

For the married person, the brief romance with a stranger (e.g. a prostitute or casual acquaintance) is euphemistically speaking an escapade outside the marital sphere. While escapades represent a diversion that may possibly save a marriage in crisis, they are dangerous as they often lead to risky behaviour whose consequences may also involve the spouse. Even and especially in these cases, the well-known precautions are a must (see the chapter 'Sexually transmitted diseases').

Obviously, the escapade contravenes the promise of fidelity that spouses exchange at marriage, and obviously the spouse who discovers his or her spouse's escapade feels betrayed and offended and, in some countries, even dishonoured.

Recent research (e.g. by the Italian Institute of Interdisciplinary Psychology Studies) has shown that in western countries, the propensity to have an affair is no longer just a male prerogative (miracles of gender equality!), on the contrary, the double love life (56 % of cases) is a female characteristic. According to Massimo Cicogna, in cheating even for prolonged periods, women have a colder and more rational behaviour than men.

- Polygamy

In certain Muslim countries, men of established faith may marry a maximum of four women. A relationship similar to that between mother and daughter is created between older and younger wives.

In certain primitive peoples, male and even female polygamy is still current.

Polygamy is disappearing for ethical reasons and also for economic reasons.

In our latitudes, polygamy is a crime. From time to time, stories are made public of naive, perhaps wealthy, women being duped and serially married by attractive but dishonest men.

- Cohabitation

is widespread in Western countries. It is a non-committal form of union, although there are some mutual obligations. Cohabitation is indicated for couples without children and/or when each partner is economically independent. Cohabitation is also indicated as a premarital probationary period, in which case it should last no longer than five years. It is not suitable for couples with children as there is no security in the event of separation or the death of the breadwinner.

Cohabiting couples should insure each other with life insurance policies.

Until a few years ago, cohabitation by people of different sexes who were not married to each other was also prohibited in Switzerland; today it is common practice in many countries.

Cohabitation, as it is based on the free choice and will of the parties, represents for both parties continuous proof of their mutual interest in being together, which is proven on a daily basis with facts and reality.

Currently, many pension funds grant the cohabitee the same rights as the spouse, provided that the couple live in the same flat and a mutual support contract has been concluded between the cohabitees.

The ABC phases

Approach (acquaintance phase, medium to long duration)

It goes from the moment two beings see each other until they voluntarily touch, in this phase curiosity, sexual attraction, mutual interest and affection/love for each other are manifested.

Body kissing (falling in love phase, petting, erotic massage, short duration)

It goes from the moment when two people voluntarily touch each other until the beginning of full intimate intercourse.

In this phase sexual attraction is realized.

Coitus (physical lovemaking phase)

This is the phase in which the partners engage in full intimate intercourse.

What the man desires

Believing that the objective is to fertilise the woman, there are various stages that correspond to precise desires of the man: to conquer an attractive, affectionate and reliable woman who coincides with his imagination, to give her affection and tenderness, to mate with her, to receive esteem and gratitude, to be able to display an attractive companion as proof of his success. Having met a woman who more or less corresponds to his imagination, he desires from her fidelity, availability (not necessarily submission), understanding, kindness, friendliness, tenderness, esteem,

encouragement, moral support, patience, style, etc. In the presence of these virtues, man turns a blind eye to any imperfections (see the chapter on the 'inferiority complex'). Notoriously, beauty passes while personality remains. Natural revenge for women who are less favoured by nature and who, in addition to a sweet character, have been able to develop their personality: contrary to beauty, it does not fade with the years.

The whims, bad moods, reproaches, malicious remarks, impromptu initiatives, neglect etc. of his partner disappoint the man who is likely to avoid committing himself to a serious relationship. Here one is reminded of the anecdote of the European lady who at a party met the oriental consorts of many white acquaintances, marvelling at the fact that the ladies were not beautiful. Obviously she had not realised that when they met their ladies, the men had been impressed above all by their personality and sweet and gentle character and not by their outward appearance.

What the woman desires

?: despite various investigations and research I have honestly never understood it. It is certainly subjective and also interdependent with environment and culture.

It can probably be defined with these generic concepts:

accompanying an attractive man who coincides with her imagination (young, handsome, rich).

Morally: attention, novelty, affection, protection and security for oneself and one's offspring

Physically: movement, rhythm, orgasm

According to the American biologist Lee Alan Dugatkin, by a mechanism of emulation/jealousy women like a man who is already tied to another woman, i.e. married or in any case coveted by other women, which, in female eyes, is a 'guarantee of quality'.

According to recent Italian research, women look for beauty (only the first moment), intellectual charm, irony, humour and a certain charisma in men. Furthermore, the period of the menstrual cycle influences the woman's criteria of choice. It should be noted that in poor countries and/or difficult circumstances, women tend to look for a 'safe haven', in which case the affective part takes second place and the relationship is rather based on the 'give to receive' paradigm. In the absence of 'giving' or 'receiving' and in the absence of the sentimental bond, the relationship falls miserably apart.

Attention!

Beware of sentimental scams: be wary of the friendly suitor who promises heaven and earth and then speciously asks you for money or abnormal services. This is not sincere love.

CHAPTER 2 - The sexual behaviour of humans, procreation

Practical tips

The struggle to conquer a woman, behaviour with a woman

The first time, a classic.

Various gifts, flowers (red roses), chocolate, jewellery, messages of good wishes, compliments, phone calls, etc., followed by a polite but somewhat insistent invitation to dinner and/or the cinema or dancing or whatever.

It is almost normal for the woman to be late for the date.

One can 'pick up' a girl, e.g. met in a discotheque, with an invitation to have a drink, eat a pizza, take a rest in a cool place, come to one's room and listen to a record, etc. To be attractive, the offer must seduce, intrigue/entertain (come and see my ant collection..., let's play a game of ...) and also respond to an obvious need (e.g. to offer refreshments to someone who is hot) but must not be too demanding (e.g. it is not good to invite a girl you have just met to spend the holidays together).

Highlight one's own qualities and not the faults of a possible rival/husband, who should rather be ignored or, if unavoidable, weakly defended. In this case the woman will do 'anything' to convince the new partner that the 'other' is just as bad, inept, incapable, cold, etc.

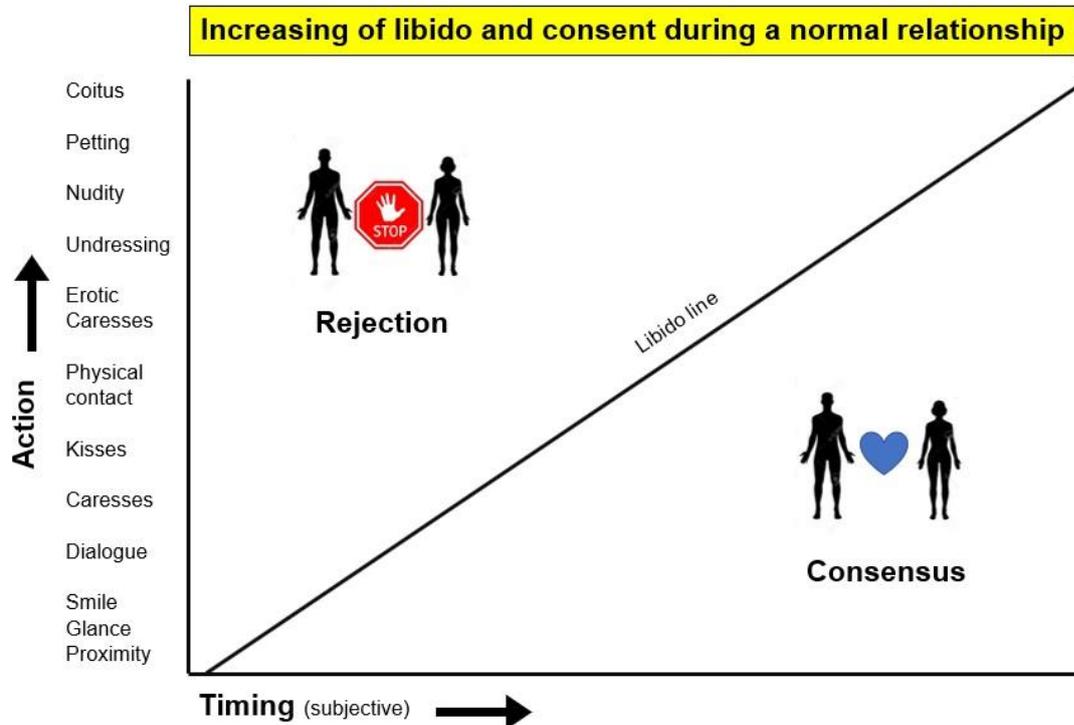
When they are close (in the car, at the restaurant, at the cinema) **he** starts to hold the girl's hand until it becomes a kind of acquired right (!) .

This is followed by various caresses on the hair, face, nape of the neck....

If she accepts after a while, the man gently embraces the woman's head and holds her close. Caresse and kisses on the face, the eyes, the mouth ... until this too is accepted and becomes a kind of acquired right.

Caresse on the breasts, first over the clothes and, if accepted, under the clothes.

If there is resistance return for a while to what was done before and that she accepted and try again to caress the breasts only later or perhaps after a few days.



Libido management: never force the timing. It is important that the procedure follows in a certain sense the 'gradual increase of arousal' that takes place in the woman's body. Exceeding the 'degree of acceptance' of the moment would create resistance on the woman's (or man's) part, which would bring everything to a halt and even create an unpleasant sense of discomfort. On the woman's part, it is desirable that she clearly signals whether the man's initiative is welcome or not.

Note: The need not to exceed the degree of consent also has legal significance because without the woman's (or man's) consent there is a risk of incurring the serious crime of stalking, sexual harassment or even rape.

As the woman's degree of acceptance increases with the increase in arousal, caressing of other parts of the body, intimate parts, etc. can proceed.

At this point the man can gently insistently invite the woman to his home "to listen to some music, or look at photos, or help prepare the spaghetti, etc....."

Or he can get the woman to invite him to her house for coffee, "because I'm so tired, I'm falling asleep and I still have to drive home and it's dangerous ..."

Also good is the trick: "come on, please help me carry these books upstairs ..." (books that "by chance" happen to be in the car ... NB: a bit of culture is always good!)

Note: please consult the chapter List of accessories that the perfect Don Juan must always have at hand or at least keep in the car or at home.

The secluded, safe and comfortable place and the half-light infuse the woman with that necessary sense of security and discretion. Paper handkerchiefs should not be missing, and a towel should be placed under the sheet to avoid stains on the mattress.

The bed must be checked beforehand so that it doesn't creak: the noise prevents the woman from concentrating and reaching orgasm (serious!) and you could disturb the neighbours (it's less serious, but the woman is annoyed that others can follow her performance live!).

In the house, you lie together on the sofa or bed, listen to music or whatever. Kissing, caressing each other ...

At this point it is good to ask the woman with gentle insistence

- Come on, let me suck your breasts, they are so beautiful ...! -

If there is consent (the woman is proud of her breasts and shows them off willingly) after a while, slowly, one by one and gently remove the woman's clothes. It is useful to keep a clean, ironed dressing gown at hand because many women do not dare to show themselves naked the first few times. If there is no consent, simply wait and continue with the kissing until the degree of acceptance has reached such a level that the woman accepts the kiss on the breasts.

When the nipples are turgid one can proceed:

- Come on let me kiss you there (clearly indicating that the target is the vulva and clitoris) -

Note: the following description assumes that both man and woman are healthy.

In case of doubt, refrain from kissing the genitals and use a condom in any case. If the relationship continues, a check-up will dispel any fears.

If there is consent, acknowledgement is expressed with a kiss, then kiss the woman on the body, moving slowly from the breasts to the vulva and clitoris: massage the clitoris with the tongue (from top to bottom and vice versa, from left to right and vice versa), suck the clitoris, etc., all gently. The woman should hold her partner's head in her hands to guide him to the most sensitive spot. Avoid, for example, placing her teeth on the labia majora because the pain it creates cancels out the pleasure created by the massage; this is particularly important because before and during orgasm the woman sometimes moves her pelvis violently. Even a badly shaven beard creates pain, which is best avoided. The woman's supine position must always be very comfortable. Continue like this until the woman has one or more orgasms.

An orgasm can be recognised by the fact that the woman holds her breath (apnoea), keeps her eyes closed and often lets out sighs and/or cries.

Note: a woman is said to be 'hot' or 'cold' if acceptance is more or less rapid and if the above-mentioned manifestations are more or less intense.

Note: in a prostitute, the degree of acceptance is total from the start, but it is a fiction because she rarely loves her client.

Note: the mere fact that a woman is in a swimming costume, i.e. almost naked, does not mean that her degree of acceptance is automatically higher and does not change the rule of not exceeding her degree of acceptance.

At this point the woman's degree of acceptance is at its maximum and with caution, one can introduce the penis into the vagina (if necessary, do not forget the condom). If necessary, the woman can be helped by having her spread her legs as far apart as possible (or by crossing them over his back) and/or by inviting her to introduce her penis into the vagina. With synchronous rhythmic movements of the pelvis the penis massages the vagina and vice versa, which creates great pleasure and orgasm. At these junctures, even the most inexperienced are guided by omnipresent instinct. Often the female body stiffens or twitches at a crazy pace. The woman desperately clings to the man's: it is the struggle to reach orgasm. All these manifestations are natural, spontaneous, very exciting and the man must go along with them. Not all women are able to synchronise the movement of the pelvis.

Ready reflexes are exercised through sport (e.g. table tennis) practised from a young age.

Note: it is possible for the woman to resist penetration out of fear of pain, fear of pregnancy or illness, fear of loss of honour, or because she is playing the 'if you want, marry me first' card, etc. Here one must be particularly cautious and not force one's hand. One must diplomatically sound out the woman's background and feelings and decide accordingly whether to postpone full intercourse, continue with petting, break off the relationship, or whatever. In any case, it is necessary for the woman to be well informed about everything concerning sexual intercourse so that she knows what to expect and what the alternatives are. Good sexual information (e.g. reading this booklet) or counselling with a specialist is recommended.

For men, tact, understanding, patience, diplomacy and wit are the winning weapons.

For first experiences, it is advisable to proceed in small steps, both to get to know each other better, and to establish a bond of trust and give each person time to prepare psychologically for the sequel, which will be all the more tasty the more welcome.

It is normal that the first few times penetration of the penis does not create any particular sensations for the woman, especially if she is inexperienced and/or frightened. She can/should therefore also massage her clitoris during coitus. If she does not do so of her own accord, during coitus the man must take the woman's right hand, wet her fingertips in his mouth and bring the woman's hand close to her vulva, clearly indicating to her that she must massage her clitoris. If she refuses, explain to her that the penis does not touch the clitoris and that the first few times one has to compensate for this defect of nature with the fingers, but that later, with training, she will be able to reach orgasm even without massage and that the sensations will be even better....Beware: the fact that the woman massages the clitoris during intercourse does not mean that the man is incapable of satisfying the woman, but that she joyfully participates in the common effort to reach orgasm as soon as possible. It is also interesting to let the woman gently grasp the penis and insert it into her vagina also as a demonstration of her compliance; it is not necessary to remove the foreskin because in that circumstance it acts as a mechanical lubricant, facilitates penetration and in any case retracts itself during penetration. This 'trick' is all the more valid if the woman is still a virgin because the foreskin acts as a 'spreader'.

Note: especially if inexperienced, it is possible that the woman has a problem with frigidity and voluntarily renounces orgasm in favour of the man (... "I can't do it ... think of yourself!"). It is a beautiful sacrifice, but it is useless. Here, with much tact and patience, it is necessary to explain to the woman that it is **her** precise duty to enjoy herself to the fullest, if necessary massaging **her** clitoris during coitus, because only **her** joy (with the consequent affection and gratitude on **her** part) excites the man and makes his enjoyment (by the way, rather miserable compared to that of the woman) more complete. It must be made clear to the woman that it is only a matter of good will on her part and that the orgasm of her, a perfectly normal person, is an indispensable goal for good harmony in the couple. Furthermore, that **he** is in charge and that **she** has confidence because **he** is an experienced leader (to make the atmosphere a little more relaxed, **he** can show her his driving licence or... a "Diploma of a perfect fucker" drawn in Corel Draw!) If **he** cannot make his beloved come, **he** feels incapable and in the long run the situation is a source of counterproductive frustration.

If the woman is still a virgin, the woman's consent at every step is absolutely essential because she must cooperate and, in view of future joys, also accept the temporary pain of deflowering. If, in the process, the man has never exceeded the woman's degree of acceptance, he will have conquered not only her body but also her trust, and the next times the woman will give herself more easily precisely because she is confident in her partner's experience and sure of the pleasure he will be able to give her. However, the opposite extreme is also counterproductive: little or no initiative on the part of the man when the desire in the woman is aroused creates in the woman much disappointment and eventually even disastrous repulsion. Unfortunately, our current morality often prevents the woman from expressing her desire.

Therefore, it is always good to gently and diplomatically probe the feelings to establish the strategy of the moment and adapt it to the degree of acceptance.

Surely at some point **she** will ask **him** what his intentions are, whether he intends to marry her, etc.? Obviously **he** must guarantee that his intentions are very serious, that marriage is not excluded, but that it is a matter of getting to know each other a little better....or maybe "it is the right time" (!) and then it is nice to swear love and fidelity forever...

The next times

The foreplay being known, one goes over it faster each time.

A conditioned reflex is triggered in the woman, but it should not be overestimated because in any case the degree of acceptance is not instantaneous and the woman's body needs some time, for example, to moisten the vagina properly.

Kissing on the mouth, breasts and clitoris are always an indispensable preamble.

The woman should cut the pubic hair around the labia majora because it disturbs the action of the tongue when kissing the genitals and creates an unpleasant itch in the nose. However, one should not cut the hairs inside the labia majora too much because they would create an unpleasant itchiness for the woman, especially when walking.

The woman should also cut her underarm hair.

Long hair, for example up to the breasts, is a beautiful component of erotic play, but it should not reach below the navel because it would form a hindrance between the two bodies.

Various positions can then be experimented with: in this respect, a few porn tapes watched together can teach you a lot of practical lessons.

PS: obviously never forget birth control procedures, various precautions, etc., possibly to be checked beforehand (see later chapters).

Before and after intercourse it is good to wash the genitals (bidet), the mouth and all parts of the body touched. Better still take a shower or bath together.

Afterwards ... it is nice to enjoy the moment in each other's arms, take a shower together, have a snack, watch a bit of TV and then a good night's sleep ... or start again...

Going out with girlfriends/boyfriends and/or friends

Going out and having fun in a group is a lot more fun than going out alone or with just your girlfriend or boyfriend: the more crazy people there are, the more laughs!

United girls feel refreshed and dare more, their degree of acceptance is greater precisely because they sometimes incite each other to do and accept what boys propose. Great is the idea of coming home after dinner and dancing or the cinema to eat a plate of spaghetti: one couple in the kitchen preparing spaghetti and the other ... inspecting the rooms....

During outings, it is good to organise quiet activities (e.g. thermal baths) or activities that require couples to form pairs (walks, outings, dancing, board games, hide-and-seek games in pairs, bocce games in pairs, visits to museums, visits to Gardaland or the Genoa Aquarium, boat trips, etc.).

Avoid activities that create antagonism or rivalry between men and women, such as competitions, races, etc., because jealousy, envy and/or counterproductive grudges could arise. Similarly, avoid electing the miss or mister, officially defining one or the other the best or the best, again to avoid jealousy and resentment in the group.

Very nice is to go on holiday in groups of people more or less already paired up so that rooms are assigned to couples from the start. The classic is the trip abroad (the Swiss mountains, the cruise, the holiday village by the sea, etc.).

A girl can also be won over with an invitation to a trip with other couples, a holiday abroad, a stay in Venice, etc.

However, it should be made clear at the outset how the costs will be shared, otherwise it is implied that everything is offered by '**him**', while '**she** pays 'in kind'.

The separation of boyfriends

It not infrequently happens that one has to part from a partner / companion, either because one is no longer interested or for other reasons.

This announcement should be made by telephone or possibly by letter. However, it should always be polite and correct, never humiliating or insulting (live and let live!).

An excuse of the professional kind can be made, clearly stating that love has ended or that there is now another girl/boy, mentioning a possibly invented name so that she or he understands that they are now out of the picture.

However keep the tone friendly and absolutely correct. If appropriate return the other person's belongings and possibly also the gifts. Compliment and thank each other for the good times spent together and apologise profusely for the inconvenience.

Absolutely refuse invitations to an awkward and possibly traumatic last meeting and gratefully but cautiously accept gifts (perhaps traps set by a vengeful partner who feels betrayed!) that arrive unexpectedly after the separation.

Discreetly warn relatives and mutual friends.

It is usually pointless to resume the relationship: problems and misunderstandings will pick up where they left off. Avoid casual encounters for a while. Afterwards, a relationship of good friendship is desirable.

Gifts made in anticipation of marriage (rings, trousseaux, furniture, etc.) should be returned.

One who is left by the loved one should not despair and/or isolate himself, but concentrate on work, sport or other diversions, activate friendships, visit relatives, frequent all those places of possible encounters as described in the previous chapters... and of course: time is the best doctor. Self-control to overcome loneliness, despair and resentment.

On the other hand, prevention is better than cure: by continuously maintaining contact with other possible partners, one can turn to the 'reserves' in case one suddenly finds oneself alone.

The race not to be excluded

With age most women feel the need to procreate and therefore the need for a man and/or a family more and more imperious.

It is around the age of 25 or 30 that women think seriously about a definitive bond, they put themselves on display and send out more or less explicit signals that should not be confused with the signals (e.g. the miniskirt) that young women send out to test their sex appeal.

Rivalry takes the form of a kind of competition to grab the best men (the most handsome but also the successful ones). If on the man's side a lot of circumspection is required, but also the desire to get to know and 'test the offer' and of course adapt it to one's own possibilities/needs, the woman must direct her choices and not fall into traps that lead to nothing.

Excluded women, after a certain age are called spinsters, a derogatory nickname but significant of a certain mentality of the past but also of the uncomfortable position of the lone woman in society.

Gender equality also entailed the right for a woman to court a man.

If a woman wants to win over a man, who initially does not seem interested in the relationship, she has to attract his attention and on any pretext she has to initiate a dialogue. By flashing a nice smile and a captivating look, she must put the man at ease.

In general, the man is proud, so it is good for the woman to pay him a lot of compliments, flattery, etc., but she should never taunt him or mock him. However, she should never taunt him or put him in a state of inferiority, not even coyly, but she should display unflinching admiration. The woman must stay as close to him as possible and as long as possible, make herself interesting and even indispensable ('while you take a shower I will iron your shirt', etc.).

The man must always be at the centre of the suitor's attention.

One should not rush things: the rule of acceptance applies here too. A premature invitation or initiative risks creating a definitive repulsion. In general, the woman can take all those initiatives usually the prerogative of men: polite phone calls, good wishes, gifts, invitations, etc. (never forget the compliments!).

Classic is the invitation 'come to my house for coffee' at the end of a party or an evening or the more direct 'it would please me if you came to my house for dinner tonight', etc.

Also good 'you should come and fix my balcony door because only a man can do that job!'. At home the man must be made comfortable with a few good glasses of wine or coffee or whatever and some sweets. The woman must find a way to create physical contact with, for example, a dance, a massage ('massages are my hobby'), trying on a new dress, viewing a photo album on the sofa, etc.

We remember the anecdote of the girl who, having invited her director to her home on a pretext, while he was sipping coffee, presented herself to him naked, causing him to run away. Evidently she was ahead of her time by ruining everything.

All these manoeuvres fall under phase A (approach), which in turn can be subdivided as follows:

1 Attracting attention (signalling presence)

Body language, dress, behaviour, gaze, speech, femininity, display of body parts, skimpy dress, make-up, noise, presence, etc.

In principle every woman attracts the male's attention even unconsciously.

2 Provocation (specific and targeted to conquer a man)

Passive (signalling availability): especially skimpy dress (unbuttoned blouse), loose hair, closeness, participation, manner of moving, etc.

Active (signalling interest): gaze, smile, gestures, targeted display of body parts, beckoning, motion, compliments, caresses, requests for advice or help, calls, invitations, gifts, etc.

The woman accompanying a man is constantly competed for by other women who + or - consciously attract her man's attention. It is therefore necessary for the woman to always do her best to be on a par with other women in attracting attention (in this case from her man). This is also to be able to move on to the next stage where obviously her man should give her priority by giving her his full attention and accepting her provocation.

Erotic massages, erotic games, positions

The ideal intimate relationship between a woman and a man is like the exchange of gifts between two kings: you give the most and receive the most.

There is no 'best time', but notoriously the moment of rest, siesta or of course the night are the most popular. A classic is 'Sunday morning'. We remember the anecdote of the English couple who chose to love each other in a public park in the centre of London at a time of heavy traffic: the voyeuristic motorists created a huge traffic jam...

1 Erotic massages can be considered a pleasant preparation for intercourse; they also have a certain therapeutic value. A classic is the simple full-body massage with the hands; the 'body massage' performed by a naked woman massaging the man with her body; the massage and kissing of the genitals; the woman masturbating the man by holding his penis in her mouth or between her breasts; the man can have his penis massaged by the woman kneeling between the man's spread legs;

massaging each other with a sponge in the bath, under the shower, etc.

Useful and relaxing especially for the woman is the nape-spine-back massage, possibly also performed while sitting in the bath or under the shower.

A special branch of this technique are tantric massages (widely practised in the East) which include prostate massage (see chapter "The prostate") and vaginal massage (serves to increase vaginal sensitivity).

2 Erotic games (see also "Erotic accessories") are the pleasurable corollary to coitus and serve to deepen mutual knowledge and to give vent to innermost fantasies. Imagination, availability and disinhibition are essential to diversify the relationship and overcome boredom and repetitiveness. It is desirable that partners can kiss or at least look each other in the eyes.

The most popular is '69' (mutual kissing on the genitals) perhaps with a little honey on the glans; the Oedipus game: the woman sits on the man's stomach, resting her penis on his clitoris so that (by adjusting the sheets or, for the more organised, by using a perforated sheet) it looks like his, then she massages his penis and with the penis also his clitoris; ballroom dancing (e.g. the tango) naked and/or with the penis in the vagina.

Or the man caresses her with his penis all over her body, the woman does the same to him with her breasts; the competition of who can masturbate first; masturbating in front of a partner, etc.

Mirrors, e.g. firmly fixed to the ceiling above the bed, or accessories such as a chair (firm and somewhat padded), a tie (knotted around the scrotum and tied at the waist, serves to block the scrotum between the legs, increases sensitivity by securing the foreskin during penetration) etc. make erotic games more exciting. Avoid blowing into the urethra because bacteria may enter the bladder with danger of infection.

A very special game is the voluntary contraction of the vagina: the woman who can perform this can control the vaginal muscle and contract the vagina strongly and in rapid succession. During coitus, these contractions create additional pleasure for the man: by 'squeezing' the penis like a 'milking', they draw blood into the corpus spongium, increasing erection, while during ejaculation they increase the amount of sperm expelled to the benefit of eventual fertilisation. The woman can learn to contract the vagina by inserting a finger into the vagina and trying to hold it (or the penis) there by squeezing the vaginal muscle. Obviously it takes a lot of exercise, a lot of willpower and a lot of concentration, but it is definitely worth it. The exercise also serves to strengthen the pelvic floor, which holds the organs of the pelvis. It is also good to exercise the perineum muscle by squeezing it tightly (as if holding back urine) and relaxing it many times in quick succession.

Another particular game is the voluntary movement of the cervix to massage the glans. The ability to perform this exercise is a gift that few women possess.

On the other hand, men should also practise moving his penis a little.

3 The positions

In this small treatise, we will not explain the positions in detail as the charts published in encyclopaedias and the viewing of erotic films are more explanatory.

It should only be mentioned that the position is important for arousal and orgasm, so it must be at least comfortable, allow lovers to see each other and possibly kiss, etc. For example, coitus in a car (the maximum is a fuck in a Smart car!) is rather limiting even if it can serve as a fallback or diversion.

Those who want to delve deeper into the subject buy some treatise on kamasutra.

Even via the Internet and its search engines, by typing kamasutra, fellatio or whatever, you can get a wealth of information on the subject.

In the West, the Oriental philosophy of life (including the kamasutra erotic technique) has been partly obscured by the superficial reminders of technological and material progress. However, even in our latitudes, fantasy and the desire to please one's partner can lead to continuous experimentation and discovery of new positions and pleasures and raise the level of inner life. In any case, the woman must learn to hold on to her partner with her arms and legs, for example by crossing them behind her partner's back.

It is generally the man's task to lead the search for new positions, but on the woman's side, a great deal of cooperation and the externalisation of her desires/needs is desirable.

An experienced couple usually uses 3 - 6 tried and tested positions.

Needless to say, an agile body is also a prerequisite for excellent results in this area.

The purpose of experimenting with new positions can be summarised as follows:

1 antidote against monotony, repetitiveness and boredom

2 exercise, perform, offer every part of the body

3 improving/increasing/prolonging pleasure, striving for perfection, climbing to the highest possible level on the scale of levels in love (possibly reaching at least level 3 or 4).

The importance of imagination, eroticism, sex culture

Those who have attended nudist camps will be able to confirm that in general humans, women in particular, are more attractive if they wear a nice, even if skimpy, swimming costume. The reason lies in the fact that, in addition to fixing the sagging parts, the costume still leaves some room for the important erotic imagination, which is not the case with full nudity. Only children, with their innocent naturalness, are also beautiful naked.

That is why people in steady couples should not show themselves completely naked for too long: that would be the death of imagination, of eroticism, and ultimately of love. In the intimate relationship, imagination and eroticism can be realised with massages and especially erotic games. In the couple, sex is also talked about, but often a somewhat vulgar popular terminology is used (pussy, cock, etc.), which is ill-suited to the purity of feelings. Personal terminology between the poetic and the facetious (e.g. zizino/zizina, the giant exploring the black forest, etc.) combined with fantasy and humour help to create mutual trust and a serene environment conducive to love. Many renowned psychologists have noted the importance of sex in the lives of humans: mention Freud, Reich, Mann and various others. For example, even in advertising, sexual appeal is often used to attract attention.

Sexual appetite, desire, libido

Paraphrasing an old saying 'appetite comes with eating', in love too, arousal excites and desire increases accordingly.

Attraction to the opposite sex is imprinted in the genes. Research in the USA has shown that both men and women think about sex every three to four minutes in one way or another.

Desire begins in the form of curiosity about the opposite sex and lasts a lifetime (libido). It is easier for women to suppress desire with work, various occupations, affection for children, etc.

In some cases sexual appetite can be diminished with chemicals (soda, chemical castration), a practice in use in certain armies to encourage discipline, to render a dangerous paedophile harmless, or to calm down inmates.

Among other things, sexual appetite is naturally stimulated by hormones (the smell) contained in the sweat fluid of people of the opposite sex. Recently, these hormones have been artificially reconstructed and added to a very erotic perfume.

The main incentive, however, remains the erotic fantasy; the imagination of humans and the pursuit of happiness are its natural complement (see 'Fundamentals of Social Psychology', same website). When Luther was asked how many times a week a couple should make love, he replied 'zvier', i.e. 'two to four times', an answer that euphemistically quantifies sexual appetite. According to the (Italian) Web Observatory on Sexuality, 20 % of men are even frenzied, compared to 1.5 % of women. At the other extreme, 20 % of men and 15 % of women, for various reasons, abstain from it.

The orgasm - The orgasm is the highlight of sexual intercourse.

- The male orgasm

It is basically the contraction of a muscle which simultaneously presses (drains) on the bladder and a nerve centre (solar plexus?). The pressure on the nerve centre creates strong and pleasurable sensations which, however, only last for a moment and which during an orgasm are repeated in rapid succession but only a few times. Pressure on the bladder generates the expulsion of sperm through the prostate and urethra (ejaculation).

Characteristic of the male orgasm is the fact that, after a phase of arousal, the pressure rises rapidly in an almost uncontrollable manner and the contractions are sudden and in rapid succession.

Basically, the male orgasm is a rather short mechanical orgasm. Usually during orgasm the man needs to hyperventilate. Afterwards a tiredness and drowsiness sets in, which often causes the man to take a nap (do not forget to express your appreciation/affection to your partner first).

After an orgasm, the bladder being almost empty, it becomes more and more difficult to have further orgasms and in any case ejaculation is increasingly scarce. Normally during intercourse, a man can only have 1 or 2 orgasms several minutes apart. Obviously, physical fitness, the degree of arousal, the availability/experience of the partner and the time elapsed since the last orgasm (abstinence) and also age play an important role.

It should be noted that with age, sperm production decreases in both quantity and quality, but never ceases. This is also why desire and libido remain alive in men well into old age.

- The female orgasm

It is basically the contraction of a muscle that squeezes a gland which in turn releases a drug-like hormone (oxytocin - <https://en.wikipedia.org/wiki/Oxytocin>) into the bloodstream. The hormone gives the woman intense (a firework in the body) and prolonged sensations. In the female orgasm the degree of arousal increases slowly and progressively and also decreases quite slowly. Ecstasy, i.e. the climax (during the injection of the hormone) is for the woman like the surpassing of a laboriously reached peak.

During orgasm, the woman holds her breath (apnoea), keeps her eyes closed and is insensitive to any external stimulus other than sexual; during orgasm, almost all women move their pelvises rhythmically with more or less frenetic and/or spontaneous movements and emit more or less intense sounds. Recent research has ascertained that during orgasm the uterus lowers and 'fishes' in the vagina to facilitate the ascent of sperm into the uterus.

Basically, the female orgasm is a chemical orgasm; according to some transsexuals it is probably 10 times more intense than the male orgasm.

A trained woman has the ability to repeat the orgasm many times and in rapid succession without excessive fatigue; the sensations also vary from one orgasm to the next. When she feels that the orgasm is ending for the woman, it is interesting to prolong the orgasm or reactivate it several times by massaging her clitoris, even during coitus. In this way an intense and prolonged orgasm can be achieved more quickly (see Level 3 - "The continuous orgasm"). The man will gladly go along with the manoeuvre knowing that the goal is greater enjoyment for both. It is also established that the hormone has beneficial effects on metabolism, psychic balance and delays ageing.

It is therefore safe to say that in love, the man gives and the woman receives!

Many women are able to distinguish between external and internal orgasm:

External: is provoked by massaging (with fingers, tongue, etc.) the clitoris.

Internal: is provoked by penetration, movement and/or massage of the 'G-spot' in the vagina.

The G-spot is not always sensitive and there is often no difference between internal and external orgasm.

In women, age only slightly limits the sensitivity of the sexual organs.

It has recently been discovered that it is possible to induce orgasm by means of appropriate electrical impulses delivered to the spinal cord or directly to the clitoris.

A special case is the childbirth orgasm. The unborn child, passing through the vagina, presses on the branches of the clitoris that encircle the vagina, giving the birthing woman an intense orgasm that helps to alleviate the pain of childbirth. Unfortunately, this is reserved for a very few but fortunate parturients for whom childbirth becomes a particularly joyful event.

The seven levels in love

- 1. level: is reached when a couple has a simple orgasm
- 2. level: is reached when several orgasms occur during intercourse
- 3. level: the **continuous orgasm** (Californian or Tantric method; there are specific exercises)
 - For the woman is an endless series of close orgasms, obtained with massage of the clitoris (fingers and mouth) and/or the G-spot, with coitus or with the two practices alternating. The ecstasy can last up to an hour or more.
 - For the man, it is a long 'near orgasm'. The woman masturbates the man, but interrupts the massage/masturbation by pulling down the testicles just before the 'point of no return'. This can continue for a long time (up to ½ hour). If the woman is particularly sensitive (or possibly on the man's advice) she can also interrupt coitus shortly before ejaculation and repeat the procedure many times.
- 4. level: **the exit of the spirit from the body**
 - There are women who, as a result of continuous orgasms, fall into a trance, their spirit detaches itself/leaves the body and can take trips outside the body. The sensations experienced in this state are wonderful and indescribable. It is the ultimate!
 - For humans it is more difficult, but you can also get there with autogenic training.
- 5. level: getting out of the body is easy, usual and controllable

- 6. level: one can say one has reached nirvana, a state of extreme happiness: travel, visits, discoveries, out-of-body encounters, etc.
- 7. level: vision of **the Great Light**, etc.

Note: only about half of all women reach level 1 at least once in their lifetime.

Most couples feel fulfilled at levels 1 and 2.

Levels 2 and 3 are the prerogative of well-matched couples.

Levels 4 and above are obviously experienced by a particularly gifted few.

Euphemistically: even the owner of a simple hatchback can happily go on holiday, spend wonderful times and live his life peacefully without any complexes whatsoever, even if he knows that participation in the formula 1 race is reserved for the privileged few with uncommon means.

IMPORTANT:

The intimate relationship (coitus), the environment, the moment, the gift of oneself

At this point a big question arises: in love who gives and who receives? As reported, the love relationship is like an exchange of gifts between kings where everyone gives the best they have. However, nature has assigned different roles so that already physically it is the man who gives (the sperm).

Experience tells me that it is the woman who receives and who must show it (by enjoying) in the most striking way possible because for the man a good part of his satisfaction consists precisely in giving, that is, in satisfying his woman. For the man, the enjoyment of his woman is very exciting, it satisfies him, makes him feel like a 'man' and allows him to reach orgasm more easily. Having said this, it is understandable that the woman must take action to enjoy herself as much as possible and demonstrate this as much as possible. To this end she must not passively submit to the man's initiative but must literally use her partner's body, for example by holding him with both hands by his hips and moving him back and forth, as if he were an erotic massage puppet, or by claspng him tightly around the neck with one arm while using the other to massage his clitoris. The 'standard' position sees the woman lying supine with her legs crossed over her partner's back. To finish, a warm show of mutual gratitude with lots of cuddles brings joy and helps strengthen the bond that unites the couple.

Don't forget:



Thanks giving

It is nice to give your beloved woman a colorful "Diploma" with which the expert examiner certifies that Mrs. xy attended a Love course lasting n months at the end of which she reached the level... (see above) and is therefore authorized to bear the title of

LOVE MACHINE

complete with best wishes for the amateur future and signature of the "Examiner", etc. Obviously all accompanied by a large bouquet of red roses....

Other titles that can be assigned, for example, are SEX BOMB, SEX MACHINE, SEX EXPERT; LOVE EXPERT, etc.



CHAPTER 3 - COUPLING LIFE, annexes and related matters

The erotic adornments and related accessories

- for men

Men's clothing has changed little over the years. It is only recently that men also dress with more fantasy and colour, use perfumes (including erotic ones) and cosmetics, etc. For the woman, an innocent, discreet peek into the man's purse or wallet can provide information (e.g. address) useful in case the man needs to be found later. It is also useful to check whether the name on the business card given by the man to his casual lover matches the name on the driver's licence, whether the man is already married, etc.

Erotic clothing for men is limited to a few items of underwear and a few tight-fitting garments or overalls that highlight musculature and/or physical prowess, respectively conceal obesity, etc. Rather, men's fashion seeks to imply a certain seriousness (the uniform), or maturity, financial readiness, etc. of the person (the suit and tie) or his dynamism or sportsmanship (the training suit or jeans).

Not long ago, men's fashion launched the style of loose-fitting suits, which, however, have very little that is erotic about them. We all remember the precious and fancy but much admired clothes of the famous singers Frank Sinatra and Elvis Presley.

For men, too, there are make-up products, hair glitter, tattoos, perfumes, and various accessories such as jewellery, watches, pipes and accessories, mobile phones, handbags, etc.

Even shaving, an everyday gesture for millions of men, probably has an erotic component.

Re-launched by the Beatles, the fashion for long hair is also back in vogue for men, a feature favoured by many women. However, caring for long hair requires time and passion, which is sometimes lacking in men.

Some women also like bearded or moustachioed men: what one does not have is attractive.

It is important to shave well (because unshaven beards sting and hurt the skin) or to keep the beard/moustache at least 1 cm long.

- for the woman

To be attractive, women wear clothes that allow a glimpse, guess or accentuate those physical peculiarities that distinguish them from men and that can excite their imagination: breasts, body roundness, legs, etc. In some countries, married women wear different clothes from unmarried women. In Islamic countries, women must cover their heads or even their whole faces and wear strict dark clothes (tschador).

In the area of modern clothing, one can mention the skirt, which in recent years has become shorter and shorter until it is mini, trousers also for ladies, low-cut dresses, tight-fitting dresses, high-heeled shoes, fine knitted stockings, anatomical bras (wonderbras: the bra that highlights the breasts), etc. Don't forget a nice belt to match your shoes and handbag. With appropriate clothing, any person can appear distinguished and attractive and conceal any physical defects. This is why women attach great importance to their clothing and are prepared to spend large sums on their wardrobe in order to be attractive. Amongst expensive clothing, we should mention jewellery for which women are particularly attracted: a classic expensive and coveted accessory at the origin of which there is a whole industry of precious metals, precious stones, goldsmiths, watchmaking, etc..... In addition to their propitiatory and/or decorative and highlighting function (e.g. the true, signs of the zodiac, etc.), they have the function of drawing attention to the jewellery and concealing imperfections of the body (wrinkles and the like).

Classical jewellery includes the engagement ring, the vera, the chain with the cross (or other sacred images depending on the wearer's religion), the pearl necklace, the baptismal name bracelet, earrings, piercings, wristwatch, glasses, etc.

Recently, the fashion has been launched for the 'signal' necklace with which the unmarried woman can signal if she is free or, with a knot, if she is already engaged.

In this sector, too, fashion imposes its laws, and not a few women subject themselves to real torture in order to put earrings or nose pins (piercings), etc., into their skin, which can lead to dangerous infections and which must be removed before intercourse to avoid dangerous tears.

This fashion was already widespread in primitive societies.

Clothing now relies on an established art and industry known as the 'fashion and clothing industry' around which huge economic interests revolve.

Major fashion designers with their fashion houses, models, fashion shows and magazines, (e.g. Armani); the textile and clothing industry with legions of seamstresses and specialised chain shops all over the world (e.g. Benetton), the specialised press with legions of journalists and specialised photographers operate in this sector. Among erotic clothing, women's underwear stands out, which with its lace and lace has taken on an artistic level.

Light-coloured underwear suits women with a dark skin.

The development of swimwear also represents an epic: from the first full-length swimming costumes with long sleeves and leggings, to bikinis (the name of the island on which the American nuclear tests were carried out), to one-piece swimming costumes (without a bra), to the very recent thongs that cover practically nothing.

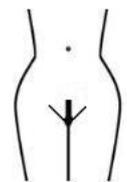
The handbag, which women hardly ever part with, plays an important role as a container for a whole range of accessories women feel they need to keep their appearance attractive, etc. Nowadays, the fanny pack and/or backpack are also used.

Connected to clothing is the hairstyle of the hair, which women particularly care for: the large number of hairdressing shops and beauty salons testifies to how much time and money women devote to hairstyling and aesthetics. Usually in the male imagination, women have long hair. Long hair should reach between the shoulders and the breasts, but never below the navel. Long hair has the advantage of distracting attention from other, perhaps less attractive parts of the body and of framing the face by giving it a certain regularity. With an appropriate hairstyle, long hair also makes it possible to cover any imperfections of the face and neck as well as to conceal the breasts.

Long hair is generally very attractive, but it takes a lot of time and patience to keep it neat and tidy. This is why many women, especially older women, wear their hair short for convenience, but give up part of their 'sex appeal' to the likely disappointment of their partner/husband.

Hairy man, pretty man; hairy woman, lousy woman.

Superfluous hairs of the armpits, pubis, nose and others should also be removed, both because they are unsightly (clothes and swimwear no longer hide them), and for practicality and hygiene reasons. The woman can shave her pubis in such a way as to leave only an elegant and attractive vertical hairy strip at the labia majora, which are thus concealed, especially if they are not the most perfect. In addition, the problem of regrowth and itching etc. is avoided. Full hair removal, besides being laborious, also entails some risk of infection and from an aesthetic point of view makes women lose their femininity and that small but attractive mystery that the pubis gives them (hairs should be about 2 cm long) - both too much and too little cripple. It should be remembered that after every depilation, whether by razor or electric razor (ladyshave) or pulling out the hair, the skin should be disinfected with a suitable product or aftershave.



The man should either trim the hairs protruding from his nostrils (there are special small round razors on the market) and shave thoroughly (also using an aftershave lotion) or wear his beard (chin honour) well groomed and long enough so that it is soft (1-2 cm, so as not to hurt his partner's skin) but not too long and unsightly.

Aesthetics has become a science: an infinite number of products allow women to beautify themselves, to accentuate or hide details of the face, hands or other parts of the body. Tattoos for cosmetic purposes, manicures and pedicures, pubic and armpit shaving, artificial tanning, massages of all kinds, saunas, gymnasiums for body building, learning how to defend oneself or simply for exercise, etc. are now routine.

By observing clothing and accessories, one can deduce interesting information such as marital status, social rank, cultural level, willingness to engage in dialogue, etc. Even an innocent and discreet peek in the handbag is always interesting and useful.

Ointments and chemicals (see also 'Impotence')

These are the lubricants: they are used to compensate for the lack of vaginal secretion and to facilitate the sliding of the penis into the vagina or to tighten the enlarged vagina after childbirth. Lemon juice can also be used as a natural astringent.

In some cases they also have an arousing function for men who have difficulty with erections and retardants for those who ejaculate prematurely.

In some cases they are combined with antibiotics to limit contagions or with a spermicide. They come in the form of an ointment or oil.

Also included in this category are perfumes, depilants, cosmetics, etc., of which women make extensive use.

Mechanical (see also 'Erotic toys')

The prince of mechanical erotic accessories is the **vibrator**.

It is a battery-operated electric device, has a cylindrical shape and is covered with soft rubber. It is usually shaped like a penis and is as big as an erect penis. There are also larger ones for external use only. Inside, an electric motor turns an eccentric that gives the whole thing a sensitive vibration. Women who use it sprinkle it with lubricating ointment and use it to massage their private parts (nipples, clitoris and vagina). With this accessory it is possible for a woman to reach orgasm in the same way as with normal masturbation.

There is a danger that inferior vibrators will heat up or even break inside the vagina, injuring the user. Good hygiene is also necessary, especially when the vibrator is used by several people.

Recently, small vibrators in the shape of an 8 are on the market, which the woman can hold in her vagina and operate via remote control or mobile phone. For men, artificial vaginas are on the market. In any case don't forget the lubricating liquid.

The vaginal pump falls into this category. Formed by a rubber suction cup that is applied to the vulva and a hand-held perette, it serves to create an air vacuum at the level of the labia majora and labia minora and the clitoris. The air vacuum draws blood to the affected parts, which swell and become very sensitive, promoting orgasm. For subsequent intercourse, the use of a lubricant is recommended. It is useful for women who have difficulty reaching orgasm.

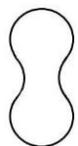
Another well-known accessory is the artificial penis. There are various sizes and shapes, which in any case resemble an erect penis; they are usually made of soft rubber.

Some are fitted with protuberances representing testicles; there are also double ones for lesbians, etc.

A soft rubber ring fitted with a crest completes this series. Applied to the base of the erect penis, it teases the clitoris during penetration. Not appropriate for very sensitive vulvas.

Another accessory used in the East is a bent, rounded cylinder resembling a penis, made of ivory or plastic, custom-made and inserted into the vagina, which touches the clitoris with its curved protruding part.

It is worn during the day: with normal body movements, especially when walking, the protruding part rubs the clitoris, arousing the woman to orgasm. In this way the woman is always 'hot' and, when the lover returns, she is ready and willing for anything. In our latitudes there are two balls on the market that are tied to each other (geisha balls) and have the same function.



There are also many accessories that serve rather to feign torture in S&M relations, such as whips, chains, gloves, boots, etc.

There are also a number of accessories that serve to compensate for differences in height or weight between lovers such as special pillows, special mattresses, etc. There are also those with their own movements. Human imagination in this area is overflowing.

Another set of accessories concerns massages: gloves, towels, soft cloth dressing gowns, ball massagers, brush massagers, etc. There are also devices that massage the whole body. There are also devices that massage the whole body or the back and can be used as part of an erotic session. To firm up the breasts or penis, there are also pumps of all types and shapes which, by creating a slight air vacuum, make blood flow to the treated organ.

Music

Music has a very important place in human relationships: a universal and rhythmic language it involves and generates feelings. Listening to and/or playing music is a pleasant and relaxing entertainment that also enables socialising.

In particular, dance and dancing, when involving men and women, is a way of choosing and getting to know people of the opposite sex and experiencing together the sensations arising from physical contact and rhythmic movement.

Many love stories have started at a dance party. Ballroom dancing (tango, waltz, march, mazurka, etc.) is the most suitable for getting to know each other and starting a relationship because one moves while being embraced and at the same time it is possible to strike up a conversation. Slow rhythm dances are the most sensual.

In contrast, modern rhythms that the dancers dance separately do not create the above-mentioned sensations, and they are also usually played very loudly, which prevents any conversation. However, for young girls even concerts of modern music (e.g. the Beatles were) are sometimes very exciting.

In ballroom dancing it is the men who invite the ladies. The ladies have the right to refuse, but in that case they should remain seated during a round. If a liking is created the men can invite the ladies to their table and offer them a drink (or Champagne). If the ladies accept (usually ladies go to the ball in pairs) they should spend the rest of the evening with the gentlemen who invited them.

Of course, the best thing to do is to invite a nice bridesmaid a few days beforehand sending her flowers and a nice card and then asking for a confirmation and appointment by telephone.

The modern house never lacks a record player/CD player/stereo system, a tape recorder, a radio or a musical instrument, indispensable accessories for music and dancing. In company, one enjoys a few dance steps and/or soft background music; in the bedroom, music helps to raise excitement and create the right ambience for love.

A selection of appropriate records should always be at hand.

Furnishings (see also "The Accessories of the Perfect Don Juan, same chapter)

The furnishings, e.g. of the bedroom or bathroom, can also influence the relationship. The love nest must be warm (to encourage the removal of clothes), comfortable, quiet, dark and discreet.

A lighted fireplace, natural wood furniture, thick carpets, fabric curtains and diffuse lighting help create an intimate atmosphere.

It is useful to have a very comfortable shower or bath (a jacuzzi-type bath is best) that allows two people to shower or soak together.

Mirrors in the bedroom also contribute to the erotic atmosphere by allowing lovers to watch each other in action.

A wide bed with a fairly firm (latex) and non-noisy mattress, with bedding of natural fibres that are pleasant to the skin, wool blankets (or for those who prefer the Swedish method, just the duvet) + pillows are an indispensable accessory.

The box with the removable paper handkerchiefs must always be at hand.

The location where you are staying can also have its importance. A resort with romantic scenery, a comfortable alpine hotel during a skiing weekend, a spa stay or an evening at the seaside contribute with their own special charm, on a par with an intimate dinner or with friends by candlelight, to create the right atmosphere.

The accessories of the perfect Don Juan

On the man

1 condom

2 clean handkerchiefs

Mobile phone with combox and all pre-recorded telephone numbers

Comb, glasses, etc.

Scented candies and mouth fresheners

Distinguished, modern and/or sporty clothing

Lighter or matches, possibly cigarettes (never refuse to light up a woman who asks for one)

Sufficient funds or credit card to be able to buy at least one dinner and/or pay for a room, keys, driving licence, identity card/passport, etc., possibly in a pouch bag to be carried under the jacket.

In the car

Paper handkerchiefs

1 blanket (to lay on the ground or to protect yourself from the cold in the car)

1 pillow

some soft drinks and some savoury snacks or biscuits

1 torch + lighter

some spare money stashed away

1 jumper a cap and an anorak (you need one too if you are cold!)

1 piece of jewellery (necklace or other) to give as a gift if you need to make an impromptu visit
a set of condoms

deodorant

possibly 1 set of spare underwear, hat/cap, socks, tennis shoes

some well-packed sanitary towels

1 small roll of toilet paper

Radio / stereo

Small case with comb, brush, tweezers, disinfectant, needle and thread, etc. .

A large umbrella (accompanying a woman to protect her from the rain is a good opportunity) and a foldable light mackintosh, a cap

Some tools (also needed to do some minor repairs in her flat)

Sunglasses, travel goggles, swimming costume, towel (just in case), sports shoes and shorts, possibly a tennis racket, etc.

possibly the necessary to prepare a spaghetti dinner.

In the office (under lock and key)

Set of invitation and greeting cards for all circumstances

List of telephone numbers and addresses of interesting people with date of birthday, etc.

List of restaurants and interesting places to spend an evening or weekend

Address of florist, confectioner, trusted travel agency, etc.

A spare shirt and underwear.

At home

Various provisions including at least enough to prepare a spaghetti and breakfast, various beverages including at least 1 bottle of sparkling wine, some beers, aperitifs, fizzy drinks, iced tea, coffee and pasteurised milk, savoury snacks and biscuits, zwiebak, soup powder, etc.

1 ladies' nightgown, light, still packed, with label (must look new!)

2 bathrobe medium size, clear colour, new or well washed and ironed, plush slippers (to avoid wandering around naked because **she** might feel embarrassed)

1 bathing cap, non-slip mat in the shower and/or bath, various accessories

1 hair dryer and accessories, shampoo, nail clippers, scales

Bath towels and bath towels for guests, body cleansing necessities

1 package of standard sanitary towels

Paper and cloth handkerchiefs, sufficient soft toilet paper, kitchen paper

Clean bathroom/shower, with all accessories and comforts; non-transparent window curtain

Digital telephone, fax, computer with internet (for recording messages from female admirers)
 Some sports and massage equipment
 A few musical instruments (guitar, accordion, piano, etc.)
 Newspapers, books, magazines, photos, collectibles (can become a topic of conversation)
 Various medicines including aspirin, sedative, painkiller, liquid and powdered disinfectant, etc.
 Stereo system + records of danceable music (ballroom and tango), light music + some classics, etc.
 Television + videos + various cassettes including some erotic cassettes
 Some handicrafts or small jewellery to give as gifts
 Various cigarettes, lighter, ashtray
 Comfortable upholstered group
 Small set of tools, screws, rope, tape, battery, etc.
 Table, chairs, clean tablecloth and vase with flowers; ornamental plants
 Photographic documentation (discreet) of trips, holidays, relatives, friends, workplace, etc.
 Documentation / diary with all details of friends / girlfriends, relatives and acquaintances
 Documentation of possible future travel destinations or holidays with her
 The necessities for outings and practising sports
 If possible, in winter: open fireplace

In the bedroom

Box with removable tissues
 Condoms, lubricant, talcum powder, massage products
 radio or small stereo system
 double bed or French bed (must not creak)
 Soft bedspread and blankets, pillows, spare bed linen
 The necessary to be able to darken the room even during the daytime
 1 lamp that emits a dim, coloured and possibly dimmable light
 1 emergency electric heater (for cold nudists)
 1 bath towel to lay on top of the mattress
 Heavy curtains and carpets with long, light-coloured pile (create the 'den' effect)
 Natural wood furniture + mirrors (also surface-mounted)
 Device for perfuming / humidifying / filtering the air
 Alarm clock (to send the married woman home at a decent time so as not to make her husband suspicious)
 Erotic books and magazines, medical picture book (to explain how men works)
 The necessities for writing (in case some additional scientific explanation is needed)
 1 chair or stool (to lean **her** clothes on so they don't fall apart)

The accessories of the perfect gentlewoman

A woman must be able to cope with every eventuality, so she must be 'equipped' accordingly. Humorously, one is reminded of the special 'equipment' that James Bond's female companions were equipped with, equipment that suited their needs. However, it is better to always have condoms and paper handkerchiefs at hand.

Remember that handbags are easy prey for pickpockets, so it is a good idea to carry your keys, documents, money and credit cards in a pouch to be carried under your clothes. Do not carry valuables or documents unnecessarily, especially in risky areas or when travelling.

It is useless to elaborate on this topic because it would be like teaching cats to climb.

Aphrodisiac foods and preparations

Since time immemorial, men have looked to pharmacopoeia and chemistry for help in conquering women or facilitating intercourse, removing inhibitions, increasing and/or prolonging sensations, increasing or maintaining male potency, boosting sexual appetite, etc.

In general, these drugs are called aphrodisiacs, i.e. they boost erotic fantasy and sexual appetite and improve performance, but 80 % are ineffective and even dangerous. Practically every culture has its own miraculous recipe.

We mention yohimbe (probably the only effective one - <https://it.wikipedia.org/wiki/Yohimbina>), ginkgo, damiana, horny goat grass, contarin, rhino horn powder (in Japan it is sought after to the extent that rhino hunting has almost driven them to extinction), various concoctions based on seaweed, molluscs, etc. In the Philippines, partially hatched and cooked duck eggs are considered aphrodisiacs.

Their random effect is often cancelled out by annoying side effects.

Foods containing various vitamins and E in particular (e.g. asparagus, celery, truffles) and zinc (oysters) which stimulate the production of sex hormones are useful.

Spicy foods (red pepper), sweet foods (chocolate, pumpkin pie, liquorice candy) excite the urinary tract and/or the limbic system.

It should be noted that sugar from sweets and especially fruit sugar (glucose), which enters directly into the bloodstream, are excellent energisers.

In our latitudes, alcohol is more commonly used, especially wine, spumante frizzantino, super-alcohols such as cognac, caviar, intimate candlelit dinners, etc.

Alcohol, ingested moderately, erases initial inhibitions and therefore helps to overcome fears, shyness, etc.. However, great caution is needed because, in addition to making one euphoric and thus constituting a danger to drivers, for example when returning from a party, it confers a certain recklessness with the consequent renunciation of precautions and the use of condoms.

Not a few children have been conceived under the influence of alcohol, etc. Experienced lovers make their escorts drink alcohol, but they themselves drink moderately in order to remain lucid and keep control of their actions, and ultimately also to better enjoy the sensations of the relationship.

In South America, a drug is known that even annuls the will of the people who ingest it: under the influence of this drug, every woman becomes compliant. However, the use of these substances is equal to the use of violence, so it is strictly forbidden.

Smoking, or rather the act of smoking, also contributes to creating the atmosphere and giving a 'tone' or 'personality', to making one appear 'mature'. Today, more girls in search of consideration smoke than even males now sensitised by anti-smoking campaigns. However, according to a recent study, besides being dangerous, nicotine is a powerful sex inhibitor.

Also used are various drugs (hashish, cocaine, amphetamines, LSD, etc.) that make one more resistant to fatigue and under certain conditions excite, spur, facilitate contact and improve both physical and intellectual performance. Many of these drugs circulate in discotheques and are accompanied by deafening music and psychedelic lights, operating a real brainwashing (see also the specific chapter on the consequences of drugs).

In general, drugs, including nicotine and caffeine, have an inhibiting effect on sexual appetite and in males create impotence and difficulty urinating.

Remember that the best condition is always: a healthy spirit in a healthy body! Therefore, a healthy and varied diet without drugs of any kind (except for a good glass of red wine with meals) and regular physical activity are the best preparation for love.

First sexual experiences (see also Chapter 2)

- for men

Young men discover their first sexual sensations through those small relationships love affairs of the school period. Long talks, cards and presents, a few kisses, even passionate ones, the school dance that allows them to hold their mates for a few minutes.

Boys thus experience erection and desire. Most of these infatuations remain infatuations as they break against the girls' denial, shyness, fear and inhibition with unfortunately a trail of frustrations that sometimes leave their mark for years.

However, as the years go by and after various friendships, the guy becomes more confident, dares more, pushes his initiatives further and further: he unhooks his bra, fondles his breasts, caresses his pubes, gets his genitals fondled in turn to move on to petting, etc. Here it is important for the man to know that to make his woman come (and this is more or less the first thing to do) he must massage her clitoris, possibly with his tongue, until orgasm.

At this time, young people experience a very romantic period with beautiful walks, outings and evenings at dinner and/or the cinema, etc.

Usually around the age of 16 to 20, the couple have their first full relationship. The first relationship takes place during the absence of the parents, during a picnic, at a camp, during a short holiday, etc.

The first intercourse is also all about discovery, during which the first-time experience is completely taken over by the new sensations and can verify that after all, the man also has somewhat animalistic behaviour. If no precautions have been taken, at the end of intercourse comes the fear of the still unknown consequences, the fear of being discovered, of a pregnancy and of the parents' reaction.

If both lovers are in their first experience, the first intercourse is probably characterised by the need to break the hymen (see chapter 'deflowering'). The unexpected pain for the woman, and sometimes also for the man, and the blood coming out of the vagina added to the inexperience complicate the situation and sometimes turn first intercourse into a traumatic or at least unpleasant experience. It is precisely in these circumstances that appropriate sex education proves useful.

Afterwards, intercourse will become more normal, deeper, and the enjoyment will be more complete, as with any mature couple.

If the woman has already had previous experience, things are certainly much easier for the man, also because she will have taken precautions and is able to guide the man, teach him positions and free him from inhibitions, etc.

However, it is important that the first relationships take place within a steady or at least close-knit couple, possibly after a medical examination.

It is also very important that both lovers are consenting and that every act/gesture/initiative is approved/pleased by the partner. Therefore, especially the first few times, it is necessary to proceed step by step, without forcing things that would immediately make one feel uncomfortable. It is good to ask the partner what he or she wants, to fulfil his or her wishes and to force oneself to reciprocate them. Love must in any case be a joyful experience and it can only be (and certainly is) with the full participation of both.

Many men have their first experiences with prostitutes. However, considering that precautions must absolutely be taken in these relationships, these experiences are not always conclusive. Moreover, the woman's great ease and sometimes greater seniority instil a certain fear that can even result in an inferiority complex. It is also evident that the prostitution environment neglects the sentimental side, which is the most beautiful part of the relationship between the two sexes and so important for young people who are usually more sensitive than adults.

In intercourse with strangers (prostitutes, etc.), physiological fluids (vaginal mucosa, saliva, tears, semen) must be prevented from passing from one body to the other, or at least the passage must be limited to the bare minimum. A condom (of good quality such as Ceylor gold or green) is a must; little kissing and no kissing on unprotected genitals.

- for the woman - deflowering

The woman approaches love with many fears (fear of being 'seduced and abandoned', parental reproaches, illness, loss of virginity and honour, deflowering, pregnancy, fear of the unknown, etc.), yet with much curiosity and sometimes ill-concealed desire.

If she loves her partner, as if hypnotised by his kisses and embraces, she exerts stubborn but later only formal resistance to the man's initiatives at the beginning of the relationship. Later she actively participates in the relationship.

The first time, the woman lies on her back with her legs spread and raised. When the man introduces his penis into the vagina, the man notices that something prevents him from penetrating completely.

This is the hymen, a small membrane that almost completely closes off the entrance to the vagina. For the penis to penetrate completely into the vagina, the hymen must be broken/perforated.

For this, the man must hold the woman by the shoulders and push the penis firmly into the vagina.

Often for the woman, and sometimes also for the man, the operation is quite painful. The wound and pain that penetration of the penis and subsequent intercourse create for the woman, prevent the woman in her first experience, therefore inexperienced, from experiencing much pleasure. In this case, sexual education (the woman must know that later love will give her joy and happiness) is basic, and only educated women and men who are aware of their partner's needs are able to embark serenely on the long and joyful path of love.

It is very difficult to perform natural deflowering when the penis is protected by a condom: the condom easily breaks and in any case the function that the foreskin performs as a lubricant/divider is excluded.

It should also be remembered that if both partners are in good health, deflowering has no health consequences and the wound heals quickly on its own. In case of doubt, a simple examination by a gynaecologist will dispel any fears.

Women who are illibate, i.e. with an intact hymen, are called virgins. In many countries, virginity is very important and if a woman is not a virgin, the new groom may repudiate her with traumatic consequences. In these situations the woman who has, however, virginity before marriage is considered a woman without morals and treated accordingly. This virginity cult is a discrimination against the woman who is restricted in her sentimental relationships and in her intimacy. Fortunately, these practices are gradually disappearing.

To avoid the pain and trauma of 'natural' deflowering, it is advisable to have deflowering performed surgically by a gynaecologist. It is a minor operation performed under local anaesthesia and avoids all the fear and trauma associated with deflowering. However, the woman often has the feeling of having to 'offer' her virginity to her beloved.

Scientifically, the function of the hymen is always open to debate, and it should also be noted that not all women have a complete hymen. Rarely is it completely closed and has to be surgically removed to allow the menstrual flow to pass, sometimes it is so small that it does not require deflowering, sometimes it is so fragile that it breaks by itself during physical exercise, cycling or horse riding, etc. Sometimes the woman breaks it herself during an attempt to introduce an object (e.g. an absorbent tampon, finger or other) into the vagina.

In Japan, where virginity is very important, there are clinics that specialise in repairing the hymen.

Deflowering, especially if natural and combined with the memory of a man, is still an important stage in a woman's sexual life.

Sometimes the pain of 'first love' remains in the woman's memory for a long time. In these cases, the man who joins a woman who is no longer a virgin has at least the advantage of avoiding painful deflowering and of being estranged from the ugly memory of his partner.

Sometimes girls have their first experiences with foreign men. In these cases it must be taken into account that the relationship may end soon, for instance because of the return of the foreigner to his country of origin, because of a pre-existing marriage bond in the country of origin, because of the end of holidays or a work contract, or whatever.

It is possible that the novice woman does not feel the feelings she probably expected from love and is disappointed. However, it is important for her to know that in any case the joys will come with practice, self-confidence and affection given and received. In addition, good sexual education is very important.

Young girls, the immature woman

They initially behave like any woman: sexy clothes, provocative attitudes, flattery, etc. They accept the man's invitation and initiative and sometimes even petting... but no more. At the best of times, they withdraw precipitously (they return home in fear, citing various excuses) and refuse subsequent encounters and stable ties. If they feel the suitor is too persistent they have their parents/relatives intervene or threaten to call the police, etc. They often change partners. In French they are called 'allumeuses' (those who light up).

Inexperienced, they obtusely follow every dictate of fashion even if it is counterproductive: to maintain 'the line' they even refuse food to the point of anorexia. Smoking to be 'in', wearing high heels but unhealthy for the spine, etc. are typical behaviours of immature women.

After all, their behaviour with males only serves to test their 'sex appeal', to prove to themselves that they can overcome their shyness, to test the male's reactions and to gain time and accumulate experience.

Fear and inexperience prevent them from fully experiencing an emotional relationship for which they are attracted but are not yet ready. However, the fact that they feel courted and even make men fall in love with them gives them a certain feeling of strength towards the opposite sex. For many men, however, their behaviour is incomprehensible (remember that nursery rhyme: at 20 a woman is as mysterious as Africa, at 30...).

Sometimes, inexperienced women fall in love with men who are 'interesting because they are mature/violent' but without scruples who do not hesitate to use deception to possess them and/or do not disdain risky behaviour and to abandon them to their fate when they are pregnant.

The man who falls in love with an immature woman is destined to suffer bitter disappointments: he must have the enormous patience to put up with the maiden's sentimental escapades and wait for years. Afterwards, even if the relationship materialises into an engagement, the ugly memory of rejections, tantrums, rivals, lost time and wasted energy and/or resources, and perhaps the presence of another's child, etc., will weigh heavily on the relationship between the two for a long time.

In young people in general and in males in particular, one's own and/or one's partner's immaturity, combined with alcohol, leads to a desire to prove one's maturity, for example by unnecessary risky behaviour.

Typical is the dangerous night-time motorbike or car ride, especially on the way back from the disco (Saturday night fever), which all too often ends tragically.

Anyone getting into a young friend's car should make it clear from the outset that a mature person is sober and driving safely. If necessary, it is better to get out before having to continue the journey in an ambulance or hearse.

CHAPTER 4 - Medical and socio-psychological aspects

Contraception

Contraceptives

Efforts have always been made to avoid unwanted pregnancies. With the progress of science and technology, the methods and means available have become increasingly refined. The Pearl Coefficient indicates how many (unwanted) pregnancies per 100 uses could occur.

- natural

Natural systems tend to avoid fertilisation, but they do not avoid physical contact and the associated danger of transmitting diseases.

Since the risk of pregnancy remains high, it is advisable for couples applying natural methods in the long term to keep a traditional contraceptive such as the 'morning-after pill' at hand.

The best known natural system consists of using the infertile days of the menstrual cycle.

Doctors **Ogino and Knauss** defined the technique for recognising infertile days.

Starting from the idea that the ovum remains in the uterus for 3-4 days, they precisely defined the days (approximately 7-8 days in the middle of the cycle) when fertilisation is possible; during the remaining days fertilisation is not possible because the ovum is not present. However, the method has the drawback that the duration and the day of the beginning of the fertile period may vary from woman to woman and also may vary (advance or more easily delay) due to external causes such as temperature, illness, travel, stress, etc. Moreover, spermatozoa can survive in the uterus for several days, staggering the calculations. Consequently, the method is not very safe. Instead, it is better to stick to the seven-day rule: **there is no risk of unwanted pregnancy from seven days before the start of menstruation until seven days after menstruation begins.** The arrival of menstruation certifies with good probability that there is no pregnancy (and vice versa).

The day of the beginning of the fertile period can also be accurately determined by measuring the body temperature: in fact, the beginning is characterised by an average increase of $\frac{1}{2}$ degree C° detectable with a precision thermometer inserted into the anus.

The period during which the woman breastfeeds her baby is also generally characterised by infertility and can possibly be exploited as such. However, it is difficult to define when it ends. It lasts from one to three months on average.

Obviously, even during pregnancy, the woman cannot be fertilised further.

Coitus interruptus consists of interrupting sexual intercourse a few moments before ejaculation. The system is dangerous because it requires a lot of willpower from both partners, it is unsatisfactory for the man and frustrating for the woman, it is unhygienic, it does not allow intercourse to continue because there are still spermatozoa on and in the penis.

Self-control: this consists of strict self-control of the orgasm by the man.

With great training, the man is able to control himself and with the help of his partner can avoid ejaculation while maintaining a high degree of arousal. This method is little used because it requires great willpower, a lot of training, a lot of sensitivity and perfect harmony between the partners. However, although the highest levels of pleasure are achieved with this method, it is not without its dangers as the subtle balancing act can easily break down and result in untimely ejaculation.

There is also the possibility of using a man's urine as a spermicide (vaginal urination) on the assumption that the acidity of urine kills spermatozoa. Immediately after ejaculation, the man deposits some urine in the vagina that kills spermatozoa. This rather primitive and unsafe method requires great willingness on the man's part and great readiness on the woman's part. If necessary, the woman can rinse the vagina immediately after coitus with her own urine or a spermicide.

It should also be remembered that during pregnancy, during a woman's puberty (before menstruation) and after the menopause a natural pregnancy* is excluded.

(*Pregnancies have been made possible in menopausal or infertile women by placing already fertilised foreign ova in the uterus)

- mechanics

The prince of mechanical contraceptives is the condom (Pearl 2-12). The condom is a thin latex sheath used to wrap around the penis both to protect it and to prevent the dispersal of sperm.

The condom therefore has the dual function of protection and contraceptive.

This is why it is still the best known contraceptive and it is ABSOLUTELY recommended to use it during any risky intercourse. The condom should be placed on the unrolled penis until it is completely covered like a sheath. It is pleasant and useful to have your partner help you with this. During application, care must be taken not to damage the condom with nails or teeth, for instance by opening the packaging. You should also take care of the expiry date, keep it in a cool, dry place,

store and transport it in containers that protect it from shocks/pressure, etc. It is useful to always have some condoms on hand. When withdrawing the penis from the vagina, it is important to secure the condom on the penis with your fingers to prevent it from slipping off, resulting in unwanted contact between the genitals. Two condoms on top of each other are no better because they slip off. There are also condoms for women on the market (femidom - Pearl 5-25) to be slipped into the vagina before intercourse, but they do not give the same guarantee as a male condom because they sometimes slip and shift and ultimately no longer fulfil their function. Their use is not very comfortable and they are little used. They are a valid alternative for prostitutes when the client refuses the male condom.

Already in ancient times, to avoid contact between the intimate parts, they used to cover the penis with a segment of pig intestine. Now the technique proposes the very thin but strong synthetic latex condom, covered with a thin layer of lubricating ointment. There are many different makes and prices on the market; however, it is important to use good quality products (e.g. tested by EMPA) as an unwanted rupture can have serious consequences.

Good quality condoms are marked with the OK quality label.

The best condoms include the Ceylor brand green stripe (tight) or gold stripe (wide), which can be bought in pharmacies (boxes of six approx. CHF 10.-).

In general, condoms reduce sensation as they prevent direct skin contact. Moreover, if too tight, it partially inhibits the erection of the penis, preventing normal sexual intercourse from taking place. Condoms should only be used once and, like any medicine, must be replaced when they expire. Condoms should be disposed of like normal waste (not flushed down the toilet). Those who wish to maintain particular discretion may wrap it in a paper handkerchief and destroy it or take it away, not least because the sperm contained therein may later be misused (see subheading "Petting").

The IUD: consists of a wire or very thin strip of copper or other material, which is introduced into the uterus and arranged in the shape of a spiral or similar. Normally the IUD is connected to a wire that protrudes from the uterus and allows the foreign body to be removed at any time. The presence of a foreign body in the uterus prevents the egg from being fertilised. However, the very presence of the foreign body can create problems of rejection, inflammation, injury, etc. in the uterus, with various complications. It is desirable that the woman does not wear the IUD more than two years in a row. The method is not completely safe, since in borderline cases the ovum is fertilised even in the presence of a foreign body in the uterus. Eventually fertilisation may occur in the vagina with serious consequences (extrauterine delivery). This method is not suitable for young women and does not protect against sexually transmitted diseases.

Diaphragm: consists of a cover impregnated with spermicide that is placed over the cervix before intercourse to prevent sperm from entering the uterus. It can create the same problems as the IUD, and proper placement is not guaranteed.

The system is not suitable for young women. Protection: as above.

The tampon: consists of a tampon that is introduced into the vagina from time to time and which prevents the sperm from entering the uterus. It is currently replaced by absorbent elements impregnated with spermicidal material. It is little used and uncomfortable. Protection: as above.

Scraping: consists of cleaning the inside of the uterus to remove menstrual fluid, sperm, the fertilised ovum or the foetus with the placenta. It was once performed with a vaguely scraper-shaped instrument and was very painful. It is an abortion method but in many backward countries it is ultimately also a method of contraception. However, it requires the intervention of specialised and specially equipped people. Preferably the intervention should be performed in a specialised clinic.

Currently, the operation is simpler and is performed under anaesthesia using a small aspirator, the end of which is inserted into the uterus in the form of a collapsible tube.

It is advisable not to perform the curettage after the third month of pregnancy.

In many countries the procedure is very controversial and authorisation is required, so it is sometimes carried out clandestinely with makeshift means and in unhygienic conditions, with serious danger to the health and physical integrity of the woman.

- chemists

Chemical contraceptives should always be taken with a doctor's prescription.

Chemical contraceptives do not protect against infection.

The best known chemical birth control method is 'the pill'. It consists of supplying the female body with progesterone in order to create a situation similar to the lactation period.

It is ingested daily in the form of a small pill. Over time 'the pill' has undergone various modifications and we now speak of second generation pills (with one hormone) and third and fourth generation pills (with 2 hormones). Third- and fourth-generation contraceptives should not be taken by young women on their 'first contraceptive'.

One should not use this method for more than 2 years in a row. It is also not completely safe because sometimes the woman forgets to swallow her daily dose. There is also a slight risk of undesirable side effects (e.g. malaise, reddening of the skin, breast enlargement or hair loss, cardiac arrhythmia, etc.) and/or of pulmonary embolism, which is slightly more pronounced with third and fourth generation pills, especially if the user is young and it is her 'first pill'. However, at the first abnormal symptom, stop taking the pill and visit a gynaecologist immediately.

Progesterone can also be injected and infertility lasts about three months. There is ongoing research into more suitable products and more sophisticated and/or automatic means of dosage. Recently the Implanon was launched, a very small cylindrical subcutaneous dosage device whose effect lasts two years. Also known is the vaginal ring, which consists of a ring of synthetic material that is inserted into the vagina and slowly releases certain components such as progesterone.

There is also the danger that, superimposed on smoking or other habits and/or medication or a possible pregnancy, the massive presence of progesterone may promote the onset of diseases such as breast or cervical cancer. It has recently been reported by the US Food and Drugs Administration that several women who used the pill (e.g. Bayer's Yaz and Yasmine) or the dosing patch were affected by pulmonary embolism and many of them died or suffered severe permanent debilitation. Therefore: extreme caution, take contraceptives only with the consent of your gynaecologist and visit your gynaecologist regularly.

The spermicidal ovum: it is introduced into the vagina before sexual intercourse. As it dissolves, it impregnates the vaginal environment with a harmless spermicidal substance.

The morning-after pill (RU 486, there are actually three pills): it is mainly widespread in France. Basically it is an emergency abortifacient that causes the ejection of the newly fertilised ovum. It can be used up to about 7 weeks after the beginning of the last menstruation, but its effectiveness decreases as the days go by. To be used with caution and with a doctor's prescription. There are also pills that can be used up to 72 hours after intercourse and that prevent the fertilised ovum from adhering to the mucous membrane. It is however an emergency remedy and as such, the earlier it is used, the more effective it is.

Abortion products in general: there are various kinds. In countries where abortions are carried out clandestinely (and here many years ago), prepared substances are also used, handcrafted from

various plants such as parsley, etc. They can be taken orally or through an inhaler. They can be taken orally or through injections.

Usually abortion by means of chemical substances works in the first two to three months, and for the woman the evacuation of the foetus, especially if it is already developed, is quite painful.

Nor should the sometimes traumatic moral aspect of pregnancy termination be overlooked.

In poor countries the method of washing the vagina with a suitable and readily available liquid (e.g. Diet Coke or a similar product) functioning as a spermicide is practised. The procedure must be performed within two to three minutes after ejaculation.

In case of necessity and in the absence of anything else, it is a valid alternative to avoid an unwanted pregnancy. The liquid can be introduced into the vagina by the partner by mouth.

Note: Immediate rinsing of the vagina with water, while reducing the likelihood of fertilisation, does not completely nullify it because many spermatozoa find refuge in the vaginal mucosa. Only if the vaginal environment is acidic are spermatozoa paralysed and/or killed.

- other

Vasectomy: surgical interruption of the sperm ducts between the testicles and the bladder.

The man undergoing vasectomy becomes sterile but the operation is reversible.

Sensation remains unchanged, the sperm fluid that escapes is sperm-free.

Vasectomy must be performed by a specialised surgeon and the operation takes about ½ hour.

The method of injecting metal microplatelets into the sperm ducts is also used in India. The platelets kill the spermatozoa. Good, cheap and reversible method.

Sterilisation: surgical interruption of the ducts (tubes) that connect the uterus to the ovaries. The ova can no longer descend into the uterus. Sensitivity remains unchanged. It is uncertain whether the operation is reversible.

Both male and female sterilisation sometimes has a traumatising effect as it is a clear reduction in procreative capacity. It is therefore an operation only advisable for people who already have children and/or absolutely do not want any.

Tests

When menstruation is late or when a woman wishes to conceive a child, the question immediately arises as to whether a pregnancy is in progress.

To answer this question with certainty, it is not enough to look at symptoms such as lack of menstrual discharge, feeling of nausea, fever, etc., as the origin of these symptoms can be different.

Most tests examine the woman's body fluids: urine, blood, saliva.

Only a reliable test can give an accurate answer. Tests can also be purchased in pharmacies on prescription. In the event of a considerable delay in menstruation (1-2 months) and in the event that one wishes to terminate a pregnancy, the test must be repeated in order to be as certain as possible and to be able to decide what to do in good time.

The advice of the doctor and possibly also the parents is desirable.

Venereal or sexually transmitted diseases, prevention, treatment, hygiene

Hygiene of the sexual organs

Good general hygiene, and of the genitals in particular, must never be neglected. As a matter of principle it is not necessary to rinse the vagina, but an occasional rinse with lukewarm water and

possibly a little neutral soap may be useful. If necessary, natural yoghurt introduced into the vagina allows the natural mucosal flora to be reconstituted. For the hygiene and care of the genital organs, there are specific products that should be recommended by a specialist doctor. Give up those products such as sanitary towels, various tampons, sprays, creams, etc. that you buy in the supermarket. They are likely to weaken the mucous membrane and keep the intimate parts moist, encouraging the abnormal growth of fungi and/or bacteria. In addition, tampons to be introduced into the vagina easily release chemicals (lead, mercury, arsenic, etc.) that have been used to process the materials and enter the body through the vaginal mucosa. In any case, absorbent tampons should not remain in the vagina for more than two hours. It is better to use comfortable, good quality external absorbent pads.

Only use underwear made of cotton and/or natural wool and loose-fitting clothes that allow the skin to breathe and stay dry. In critical cases (e.g. weak mucosa), a tampon soaked in natural yoghurt or Vaseline should be inserted into the vagina before swimming. Prevent faecal matter from entering the vagina or urethra. Avoid even indirect contact of the intimate parts with pets and other animals, wash your hands thoroughly before touching your intimate parts, clean and/or disinfect sanitary appliances such as bidets, toilet bowls and hygiene accessories, etc. often.

Moderate exposure of intimate parts to the sun has a beneficial and disinfecting effect.

Avoid piercing, especially on intimate parts: they are uncomfortable and are permanent breeding grounds for infection and embarrassment in the event of medical examinations. In addition, they require several disinfections a day and certainly do not help in sexual activity where they could even get in the way or become a problem. There are alternatives to piercing such as rings, wrist and ankle bracelets, necklaces, make-up and tattoos, special underwear, perfumes, etc. Tattoos: use in moderation. Above all, make sure that the colours used are of high quality and non-carcinogenic, and that the tattooing takes place under optimal hygienic conditions.

Remember that piercing will still leave a small scar, while the removal of a tattoo (perhaps requested by a new partner) is rather complicated.

Diseases of the male reproductive system (urology),

Since the urethra and prostate also serve for the passage of sperm and are therefore also part of the genital apparatus (penis, urethra, prostate, bladder, testicles) many diseases of the urinary tract also affect the genital organs and vice versa.

The following diseases are basically distinguished :

Parasites: these are small insects that live on the human body, preferably in the hairy, moist areas, hide in the folds of the skin, suck human blood or eat tiny patches of skin. The most common are lice, crabs and ticks, scabies, etc. They are transmitted by contact between bodies, tissues or animals, etc. Those who harbour such parasites suffer from the unpleasant itching caused by bites or stings. They can be eliminated with DDT-based powder (pollutant), bath additives, specific products, etc. Meticulous and continuous cleaning of the body, clothes, bedding, house, etc. are the ABC of prevention.

Fungi / mycoses: there are different types. Often they are a component of the flora in the female vagina or intestines that has overgrown or been transmitted by contagion. This type of venereal disease is sometimes asymptomatic but should not be underestimated and should be treated with appropriate means, usually antibiotics.

Symptoms may be clear or opaque discharge from the urethra or vagina sometimes having an unpleasant acrid or meaty smell, itching and/or pain in the urethra/vagina/testicles, fever, etc. Sometimes fungi or mycoses are transmissible by epidermal contact (the contagion of fungi growing between the toes when walking barefoot on hotel carpets is classic, the contagion through the

panties of girls in miniskirts sitting on velvet seats in movie theatres or cars is classic). If there is a sick person in the family, towels, etc. must also be separated.

Bacteria: they are the venereal diseases par excellence. There are about a hundred of them, of which gonorrhoea (gonococcus), syphilis (spirals...) and chlamydia are the best known. Venereal diseases are by definition serious diseases that if left untreated can lead to death or in any case create serious disorders in the urinary/genital system including sterility, various infections, prostate cancer, etc. The symptoms are similar to those of fungal infections. Bacteria infections are treated with antibiotics. In the event of any doubts or symptoms, one should immediately contact a specialised doctor and diligently follow the prescribed treatment. Given the wide variety of infections, the symptoms are manifold. In some cases there are no symptoms, in others the symptoms are identical to those caused by fungi (see above), however more pronounced

In the case of **syphilis**, a temporary skin lesion known as the initial syphiloma. If not stopped, the infection spreads throughout the urinary/genital tract and later to the rest of the body. The same goes for the deadly Donovanosis: it manifests as a subcutaneous nodule, which progresses to a painless genital ulcer that grows and tends to bleed. Infection usually occurs through sexual intercourse, as the bacteria are carried by the fluids of the sexual organs. The bacteria are identified by examination of secretions from the urethra/vagina and blood.

It must be remembered that with the exchange of body fluids, other infectious diseases such as tuberculosis, etc. can also be transmitted, which are not necessarily limited to the urinary tract. It should also be pointed out that many people, despite being ill, are asymptomatic and can therefore transmit a disease even without their knowledge. This happens very often in poor countries where medical care is haphazard.

It should also be noted that a person may be carrying several diseases at the same time (including, for example, bacteria and/or viruses of different strains), which greatly complicates the clinical picture.

Viruses: they cause many viral diseases. Many of these are transmitted preferably through sexual contact, after which the viruses invade the whole body. However, in principle any exchange of body fluids (vaginal mucous membrane juice, semen, saliva, tears, blood, etc.) is to be considered a possible vehicle of contagion.

Among the best known viral diseases with sexual contagion are hepatitis, AIDS, herpes, etc. Viral diseases are almost incurable; only for some there are vaccinations. They are therefore very serious or at least debilitating diseases (AIDS is often fatal) that must be avoided at all costs. The likelihood of contagion also depends on other factors such as the stage the disease is at, the amount and type of liquid that has passed from one body to another, etc. It may happen that a relationship with a sick person does not infect the partner, while sometimes a microscopic wound is enough for viruses to enter the bloodstream.

It is not uncommon for asymptomatic sick people who are unaware that they are sick to infect their partners.

Prevention

To avoid contagion of any kind, one must

- avoid sexual intercourse if you suspect that you are infected or have been infected
- avoid sexual relations with people at risk (prostitutes, homosexuals, drug addicts, etc.)
- avoid sexual intercourse with persons unknown or known to have many partners,
- in the above-mentioned cases, absolutely use a condom, which in any case is not an absolute safety

absolute safety (see chapter "Contraceptives") and avoid exchanging secretions

- only have sex with the same partner after a joint medical examination
- have regular check-ups and if possible get vaccinated. For some time now, young women can be vaccinated against the papilloma virus, which causes cancer of the uterus.

If there is even the slightest suspicion of an infection, all physical contact must be avoided. Depending on the type of virus, simple epidermal contact such as handshaking or massage, the use of ordinary towels, etc. is usually safe, whereas any contact such as sexual intercourse, kissing, tears, etc., during which bodily secretions are exchanged, involves a risk.

If a person discovers that he or she is ill, whatever the nature of the infection, he or she must notify his or her partner or partners so that they can all receive treatment promptly and so that the contagion does not spread. He or she must also immediately undergo appropriate treatment, taking advice from a specialised doctor.

In affective relationships, sometimes the presence of an STD is an insurmountable obstacle.

In the couple, the disease creates suspicion of betrayal, mistrust and animosity. It also creates a state of anxiety that inhibits mutual attraction with serious repercussions on the relationship. Impotence caused by the disease, foul smell, secretions, the obligation to use a condom, etc. are also very disturbing factors.

One should not dramatise: any sexually transmitted disease does not create itself.
If two healthy partners have a normal sexual relationship, the only danger is that of an unwanted pregnancy.

Parents should not rail against their son's or daughter's boyfriend or girlfriend when they find out that their infant has his or her first sexual relations with peers. It is better to condescend as long as a medical examination is made, precautions are taken ... and remain faithful to each other. Obstructing the first experiences would create a misunderstanding between parents and children (and probably also between the two families) with the risk that the children would proceed anyway but in an uncontrolled manner.

Among the sexually transmitted diseases, hepatitis B stands out in terms of danger.

The virus is quite contagious and attacks the liver and other organs of the body, wearing them out and eventually destroying them. The course of the disease is long and dramatic and requires frequent treatment and hospitalisation.

A vaccine has recently been created against this fortunately not too widespread disease. Let us also mention herpes, a classic viral disease transmissible through intercourse or physical contact.

AIDS (SIDA; acquired immunodeficiency syndrome) has been the talk of the town for the last few decades. The virus is very dangerous but fortunately not very contagious. It is mainly transmitted by blood (infected syringes, transfusions) and body secretions, especially vagina and semen. Sexual intercourse is dangerous due to the presence of traces of blood (from menstruation) in the vagina or anus, and which can penetrate into the man's body through micro-infections in the skin of the penis or mouth. Conversely, infected sperm can enter the body through the uterus (or intestines) or microspheres in the mouth.

Simple epidermal contact can be considered harmless.

The virus survives as long as the cell that harbours it: for instance in the blood of a syringe stored in an open place it survives a few hours at most. Isolated, the virus is very fragile. The AIDS virus dies at 55 °C and dies on contact with usual disinfectants.

The tests currently used can detect the presence of the virus between 10 days and 4 months after infection. To be on the safe side, a test must be carried out at least four months after the presumed infection.

Some hospitals (e.g. in Lugano), to encourage early detection of the disease, carry out the test at a particularly modest price.

Initially, the disease is asymptomatic and has an incubation period that can vary from a few months to a decade. The virus installs itself in certain cells of the immune system and forces them to manufacture other viruses instead of fighting infection. As a result, the immune system gradually weakens until the bacteria have the upper hand and the sick person succumbs. The first symptoms are ease of infection, wounds that do not heal, frequent and persistent infections such as pneumonia, etc., which can only be treated with antibiotics.

HIV-positive people must not be isolated and/or avoided because, except for risky behaviour, they do not represent a danger of contagion and need great comfort, assistance and understanding.

Recently, there has been a therapy that, by preventing the virus from reproducing, allows HIV-positive people to lead (only for a few years!) an apparently almost normal life, but in reality traumatic from all points of view. The side effects of treatment are often very unpleasant.

Unfortunately, due to the specificities of the virus, research into AIDS drugs or vaccines is slow and it will still take years until an effective cure is available. At the moment it is just possible keeping the disease under control.

In Africa and other poor regions, due to the lack of any kind of assistance, the situation is particularly dramatic. It is therefore strongly recommended to avoid all risky behaviour, especially in third world countries.

The prostate, urinary tract, testicles

The prostate is the weak point of the male urinary/reproductive system and usually becomes a problem after fifty. It is a gland located along the urethra at the bladder outlet. It acts as a valve to open and close the urinary duct. If it doesn't work, it doesn't close and the man cannot hold back urine (incontinence) resulting in tedious leakage, it also fails to open fully resulting in difficulty urinating and ejaculating. The prostate also produces a part of the sperm fluid that in the prostate joins the spermatozoa from the bladder.

The passage for urine through the prostate is very jagged. In case of urinary tract infections, bacteria easily settle in the prostate where it is difficult to remove them.

Prostate infections and/or after-effects, if left untreated, lead to calcification that prevents the prostate from holding urine or to a prostate bulge that occludes the urinary duct. The doctor can check the size of the prostate by inserting a finger into the anus or by means of a probe introduced into the prostate through the urinary duct of the penis or by ultrasound. An enlarged prostate is the size of a large walnut, at most the size of a tennis ball. A healthy prostate is smooth; if there are protuberances, additional examinations must be performed.

The most obvious symptom of prostate disease is the continuous need to urinate due to insufficient emptying of the bladder, or incontinence. Sometimes the symptoms are small yellowish malodorous discharge typical of urinary tract infections, or bleeding.

Another symptom is the PSA coefficient present in the blood. A value below 1.6 is normal, between 2 and 3 is a warning symptom and above 4 a more thorough examination is probably necessary. However, an elevated PSA value does not necessarily indicate the presence of a carcinoma but perhaps only an enlarged gland or advanced age. In the presence of a sudden rise in the PSA value, if biochemical treatments are ineffective and the patient can only urinate half a decilitre of fluid but every half an hour, more extensive examinations such as a biopsy should be carried out.

The classic operation consists of removing a layer of skin/flesh inside the prostate using an abrasive cylinder: by rotating it, the cylinder widens the urinary duct. The cylinder is introduced through an opening in the abdomen and through the bladder or, more recently, through a catheter introduced through the urinary duct of the penis or bladder. These operations are more or less painful and often

involve a certain period of convalescence during which the patient may be incontinent. Recently, lasers, thermal devices, balloons, radiotherapy, etc. have begun to be used to eliminate excrescent matter, and the technique is less and less invasive. Today, remote-controlled surgical equipment is also being used with which prostate operations are less invasive but much simpler and more effective. There are good hopes that appropriate and very effective drugs will also soon be available. Depending on the degree of ablation, it is possible that the spermatic duct remains obstructed or deviated, ditto for the erectile nerve. Thanks to modern technology, there is a good chance that prostate surgery will not lead to impotence.

To prevent damage to the prostate, urinary tract infections must be avoided, either by using prophylactics, careful personal hygiene and regular check-ups by the specialist. In the event of infections, these should be treated immediately by a specialist until they are completely cured. In daily life, it is advisable to ingest plenty of fluids, preferably drinking water, to allow the urinary tract to be well flushed. Rose hip tea (red tea) also helps to keep the urinary tract clean. Pumpkin seed oil is also good. Normal sexual activity, even if intense, in itself poses no risk to the prostate. To maintain the elasticity of the prostate, it is recommended to massage it regularly. The masseur (e.g. the spouse) performs the massage by inserting the middle finger (if necessary covered with a latex glove + lubricant cream) into the anus and lightly rubbing the finger over the prostate in a slow but regular motion for about a minute. Regular physical activity is also important, especially with the legs (walking, running), because with movement the thigh muscles massage the prostate and help to maintain its elasticity. With age and/or infection, other diseases such as Induratio penis plastica (IPP) can occur, which generates a debilitating shrinkage/deformation of the penis and which in most cases is permanent and penalising. Needless to say, in such cases, immediate referral to a specialist is required.

The testicles, due to their positioning outside the body, are particularly exposed to mechanical stress (pressure, blows, cold, etc.) that can be very painful and even debilitating (hernia, haemorrhage, frostbite, etc.). In the male body, there is a special duct capable of accommodating and sheltering the testicles, however, the testicles are not retractable so this positioning within the male body does not occur unless the testicles are pushed there manually; once the manual pressure is over, they immediately return to their original position.

The testicles are probably positioned externally because the glands that produce sperm work better at a slightly lower temperature than the body.

Various diseases of the testicles and scrotum are also known, some serious and debilitating, but fortunately they are quite rare. In the event of pain and/or swelling of one or both testicles, a specialist should be consulted immediately.

sterility (inability to procreate)

Both men and women can be sterile.

- A man is sterile if

- his genital apparatus is incomplete or has serious dysfunctions
- does not produce spermatozoa (e.g. in case of malfunction or absence of testicles).

In this case, treatment and a return to normal fertility is very difficult.

- produces sperm of poor quality (e.g. they do not have the necessary movement to reach their position in the vagina or do not have the strength to penetrate the ovum and fertilise it). In this case, normal spermatozoa can be selected and used for artificial fertilisation. There is probably a possibility of treating this form of sterility
- it does not produce sufficient spermatozoa
- spermatozoa cannot reach the exit of the penis (e.g. in the case of an interruption of the spermatic duct due to vasectomy, due to prostate surgery, due to infection of the spermatic duct, etc.).

In this case, it is possible to surgically remove sperm directly from the testicles and proceed with artificial fertilisation. It is also possible to treat or remove (by chemotherapy or surgery) the interruption of the sperm duct.

- cannot reach orgasm and ejaculate for instance causes impotence. Impotence is often curable (see chapter).

- The woman is infertile if

- she does not have genital organs such as the ovaries and/or uterus (e.g. because they have been surgically removed)

- the ova cannot descend into the uterus (e.g. because the tubes are obstructed due to infection or a cyst). This infertility is treatable.

- the ova are of poor quality and, even if fertilised, do not survive. Sometimes it can be remedied by in vitro fertilisation.

- the woman's body rejects sperm or is unable to carry a pregnancy to term. It is probably possible to find a suitable cure with in vitro fertilisation.

- she is too young (not yet fertile) or

- she is too old (has already passed the menopause)

- she is pregnant: in this state the woman is not infertile but neither can she be fertilised

However, it should be remembered that men are able to produce sperm continuously, from puberty until the end of their lives, whereas women have a fertile period limited to about 30-40 years and limited to those days of the cycle when one or more ova are present in the fallopian tubes or uterus.

Fertility, fecundity, twins

It is the capacity to procreate.

For a man, the quality and quantity of the sperm he ejaculates is important for fertilisation. This depends on the man's age, his state of health, his standard of living, the sexual appetite his partner is able to generate, his genetic make-up, etc. For men, there are theoretically no age limits as the testicles produce spermatozoa continuously and theoretically one is enough to fertilise an ovum.

For women, the decisive factor is age (fertile period from about 13 to about 50 years).

Theoretically, a woman could bear 50 or more children: borderline cases of around 35 to 40 are known.

A woman is fertile when she is able to procreate; she is normally fertile when the ovum is in the uterus.

A case in point are twins

There are those (monozygotic) twins born from a single egg that split in two, generating two similar foetuses. Monozygotic twins are very similar to each other.

There are the (heterozygotic) twins that were born from two eggs each fertilised by a different sperm and are therefore slightly different.

Twins can also be more than two (triplets, etc.): rare cases of quintuplets and even very rare cases of sextuplets are known. In these cases, the babies are born prematurely, are underweight and have to be placed in an incubator. Often a proportion of these multiple twins do not survive. Recently there have been several cases of multiple births by women who had undergone infertility treatment. Monozygotic twins in particular have a strong psychological/emotional bond between them.

The influence of the environment

Technological progress' has led to the introduction of many chemical substances into the environment. All living beings come into contact with these chemicals and partly absorb them. Many

of these substances are deposited in living organisms where they interfere in natural hormonal processes. These are the endocrine disruptors that, for example, interfere with the thyroid gland. Recent research has shown that endocrine disruptors, particularly when combined, also interfere in the genital system already at foetal level, creating serious deformities and/or genetic diseases and even cancer. It is therefore of great importance to avoid contact with materials that contain chemicals, primarily plastics, but also the myriad of chemical products such as cosmetics, food contained or cooked in plastic containers, lyes, clothes made of synthetic fibres, plant protection products, etc. etc. It is estimated that there are currently (2022) around 20,000 chemicals that are regularly released into the environment, mix with each other and in one way or another then come into contact with humans. I can only advise avoiding contact and the use of synthetic materials of all kinds as far as possible, especially before conception and during pregnancy, for both women and men. I would also advise favouring natural and bio foods.

Psychosomatic sexual practices and illnesses

Shyness, depression, inferiority complex, inhibition

(see also "Fundamentals of social psychology" same website)

It is a widespread attitude. It is a mixture of fear, inexperience and introversion.

This is why it is quite typical in immature young people caught between the desire to know, to try, to love and the fear of unknown consequences, frustrating rejections, etc. The result is great reserve in relationships with others, especially with strangers of the opposite sex.

Shyness may among other things be due to a difficult childhood, a lack of sex education and/or inexperience.

In young people in extreme cases, depression can lead to suicide. The affection, understanding and dialogue of parents, relatives, friends and teachers can prevent a tragic decision.

However, the young person must be aware that his or her situation is transitory, common to many young people and due to external imponderables, and that tomorrow will be better.

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The shy person is embarrassed when observed; when prompted, they often blush.

Shyness is overcome with a great effort of will. Later, as the individual matures and accumulates experience and knowledge, he or she becomes more self-confident and shyness disappears.

At the opposite extreme, certain individuals become overconfident to the point of becoming boisterous, intrusive, brash (parrots in Italy), boorish, arrogant and even violent.

Shyness is an aspect of the popular culture of a people: the more life experience, promiscuity, the need to live and work in contact with others, the greater the need to integrate and overcome shyness as soon as possible. Certain professions (e.g. salesman) are more easily exercised by extroverted people.

Thin people tend to be more shy and introverted, while fat people are more extroverted and have more facility in human/social contacts.

The shy, more reflective person is, however, deeper (few friends but good ones) and can judge better.

The concept of shyness is often combined with immaturity, however, there are also shy adults. This is due to economic conditions, the knowledge that one's future is at stake or past traumas, situations that can occur at any age.

The writer believes, however, that shyness is not necessarily a symptom of immaturity.

Clearly, the shy person will encounter enormous difficulties in his relations with others and especially with the opposite sex. That is why the shy person has to make an effort, come out of his or her cocoon, attend courses and various environments, travel, learn languages, accept invitations, not get upset at one or more rejections, etc. After all, others are also human beings with the same needs and feelings, and if one's behaviour is correct, there is nothing reprehensible and nothing to be

ashamed of. It is also a good thing for one who meets a shy person to help him/her with friendly behaviour, favouring encounters, etc.

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It is said that we are not made of iron. This saying also applies to our psychic balance. Stressed for a long time, the psychic balance can break down and the subject falls into a depression.

The most common causes are stress, anxiety, mobbing, overactive living, major changes (moving house, divorce, etc.), illness, bereavement, old age, etc.

For men, the origins of depression are generally to be found in the professional/social sphere (financial loss, unemployment, bereavement, illness, imprisonment, etc.).

For women (more sensitive) depression may originate from

- physical imperfections
- first menstruation, menstrual syndrome
- the fear of the first affair / deflowering
- the first pregnancy / childbirth
- subsequent pregnancies / births
- menopause
- life changes such as divorce, loss of a partner, loneliness, etc.

Pregnancies often force the woman to give up her profession and become a full-time housewife. Pregnancies and the associated changes are often one of the main reasons for depression, as the woman loses the social contacts made at work and finds herself alone at home working around the clock. Depression usually intervenes four to six weeks after childbirth. With her hysterical and repulsive behaviour the young mother creates incomprehension on the part of her husband (who also suffers), children and relatives (mother-in-law in the lead). The woman feels accused and/or believes she is a bad mother/spouse, depressing herself even more, etc.

At this point, psychiatric treatment is required. Group therapy, i.e. meeting/interviewing other women who are in the same situation, also helps a lot.

In order to prevent depression, it is important for the woman to know beforehand what can happen to her, that this is perfectly normal, that she is not at fault and that she is by no means a bad mother/spouse. It is also important that every now and then she has the opportunity to 'switch off': for example, to go out alone at least 1 or 2 evenings a week to devote herself to her favourite activity, meet friends, socialise, relax or to go on holiday to a place where she can at least temporarily free herself from the burden of children/family. The patient cooperation of the husband/dad is of course indispensable.

It is useful to remember that these depressions are a typical consequence of the modern social system (patriarchal monogamous family) which, with the splitting up of households and modern techniques, isolates housewives, preventing them from fulfilling the very important need for socialising.

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Notoriously, perfection does not exist. Even mother nature does not make us perfect, so we all have some small or large imperfection.

Unfortunately, in our consumer society, the image of the perfect, active, dynamic, self-confident man/woman has become widespread. This creates in most of us imperfect beings an unhealthy inferiority complex.

In women, the most common reasons that create an inferiority complex are, for example: overweight, small breasts, short stature, prominent nose, malformed legs, etc. In men they are prominent belly, short stature, baldness, small penis, wrinkles, etc. Generally, age-related inferiority complexes such as wrinkles, white hair, baldness, blotchy skin, etc. can also cause inferiority complexes.

Both women and men can compensate for physical shortcomings with character virtues (see the chapter 'What men desire') that are valued at least as much as beauty.

Certain physical imperfections can be remedied by cosmetic surgery, appropriate clothing or corrective exercises.

A classic are the exercises to strengthen the pectoral muscles (natural support of the breasts) of women who wish to enlarge their breasts: inhale, hold your breath, press a fist into the palm of the other hand with great force for about 5-6 seconds and then relax. Repeat the exercise dozens of times, at least 5-6 times a day for a few months with your arms down, horizontal and raised, and arms bent and stretched. You can also use a ball or another object (e.g. a car steering wheel): the exercise consists of squeezing the ball with your hands.

There are massage devices on the market that excite the muscles, including the pectoral muscles, with weak electric impulses. Suitable equipment can also be used in the gym to exercise/strengthen the pectoral muscles. Long hair also serves very well to divert attention and hide the breasts in any situation.

In general, a decent appearance, a sweet look, an appealing smile, a helpful, friendly, understanding and sometimes even affectionate demeanour, even towards strangers, create an attractiveness that makes it possible to achieve such successes that the inferiority complex soon fades into oblivion!

Virginity

Since ancient times, humans have attached great importance to the small membrane, called the hymen, that almost completely closes off the vagina. In popular culture, the integrity of this membrane is proof that the woman has never had full sexual relations and is therefore a virgin, named after Mary who conceived Jesus despite being a virgin.

In primitive society virginity was purely a matter of custom, of maturity, of proof of love. With the appearance of possessions and private property (landed estates, domestic animals, slaves) and the consequent need for man to identify his heirs with certainty, there arose in man the desire to procreate with a woman of whom it was proven that he had never had sexual relations and therefore did not already have children who could claim a share of the inheritance. This resulted in an unfavourable situation for the woman, who was restricted in her desires and relationships only to be able to prove her innocence and find a husband. Obviously the man was not subject to this restriction. This situation continued until the end of the Middle Ages when women gained a certain independence through work.

In eras where great importance was attached to virginity, she who was unable to prove her innocence was considered a tramp and often treated very unfairly.

Even today, in certain countries or underdeveloped regions, much importance is still attached to virginity.

(man seeks illibate girl...) and makes it a matter of honour. In these areas, 'illibate' girls from the age of 12 - 13 are locked up and/or guarded until marriage, often imposed by their parents.

In the Middle Ages, a kind of lockable metal slip (extremely uncomfortable and known by the name of 'chastity belt') was even invented, which the woman was forced to wear and which, by enclosing the pelvis, prevented the woman from having a normal sexual relationship.

Nowadays, virginity is rather perceived as an obstacle to individual freedom.

As already mentioned elsewhere, young women are advised to undergo deflowering through surgery. This way of proceeding, planned within the family, avoids the pain and unpleasant bleeding

that accompanies deflowering and avoids combining the memory of the pain of deflowering with the instead wonderful one of first love.

The word 'virgin' is also much used and even abused in various sectors, including the food industry, to define a genuine product, free of additives, etc.

The rupture by piercing the hymen with the penis is called deflowering and normally coincides with a woman's first full sexual intercourse. In our latitudes, girls have their first full sexual intercourse, i.e. lose their virginity, between 15 and 19

years. For the woman, this is an important step in her sexual life, as the memory will remain with her forever along with the memory of her first partner. For this rather petty reason, not a few men aspire, even for a fee, to have relations with virgin girls.

For a man, one speaks (improperly) of virginity when he has never engaged in any full sexual intercourse.

Frigidity, vaginismus

It is the woman's inability to reach orgasm.

Frigidity can have two origins: psychic or physical (or both).

In the case of psychic frigidity, the origin must be sought in the past and/or in education. The cause may be a traumatic experience, perhaps forgotten: for example a rape suffered in youth, an incestuous relationship or simply a fear of the male/penetration due to inexperience or a too rigid/puritanical/moralistic upbringing. In her subconscious, the woman always has the trauma present in her and it re-emerges in the form of fear (inhibition), a disinterest or hatred for the opposite sex, or uncontrolled reactions (e.g. total passivity or panic) during intercourse. These situations can be treated by the psychoanalyst, who little by little must make the woman remember past traumas and make her accept them as part of life and learn to live with them so that she can fully enjoy the love in progress. Sometimes a light consumption of alcoholic beverages, e.g. champagne or a calming medicine, can help.

In the case of physical frigidity (the origin could also be psychic) there is a lack of reaction of the sexual organs, which, although stimulated, remain passive. For example, the vagina does not moisten, the clitoris is numb, penetration is painful, etc. The woman's fear of not being able to satisfy her partner, of passing as frigid, etc. completes the work, and with the onset of panic, failure and frustration are programmed. Again, a visit to the psychoanalyst can be helpful, but a medical specialist can also recommend medication (sedatives, disinhibitors, etc.) that can certainly help overcome the obstacle.

A correct and thorough sex education given at an early age would probably help many young women to overcome the fear of the first steps, to understand and perhaps even accept certain less pleasant aspects of life, and to learn early on to know their bodies and enjoy their possibilities. It is emphasised that many frigid women do not know the origin of their difficulties and yearn to actively participate in love and make the most of it. In this case, the frigid woman needs much tenderness, sensitivity and patience, especially from the man she loves. The power of love and time can work miracles.

There is a possibility that frigidity becomes permanent and is at the origin of an inferiority complex that degenerates into an attitude of passive detachment (e.g. the woman becomes a cloistered nun) or hatred towards the other sex that is deemed incapable or unreliable (e.g. the woman becomes a lesbian).

If the vagina remains contracted involuntarily (vaginismus) penetration is impossible but the woman can participate in petting and experience clitoral orgasm.

Impotence

When a man is sexually aroused, his penis swells with blood and consequently increases in length and diameter, becomes hard and erect. This situation is called an 'erection' and is a perfectly normal and spontaneous reaction called, however, essential for a man to be able to introduce his penis into the vagina and/or achieve orgasm.

Impotence is a typical dysfunction of the human male: for a psychological or clinical reason, the penis does not erect or erects insufficiently or for a limited time.

If it is a psychic problem, the reasons may be a trauma suffered in the past (e.g. an accident or vascular problems that prevent blood from accumulating in the penis) or the fact that sexual intercourse or the woman herself disgusts him, a stressful situation, the anxiety of having to prove one's virility and/or achieve orgasm and/or satisfy the partner's demanding requirements, etc.

Impotence often occurs in old age, as a result of illnesses (e.g. a specific disease such as PPI) and/or various therapies, due to cold weather, due to taking medication, alcohol, smoking, drugs, etc.

Sometimes the partner of an impotent man does not accept the situation and reproaches him for his inability to engage in full sexual intercourse by depriving him of the corresponding pleasure.

Reprimands are often followed by mockery, which creates frustration in the impotent man and later also an inferiority complex. The resulting state of stress does not help to overcome the crisis, rather it accentuates it. In such cases, impotence can become the cause of a divorce. The impotent man must be treated with consideration and, aware of his limitations, will reciprocate the attention with generosity and much affection.

Impotence is treated with specific medicines and psychopharmaceuticals. A small cylindrical container is also used in which a depression is formed; the man inserts his penis into it and the depression draws blood into the penis, which consequently rises. There are also specific prostheses.

The best known anti-impotence medicine is Viagra. It is an expensive medicine (1 pill costs about 12.- E.) but effective as it contains testosterone that causes the penis to erect for about 2 hours. It acts directly on the blood system of the penis, does not cure impotence permanently, is contraindicated in the case of heart disease and if taking other medicines at the same time: use only with a doctor's prescription. Alternative medicines to Viagra are also in preparation and/or exist that also contain testosterone or act directly on the brain. They take the form of pills (Cialis, Levitra, etc., to be ordered in pharmacies), ointments (e.g. Topiglan) and gels (freely available in the USA), injections, etc. According to recent tests, Cialis is the best, followed by Levitra and Viagra. It only remains to be seen whether the erection is also matched by increased sensitivity and whether the increased appetite/sex drive is well accepted and equally matched by the other party.

Testosterone is a male hormone produced by the testes and to a small extent by the adrenal gland. This hormone determines the development of typical male attributes (muscles, beard, virility, etc.). With age, its production decreases and consequently so does virility.

The man with impotence needs a lot of affection, understanding and patience, but it is also necessary for the partner to make an effort to be attractive and to arouse his partner's sexual appetite, as sometimes the man's impotence is only a reflection of a couple problem. This is proven by the fact that not infrequently the impotent married man 'miraculously' recovers when he has sex with his young lover.

However, good and regular physical activity and a healthy life is and remains the ABC against impotence.

The opposite of impotence is premature ejaculation resulting in the end of an erection. The man must learn to control himself to postpone orgasm and 'hold on' until his partner orgasms.

Nymphomania

It is a psychophysical disease. It mainly affects women and exaggerates their sexual appetite. It is a fairly rare disease.

As a result of her irresistible impulses, the nymphomaniac woman behaves in such a way as to blatantly attract the attention of others, particularly men, with insistent and provocative behaviour and provocative clothes that she changes frequently. She offers herself to men with exasperating insistence and resourcefulness, without restraint and/or precautions of any kind, seeks out and calls men at home and at work, etc.

In relationships she is insatiable but unpredictable and consequently often changes partners.

While at first the novelty of a superdisinhibited woman may be amusing, her character/psychic instability causes danger to herself and others.

Nymphomania can become like a drug and make one sex addicted. It usually has to be treated in psychiatric institutions also with sedatives, etc.

In popular belief, any woman who openly seeks sexual intercourse and/or demonstrates that she likes it very much is called 'a nymphomaniac', but this definition is certainly unjustified and is often and unfairly attributed to a woman who is simply very sensual, i.e. the way men would like all women to be.

In fact, sensuality, the typically feminine human warmth, has now been lost in a sea of materialism, consumerism, sports, gender equality, etc., so that the woman who behaves with a lot of feminine scharme/sensitivity is immediately noticed and even criticised.

The maniacs: big and small voyeurs, the exhibitionists, the misogynists

We have all once in our lives peeked through a keyhole.

Those who watch pornography and show sex are probably people with emotional deficiencies but their interest is limited in time. On the other hand, voyeurs like to maniacally watch more or less secretly their own and others' sexual evolutions, not disdaining the aid of the most modern technological means.

Some maniacs collect, for instance, women's underwear, locks of hair, and... a lot of mischief and even a few convictions if they are dangerous.

Exhibitionists are also maniacs .

Exhibitionists like to show themselves naked at the least suitable times and places. For instance, it is a well-known case of certain people walking around covered only by a cloak, which they open in front of astonished casual onlookers, or who exhibit themselves naked via the Internet, etc.

Comical story: an exhibitionist opens his cloak and performs naked. Much to the exhibitionist's disappointment, however, the occasional spectator focuses his attention on the cloak and points out that the lining is a mess. The exhibitionist locks up the cloak and walks away in frustration.

It is also a well-known case of people running around naked in parks or during demonstrations.

The flasher is generally harmless, but it is not excluded that the mania transcends into other, more 'animated' forms and/or that the flasher forces other people to accompany him.

Ordinary people mostly do not attach too much importance to these sporadic appearances, while the authorities repress them as 'public indecency', especially if performed in the presence of minors.

Misogynists hate women. Some are dangerous and sometimes attack women physically.

Years ago, the case of the man who stabbed single women in Lugano caused a fright and stir.

This feeling of hatred is probably due to a great deal of frustration accumulated over the years and resulting from rejection, separation, bullying, loneliness, etc.

Nudism

Around the 1920s - 1930s, on the wave of new philosophical and revolutionary ideas, the idea of greater contact with nature, the sun and the air became popular (e.g. in the 1930s at Monte Verità in Ascona-Switzerland). In order to expose the body to the natural elements, believed to be a source of health, the opinion spread that it was good to get rid of all clothing. The naturist movement and nudism were born. At first limited to a few educated and wealthy people, over the years nudism became a popular movement, even exploited by diligent travel agencies.

Nudist centres and beaches existed along the shores of all seas.

Stripped of all clothing and even the natural/cultural ideal of the early promoters, they practise long and almost painful exhibitionism that is sometimes even harmful to health. In fact, the sexual organs and the anus, without even the slightest protection provided by a swimming costume, are particularly exposed to ultraviolet rays, and dirt, various parasites and even small animals can easily penetrate into the orifices (for example, by swimming naked in the sea).

In some nudist camps (e.g. on the Dalmatian coast), holiday-makers walk around naked on the beach, but also in shops and restaurants, creating no small amount of disconcertment and embarrassment for the less uninhibited.

It should be noted that nudism is a beautiful way of enjoying nature, but a certain amount of care and discretion is required, as full nudism is not yet part of current customs. It should also be noted that without clothes, and even without a swimming costume, however small, the human body is not very attractive. In fact, very few people can exhibit a perfect, well-proportioned body. Especially naked old people are not very photogenic.

Furthermore, despite being uninhibited, naked adults still behave somewhat unnaturally, which an attentive observer cannot fail to notice. Only children know how to be naked so naturally that it is a pleasure to see them playing and rolling around naked in the sand.

Sexual harassment

Under this heading all unwelcome sexual attention should be considered.

Statistically 9 times out of 10 it is a man who sexually harasses a woman.

Sexual harassment generally occurs in the workplace, between colleagues and/or between a boss and his subordinate or a female boss and her subordinate.

Even an insistent but rejected courtship can be considered sexual harassment.

In some countries men known as 'parrots' have a habit of insistent courting girls (e.g. foreign tourists) even on the public street.

Sexual harassment is punishable and the perpetrator can be called upon to pay compensation for material and moral damage (the accusations of sexual harassment recently levelled at President Clinton by some of his female aides are well known).

Sexual violence, rape

Unlike sexual harassment, rape implies the use of brute force to force the victim (usually a woman) into unwanted sexual intercourse (complete or not).

For the victim, rape is a real torture, often accompanied by threats and abuse.

Sometimes the rapist is a person known to the victim; sometimes it is even a relative who enjoys the victim's trust. Again, the trauma of being raped is compounded by the trauma of discovering the true face of the neighbour.

Sometimes rape is carried out by a group of people who collectively abuse the victim (e.g. in case of war conflicts like the recent one in the Balkans where rape was practised as a method of repression and psychological warfare).

Often victims, out of fear or shame, renounce reporting the violence they have suffered.

In large cities, women's organisations and specialised departments exist to help victims of sexual violence and rape.

Rape often entails various consequences such as forced deflowering, pregnancy, venereal diseases and/or various injuries, dishonour, fear of retaliation in case of denunciation, theft of personal belongings, etc.

In any case, rape is a traumatic experience, all the more so when the victim is young and inexperienced. In the case of child victims, rape is likely to involve a trauma that will last a lifetime. For years and perhaps for a lifetime, people who have been subjected to such violence will be repulsed by the idea of physical contact with a man, and when this is desired (e.g. with a husband) hidden rejection mechanisms are triggered that may result in partial or total frigidity or impotence. In almost all countries, perpetrators of harassment, sexual assault and rape face even heavy sentences.

It is often difficult to identify the perpetrator. Sometimes judges consider as mitigating factors the fact that the victim was partially consenting, that she had exposed herself to danger, or that the perpetrator was not aware of his acts, etc. Often the trial is circumstantial and sometimes judges and/or jurors plea-bargain for one of the parties, etc., so the outcome is rather unpredictable. Famous is the case of the boxer Tyson who had to pay several million dollars to a pretty girl and also had to spend some years in prison. Also famous is the case of the US lady who cut off her husband's penis and was sentenced...to one month in a nursing home!

Abstinence

Sexual abstinence is called the need to renounce sexual intercourse. Abstinence is an obligation for those people who for various reasons are isolated: in detention, in seclusion, or because they follow religious or moral dictates. In the USA, a movement has recently sprung up which, also to combat the spread of AIDS, preaches premarital abstinence.

Abstinence is particularly difficult for men to endure (see the chapter on 'surrogates').

In the long run, abstinence creates frustrations and even mental illnesses (with various consequences) because spermatozoa accumulate in the bladder all the time and the swollen bladder presses on the solar plexus (?) with relative discomfort. Statistically, married men live longer than unmarried ones, probably also because of the irregular sex life or even because of the abstinence they are forced to undergo. Abstinence can also be seen as a social problem (driving men to prostitution or even rape) attributable to modern desocialising life, etc.

Surrogates

Masturbation, petting

Both men and women can masturbate.

Masturbation is natural and has the function of relieving the tensions accumulated by prolonged abstinence, however, the degree of arousal is less than during sexual intercourse with a partner, so that the satisfaction of needs is also less, and in some cases even insufficient, especially on the emotional side. One humorist has called it 'virtual coitus'.

To masturbate, the man massages his erect penis by quickly and rhythmically sliding the foreskin over the glans until orgasm. The orgasm and related ejaculation allows the man to discharge the contents of his bladder and relax a little.

Dummies in the shape of a woman, made of rubber and equipped with an opening functioning like a vagina, are also known. Apparently they were in use on World War II submarines.

The woman rhythmically and quickly massages her clitoris with a finger or/and massages the inside of her vagina with a cylindrical object (e.g. with an artificial penis fitted with a vibrating device, called a 'vibrator'). Avoid small objects that could get stuck in the vagina.

Dummies are also known to exist that are equipped with movement and have a penis-like offshoot. Popular belief has it that masturbation is unhealthy and/or has serious health consequences. This is not true as long as one does not overdo it and respects good hygiene.

Masturbation is the natural alternative to sexual intercourse.

Young men sometimes ejaculate spontaneously during sleep. It is possible for women to spontaneously orgasm, for instance by running or by rubbing the seam of their trousers or the saddle of a bicycle or horse on their clitoris, etc.

Sometimes both men and women masturbate in groups, possibly masturbating each other.

Within the couple, mutual masturbation, even with the mouth, is one of the most common practices, and is part of petting, i.e. phase B (kissing), which is also an alternative to coitus.

The well-known case of the famous tennis player Boris Baker, however, has shown that petting can lead to unwanted pregnancies: for instance, the woman can reuse sperm by 'manually' transporting it into her vagina in order to self-fertilise. The resulting (unwanted) paternity has serious legal consequences for the man, such as maintenance obligations, compensation, etc.

All men, especially wealthy ones, are therefore advised to distribute their sperm particularly selectively!

Pornography

by this name we mean more or less risqué and/or obscene publications concerning sexual practices. Since in many countries these publications are completely or partially banned, both production and trade take place either covertly or otherwise through special channels.

Sometimes the production and/or trade of pornographic material is controlled by the underworld on a par with drugs, prostitution, etc.

In general, pornography is a distasteful and often reprehensible product.

However, the motive is always easy profit for the producers. They make use of people who by necessity have to do humiliating work and speculate on the loneliness and dissatisfaction in our consumer society that drives many people to seek in pornography a substitute for the missing love. Pornography comes in the form of books, comic-type printed matter, magazines with photos, video cassettes, films, internet sites, etc.

Pornography is also made via the telephone: via special telephone lines, it is possible for those in search of erotic thrills to talk (at a high price!) about sex with seemingly compliant but in reality very sly and unattractive ladies who do everything they can to keep the caller on the phone for as long as possible.

In Denmark and other Nordic countries there are regular pornography fairs: droves of men and a few women flock there every year in search of strong sensations but who will still go home with a little less money in their pockets. At the Copenhagen fair there was even a pavilion where it was permitted to decorate the body of a compliant lady posing nude with coloured paint ...

Even in our latitudes SEX SCHOPs are no longer a rarity. In addition to pornographic material. In addition to pornographic material (generally only soft), there are also many erotic articles, various accessories, special underwear, etc. We recommend visiting a sex shop at least once for information / educational purposes.

Pornography is not suitable for minors because they cannot understand its essence and do not have the experience to critically examine it.

Pornography can be distinguished into

- soft when it depicts naked adults and/or more or less normal sexual acts. In some cases, the author also does some artistic and/or qualitative research on the images.

Soft pornographic video cassettes can be found in every specialised shop and even in supermarkets; they are also broadcast late at night by some TV channels.

- hard when the scenes depicted go beyond what is common sense: scenes of violence, group sex scenes, with children, animals, etc. Hard pornography often borders on intolerable and violent

obscenity: especially when minors are involved, pornography becomes a crime and is (unfortunately not sufficiently) prosecuted.

Hardcore material follows discreet channels and is sold under the table and via the Internet. There are perverse people willing to shell out huge sums for particularly 'hard' pornographic material. The possibility of easy money entices the criminal underworld and individuals to produce this material, even by using people and minors forced by force or/and threats.

Spectacle sex

The tradition of entertainment is lost in the mists of time: theatre, dance, etc. were practised since ancient times. It has always been intended to entertain the public by highlighting its erotic side, for example in art where 'nudity' is a classic.

Specialised dancers have handed down ballets and costumes to the present day using increasingly skimpy costumes. The 'belly dance' in use in Arab countries is classic.

Nowadays, performance is divided into

art (ballet, music, classical theatre, cabaret, painting, photography, cinema, etc.) and erotic entertainment (female and male striptease - full or otherwise, pornographic entertainment, erotic cinema, eroticism in art, etc.).

In our times, a hint of sex peeps out almost everywhere: in advertisements, during games with pompom girls, twirling with majorettes, sex jokes, etc. Even certain sporting activities such as figure skating have a certain erotic appeal.

Here again, the greatest incentive is profit for both those who make use of the sexual appeal and often those who operate in the hope of achieving notoriety and success in this way.

Prostitution

A woman has always known that a man, in order to enjoy her favours and engage in sexual relations with her, is willing to give her something in return.

That something can be love and affection, a proposal of marriage, etc., but it can also be a favour, a job, the introduction of the woman into the 'jet set', etc.

That something can also be material goods: flowers, jewellery, more or less expensive gifts, dinners, evenings at the theatre or cinema, trips, holidays, etc. and, last but not least, cash .

Paid lovemaking is called prostitution. Women who do this for a living are the peripatetic ones, also known as prostitutes (vulgarly, whores).

Since time immemorial, women have been able to take advantage of this opportunity both to bind a man to themselves in order to acquire the security of a lasting bond (marriage) and to accumulate wealth and important relationships (the case of the spy Mata Hari is famous).

Since antiquity certain women, and in particular cases also men, have practised self-giving for the purpose of receiving gifts and/or money.

In ancient Rome, the vestals of the temple of Venus had to give themselves to collect obols for the deity. They were instructed and trained for this purpose and operated under the guidance of careful supervisors.

Since antiquity, invaders forced the women of the vanquished to prostitute themselves for the victors. Similar tragic episodes occurred recently in Yugoslavia and before that at all latitudes during World War II.

Also during the Second World War, armies had in tow a group of women whose task was to give themselves to the soldiers to boost their morale.

In the area of prostitution, the following **phases** can be noted:

1 - Recruitment: this is usually done through specialised people or groups operating in poor countries or areas. Families and girls are promised humble but honest work, instead they end up in

a centre where they are held captive. It can therefore be said that the most important reason that leads to prostitution is poverty. For example, in Calcutta alone there are about 200,000 girls who willingly or unwillingly become prostitutes. Most of them come from poor Nepal and are led into prostitution with false promises, threats and blackmail of all kinds.

Another system is practised by attractive recruiters who woo and cajole young women with gifts, promises of love and marriage, etc. After some time the man talks of debts that she, with a simple paid affair with a third party, could afford to settle. Out of love or force, the woman agrees, but contrary to her expectations, the takings turn out to be insufficient, so she has to continue indefinitely..... Then, with an excuse, the man turns away from her and looks for another woman to introduce into the business, and so on.

Another strand that leads to prostitution is drugs: in order to have the money needed for the daily ration, women, and men too, do not hesitate to prostitute themselves, and albeit in the worst way, without protection etc.

There is also ransom pure and simple: the white slave trade is well known; young and beautiful women are kidnapped mainly in Europe and transported with various stratagems, by force and with the help of

drugs, to the Middle East where they are placed in brothels or closed harems and forced into prostitution.

Each person in the chain who does the kidnapping, transporting, selling to the recipient, etc. receives a hefty fee. The final price, which also depends on the beauty of the woman, will amount to many hundreds of thousands of francs. Every year, thousands of women disappear in Western countries: it is assumed that a part ends up in the Middle East.

However, recently merchants find it cheaper to hire prostitutes, especially from Eastern countries. Many women are initiated into prostitution while still children: taken away from their families with various promises, they are employed in brothels as cleaners, ironers, etc.. It is, however, a kind of apprenticeship until one day ...

In Eastern European countries, self-styled Western film producers offer 'a film career' by inviting girls to participate in the shooting of pornographic films.

One must not forget male prostitution practised by men disguised as women or transsexuals (see chapter..). Also terrible is child prostitution due to misery and exploitation by unscrupulous adults. The methods of initiation into prostitution are more or less always the same.

Since there is a demand for paid sexual services, there are those who find their profit in satisfying or having this demand satisfied and making the sex trade flourish. sex trade flourishes.

However, it should not be forgotten that there are also 'gold diggers', very attractive and cultured women who court wealthy men in order to get married and then enjoy and/or appropriate the groom's property through accomplices, a divorce or in extreme cases through uxoricide.

Also classic is the case of the secretary who gives herself to the company owner or the office manager to get a promotion, the model who gives herself to the manager to advance her career, the actress who gives herself to the producer to get an important part in a film, etc.

Prostitution is legal in Switzerland: any woman who wants to can prostitute herself as long as she respects morality rules, etc. Normally this means that she is not allowed to contact clients in a public place.

In order to supplement her husband's meagre salary and/or to satisfy some 'vice' (e.g. to be able to buy a fur coat), sometimes even women who are considered 'honest' occasionally prostitute themselves. While professionals are generally careful about health and use condoms, 'amateurs' often neglect this aspect and thus take great risks.

A condom must always be used when dealing with prostitutes of any edge.

In general, compared to males, many women have the advantage that they can at any time earn money or anything else using only their own bodies.

1.1 - The pimp or the organisation

The world of prostitution is dominated by small and large organisations, often with international ramifications.

As mentioned earlier, from the moment of recruitment, most of the women who are to be initiated into prostitution are contacted by persons organised for this purpose.

These organisations, which are usually illegal and even criminal, have large resources, unscrupulous but hasty staff, and logistical bases.

In particular, the bases serve to temporarily house the newly recruited girls and where the coercion takes place. The organisations also have centres where girls engaged in prostitution are housed and worked. These centres, known as 'brothels' or 'brothels' or 'dating houses', are more or less equipped depending on the means available to the organisation and the level of clientele that frequents the centre. The centres are organised like a boarding house. The girls enter them at a young age and begin their work in the kitchen, in the laundry, as room attendants: they see and learn. A director accompanies the girls during their career; men from the organisation attract customers, help them, supervise them, take care of the takings and forcibly remove the unruly and/or ... those who do not 'consume' but merely browse....

The active girls gather in a salon, where they can be approached or chosen by customers.

In other places they stand in corridors or rooms holding the door open, etc. In Amsterdam there is a street where girls stand in shop windows displayed as merchandise.

In Germany there are large brothels where the girls call customers from the window.

The most organised centres have their own facilities such as a kitchen, canteen, bar/restaurant/dancing, laundry, doctor's surgery (with compulsory twice-weekly medical check-up), cashier, room and customer service, a large round of protection and informers both to guard against checks by the authorities and to attract the largest number of wealthy customers, etc.

Behind all this is a pimp or organisation that collects what the prostitutes earn from their work.

Prostitutes are only given a small fee because they are expected to share in the costs of travel/accommodation, food, clothing, protection, etc.

Prostitutes who 'go astray', i.e. who do not scrupulously comply with the organisation's dictates, for example, by not handing over the entire proceeds of their work or by attempting to escape, are severely punished with fines and/or beatings, held captive and sometimes left for long periods without food, etc. Contact with the family of origin is also made extremely difficult to prevent the family from coming to the girl's aid. Sometimes the girls are allowed to keep for themselves and/or send home part of the proceeds.

In Western countries, the assistance given by the organisation is less because control by the authorities is stricter and more effective. Usually, organisations consisting of very few individuals with significant means are limited to recruitment in distant countries, real relocation to western countries and the provision of modest but very expensive accommodation. Punishment is usually limited to a premature return to the country of origin.

However, criminal gangs controlling the drug and sex trade have also formed in Europe. Often women are paid in drugs as addicts and are therefore linked to the organisation. Corporal punishment is not uncommon.

Criminal gangs with extreme right-wing political abstraction have also appeared in recent years, such as the Nazi skins, Hell Angels, etc., in which politics, violence, drugs, sex, motors, weapons, etc., all go hand in hand. There are also organisations with ethnic abstraction, e.g. Nigerians, who import and offer prostitutes from their country.

Often the organisations, or individuals operating in the sector, have a nightclub where the girls have to entertain clients by 'good-naturedly' encouraging them to consume expensive drinks such as sparkling wine. The girls can also prostitute themselves both on and off the premises. If they leave the premises before the scheduled time (e.g. to follow a customer) they have to pay an early exit fee proportionate to the duration of the absence. Usually these girls work in skimpy clothes (sometimes with bare breasts), are forced to endure hours and hours of loud music, smoke actively or passively,

drink large quantities of alcoholic beverages, breathe the stale or conditioned but cold air of night clubs, work at night, etc., with not inconsiderable health consequences.

Many organisations in Western countries force girls to hand over a certain amount of money every day. It is then up to the girl to collect what is demanded on pain of severe corporal punishment. Many of these girls always lurk (especially at night) in the same place along the busy streets and sell themselves to anyone in order to please their pimp or meet their debts/commitments. In this kind of activity, prostitutes are exposed to the danger of violent clients and criminals and to the inclemency of the weather. Police raids often prevent girls from working and clients from contacting prostitutes. In addition, in the neighbourhoods where prostitution is concentrated, there is shouting, fights, obscenities, etc., to the great annoyance of residents.

In Italy, a market was recently discovered where girls to be initiated into prostitution were sold and bought as slaves (average price about CHF 50,000, depending on physical appearance). There were (and everything suggests that the market still exists) especially girls from Eastern Europe, Albania and former Yugoslavia.

The case of a girl who escaped the organisation to marry an honest citizen caused a sensation: she was sought out and after a year was killed.

Some organisations (especially African, but not Albanian) allow girls to redeem their freedom after a certain number of years or at a price that is usually double what the girl has cost the organisation. After that the girl is free to work on her own, marry or return to her family, etc.

2 - Coercion

Most prostitutes did not enter the profession of their own free will but were forced into it at some point. I will try to explain here how girls are 'persuaded' into prostitution.

The moment of coercion (between the ages of 13 and 18) is a tragically traumatic and decisive moment in the life of a woman/ prostitute. In a short time, she is forced to accept and do what she has always abhorred: to lose her honour and virginity without being married, to give herself to all men indiscriminately, without affection or desire, without respect and consideration, dignity and gratitude, but with all the dangers and uncertainties attached.

Many girls (and boys) from poor countries are enticed by an honest job in the city or abroad and entrust themselves or are 'entrusted' by their relatives to a 'trusted' person or organisation that officially recruits domestic workers, labourers, artists, etc. willing to 'do anything'.

When they arrive at their destination (or for those who already reside in the brothel on the day it is decided to initiate them into the profession), they are locked alone in their rooms, their passports are taken away, they are threatened with deportation, they are threatened with all sorts of harassment that would also affect relatives left at home, they are left without food for days on end and even mercilessly beaten. At the same time, dastardly proposals are made: to give in and ascertain sexual relations and in return receive food, receive a lot of money, be free, etc.

The procedure continues until the exhausted and desperate girl gives in and accepts the vile blackmail, which usually happens after a few days for those already in the milieu and between one and three weeks for novices.

The girl also deludes herself that by accepting the blackmail she will be left in peace and that she will be able to earn a better living and help her family back home.

The first man to possess them (by force) is usually a member of the organisation who has the task of finally 'convincing' the girl or a wealthy client who has paid to be able to mate with a virgin girl.

After that the girls are placed in a group of prostitutes who will teach them the tricks of the trade and above all to obey and keep quiet. The organisation will arrange them according to their skills and

physical appearance. Those who rebel or evade or do not hand over the proceeds will be severely punished.

In Western countries, control is stricter and coercion more refined. Recruiters woo beautiful girls, cover them with gifts and promises, take them on long journeys, make them enter refined circles, etc. After a certain amount of time, the pimp, with the excuse of having to repay a debt or something similar and with promises and threats, pushes them around. After a certain time, the pimp, with the excuse of having to repay a debt or something similar and with promises and threats, urges them to give themselves to another man 'just once' in order to repay a debt. After the first time 'the debts are still there' and one has to continue until it becomes a habit.... These recruiters have exceptional charm and are unscrupulous. Usually the girls are very fond and attached to these kinds of men and the mere threat of leaving them is enough to convince them to commit any nefariousness. To convince the girls they also resort to tricks such as making the girls commit a (possibly fake) crime and then making them believe that their only chance of escaping the police is to follow the pimp's 'instructions'. Of course, alcohol, drugs, etc. are also used by pimps as means of persuasion. Another powerful means of persuasion is misery, the absolute and pressing need for a woman to have money. Some decide to practice prostitution on their own initiative following the example and directions of other girls who are already active. In this case they begin their careers as 'artists' , entraîneuse , barmaids, dancers, masseuses, etc.

In that situation even a simple offer from a casual acquaintance can convince a woman that by prostituting herself she can earn a lot, quickly and easily.

Often, however, an interested pimp or organisation will then force her into their business.

A modern means of coercion is drugs. Many girls begin their career as prostitutes in an innocent nightclub where they smoke a joint in good company.

Step by step they reach drug addiction, lose their dignity, honour and often all their possessions, health, friends and social relationships. To get their daily dose they accept any proposition that earns them the money they need. Desperate and apathetic, they often practice prostitution without protection and in miserable hygienic conditions. Eventually they fall into a severe state of prostration, always indirectly exploited by drug dealers. Some of them manage to escape from the drug-prostitution spiral thanks to the authorities' welfare programmes or the help of friends and relatives. Often, however, drug addicts enter prostitution or end up in hospital and then start again. Many die prematurely of infectious diseases or overdoses.

One must also remember prostitutes who were abandoned by their parents as children. At the mercy of drifters and/or without a permanent address, they learnt the value of their bodies very early and at their own expense.

These are very sad and sometimes tragic stories, outward signs of a sick society, of a distorted sociality that exploits and makes the poorest and weakest suffer. It is therefore important for young people to be shown the dangers inherent in the use of addictive substances, but also to be shown alternatives such as uninhibited but considered social relationships.

Albanian gangs have been active for some years now, kidnapping girls in Albania and neighbouring countries.

The gangs sell the girls to each other as if they were merchandise.

The girls are then violently forced into prostitution without any reward. This is a modern, tragic and revolting form of slavery.

3 - Exploitation, the practice of the profession

Those who engage in prostitution do so to make a profit: give to get. Obviously it is an exchange where each party will try to give as little as possible but to receive as much as possible. This principle also applies to exploiters, pimps, etc.

In exercising her profession, the prostitute needs (sometimes becomes a problem) to find clients who are willing to pay what she demands.

In order to lure clients, prostitutes have an infinite number of tricks, ranging from peculiar attitudes, sexiest clothing (boots, miniskirts, low-cut dresses, long hair, handbags with accessories, trinkets), staking out known places late at night, beckoning, etc.

The more organised prostitutes use newspaper advertisements, mobile phones, massage parlours, etc. After a time, many prostitutes have built up a circle of loyal customers who regularly come to her.

A prostitute has on average 10 or more relations a day; peaks of over 150 relations a day are known (in brothels).

Young and inexperienced prostitutes are very sensitive and sometimes even fall in love with their clients. After repeated painful disappointments, experienced prostitutes (in their 20s and 25s) lock themselves in a kind of sentimental cocoon with which they manage to separate their 'work' relationships from their private ones. The better a prostitute is able to camouflage this separation and, as a great actress, she is able to express feelings of affection, enjoyment and gratitude and the greater her success. This is evident from the fact that clients usually have a great lack of affection. The more experienced prostitutes even manage to imitate 'intimate intercourse' by squeezing their penis between their thighs and/or hands so that the man is convinced they are having normal intercourse.

Even if she likes someone, the experienced prostitute does not love her clients but loves her 'boyfriend' who is often also her pimp. To differentiate the prostitute/client relationship from the prostitute/lover relationship, prostitutes do not usually kiss their clients on the mouth. For the rest (regardless of the fee), the relationship with a prostitute is usually a normal sexual relationship between a man and a woman, with the difference that the prostitute 'goes for it' straight away without the man having to proceed to sometimes lengthy/expensive and often useless/frustrating courtship. Obviously, the relationship is still a source of some frustration (see below) due to the 'commercial' aspect of the relationship, but also to the fact that 'there is no conquest' on the part of the man but only apparent domination, and that this domination is in any case limited to the agreed time and will not leave any mark or memory in the woman's heart. With men, whom they judge to be of modest economic status or whom they do not like, some educated and/or pretty prostitutes (as well as some 'honest' women) even assume a haughty and/or contemptuous behaviour. Consequently, for the man, the relationship with prostitutes, especially if short-lived, can be unsatisfactory, lacking human warmth and ultimately frustrating.

Hardly ever do prostitutes speak candidly about their 'private' love life, whereas they are more likely to talk about their family, their children, etc. Often, in order to induce the client to take pity on them and to incite them to be generous, they tell sad stories of families and children to support, mothers to be hospitalised, debts to be urgently paid off, etc. While these stories are very interesting and should be listened to carefully, they are a mirror of human misery. They are, however, to be taken with a grain of salt even if they sometimes have a basis of truth.

At the time of the meeting, the prostitutes or their representative present the client with their menu, i.e. the list of services with the tariff for each type of service.

In our latitudes, a masturbation costs 50-100 \$ (with a supplement if done with the mouth, the so-called blowjob), a complete intercourse 100-200 \$, a night in a room 300 - 1000 \$.

Rates are variable: beautiful, young girls cost more, on the night between Saturday and Sunday there is a holiday surcharge. There is a supplement for each piece of clothing that the prostitute must take off, for working without a condom (not recommended), etc. When they are out of work, in order to find employment, many prostitutes lower their rates, but almost always the rates are only indicative and must be agreed on the spot. However, with 'normal' clients, the prostitute does

everything possible to end her service as soon as possible, either because the job/client is not to her liking or in order to serve as many clients as possible. The relationship is therefore usually conditioned by a certain haste and detachment that the experienced prostitute does not even bother to hide.

Often prostitutes lure their clients along the street (they beat the pavement) and agree to "work" in the client's car. On request, they agree to pick up the client in their room or accompany him to a hotel room or to his home, even on simple telephone request (call girls).

Sometimes prostitutes are confronted with violent clients who, dissatisfied with the services or the fee, refuse to pay or demand extra services. Not infrequently, prostitutes are subjected to violence and are even killed. Independent prostitutes and/or those who work alone, and who do not have a 'pimp' or an organisation that would more or less watch over their safety, are particularly prone to these dangers.

Many prostitutes specialise and, at the client's request, perform S&M exercises, i.e., they wear clothes similar to military uniforms or motorbike suits, chain the client and pretend to rape, whip him, etc., or, again to humour the client, agree to be chained and raped in turn, etc.

Other prostitutes accept simultaneous intercourse with several clients or to work in pairs with a friend, etc.

All these services have a price that usually has to be agreed in advance.

One recalls the misadventure that befell a friend who in Paris naively accepted a prostitute's invitation to go upstairs to a nightclub to toast the sparkling wine. After a few minutes, as he was unable to pay the hefty bill, the bouncers confiscated his expensive camera and expelled him in a rude manner.

Sometimes prostitutes go looking for clients where they are: for example, in summer they migrate to seaside resorts and in winter to mountain resorts.

Other prostitutes settle in the vicinity of conference centres in order to serve conference participants, or they go to cities where a major exhibition, conference, festival, etc. is being held. Every so often it is a scandal when it is discovered that some minister or parliamentarian frequents prostitutes ... who have 'thrown themselves into politics'.

As explained earlier, there is also the ring of luxury prostitutes.

These girls are very beautiful, young, skilled and refined. With an extraordinary flair, they know how to distinguish the rich man from the common man at a glance, they know how to behave in high the upper middle class and disdain any contact outside these circles. They are steered by their agency (which has a catalogue with photos) and/or have a ring of regular, wealthy clients whom they contact exclusively by phone.

In their private lives they pretend to be models, students, professionals or journalists, actresses, etc., and perhaps have boyfriends who are sometimes even unaware of their real profession.

The income from their work allows them to lead a relatively comfortable life and some even manage to accumulate a small fortune.

Mention should also be made of the prostitutes used by the secret services to steal confidential information or even to kill. The story of the World War I heroine Mata Hari and the action film 'From Russia with Love' with the popular James Bond and the beautiful Israeli secret service agent who had the nuclear technician Vanunu kidnapped is well known.

Mention should also be made of prostitutes who specialise in porno-photostories and pornographic films (years ago the documentary 'Heidi in pornoland', which illustrated the activities of a young Swiss pornographic actress, caused a sensation), erotic conversations, erotic massages, etc.

Deep down, many prostitutes always hope to find a soul mate who will marry them and get them out of the business. They also do not disdain marrying a rich man, even if he is old. Declarations of love by a prostitute must therefore always be taken with caution. It should also be considered that although attractive, the girls who prostitute themselves probably have a low cultural level and come from a country with a very different mentality from ours. Moreover, they know all too well how to 'beguile' a man and probably the only profession they know and have practised (perhaps even willingly) is prostitution.

This is not to say that a prostitute cannot become a loving mistress or a good wife/family man, however, the conditions are difficult and in the event of failure, for the man who has tied himself in good faith to a prostitute, the consequences can be catastrophic. It should be noted in particular that for some years now Western Europe has been invaded by prostitutes from Eastern countries: beautiful, educated but very ambitious girls who often do not disdain marrying men from Western countries only to 'disappear' unexpectedly with all their savings.

Whoever marries a girl from this circle must be aware that he or she is facing a minefield for which certain precautions are a must (keep BACs, savings books, securities, jewellery, etc. hidden, do not give unlimited credit cards, check your telephone bill, etc.), and must also be prepared for anything even on a sentimental level.

At this point one must ask the question: is prostitution honest? Is a prostitute honest?

Without addressing the issue of the morality of prostitution, the following can be said:

The popular term 'whore' obviously implies a certain underlying disloyalty, especially in relationships with men. Often young prostitutes still have illusions and therefore wish to be seen as good girls: generally speaking, they are also more reliable sentimentally. For a prostitute, the concepts of fidelity, sincerity, keeping one's word to a man have a very relative value. Woe betide falling in love with a prostitute: she takes advantage without hesitation and in any case does not break off professional relations with other men and her environment, much to the chagrin and jealousy of the unfortunate man. However, their behaviour, at times questionable and even shocking, is quite normal considering that they are easy-going and uninhibited women, great actresses and endowed with much psychology learned in the field.

On the other hand, in relationships with men, many so-called 'honest' women behave in the same way: the statement of some girls 'I'm looking for the blackbird to support me' speaks volumes. Regardless of the pecuniary interest illustrated above and in the way of understanding relationships with the male, each prostitute retains her own personality that emerges when one gets to know her better.

Obviously, in the presence of a customer's swollen wallet, the temptation to appropriate it and disappear is great. This rarely happens, but as the old adage goes: trust is good, but not to trust is better. Not infrequently in the Far East, it happens that the prostitute hides a bag of drugs in the client's hotel room and then goes to turn the client in to collect the reward. The unfortunate man is arrested and, in view of the very strict laws and the prevailing corruption, he will spend several months in miserable prisons before being allowed to return to his home country and his family will have to pay thousands if not hundreds of thousands of francs. The sum will be divided among the judges, policemen, lawyers, guards, etc. who will 'vie for the prey' in order to exploit it for as long as possible. To avoid these misunderstandings, it is better to rent a room from time to time according to the 'disposable' concept.

It should also be mentioned that peripatetic women often do not declare their income to the tax authorities, much to the chagrin of various finance ministers.

Finally, it should also be mentioned that there is a certain professional solidarity among prostitutes themselves. In some countries (including Geneva), prostitutes have even formed themselves into associations that help/defend their associates like any trade union. Of course, at the head of the union are former prostitutes.

In the Netherlands, a small party of prostitutes managed to get a prostitute elected to parliament, as did the radical party in Italy and, in its own small way, the Lega dei Ticinesi in Ticino.

There are about 600 prostitutes in Ticino of whom only about 20 have Swiss citizenship.

For some time now, a number of benevolent and religious organisations have been assisting the girls in the business, either by giving them advice, taking them in when they are in trouble, etc.

However, although highly commendable, this activity cannot eliminate the social inequalities that lead to prostitution.

4 - The decline

Prostitutes fade quickly. This is due to the kind of life they lead, the work

This is due to the kind of life they lead, night work, abortions, the use of alcoholic beverages, active and/or passive smoking, the use of medicines, cosmetics and narcotics, stress, illnesses and the consequent repeated treatment with antibiotics, repeatedly ingested contraceptives, etc.

An unattractive, sick or even ugly and old woman can no longer work as a prostitute because she would no longer be in demand: and this is the common fate of almost all prostitutes who have not managed to get out of the business in time or settle down.

For those who have managed to accumulate some savings, a sunset as a well-off single lady in some worldly resort is in the offing. For the less fortunate, life is reduced to a life of hardship and, if recognised by former clients, humiliation, underpaid menial jobs, a difficult return to the family or a charitable institution.

Premature death is not uncommon.

Sex tourists.

From poor third world countries, women (and some homosexuals) travel to rich western countries to work as prostitutes. Girls from visa-exempt countries come to our country.

They usually enter western countries with a tourist permit. In this case they can stay there for about three months or, if they obtain an extension, for six months and more.

They live in hotels or in modest but expensive rented rooms and together with their friends 'of the round' frequent certain restaurants or neighbourhoods. They display explicit attitudes and clothing and take clients to their rooms or accompany them to their cars or homes.

Usually, in order to pay for their trip, they incur heavy debts, which are added to those they probably already had before and to the need to support one or more children in the care of a mother or sister left at home. The 'trip' is the result of a pressing need to earn money.

To settle down, sex tourists do not disdain to marry a man residing in 'rich' countries. However, these marriages of interest often end prematurely and traumatically, and for the man, they result in the obligation to pay alimony to his ex-wife for a long time and the separation from his children (see in detail below).

Luxury prostitutes, specialised prostitutes

Some wealthy men are prepared to spend large sums of money in order to have sex with young, beautiful and cultured women. A ring of luxury prostitutes has thus been created: the organisations to which these women belong offer a high-class escort for a weekend for the price of 20,000. The prostitutes move at ease in the most sought-after circles (the jet set) and accumulate a considerable fortune in a short time, which they often do not know how to manage. They often marry a mature but wealthy man who covers them with gifts, sets them up in a 'business' and leaves them a large inheritance. A few years ago, a billionaire died in the USA who kept seven prostitutes in his employ during his lifetime: every day he attended another one. On his deathbed he married the favourite one who received a large part of the inheritance.

Individual girls specialise: for example, there are recruiters who persuade young and/or sought-after specialists by cuddling them to move from their place of work to that of their agent. These girls are

conveniently instructed on the company's progress, are briefed on the person to be recruited and are introduced to the candidate as if they were a secretary or a kind employee. If the recruitment is successful, they receive a reward commensurate with their performance, in addition to their remuneration.

The fight against prostitution

Since time immemorial, the debate on the morality of prostitution has also involved the question of whether prostitution should be tolerated or punished and consequently repressed in all its forms with all its annexes. The magnitude of the phenomenon and the number of people even in sight involved have convinced the authorities to legalise certain forms of prostitution, i.e. to exercise surveillance rather than outright repression.

It is recalled here that according to the Bible, even Jesus did not feel like condemning a woman who "loved too much".

Since prostitution is legal in western countries, the authorities repress the exploitation of prostitution, the negative outward aspects of exercising prostitution in a public place, tax evasion, illegal entry and stay in the host country, the dealing and consumption of drugs, and the initiation of minors and persons with diminished will into prostitution.

Sometimes they even force prostitutes to work in closed houses and oblige them to undergo regular health checks.

However, the authorities are often confronted with veritable international organisations with huge staff and resources, against which it is almost impossible to fight successfully. Moreover, the phenomenon is so widespread, capillary and deep-rooted at all levels that the mere fact of sometimes managing to take a census is already a success.

In Italy, they have also begun to target the clients of prostitutes, fining them, photographing them and sending their photos to their families, confiscating their cars, etc.

Prostitutes and their pimps fear the raids that the police carry out from time to time in brothels, peripatetic houses, discos, private clubs, etc.

In addition to a lost day's work, for those arrested it means being at the mercy of sometimes arrogant and insensitive policemen who are used to dealing with even dangerous criminals. Often the girls, already traumatised by an infamous job, are mistreated, humiliated, their savings, address books, etc. are confiscated, and the next morning they are abandoned on the street without any means, with the consequence that in order to obtain at least the bare minimum, the girls 'must' prostitute themselves until they are expelled from the host country. In order to avoid raids and/or to know the date in advance, organisations are willing to pay even large sums of money, so that these ways of proceeding by the authorities are often a further incentive to corruption and sometimes the result is counterproductive.

Sex tourism

from wealthy western countries droves of men and a few women travel to poor third world countries where they are accompanied by local women (or men) for big bucks.

In many countries, prostitution for tourists has become a real industry, for example in Thailand, the Philippines, Santo Domingo, Brazil, Kenya, etc. - the poor countries of the world.

Here too, in order to settle down and escape exploitation, prostitutes offer themselves as wives.

The result is however similar to that explained in the section on sex tourists.

A sad chapter is paedophile tourism: rich but perverse men travel from western countries to poor countries where unscrupulous people allow them to abuse children forced into this work for pay with the usual promises and threats. The consequence for the minors is traumatic even if the children are apparently willing.

In many countries, prostitution flourishes near American or UN military bases or construction sites where Westerners work, seaports, etc.

In various parts of the world specialised tourist agencies offer tourist trips including an 'escort', i.e. including a kind and compliant escort, or 'all' inclusive trips. Addresses and information can sometimes be found on the Internet that direct paedophiles to cheap havens, procedures that are rightly prosecuted under criminal law. Mention should be made of female sex tourism to the beaches of Africa or Asia, where smart and cunning 'beatch boys' pick up mature, bored and wealthy female tourists from Western countries. In return for their convincing performance, they ask and get all kinds of gifts and even some invitations to join their friend in Europe or the USA. For her, the affair usually ends after a few seasons with good memories but a lighter wallet. For him it is a done deal and the beginning of the next one. We advise readers wishing to embark on such holidays to exercise the utmost caution and a certain diffidence (for example, it is normal for the 'boy' to make believe that he is very poor and lives in a hovel in order to induce his new girlfriend to 'help' him). In particular, precautions are imposed in sexual relations (condoms, etc.), in food (only cooked or peelable food), and it is also advised not to form bonds (e.g. marital or commercial) beyond those of sincere friendship. The case of the German lady who wanted to marry an Asian young man she had met on holiday caused a sensation: consequently she invested all her hard-earned savings to build a house in his country. Since foreigners are not allowed to own property in that country, she had to register the house in his name. Shortly afterwards the relationship ended because she found out that he had another family and she returned to Germany. ... alone, discouraged, homeless and penniless.

General considerations on prostitution

Considering the growing misery of the Third World and the humbler strata of the population, the number of people and women who are forced into prostitution will not decrease so easily. The writer believes that the phenomenon should be channelled and controlled but not repressed, also because after all, in addition to earning a valuable income for herself and her family, the prostitute also performs a social function/service that the (very objectionable) society of consumption, materialism and loneliness is unable to offer. Clearly, the decision to take up the profession of peripatetic should be left exclusively to the woman, and peripatetic women should be able to exercise their profession with dignity like any independent professional. In any case, it would be desirable that no woman, man or specially child should have to prostitute herself against her will.

Sexual and/or medical practices

Circumcision

Circumcision falls into the group of medical/religious sexual practices. It is exclusively male. Circumcision consists in the ablation of the foreskin, which is the skin that covers the glans, the terminal part of the penis. Circumcision for therapeutic purposes should rarely be performed e.g. in case of local infections or other specific ailments. Circumcision for religious purposes is more widely practised. It is practised mainly by Jews (on the eighth day after birth), Muslims (optional) and many Oriental peoples. Circumcision is usually performed at a young age and is very painful. It is often performed by practitioners with inadequate means and under poor hygienic conditions, resulting in serious infections and sometimes even indelible deformities or death. The reason is usually given that the circumcised penis is more hygienic, but this cannot be proven at all. After circumcision, the glans always remains uncovered. Since the skin of the glans is very delicate and sensitive (not least because it is more sensitive to contact with the mucous membrane of the vagina), it follows that over time the skin of the glans becomes hypersensitive or loses some of its sensitivity, resulting in premature ejaculation or greater difficulty in achieving orgasm. In both

cases, the result is probably less enjoyment during sexual intercourse. It is also possible that with the glans uncovered, the circumcised man has some difficulty masturbating because he lacks the foreskin that the man usually pushes up and down along the penis.

Circumcised men not infrequently feel handicapped. It is possible to reconstitute the foreskin by daily and patiently pulling the skin of the penis forward until it covers the glans again.

Castration

Castration belongs to the group of medical/religious sexual practices.

Castration is exclusively male and can take place by completely ablating the scrotum or by opening the scrotum and ablating only the testicles or by interrupting the sperm ducts (vasectomy). The testicles can also be chemically atrophied, a practice sometimes used against repeat rapists and/or paedophiles.

For therapeutic purposes, it involves a beneficial shrinkage of the prostate. Collaterally, one sometimes notices an increase in weight and a change in character in a positive sense (the subject becomes more submissive, a bit like the castrated bull becoming a 'pious' ox).

The absence of the typical male hormones produced by the testicles results in a certain accentuation of female characters and sometimes a propensity to homosexuality.

In the past, castration was practised by armies against the defeated in order to subdue them, exploit them better and reserve procreation for the victors.

In past centuries, children were castrated to become singers. Indeed, the lack of hormones made the skeleton abnormally long combined with insufficient physical development. The adolescent physique gave the castrated children remarkable and appreciated singing abilities.

In the East, eunuchs, castrated guardians who, according to legend, disdained relations with women, were used to guard harems.

A castrated man can have normal sexual relations, but similarly to a man who has undergone a vasectomy (see contraceptives) he only ejaculates sperm-free fluid.

Eviction is forced or punitive castration (the Israelis before executing the former Nazi hierarch Eichmann emasculated him).

The ablation of the clitoris (excision)

The clitoris is the most sensitive external part of the female body. For its erotic significance and to limit the sexual drive of women considered malevolent, in certain third world countries, especially Muslim countries, young women have their clitoris ablated (excision).

Similar to other pseudo-therapeutic interventions, ablation is often performed by practitioners, with inadequate means and in poor hygienic conditions. When performed without anaesthesia, it is a particularly painful and traumatic operation. Not infrequently, the wound becomes infected.

The young girls are persuaded to accept the operation with gifts, veiled threats, and with incitement from their female friends who have already undergone the operation. The young girls accept out of ignorance and also not to be outdone by their friends.

The ablation of the clitoris, in addition to the traumas that the woman will carry with her for the rest of her life, perpetually entails a diminished sensitivity, in particular it is practically impossible to masturbate by massaging the clitoris. Also in the relationship with the man, the lack of the clitoris takes away much of the pleasure that the couple experiences with mutual massages.

This barbaric practice, a medieval remnant, is to be regarded as serious discrimination against women and must absolutely be abolished.

Infibulation

In some third world countries, especially in Africa, where the custom is for women to arrive at marriage as virgins, the practice of infibulation exists.

In order to prevent girls from having sexual intercourse before marriage, girls of about 6 to 10 years of age have the labia majora of the vulva longitudinally incised and then sewn together (originally they were fixed together by means of needles or fibulas inserted into the labia themselves, hence the name infibulation).

After a few weeks, the labia remain sewn together (the woman is 'closed'). The operation is performed so that only a small orifice is left open for urine.

On the first day of marriage, the husband, or whoever, reopens the female genital organ by cutting the scar with a sharp object.

Infibulation, like the ablation of the clitoris that is sometimes performed at the same time as infibulation, is a barbaric, extremely painful, humiliating and traumatic practice, all the more so since the trauma is repeated when the scar is reopened.

Often the operation is performed with inadequate means and in poor hygienic conditions so that many women contract infections and not infrequently the girls die after a long and painful illness. For the rest, what has already been said about clitoral ablation applies.

Like clitoral ablation, this barbaric practice, a medieval remnant, is also to be regarded as serious discrimination against women and must be abolished.

Scraping, the removal of the uterus

Scraping is a cleaning of the inside of the uterus to remove menstrual debris or foetuses, etc.

It is a medium operation and is performed with a spoon-like instrument, sometimes combined with a suction device. The curettage usually requires hospitalisation for two days, but in certain cases it can also be performed on an outpatient basis. It is quite painful and generally requires general anaesthesia.

Removal of the uterus is a fairly major surgical procedure. Removal of the uterus becomes necessary when the uterus itself is diseased and the disease could spread to neighbouring organs. The classic disease is uterine cancer, which affects many women after the age of forty.

Another cause of disease of the uterus is the excessive and prolonged use of the birth control method known as 'the IUD'.

Cancer usually presents itself in the form of a wound on the cervix that never heals. At an early stage, an attempt is made to eliminate the cancer by removing part of the cervix. If this is no longer possible, the only solution is ablation of the uterus itself.

The uterus is removed by operating through the vagina. The convalescence period lasts approximately 2 - 4 months.

Women without a uterus are sterile but retain all the sensations of normal people.

In certain developed countries, uterine ablation is performed on 10 - 30 % of women. In certain cases, along with the uterus, the ovaries and thrombocytes must also be removed. For some years now it has been known that cervical cancer is generally caused by a virus (papilloma virus, there are about a hundred variants) that is transmitted sexually and against which vaccines exist. Vaccination is recommended for the very young of both sexes combined with regular check-ups for women.

Ablation of the sinus(es)

Another disease that often affects women is breast cancer. Nodules form in the breasts that, if not removed, can degenerate into cancer, spread throughout the body and become incurable. One origin of this disease could be a combination of smoking - chemical contraceptive - shaving + underarm deodorant, products that should be used with caution.

It is therefore very important to detect the disease in time. That is why it is necessary for women to have a regular X-ray (mammography) of the breast every 6 months to 2 years. Today one can assess predisposition by examining the DNA. With advancing age, examinations should be closer together, especially for smokers and/or those using chemical contraceptives.

The preliminary examination can be carried out by the woman herself, who by palpating her breasts can check for the presence or absence of the dangerous lumps.

If the disease is at an advanced stage, one or both breasts may have to be ablated.

Plastic surgery is able to reconstruct the breasts to some extent, but the mutilation has a traumatising effect on the woman and the loss of the symbols of her sexuality leaves her frustrated and over time with inferiority complexes.

In order not to appear different, women without breasts use to wear padded bras anyway and evidently disdain showing themselves in skimpy clothes or swimming costumes.

Cosmetic surgery, silicone breasts

Many people undergo expensive and painful operations to correct defects of nature or to remedy the ravages of time.

One of the most common operations is the 'lifting' of sagging breasts.

The operation involves the formation of two nipple holes in the skin above the breasts; the breasts and nipples are then detached from the skin and fixed higher so that the nipples protrude from the previously drilled holes. Under the breasts, the excess skin is removed.

This operation has no negative health consequences. Due to the effect of time, after 4-6 years the breasts are back in their previous position.

In order to firm up the breasts (or reconstitute the breasts after an ablative operation due to breast cancer), the technique of inserting a plastic bag filled with silicone jelly under the mammary gland was introduced a few years ago. Inert in itself, however, it is a foreign body with possible rejection with serious consequences if the container ruptures.

However, technology in this field is constantly improving.

If really necessary, it is recommended to perform the operation in a hospital where (instead of silicone) parts of the body itself, e.g. excess fat tissue, are reused.

Nowadays, almost any part of the body can be modified with cosmetic surgery: lips, nose, cheeks, chin, teeth, ears, fat tissue, etc.

Specialists are now able to reconstruct a person's face on the basis of a simple photograph .

Note: Remember that these operations are generally not paid for by health insurance companies.

With other aesthetic techniques, the colour of eyes (coloured contact lenses), hair and skin (suntan, tattoos) can easily be changed.

As a curiosity, we will mention the operation that is performed in certain South-East Asian countries, which consists of forming a ridge on the penis by introducing glass balls under the skin. The purpose of the ridge is to tickle the clitoris during coitus. While this practice speaks volumes about the man's desire to make his partner come, doubts remain about the effectiveness and practical consequences of this deformation.

Vasectomy (see the chapter on contraceptives)

Sexual accidents

The most common sexual incidents are obviously

- an unwanted pregnancy
- a sexually transmitted disease .

In both cases, it is advisable to consult a specialist doctor and/or gynaecologist as soon as possible, because if you want to terminate a pregnancy, you have to go through a complex administrative procedure. In Switzerland, termination of pregnancy is generally permissible during the first three months. For illnesses, too, it is necessary to consult a specialist as soon as possible.

The rarest incidents are:

Hypercontraction of the vagina with blockage of the penis in the vagina

It happens very rarely. It is probably an instinctive reaction in inexperienced women.

If it happens, do not lose your temper. Generally after about 2 hours the vagina relaxes and the matter returns to normal on its own, however during this time the man does not have the opportunity to urinate, which can also be dangerous. You can call a doctor (or notify the emergency room) but you have to explain what has happened on the phone so that he can bring the appropriate relaxing medicine which will be injected into the vaginal muscle (without the appropriate medicine and in extreme cases this has to be done in a hospital after an embarrassing hospital stay). There is no point in forcing it because it is painful, the woman gets even more frightened and the muscle becomes stiffer.

Rupture of the corpus spongium and/or corpus cavernosum of the penis with internal bleeding in the penis

It happens very rarely.

The penis turns blue (haematoma causing internal bleeding), bends and sags, the belly/scrotum skin around the base of the penis or glans turns blue (haematoma).

You should go to the emergency room immediately. The penis probably needs to be operated on immediately to limit the bleeding, or else the loss of virility and possibly of the penis itself.

The penis should be immediately clamped with hands or possibly bandages to limit internal bleeding.

To avoid this type of accident before coitus, it is necessary to wait until the vagina is well moistened and slippery (kissing the clitoris also serves this purpose!). Avoid any forcing! Do not bend or wrench the erect penis! Remember that the penis is fragile and that genitals in general are delicate. The amazon position (the woman straddling the man who is lying on her back) is dangerous as in the event of failed penetration the woman does not realise this and crushes the erect penis with all her weight with the risk of breaking it.

Users of VIAGRA and the like, which generates a strong unnatural and prolonged erection, are more exposed to the danger of this type of accident.

Children who urinate while resting their penis on the rim of the toilet expose themselves to the danger of the lid falling on their penis. Rupture of the thread joining the glans to the foreskin and/or rupture of the foreskin itself are also possible sexual accidents.

In the elderly, Induratio penis plastica (IPP), deformation of the penis due to internal scarring resulting from a urinary tract infection, can occur. Consult a specialist doctor immediately.

Foreign objects in the vagina, mechanical protection of the genitals

If foreign objects cannot be removed from the vagina or other orifices immediately, you should go to a gynaecologist or emergency room. The prolonged presence of foreign objects can easily lead to infection. The presence of the same absorbent tampon (normaly 2 hours) for more than 4 - 10 hours is dangerous. It is advisable to use tampons that stretch as they absorb rather than dilate, because by dilating they could get stuck in the vagina.

IUDs should also not be worn for more than two years consecutively.

In general, the delicate genital organs should not be uncovered, either for reasons of hygiene or simply for mechanical protection. This rule applies particularly during sporting activities (see also the chapter 'Sexually transmitted diseases; fungi').

For example, swimming naked in the sea is dangerous: there are parasites that prefer to settle in the natural body cavities of other animals, and during swimming the vagina and anus become an ideal refuge.

In Australia a few years ago a turtle tore off the testicles of a naked swimmer.

The testicles are so sensitive to pressure that even a light blow is very painful, while a hard blow can be very dangerous to health. For people who participate in dangerous sports, there are special testicle protectors called suspensors.

The accidental rupture of the hymen

This is the classic accident of sporting girls (horse racing, cycling, etc.) or the consequence of an attempt to introduce an object into the vagina (tampon, fingers, etc.).

This accident has no serious consequences. In countries where virginity is very important, there is the possibility of having the hymen sewn up.

Modern technologies and sex

There are basically two areas:

- communication / entertainment
- medicine / medical research

Modern technology facilitates contact between distant people (e.g. via the internet), making it possible to transmit messages, sounds and images very quickly, even in real time. Many institutions use these methods to choose a partner. A great advantage is the widespread use of advertisements, e.g. marriage, partner search, etc.

In medicine, modern techniques allow all kinds of inconveniences to be overcome.

Recently, research was done on the behaviour of the genitals during orgasm by introducing a mini-camera into a woman's vagina during coitus.

DNA analysis makes it possible to detect various malformations in the foetus at an early stage, recognise or not recognise paternity, determine sex, etc. (a DNA analysis costs about 3 - 6'000.- \$).

In contrast to the past, modern technologies make it possible to carry out non-invasive in-depth analyses (x-rays, ultrasounds, CT scans, magnetic resonance imaging, mini-probes, automated biomedical analyses, etc.) and to operate inside the body by accessing it through natural orifices or through minor interventions, with the help of thin catheters, etc.

Sexual malformations - transsexuals

The human body is not always 100 % male or 100 % female.

One speaks of an effeminate man when he is thin, has fine features, a small mouth, a hairless face, smooth skin, manners reminiscent of a woman, etc. Conversely, a woman is said to 'be a tomboy' when she is tall and robust, has strong features and typically masculine behaviour.

Sometimes, but rarely, these peculiarities extend to the sexual organs. Due to the proportion of male and female hormones in the body certain individuals from birth have a male body but feel more like a woman and vice versa. In their skin, they feel very unhappy and for them, over time, the situation turns into a drama.

They therefore have the desire to change their sexual organs to match their desired sex. This is often possible by means of surgery.

a) In the case of a normal man who wants to become a woman, the penis (the skin is used to create the vagina) and the scrotum (the skin of the scrotum is used to create the labia of the vulva) are surgically modified. Obviously, there will be no mucous membrane in the vagina, so the transsexual must introduce a lubricating cream into the vagina before intercourse.

Because of the lack of a clitoris, orgasm is also more difficult. Obviously it is easier for a man to transform into a woman than for a woman to physically transform into a man.

b) Sometimes the sex change operation is facilitated by the fact that these people have both female and male sex organs (hermaphrodites) at the same time, so it is 'only' a question of removing the unwanted part.

A transsexual is precisely an individual who, after living for a time as a man, changes into a woman or vice versa. Normally the above-mentioned operations are irreversible.

Often transsexuals merely change their behaviour and clothing. One then speaks of transvestites whose sexual behaviour is comparable to that of homosexuals.

A transsexual (case b), if he or she has all normal and natural female organs, can have complete sexual intercourse both first as a man and later as a woman (or vice versa). This is very interesting for research because it makes it possible to compare the sensations of the two sexes experienced first by the same person (see chapter on orgasm). However, for the majority of transsexuals and those close to them, the change of sex is and remains a traumatic experience, or at least one that does not fully meet expectations, also because the functioning of the reconstituted organs is often random.

- Asexuals

This is a rare malformation that from birth leaves the human body without sexual organs.

People with this malformation nevertheless behave like a man or a woman, sometimes even indecisive about it. However, they are excluded from procreation.

Sexual perversions, abnormal sexual practices

- group love

The most common practice in this area is threesome love (one man and two women).

While the man and the supine woman embrace, at first the second woman, crouching to the side, puts a condom on (taking the trouble out of the couple's hands), then helps the man introduce his penis into the vagina, and during coitus, puts one hand between the two bodies and massages the partner's clitoris, and with the other holds/holds the scrotum between her thumb and forefinger like a handgrip, thus controlling 'operations'.

Another possibility: during coitus the man massages the clitoris of the second woman with his mouth, etc. This is a thrilling experience, especially for the man, because if the women are very close (close friends or sisters, etc.) they stimulate and arouse each other, and the affection/admiration/recognition the man receives is greater. Thanks to the female partner's 'technical assistance', the woman reaches orgasm more easily and the shared experience strengthens the bond between the two women and enables them to better overcome any inhibitions and complexes and are able to 'use' the man for their pleasure. In order not to create jealousy, the male must obviously distribute his attention equally. If there is a preference, the man should contact the preferred woman privately and at a later date. In addition, the threesome should not lead to a threesome, as over time the women tend to gang up on each other (also sexually) and the man is slowly marginalised and exploited. On the other hand, this situation can also occur if two very close women (e.g. mother and daughter) cohabit and have sexual relations with the same man, alternately or simultaneously.

It is useful to remember that condoms are more necessary than ever, as the possibility/likelihood of disease transmission increases as the number of participants increases. In addition, one must avoid a double pregnancy, especially if it is unwanted, a situation fraught with consequences.

It also happens that a mother makes love to a man in the presence of her daughter, even for educational purposes.

In some circles, real orgies are organised in which sex is practised in groups.

While this practice may be amusing at the time, it leaves a lot to be desired (quantity is not synonymous with quality!). In addition, orgies are often accompanied by copious libations that inhibit all caution and encourage risky behaviour.

There is often a scandalous and/or judicial aftermath and an increased danger of contagion.

There are also sex schools reserved for adults. In these cases, one at least seeks knowledge and perfection. Everything depends, however, on the seriousness of the school. Otherwise, the whole thing ends up as an inconclusive and sometimes traumatising as well as costly experience.

- couple swapping

It consists of exchanging one's partner for a night or more between two or more couples. Obviously everyone should be consenting. This experience is usually practised by long-term married and uninhibited couples.

Meetings with other couples willing to share the experience often take place in special private clubs and/or venues specialising in this type of encounter.

While the procedure allows for very interesting and exciting experiences, sometimes the choice of partners is imposed by one spouse while the other must sacrifice himself to allow his beloved to have a relationship with a person who particularly attracts him. If nine times out of ten it is 'he' who takes the initiative, sometimes 'she' gets a taste for it with a little jealousy on 'he's' part. To pass these tests of fire, the couple must be extremely close.

Obviously these relationships are rather superficial and short-lived; here, too, the use of condoms is highly recommended. A certain amount of discretion is also required because any confidences will probably be reported to the other spouse.

However, it should be noted that it is not easy for a couple to find another couple suitable (age, social level, etc.) and to their liking. Moreover, even in these circles there are those who do it as a couple for money: a relationship with a wealthy couple certainly brings various advantages.

Of course, couple swapping is not suitable for couples with children because of the simultaneous external commitment of both parents.

In some countries, there are associations that organise couple exchange among their members. In some cases couples go on trips or holidays together, in other cases the exchange is done in shifts.

It also happens that a couple decides to have a third person (usually a woman, perhaps a prostitute; see group love) participate in their sexual 'exercises'.

- homosexuality

Homosexuality means having sexual relations with individuals of the same sex.

('normal' sexual relations, i.e. between a man and a woman, are called heterosexual)

There is male homosexuality and female homosexuality.

When two men have an emotional and even sexual relationship one of them poses as a 'man' and the other as a 'woman'. The one who assumes the role of a woman makes himself available to his partner as if he were a woman. In male homosexual intercourse, the anus takes the place of the vagina.

In the case of love between women, one of them assumes the role of 'man' and the other of 'woman'.

In sexual intercourse, in addition to petting, artificial penises are sometimes used that the 'man' woman straps onto her lower abdomen. There are also double (symmetrical) artificial penises.

Two women forming a couple can have children of their own, either by having a man fertilise them for the circumstance, or by artificial insemination.

Obviously, the homosexual relationship is a relationship that is against nature and about whose morality there is still much debate. In many countries, homosexuality is forbidden and punished. In the more permissive western countries, it has even gone so far as to allow two people of the same sex to live together, to formalise their union (mutual aid contract) and, rarely, to allow them to have or adopt children.

Even in a homosexual union there are feelings, jealousy, typical marital quarrels, etc. and, contrary to certain beliefs, a homosexual union can be as profound and a source of happiness as a union between a man and a woman can be. The homosexual is aware of his diversity to the point of sometimes even being proud of it (see demonstrations for homosexual rights). Despite having a different sexuality, the homosexual is a perfectly normal and often very sensitive and intelligent person. Homosexuals are generally quite discreet also because homosexuality is often not accepted

but ridiculed. Sometimes homosexuals are even persecuted (for example, they were under the Nazi regime).

In Islamic countries, although homosexuality is widespread (due to the limited availability of women), it is forbidden and often punished.

Homosexuals also have romances and exist and some even prostitute themselves, sex tourism also exists exactly as described above for conventional prostitution.

In the prostitution business, men disguised as women are almost unrecognisable and many of them are even more attractive than real women and play their parts with great conviction. Great is the disappointment of the customer who discovers that he is not accompanied by an attractive prostitute but by a man disguised as a woman.

Many homosexuals do not disdain heterosexual relationships.

Since homosexual intercourse between men is unhygienic because the anus is used, if it is immediately followed by intercourse with a woman there is a danger of faecal matter being introduced into the vagina with the associated danger of infection.

Furthermore, venereal diseases are transmitted from man to man as in heterosexual intercourse.

In homosexual intercourse between men (as between a man and a woman) it is therefore advisable to use a condom, while between women vaginal secretion should be avoided.

It is understandable that this happens where there are few women (or men) available (e.g. where polygamy is permitted, many men obviously cannot find a wife), while in civilised and uninhibited western countries, the reasons must also be sought in social problems and greater conflict within society itself due to modern communication and production relations that favour materialism and profit.

- paedophilia

There are people who enjoy watching or having sex with children more than with adults. Of course, this also applies to homosexuals. These people are called paedophiles.

Note: In Switzerland, the law considers persons under the age of 16 to be sexually underage. Engaging in sexual relations with minors is a criminal offence.

In order to realise their vile desires, many paedophiles are willing to pay even large sums of money or move to distant countries.

Contrary to what some paedophiles claim, children are in principle, psychologically and physically unfit to have sex with adults.

Sometimes the child is enticed with gifts or otherwise by a person in whom he or she has confidence to participate in 'exciting' games. Step by step and cuddled, at first without realising it, the child has to satisfy the paedophile's demands and desires to the point of full sexual intercourse accompanied by threats if the child tells a third party about it.

There is a well-known case of a paedophile who masqueraded as Mickey Mouse so that when the child complained of being 'raped by Mickey Mouse', nobody believed him.

Particularly in poor countries, as with prostitutes, it is adults (parents, a relative, an acquaintance, a teacher, a pimp or an organisation) who, by force and/or threats, force even children to lend themselves to vile practices.

The result is a whole disgusting trade based on child trafficking and exploitation.

Paedophilia is a mania contrary to all common sense, amoral and with serious and traumatic consequences for the children involved, precisely because it is a form of violence towards someone

who is unable to defend himself or understand. In the children involved, it also results in a serious loss of trust in adults (parents first and foremost) and the trauma is the basis for the perversions (depression, homosexuality, criminality, various disorders including paedophilia, etc.) that will characterise that individual when he or she becomes an adult.

Defined precisely as a mania, paedophilia is a form of perversion that is sometimes a real psychic illness dating back to childhood, which must be treated and is often difficult to cure. In fact, many people convicted of paedophilia are repeat offenders because the psychological disorders resurface at intervals of varying length and depending on the circumstances (remember the paedophile in Zurich who a few years ago raped and murdered a girl during a release from prison where he was serving a sentence for paedophilia).

Recently, there has been a debate in some countries on whether to subject paedophiles and perpetrators of sexual violence to chemical castration or perpetual imprisonment.

Recalling with horror the events of murderous paedophiles in Belgium and how certain children are abducted, used, brutalised and sometimes even suppressed, the writer believes it is right that paedophilia should be put on the index because it represents a real danger and a disgrace to civil society. As with other perverse and criminal forms, paedophilia is probably partly to be traced back to a malfunctioning of our society.

It must be explained to children from an early age that their bodies belong to them alone and that nobody can touch them without their explicit consent, and that they have every right to refuse anyone permission to touch their bodies. On the Internet or otherwise, children/adolescents must not give their name and address to strangers and especially not accept appointments with strangers. Adolescent children who believe they are being sexually abused and/or mistreated must absolutely talk to their parents, teacher, doctor or the police (ask for the child to be heard by specialised personnel and not to be confronted with the person who abused him/her, as this person will certainly also have forced him/her to keep quiet).

In Switzerland there is also a telephone helpline for abused children (ask for 111).

- other (animals, sadomasochistic practices, incest, etc.).

In our world, there are also those who engage in sexual relationships with animals.

These range from the innocent discovery of the sexual organs of domestic animals by the child to the actual relationships of people who, for various reasons, have to live isolated for long periods in the company of animals (e.g. certain shepherds). Even during the last world war in Germany, terrible experiments were carried out in this field.

In some countries, erotic shows are staged involving sexual intercourse between a woman and an animal. Even in pornography, depictions of sexual intercourse between humans and animals are not uncommon.

Regardless of the amorality of the exercise, intimate intercourse with an animal is certainly unhygienic and could lead to the transmission of uncommon diseases in humans.

There are also people who like to have sexual relations under special conditions.

- masochists like to submit and suffer violence and/or pain so that the partner has to stage violent acts against his partner, e.g. by pretending to frustrate him, chain him up, etc.

- sadists like to dominate/inflict pain so they take on the role of pretend torturers.

These abnormal consensual behaviours are probably due to traumas suffered in childhood.

However, the aim is always to experience pleasure, which in this case is due to the brain's production of morphine as a result of the pain imposed or suffered. It is advisable not to get involved in these practices because in the long run the game could become seriously dangerous.

In these relationships, it is important to establish rules and limits in advance so that the game can be interrupted at any time at the request of any of the participants and especially when the 'exercise' is

no longer pleasurable or has gone beyond the limits of the lawful (normally 'the victim' must not bleed) or even the lawfulness (endangering the lives of others).

Incest, or sexual relations between blood relatives, is another black chapter. Sometimes these relationships are real abuse by adults on their children or minor relatives. The psychological consequences are traumatic and, for the abuser, will last a lifetime. Children resulting from such relationships are more likely to be born handicapped.

In our country, marriage between blood relatives is prohibited and incest is criminally prosecuted. Every year, a few trials are held in our country for crimes of this kind. The offence is particularly serious if committed by an adult person on a minor or psychologically weak person. In primitive societies, tribes exchanged fertile women precisely to avoid inbreeding.

Sex education

Mum, where do children come from?

The child discovers the difference between boys and girls at around 2-3 years of age. Naturally, he or she immediately wonders why this diversity exists and, curious, wants to know more about it.

It is a natural learning process in life that adults, parents in primis, must support and guide in order to give the child a progressive maturation and a serene and responsible adult sexual life.

In general, children must have the certainty that everything concerning 'special' relationships between parents, and in general between men and women, is something natural, beautiful, good, and should not be hidden. The boy/girl must be convinced and happy that one day, with his parents' guidance, he too will be able to experience the beautiful experience of love. Only a relationship based on sincerity, understanding (but not permissiveness) and mutual trust can bring this about. Sex education provided by parents is complementary to that provided by the school.

Education must be based on truthful information, adapted to the age and degree of understanding of the child: it is better to forget about the stork carrying the children.

Mum, where do babies come from? When dad and mum love each other very special (once or twice in a lifetime), a small egg in mum's tummy starts to grow until it becomes a baby. When the baby is old enough, it comes out of mum's tummy through a little hole that only opens when the baby is ready.

This could be a typical response that will allow the child to get a first general but coherent idea of procreation. In time, parents can be more precise, for instance when it comes to explaining to girls the meaning of menstruation.

One must also discreetly indulge those innocent discoveries that children make among themselves (before the age of 10), reminding them that they must not forget about hygiene and that they must not harm each other.

It is good to involve the child in motherhood: for example, let him/her feel the mother's belly to get to know the baby brother/sister on the way. Also, if the mother feels like it, she can show the child where the baby brother/sister will come out of the belly. The baby should perceive the mother's pregnancy as the fulfilment of a natural, beautiful and joyful event. Even after the birth, the little brothers and sisters must stay close to the mother and the newborn baby and receive their share of effusions. Only then will they welcome and accept the newborn with affection and not as a rival that relegates them to second place in the scale of family affection.

Young people discover sex by 'playing' or 'snooping'. Interpreting first sexual experiences as a 'scientific' discovery helps to overcome shyness. On the part of parents, discreet and benevolent vigilance is required.

This text, 'accidentally' or deliberately made available already to adolescents, can provide young people with many answers.

There are of course many other texts suitable for every age group. In addition, it is hoped that the school will be more involved in its already commendable role of preparation for life, including sexual life.

Hi, we are at the **end!**

The Author thanks you for your attention and wishes everyone a happy sex life.



You can download this small manual for free from the website:

https://imparalavita.ch/eng/politics_docs.html

Link:

https://en.wikipedia.org/wiki/Ruth_Westheimer

Natasha Lunn: Conversations on Love