

**ARE
YOU
(REALLY)**



**fun
TO
LIVE
WITH**

Jim Vickers-Willis

With foreword by Dr. Francis Macnab, Director, Cairnmillar Institute.

A CHALLENGE TO ACCEPTED IDEAS AND ATTITUDES
WRECKING MARRIAGES & KILLING HAPPINESS

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FRONT COVER:

In the Bath: Thanks to the Melbourne couple who interrupted their celebrations to pose for this picture, on the evening of their 21st wedding anniversary.

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FOREWORD by Francis Macnab

In a functional disposable society, tenderness and mutual enjoyment sustained at a level of depth, become rare experiences. While we all have many contacts, acquaintances, and friendships of sorts, most of us keep alive that quest for closeness in our relationships.

Many see closeness as being nothing more than the physical tangle of two bodies and the momentary spasm of sexual excitement. There is more to closeness than that. Much more. But ever so easily we bungle it, get embarrassed, exasperated, frustrated, angry, or frightened. Although we would like to get close, we employ many subtle ways to avoid or evade closeness. We miss out on one of the peak experiences of life.

The sexual side of life carries many cultural sanctions and personal sensitivities. It is hard to imagine this not to be the case. But when sanctions stand in the way of knowledge and when sensitivities preclude enjoyment, then we are greatly impoverished. Jim Vickers-Willis wants people to be informed, and to enjoy life with each other.

Vickers-Willis is one of the unusual people of the world. Crippled as a result of polio, he still teaches people to dance and sing. In his insurance work he is involved each day with people who talk about property and preparing for their future and even their death. He says he has found that many of them have never lived, are not really living, and are not in possession of the greatest property available to mankind -a satisfying enjoyable close relationship.

With an astonishing openness to human experience and with a genuine concern for people, Jim Vickers-Willis has written this book. I have talked a great deal with him about it, and we hope it will help many to think about themselves in a different way and find more enjoyment in each other's company.

Francis Macnab.

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INTRODUCTION

Here -I hope -is the book for which you have been searching. I was looking for such a book when I started writing this in London seven years ago.

I heard a psychiatrist talking and read some marriage I guidance material which at the time was banned in Australia. The information shocked me into action. So many around us had difficulties in this area of life.

Having started life as a journalist - trained to ask "Why?" and to pass on information - I began interviewing people to find out more. At first a marriage guidance counsellor, who was interested in me "ghosting" a book; then hundreds of husbands and wives, psychologists, homosexuals, lesbians, psychiatrists, divorced and separated folk, etc.

My seven-year survey showed that many husbands and wives were living in a situation of "pretence to happiness". Some were bored and discontented; some were taking tranquillisers and sleeping tablets; some were unhappy to the point of desperation - but often the pretence to happiness had to be kept up, for the neighbours, for their friends, for the children. It seemed that the pretence to happiness for some had become more important than actually being happy because keeping up an appearance of happiness as a couple was important in being popular and acceptable in society.

I felt that we were at the start of a sexual revolution which, if handled intelligently, could greatly benefit our society; that there were definite modern family circumstances which had built up a crisis in relationships; that the small family unit of today and the dominant position of the mother in this family unit was playing a big part in the problems; and that the confusing of unhealthy repression and unwholesome prudishness with "decency" (a false attitude spread far and wide by the advanced techniques of modern mass communication) was another factor. The interviews produced a book of more than 1000 pages - which is condensed herein to approximately 100 pages, representing simply my own conclusions about matters which deserve our careful consideration.

Amongst them: That there is a strong link between drug taking and lack of relationship fulfilment; that there is a strong link between violence, sex crimes, etc., and the teaching and upholding of distorted attitudes and ideas about sex by parents and government leaders; that Governments which enforce repression of sex under the guise of "decency" can expect to have violent sex crimes in their community as a result of this unnatural repression; that failure to understand the facts in the pages ahead is responsible for marriages being less than fun and sometimes unbearable; that this failure also is strongly linked to the vast spreading disease of psychosomatic illness which is filling doctors' surgeries and hospitals - and which could wreck a Government free health scheme; that the top enemies of marriage today are

the so-called "moral guardians" who have been insisting that we all be taught how not to be human.

Day after day and week after week in recent years while writing this, I answered my telephone to weeping wives or shocked husbands whose partners had left home. Their shattering experiences - and the fact that they couldn't understand why this happened -spurred me on.

1 COME CLOSE

The title of a hit song of the nineteen-seventies, "Close to you", is very much what this book is about - the yearning each adult person has deep within to achieve closeness with another. When we cannot achieve this human warmth and closeness on a long-term basis we appear to become dissatisfied, frustrated, uncomfortable - and often we head for substitutes to fill the gap in our life.

Why do we find it difficult to achieve this fulfilling closeness? Did not nature provide us with the means?

I found:

- That a vast number of us appeared to be denying nature - living a most important part of our life back-to-front, topsy-turvy. What was good and virtuous and fun was being made out to be bad, naughty and sinful; what was evil and harmful and not really joyful or beneficial to human beings was being made out to be good.
- That apparently innocent, but deadly, underlying attitudes, which are mentioned in the pages ahead, made fulfilling closeness virtually impossible for many - and that only a change in these attitudes would give these men and women back their easiest natural means to relate closely to one another.
- That many husbands and wives - far from having fun in their marriage relationships - were living like eunuchs; that young people who scoffed at that last line, and muttered "oldies" were carrying within them the same simple destructive attitudes as their elders - attitudes likely to bring similar end results for them.

Some comments that stuck in my mind during the seven-year survey:

A psychiatrist and author of 23 books said: *"I have yet to treat a woman with a drinking problem who did not have an accompanying sexual problem. My records show that the majority of women who drink to excess are frigid. When the frigidity is cured, the need for excessive alcohol is eliminated."* I wondered how many men this may apply to also?

A Marriage Guidance Chairman: *"All life is relationship and relationship is life; as we relate to one another, so we live. That is one reason why marriage is so important in our society; for many people it is their greatest chance to relate (or get close) to another person -to live."*

A doctor: *"The fully established heterosexual and the full homosexual - they are the ones who can live most comfortably. It's all the people in between, who are not sure what they are, who have the troubles."*

A young woman: *"Society exists for the benefit - the health, comfort and enjoyment - of its members. There is no point at all in society supporting ideas and rules which take the fun out of life and make people uncomfortable, unhappy or unhealthy."*

I found many slavishly living by community ideas and attitudes that crushed the fun and enjoyment of their own sexuality. Some were subtle and harmless sounding - but deadly. Not all were as obvious as the ex-Jesuit priest who told me that 20 years ago he and fellow priest trainees were handed whips, and chains with spikes to wrap around their bodies, to crush their enjoyment of sexuality and help them to remain celibate. (See chapter entitled "Are you a Sexual Dropout?")

I concluded that some "good and decent moral codes" to which we clung dearly were neither good, decent nor moral - and were causing great harm. This fact, which had become clear through the work of thousands of devoted researchers, was not yet widely realised. The researchers' findings were available in numerous volumes, but until recent times much of this material was suppressed and censored by people with fixed ideas of their own. I found there was still a high percentage of men and women over the age of forty who had never read a book on sex, and considered this sort of education for them quite unnecessary.

As shown in the pages ahead, I found many parents of teenagers confused and acting like hypocrites without realising it, and it was alarmingly predictable that their young ones would finish up in trouble with drugs, or some such. In other cases it was predictable that young ones brought up in the unreal and hypocritical surroundings of a so-called "good home" would crack up when finally they had to face the reality of the world of today. Some cases I followed through for years until the breakdown of the young ones occurred.

I found people talking about "decency" who expected us all to lead lives which in human happiness terms were very indecent to say the least of it; I found others talking about "obscenity" while ignoring a host of real obscenities taking place all around them; I found some speaking of "clean living" when all they were really saying was that in their view sex was dirty. In fact, I found that some words in the English language were being used fraudulently to prevent us forming happy, close relationships. So, let's have a fresh look at them. First, take the word Lust.

2 RE-THINK YOUR ATTITUDE TO: 'LUST'

Dictionary Definition:

LUST: "Sensuous appetite regarded as sinful; animal desire for sexual indulgence; lascivious passion."

Lust. Has this word been used to play one of the greatest and most hideous jokes on mankind?

By the use of this word, how many people have been caused to feel ashamed of their normal, natural and very powerful feelings of attraction towards members of the opposite sex?

One woman I interviewed said: "I always regarded one of my girlfriends as rather a bad woman because she had a number of love affairs; I know for years she did not think too well of herself either - but she said she just couldn't help herself. Since matters about sex have come out so much more into the open, this girl is much happier about herself; she realises she is not as bad as she thought!"

Is not erotic attraction a very desirable thing? It leads us to moments of natural ecstasy - which are all too few in life anyway.

Is not suppression of eroticism - being made to feel guilty about it by use of words such as lust - a dirty trick on mankind? Did nature (or God) build into us our sexuality - with its most remarkable and intricate physical and mental link-up for relief of tension, for happiness, fun and fulfilment - to the end that we should feel ashamed, fearful and guilty, and repress it within ourselves?

GUILT PREVAILS

One Doctor and Researcher said that guilt had fought sex almost to a complete standstill in our generation. Although husbands and wives in our society continued to copulate; during every sexual act guilt and doubt also lay between the sheets. Researchers knew of vast numbers of otherwise healthy and vigorous men and women who were partially or wholly impotent or frigid. They were virtual "sexual cripples".

This Doctor and other researchers considered that the natural sexual urge had finally been blighted in our society - to our great harm - by utilising the advanced techniques of mass communication perfected over the past 50 years. Mass-circulation women's magazines presented a de-sexualised life as the "norm" for housewives; "look but don't touch" was the theme in the mass media, and in the exploitation-of-sex-for-advertising purposes, when, in reality, we all needed to touch each other more - the reassurance and comfort derived being one of our most vital basic needs.

Now, in the sex clinics (or group therapy) with difficulty, many of the victims regained their sexual powers. This was the harvest of the lunacy of self-appointed

"moral guardians". What they had taken away from men and *women, the sex re-educators tried to put back. So-called civilised human beings were now being taught to do what primitive people on an uncivilised Pacific Island could do without even thinking about it.*

UNDESIRABLE SUBSTITUTES

Is it that sometimes, because they feel guilty and repress themselves, and thus do not get the closeness and ecstasy to which they are entitled - and for which their bodies were built -men and women branch out into undesirable behaviour? Do we find them lusting after such things as drugs, alcohol, power, money, and fame - all the things which deep down they desperately hope will bring them what they are missing in their lives?

If we are going to use such a word as "lust", then should we not use it in connection with these substitutes? How can - we use the word "lust" in connection with the beautiful nature-given joy of sex?

The next mis-used word -"Sublimation".

3 RE-THINK YOUR ATTITUDE TO: 'SUBLIMATION'

Dictionary Definition:

SUBLIMATION: Refining, purifying, idealising.

Notice how your canary or your budgie, after you have kept it confined in its little cage for a long time, then let it out in the kitchen, is quite likely to go back to the security of its prison. Yes, it feels safe there. Note that carefully. With precious freedom all around and the chance to spread its wings and enjoy life and fly gloriously the way Nature made it, this little bird has one force which overrides all others within him and drives him back within the confines of his cage; fear.

Take careful note of that, because I'm not really talking about that bird, I am talking about you. In case that makes you feel pretty annoyed, I must add that I am talking about me, too! Distinguished psychologist, Dr. Erich Fromm, wrote a work about this subject entitled "Fear of Freedom."

TYRANNY OF FEAR

To the extent that we allow our fears to control us and overrule our reason - fear of failure, fear of looking foolish, fear of parental disapproval (imagined or real) which still controls many people psychologically even when they are in their 30's, 40's, and 50's - these are bars of our cage which stop us enjoying life, freedom and happiness the way we were intended.

Women's liberation? Let's get the thing right. The most important step of all is for women to free themselves from the cage of guilt and doubt and fear that they have built on foundations laid by generations of misled women and men. Every time someone tries to unlock the door, many women fight off the liberator who dares try to help them out of the safety of their prison. And in the fight against the liberators it is popular to use words such as "pornography", "obscene", "depravity", "filth", "militant female", "nutty psychiatrists", etc.

Tell me, what is more depraved than people clinging to and living by horrible old-fashioned ideas that deny life and happiness in the same way as a prison?

Quite apart from the much-publicised "young-people-on- drugs" problem, I found huge numbers of men and women in older age groups filling their systems with bromides and barbiturates and other drugs, apparently so that they could tolerate the "prison life" they had set for themselves. Their pattern of life became just one long series of "escapes".

PHONY' WORD

Should not the word 'sublimation' (as applied to people who are in a position to enjoy sex) be recognised as one of the phonies of our language? Would not a more honest word be 'repression' - a horse of a different colour? Certainly, if you frustrate people you can get them to work in all sorts of ways; some of the greatest works of art and alleged progress have been produced in frustrating situations.

But, no matter which way you look at it, unnecessary frustration is undesirable; people have to learn to live with a normal amount of frustration, and learning to cope in this way is part of the art of living. But, what is at the end of the line of unnecessary frustration and stress.NEUROSIS?

Are those who are galvanised into mad activity frenzied so-called "creative work" or other unbalanced living, part-way down that precarious track?

Is there any need at all for this? Cannot people produce adequately under circumstances where they are not grossly frustrated?

LIFE WITHOUT SEX

I saw where some people in marriage, following the line of their own basic sexual fear (or problem) deliberately "sublimated" their sexual feelings through art or some such. This could be hell on the marriage partner!

Interpretations of the scriptures seemed to have been distorted to such an extent that religion could be misleading. Jesus and His Followers said: "Love one another", but why do we assume that this merely applies to brotherly love? How come God endowed us with bodily equipment designed especially to help us to love one another sexually in a most profound way? Could we perhaps consider the denial of this I as sacrilege? So-called pornography, too, could be misleading.

We were endowed with our sexuality - with the excitement, fulfilment, relaxation and joy it could bring us - FREE. We could have it without charge; it was as much our right as sleeping or eating or the satisfaction of any other of our basic human needs (when I say "excitement" I mean the excitement of natural eroticism and gaining closeness with another human being; not excitement caused by guilt).

However, generations of misled thinking had built barriers of guilt and taboo that prevented us enjoying our sexuality in the free, happy way nature intended.

Now certain people in the community were taking our own natural (but forbidden) sexuality and SELLING it back to us on the basis that it was exciting because it was guilty and forbidden. Yes, so-called pornography! Visual aids to sexual activity had

been around for thousands of years, as shown in ancient drawings and paintings on walls of temples, etc. However, today the commercial exploitation of this "community guilt" situation often caused honest, valuable sex information to be mistakenly rejected as "porn" (see chapter ahead -"Teaching guilt").

'IRON LUNG' LIVING

I once was confined to an iron lung with polio, and had I remained there I would have managed to live without sex. However, I am not in an iron lung now, thank goodness. How many people live as though they are in one? Be thankful you are not in an iron lung - take the happiness that is within you and enjoy it to the full. Don't be like that little bird and confine yourself to your cage of inhibitions and fears.

In case you think I make this out to be all-important, have a look at the world around you. Do you see the results of the faulty building of frustrated people?

Let men and women learn how to love more -to not be afraid to love and to give more - and to build, through their love, their lives and their world.

Now where did we learn these fears and attitudes that are so destructive to fun and fulfilment in our close personal relationships?

4 ESCAPE FROM THE PARENT TRAP: BE YOURSELF

"I am Elizabeth - daughter".

A woman who had been having help from a psychologist for ten years told me that those words summed up her problem. Her mother had been over-close to her and had "lived through her". The psychologist was putting in years of patient work undoing the psychological crippling of this girl.

This book is shouting at you: "Be yourself as much as possible - see how much better you are, how much stronger you are, how much more attractive you are, how much more enjoyment of life you have when you act in your own individual way.

SIMPLY BE YOURSELF!

"Don't try to be like your mother, or your father, or your boss - be yourself. Living the way you think your parents expect is just like a son wearing his father's suit. It's too tight in some places, too loose in others; he's never comfortable in it. And you are never really comfortable or strong until you are yourself.

"What do you want in life (not what you think everybody expects you to want)? How do you feel (not how do you think everybody else thinks you should feel)? What do you enjoy (not what do you think everybody else that you admire thinks is right and proper for you to enjoy)?"

A wife of 31 with two children asked me did I think she was correct in hiding bottles of wine, when her parents, who are strict teetotallers, came to visit their home. My answer: "You are dealing with your parents as a child. When they go into other homes, adults do not hide their wine in case it upsets your parents. While you maintain your child-parent relationship you will never allow yourself or your parents to have the great pleasure of mutual enjoyment of each other as equal adults.

LOVE -AND LET LIVE!

That could well have been the title of this book.

From our youngest age there is a pull back towards mother. Some call this retrogression.

Even when the babe is in the womb, part of it wants to fight its way out and find life in the world - and, in fact, this is how it is born. The other inclination is to retreat back into the warmth and comfort and safety of mother's womb.

These two opposing traits are projected forward throughout our life - the one leading to growth and life, the other the reverse.

FREE TO GROW

From this point of view, it seemed that one of the best things anyone could have was parents who were able to express themselves freely in their close personal (sexual) relationship, and obtain fulfilment in life from each other. It seemed to me that this type of parent never "hung on" to their child. They didn't need to; they were getting what they needed in life from each other. Thus the child was able to go out into the world free, to stand on its own feet, to grow, to live.

Yes, love them and let them live their own lives! The rule applies just as much between husbands and wives as between parents and children; each person must be allowed freedom to grow their own way.

A marriage guidance president said he considered that 90% of all marriage breakdowns were directly caused by failure of one or other or both of the partners to break away satisfactorily from their parents - to mature and become adults in their own right. In my opinion, if one single factor could be selected as the major cause of marriage breakdown, this is it.

Now how does this come about? How can one identify it? I found in every case where there was an over strong parent-child clinging relationship between two grown-up people, the parent involved had failure in his or her own sexual relationship. The "over-mothering" of the "child" was only a replacement for what the parent was not getting out of his or her own husband/wife relationship.

One woman described it graphically to me when she said: "My husband's mother is like a clutching hand; she's ever-ready to reach out and suck the life out of our marriage. As soon as there is a difficulty between my husband and myself, my husband tends to go to her - and she's ever-ready to welcome him."

And there it is. The parent may appear as an ever-loving mother or a doting father but they are really just human beings fulfilling their own needs - in this case getting closeness from their child that they desperately need because of failure of their own adult close personal relationship.

Once this serious situation in the community is understood from the point of view of each individual family, there is no reason why it should not be corrected - to the great benefit of young and old.

Let's have a look at why this parent-child situation is so important in modern marriage -and at its effect on present-day marriage sexual attitudes.

In earlier centuries, the extended clan unit with several branches of a family often living on a single estate or under one roof was the social "normal" situation. Then in the 20th Century the small "nuclear" family unit living apart from grandparents and relatives became the accepted way of family life. In the "pre-nuclear" family days, the presence of grandparents and other nurturing figures such as nannies, uncles, aunts, etc. gave a child many adult influences to follow.

Today's dilemma of inability of many adults to break away from parental influence, and be themselves, is directly caused, not by weakening of family influence, but by the extremely strong place family life has in our modern society.

As the focus of adult attention has been confined to progressively smaller groups of children, so the power of this parental influence has grown.

So it is important to recognise which parent has the strongest influence in the home on the growing-up children today. Who makes the decisions about punishment, rewards, food, clothing, permission to play, outings, educational problems, emotional demands, etc. Mostly, it is the mother.

In this close, small family unit we find the personality assets and shortcomings of the parent being passed on strongly to the children. With the breakdown of the old "clan" larger family unit, there is no longer the day-to-day presence of other adult relatives to diffuse this parental influence.

From a sex-in-marriage point of view, one only has to relate all this to the fact that the past two or three generations of mothers were conditioned to believe that it was not a woman's place to enjoy her sexual relationships in marriage, and who developed a series of day to day habits which protected her from her husband's demands for this "undesirable thing", to realize what the unconscious "picking-up" of mother's ideas and attitudes and habits may do to present-day husbands and wives and their close personal relationships.

A Medical Researcher said that women were far better equipped physically to enjoy sex than men. He said that the female capacity for orgasm was so great that it had never been fully measured by researchers. Female subjects under research had often reached more than 50 consecutive orgasms, whereas if a man could ejaculate two times in one great night he was considered sensational.

The Doctor added that the popular misconception that men were better equipped sexually came partly from the fact that the male penis was almost entirely external while the part of the female clitoris that could be seen was just the very tip. He pointed out that actually the clitoris and its related structures were much larger than the male organ. The nerve and blood supply to the clitoris and the rest of the female sexual organs was much greater than to the penis. He added that he could give many more facts which all added up to the same thing - the female sexual apparatus and the female sexual functioning were superior in every way to the male.

This doctor and others considered that only the devastating destructive attitudes and ideas which women carried forward without question into their own lives, plus male ignorance, were preventing them from enjoying this side of their life, the way nature intended. The "highs" and "freak-outs" which were so desperately pursued by drug users were like nothing compared to the sense of absolute exhilaration produced for a woman by one healthy orgasm.

GET OUT FROM YOUR APRON STRINGS -AND LIVE!

Wherever I found an over-close relationship with the mother there was usually sexual failure in the marriage of the young person.

Now here are some very important questions:

- Has mother, who taught us all so much that was good and useful, in recent generations also been teaching us one of the most destructive attitudes of all in relation to our personal life and growth?
- Since Victorian Days, when women learnt that they were not supposed to enjoy sex and that it was their onerous duty in marriage, have mothers been unconsciously teaching their children that it was their "duty" to feel they "owe something to mother" all their lives and must remain close to her -as compensation for the love and affection and closeness that the mother was missing in her own sexual relationship?
- Who taught you to love mother so intensely? Who frightened you when you were a little child by saying such things as "you'll be sorry when I'm dead"?

MOTHER-MOTIVATED AND MOTHER-ORIENTATED

- Have recent generations of mothers -deprived of sexual fulfilment -compensated themselves by "over mothering" their children, getting close to them instead of their sex partner, and, in fact, "living through their children"? Is this mother "hang-up" preventing millions from maturing into secure and satisfactory adults?
- Has mother, who taught us all so much of value also taught us to love mother first and foremost - to the point of guilt? Are we still doing it?

If you want to see what mother-motivation can lead to, notice what happens when the Queen or some other "mother figure" visits a city. All the little children (the subjects) clean and scrub the street down which the mother figure will pass. They paint the buildings and everything has to be in spic-and-span order if it is likely to meet the eye of the mother figure.

The trouble is that two blocks away there may be filthy slums and no-one will do anything about them. Yes, that's it - if you are a mother-motivated person then those things which were of interest and importance to your mother, you are likely to carry out in life scrupulously; you will attend to them with interest and enthusiasm. However, those things that your mother did not consider of importance, you are equally likely to neglect.

In modern marriages it appeared to go much deeper than that, without the "mother-motivated victims" realising it.

Often I saw where a husband or wife sub-consciously could not allow himself or herself to get close to their marriage partner. This, I felt was a major contributing factor in marriage sexual difficulties.

I found that intimacy, or getting close to someone, was the thing we seemed to desire the most and yet many of us feared the most. I wondered how much of this was a hangover from experiences in the original parent~child relationship. As most of us consider marriage as very important in society, I wondered that parents and relatives and other outsiders did not show more respect for the marriage relationship.

I saw astonishing situations where a husband or a wife appeared ready and willing to give plenty of sex to the over-mothered marriage partner. However, the "mother victim" would give little to their marriage partner; sometimes they had sexual relationships with outside lovers and starved their marriage relationship - apparently because the outside relationship did not conflict with the sub-conscious closeness-to-mother problem. In fact, it seemed obvious that some found the outside lover fitted in well with their mother-problem because such affairs were a direct blow at achieving closeness in their marriage relationship.

The straying husband would say: "Oh she is the right chemistry for me". Often it seemed it would have been truer to say, "A casual affair does not conflict with my mother problem."

This does not only enter into the sexual relationship, and if you want to check up whether anything like this exists in your own life, ask yourself this: "When my mother or father (or child) is around, do I incline towards showing them preference, giving them priority, and showing them affection over my wife or my husband? Do I feel at all embarrassed showing affection to my marriage partner in front of them? If you answer, "yes" to either of those, then you are showing the outward danger signs and should look carefully for the deeper problems within yourself -because this is one problem which will blight your whole married life, and in particular your sex life.

Some people said: "Oh well, my mother is dead." But if you did act like that when she was alive, very likely this problem is present in you.

And what's the solution to this particular problem? Is not the answer to start putting real effort and time and thought into getting close to your marriage partner - daring to do the things which your sub-conscious tells you are "forbidden by mother"; daring to grow up and grasp the joys of adult relationship, rather than merely enjoying and enthusing over those 'things which would have caused your mother to pat you on the head and say "good little boy" (or girl); daring to show to your mother or father (or to your son or daughter) that your marriage relationship comes first; daring to be yourself?

Your problem, if it is this, is one of failure of your parent to release you as you grew up. When you can come to terms with the fact that your parent just had human weaknesses and needs, the same as yourself, and was using you up to fill these needs, then you can start to beat this most common of all marriage problems.

Unfortunately, if you do not resolve this problem within yourself you are liable to remain over-close to your children too, because of the lack of fulfilling closeness that this will create in your own marriage. In this way you can cause further family difficulties; you can become that "ever-clutching arm" always ready to reach out and welcome your married son or daughter home -instead of urging them to sort out their problems with their wife or husband, and build up their own fulfilling adult relationship.

So ingrained has this "we must love our mother" become that many will resent my daring to lay this fact bare. We have been "sold and re-sold". Mothers Day has been boosted up by commerce and mother love exalted and glorified to the point where no-one dares examine whether a mother's attitude towards her grown-up children is mother-love or something much more selfish.

How many of the big-time entertainers, who have put over this "here is the most precious little woman in the world - my mum" stuff, are any good as husbands and lovers? As we sit in the stalls and hear people around us say "isn't he marvellous - he's so good to his mother" do we consider that this man's attitude towards women in his own age group may have been affected by his mother -sometimes to the point of homosexuality.

This mother-child psychological "marriage disease", I found, was not just common to a few families; modern marriage was riddled with it. Sometimes it was the father who played this role. But just as mother, because of her unique position in the modern family, taught us a vast amount of the good things about life, so it appeared that Mother was the Achilles Heel in the personality of most of us; we were not adult until we could survive happily and continuously without her. How many families, migrating from England to Australia, really went back home again for the above reason?

My conclusions:

That grown-up women should develop their own individual personality so that they can enjoy full-blooded meaningful relationships with their husbands; that men should "throw off the apron strings" and be the sort of adult males that women need - rather than being "little boys" to their wives.

That this whole situation does not matter if we are going to dispense with marriage; however, if we want to have happy, strong, stable and interesting marriages, then this concept bears examining by every adult person in relation to his or her own life.

TALK TO AN EXPERT

The difficulty for many people reading this is that a great deal of what I am talking about happens subconsciously. In layman's terms, that means that you do some things in relationships without necessarily consciously realising that you do them, or why you do them.

A man or woman might actually dislike their parent, or not get on well with the parent on the surface, but it seemed to me that subconsciously they could be tied to the parent and might thus feel guilty when they get close to their marriage partner.

Similarly a grown-up son or daughter may consciously wish her mother and father or her father and step-mother, or some such, to have success in their marriage; however subconsciously she may be jealous because she is too close to her mother or father and she may find herself inexplicably "put out" when things are going well in their marriage, and may always be doing things which cause difficulties for the older couple in their relationship.

From the point of view of an untrained person, it seemed to me that the clue was to see what was happening in a situation and work back from that to what may be the underlying cause. For instance, if a husband found he did not like being affectionate to his wife in front of his mother then this might be the clue to a subconscious tie to his mother which might in turn be causing failure in other parts of his marriage relationship (including, in particular, his sex relationship with his wife).

Because so much of this is subconscious, sometimes it is a good idea to talk it over with a highly skilled and experienced Counsellor such as Dr. Francis Macnab, the Director of the Cairnmillar Institute, Melbourne, who wrote the foreword to this book.

As the great teacher and philosopher Socrates said (before they put him to death as a "corruptor of youth"), "No man (or woman) knowingly does evil." Socrates felt that man's evil and wrong actions arose from ignorance, and the failure to investigate why people act as they do. Here, 400 years before Jesus, Socrates stated the principle I have been discussing above. It is to be noted that men, in their ignorance, mistook both Socrates and Jesus for the opposite of what they were - the benefactors of mankind.

I hope the above concept, which I found present in many families, will help you to understand and overcome puzzling difficulties in your own family life.

A LAND FLOWING WITH MILK -BUT NOT HONEY

I was struck by the words of a psychoanalyst who took the words "A land flowing with milk and honey" -"land" representing mother (i.e. mother earth). This psychoanalyst said: "How many people do you meet in the world who had mothers

who gave their children the milk but did not give them the honey? You can pick these people."

The "honey" he was referring to was a joyous example - where, as well as helping her child to develop the necessary basic qualities, the mother set an example of readiness to enjoy the good and beautiful and exciting things in life - especially in regard to showing her children the joy she gained in her close personal relationship with her husband.

As another doctor put it, "The best thing for kids to see is when Dad walks across the kitchen and pats Mum on the body, and Mum shows clearly that she enjoys it." That's what's so important; it's just as simple as that."

Yes, most of us "good middle-class parents", provide the milk, but do you mothers and fathers reading this provide your children with the "honey" which will help them to form joyous future relationships in their own marriages? Will theirs be "fun" marriages, following your example?

Now I'm going to ask another question. Don't you think it is possibly the failure to give the "honey" by parents (fathers as well as mothers) is a contributing cause of the drug problem? Amongst other things, don't you think that when young people see their parents enjoying a long-term, happy, relationship - with a good, exciting sexual relationship at the centre of it - that these young people are likely to say to themselves: "That's for me", and head for it firmly?

LACK OF A GOAL

Don't you think it is failure in the example of non-fun married life that causes so many young people to plunge out into adult life without really much idea of their goal in forming their most necessary personal relationships?

Will police action stop the growing drug and alcohol problem? Will education of people about the danger of drugs stop the drug problem? Is not a likely help against such problems as drugs the full awareness of the great and continuous joy and satisfaction in life which is available to every healthy member of us, of all ages, in our close, adult personal relationships?

NON-JOYOUS EXAMPLE

Unfortunately many people "learn" from the example of their mothers and fathers that married life is boring. Sex is just supposed to be exciting for the first year or two, and then it is supposed to "taper off". It's a bit "indecent" to make anything much of being loving after a while.

And because that is the sort of example they have had from their mothers and fathers,

that's the way a lot of husbands and wives continue. So, often, their marriages become boring; then they become dissatisfied with each other.

Of course, prudishness adds even more to this horrible situation; possibly the girl had a good example of prudishness from her mother. With her parents avoiding sex with each other, what else could she have but a prudish example? And so you find the wife acting prudishly with her husband - and she becomes that horror of the bedroom, the "decent, dignified wife".

WIFE SEEKS LOVER

Once this has gone on for a number of years, it does get so boring that very often someone cracks. The wife may then go out, because of dissatisfaction with her husband, and find herself a lover.

This is all very satisfactory -at least for a start! Of course it is - her mother and father never gave her an example that she could not enjoy herself with a lover. No sir! These love affairs -they're naughty, but nice! And so the wife purrs away in her lover's arms, and mutters under her breath, "Ah, I knew it was all Bill's fault".

But of course, if she were to ever marry the new man -oh dear, up would start the old boring routine again! Yes, it's about time people started to wake up to all this.

Take a look at the sexual relationship that exists now between your mother and father: Is it a good one? Is it fun? Has it flowered more and more as they have grown older? Are they full of endearments of tenderness and love toward each other? Has love grown, or has it withered? If you think their sexual relationship is not all that it should be, you must realize that, if you follow their example and do what they thought was right and fitting in marriage, then it's likely you are going to finish up with the same boring relationship in your own marriage.

AFTER-SEX TOGETHERNESS

Those who cannot be bothered working on their marriage relationship to improve it might take more interest if they read one book by a psychoanalyst and doctor. It quoted a number of case histories of patients with everything from blood pressure to mental disturbance, heart trouble and ulcers. Their condition had been improved, and sometimes entirely cured, the doctor claimed, simply by regulating the sex life between husband and wife.

This doctor recommended, amongst other things, that couples when making love should always lie together afterwards for some time without their clothes on. He considered that failure to do this caused tension.

I concluded that we needed to take our sex in a more cultured way. Just as we enriched our life if we developed our senses which were within us to enjoy such things as art, music, and physical pleasure (such as outdoor exercise), so we needed to realise that, while sexual relationship should be as light-hearted as possible, we

should take a deeper and more intelligent interest in the whys and wherefores. All these pleasures -sexual or otherwise -were tension relievers and we needed them.

A United States Marriage Guidance Counsellor wrote a whole book devoted to the fact that widespread failure in American marriages was caused by the huge number of American males who were still "Mummy's boys", even though they were now adults. My survey convinced me that any husband who wants to improve his sexual relationship should set out firmly to remove any "little boy" attitudes he has in his relationship with his wife.

MUMMY'S GOOD GIRL

A mother may say about her daughter, in her presence, or in circumstances where the daughter is likely to hear it back from someone else: "Oh, she's such a sweet girl; she's such a real little lady".

The girl who has been brought up from childhood to always be "Mummy's good little girl" does not recognise that these are words of command from her mother, who is really saying to her: "Do as I did, and stay close to me and my ideas, or I will not go on praising you all your life."

Now the girl pays a terribly high price for this dependence on Mummy's praise. She knows deep within her that a full and meaningful sexual relationship with her husband will mean that she will grow up and will no longer be her mother's "little girl"!

Because her mother has always had a subconscious fear that she would lose her daughter, she has built into the girl from a young age ideas which protect the mother from opposition; not deliberately - but it's gone on sub- consciously for years and, if the girl does not wake up, her happiness is blighted as she performs for her mother. Note that this is not deliberate. Mothers don't over-mother their children on purpose. It is an attitude that has been adopted as a seemingly natural and normal part of their life - but a very destructive one, of course.

DESTRUCTIVE DELUSIONS

The sort of things this girl will believe: That sex is not very important; that husbands and wives do not talk as interestedly to one another as to strangers; that husbands and wives should not work together, or that they should take separate holidays; that a man needs his "pleasure" and that the young bride should provide it (within limits, of course). The list of these destructive ideas is endless, but they all mean that girl has had built into her attitudes which have become part of her. They stop her getting close to her partner in life and gaining fun and happiness.

And so we get the "frightened bachelor". He was Mummy's boy, and you can bet that as he grew up Mummy pointed out the expense of a wife and what a terrible responsibility marriage is.

You can listen for the significant words from parents. You will hear the mother who says: "Oh, he has always been such a good son to me: I always know my son, John, will never let me down." Oh, the chains she puts on him! How often do you find this man is a bachelor at age 34, or if he is married, his wife is lonely and comparatively unloved, while mother still holds sway over her son's heart, and can command his time and attention any time she likes to throw a headache or develop some internal pains.

Well, these are some of the chains that bind us. Are you making efforts to throw yours off? Are you helping those around you to throw theirs off, and in particular, are you making sure you don't place any on your children?

How can you do something about this? Well, just reading this book through to its end could be a first step. Where ignorance is a root cause, education is an answer.

Some of the factors I have mentioned are present in all families - and it is important that they should be recognised so that they don't take control and destroy important parts of the family happiness and, in particular, the husband~wife happiness. It is very hard for people who have been brought up too close for their own good to their parents (or dominated by their parents) to recognise this, simply because that is the way they have known it since childhood. It appeared that sometimes an over-close demanding parent had caused a younger person to fear closeness and build subconscious defences against allowing anyone else ever to get close to them - and these defences were used against the marriage partner.

Perhaps some of the above statements will help you to recognise situations in your own family. Particularly watch out for this phrase (either spoken or unspoken): "After all I've done for you." In that phrase lies one of the most deadly, imprisoning parental chains of all.

When you hear these words or see this thought in action, don't fall for it. Sure we should love our parents and help them when they are incapacitated; some of our greatest happiness comes from parent~child and brother~sister relationships; we love and care for our relatives -but not because we owe them something.

PARENTS ARE EQUALS

Further, in their normal lives, if they are healthy people, we give our parents the best chance to live a full life themselves when we treat them as equal adults; any tendency" to revert back to the child~parent status not only inhibits us but inhibits the parent as well in developing his or her own life.

Remember, parents owe as much, if not more, to children as children owe to their parents. Ask any mother who wants to have a baby - does she want to have it for her own sake, or the baby's?

Besides using words such as "lust" so effectively to brand other people's happy male-female enjoyment as something unworthy, people with problems have used catch-

phrases and stock phrases to justify their attitudes. The sort of thing: "People should learn more discipline."

The person with a sex problem will make out they "discipline" themselves into only having it occasionally. The same person smokes a packet of cigarettes a day and drinks quite heavily. Say to them: "Discipline yourself the more healthy way - have plenty of sex and don't have the cigarettes or grog". Ah, no! Suddenly it becomes obvious that the word, "discipline" in this context is just another 'sexcuse'. (See later chapter).

Not so obvious but often true is the fact that many parents with sexual hang-ups don't give their children adequate sex education, and excuse this by saying virtually: "The less they know the less they will do". Have a look around you and see the destruction this excuse causes.

Prudish people I interviewed used all sorts of excuses: "A person is not attractive in the nude; it's always more interesting when there's a bit of mystery about it". "It's better to conceal than reveal" - true in some cases, but often an excuse for practically never revealing. Several married people I met never allowed their partners to see them in the nude; others dressed hurriedly and turned their backs, so various husbands and wives told me. There's no fun in this, and if you think about it carefully, it's not very wholesome **either**.

UNDER-SEXED OR OYER-SEXED?

Are you? Did someone say you are? What do you think you are? Is there as much variation as appears on the surface?

I found evidence to suggest that we are inclined one way or the other by our attitudes developed in our upbringing, and by life experiences - and that this can be changed if we wish to make the effort. "Amongst many typical cases was one of a 40-year-old woman who told me that she was always very close to her mother and for 17 years of marriage she considered she was "under-sexed". Her husband deserted her. For 18 months she attended a woman psychologist "who made me aware for the first time of my own sexuality". This woman considers that now, compared to other women in her age group, she is over-sexed if anything.

"MOTHER FORBIDS IT"

A movie film called "The Awakening" - described the experiences of a young priest and nun who broke away from their church and married. The nun then found her ability to express her sexuality blocked by "guilt feelings" caused by "God forbids it" memories.

I wonder how many of the people reading this are in a similar boat, only they have in the back of their minds a "mother forbids it" memory - especially those who have grown up very close to their mother.

In the film, the nun-turned-bride actually vomited at one stage after attempts at intercourse. Many times since writing this book have I heard of women who "jump when their husband touches them", develop headaches and sick stomachs and backaches just *before* going to bed, and sometimes even vomit.

One man sat on the toilet for 2 1/2 hours on his wedding night until his bride went to sleep.

One of the saddest features of the "clinging" parent~child relationship is that it robs the older person of happiness.

How this can happen was illustrated by one wife who said, "We all have to get old some time - and I'm one who believes in helping old people. However, the relationship between my husband and his mother makes it quite impossible for me to do much for my mother-in-law. "If we go out at the weekend, my husband is negative to me if we don't take his mother. If we do take her, there is tension all the time and I am the "odd one out". "The old lady is my husband's confidante in all family matters, finance, children, etc. and, as she is very old- fashioned and determined, she constantly sparks off difficulties."

"Instead of being companionable to her these days I tend to dodge her, because it avoids trouble between us. Unfortunately, the children have picked up my attitude too, and so my mother-in-law is missing a lot of happiness that she would normally get from our family."

GET PRIORITIES RIGHT

Some may think I am saying that we should not have deep, meaningful relationships between adult children and their parents. That's not it at all. What the world needs is love - more and more love of men and women, love of children, love of parents, and love of animals. All loving relationships are precious.

However, many people find their relationships do not bring them the rewards they hoped for; they finish up bored, neurotic and dissatisfied.

But then, how many people have ever had a look to see if they form the sort of relationships which are likely to be satisfying to them; to see if they observe the best priorities?

For instance, if you were a dog you would not expect to establish a fully satisfying lifetime relationship with a human being. Let's face it -dogs like dogs! I am not saying a dog can't have a good relationship with a human being; just that it can't have a fully satisfying one.

MISPLACED AFFECTION

How many people do you know who make more fuss of their dog and cat pets than they do of their wife, or husband? When humans go along this trail they are doomed

to dissatisfaction. You can't be fulfilled as a man or a woman by a pet. You weren't built that way, physiologically or psychologically.

The same applies to people who devote their lives to elderly mothers and fathers or to older people who dote on their grown-up sons and daughters. It's wonderful to love one's blood relatives, but if you make them the main relationship in your life - above your husband or wife - if you are an ordinary common or garden heterosexual then there is likely to be dissatisfaction and frustration in your marriage.

How often do we find people clinging to the childhood parent~child relationship instead of growing up so that they can enjoy a full-blooded adult relationship with their marriage partner? In our so-called "good family life" have we been breeding people who are more satisfactory as children than as adults - encouraging ideas and attitudes which make people unsatisfactory to each other as partners in adult life?

Could I be so daring as to suggest that a lot of this "I can't enjoy sex tonight because I am emotionally upset after an argument" may be caused by immaturity, or shall we say "childishness".

Is it not just like the little boy who takes his cricket bat home and says "I won't play with you" - because he doesn't get his own way.

HOMOSEXUAL REFLECTIONS

If people want to remain "in love" with their mothers or fathers, and don't want to "break away" and grow up emotionally so that they can form full-blooded adult sexual relationships, they are entitled to do this and there is no reason at all for criticism of them. That's their choice; it's not our business.

However, so often I met a married person who was doing just this - and was frustrated and unhappy about their sexual relationship and marriage and could not understand why neither was working out happily. The price of dependence is high - and it's anti-fun in marriage.

Being able to be completely frank with your partner (and your partner with you) can help closeness. However, a pre-requisite is certainty that your partner will not double-cross you by discussing your information with an even closer confidant - be it friend, or parent or other relative. These outside confidants, therefore, can be barriers to frankness and closeness in a man~woman relationship. One attractive single woman in her forties had never had a consistent relationship with a man. She lived with her parents and, when they died she then confided in her sister, who even had a key to her home. When handed her first sex book, she hid it in the bottom drawer in case her sister should see it. She's changed all that, keeps her own counsel - and has a happy romantic life.

Those who denigrate sex often suggest that man-to-man friendships and woman-to-woman friendships are more worthy. However, a close relationship with someone of the same sex is only a reflection of the homosexual component within each one of us. In some, it is much stronger than in others.

I saw cases where a daughter had a "clinging" relationship with her mother and then developed a similar "clinging" relationship with her own daughter.

I also heard of instances where, when a wife decided to return to her husband after a separation, one of the wife's best women friends had a near breakdown. In another case a girl who had shared a flat with a separated wife changed her whole attitude of friendship with the wife when she returned to her husband. Another wife who decided to end the separation with her husband told me that one of her older woman friends who had been close to her and very sweet and kind "changed overnight".

The trouble is that separated people often discuss their affairs with close friends or relatives of the same sex and accept their advice - never realising that this person may have underlying jealousy just the same as would a lover of the opposite sex. You can get some pretty treacherous advice this way!

5 RE-THINK YOUR ATTITUDE TO: 'OBSCENITY'

Dictionary Definition:

OBSCENITY: 'Indecency, lewdness',

OBSCENITY, PORNOGRAPHY

How much are these mostly figments of our imagination, no less than the bogeymen we dreamed up to frighten ourselves in childhood? How much do you allow them to frighten you out of being fun to live with?

What are some real obscenities in our community?

Making young people feel guilty about masturbation is, I believe, an obscenity. "An obscenity?" you say. Yes, when a misguided mother or father or prudish grandmother pulls a little one's hands away and scolds him or her and says, "You mustn't do that", what psychological crippling can this cause?

How many people in adult life are unable to express themselves in a physically sexual way because of guilt instilled in them in early life?

I found some people were limited to engaging in fantasy sex dreams instead of the real thing. A typical case was one woman in her forties who told me she had orgasms thinking about "happenings" and people (particularly after attending movies) but had never yet reached a climax in actual intercourse.

WARPED IN CHILDHOOD

How many of the sadistic people who lead us into wars and organise obscenities like the dropping of napalm bombs on starving people may have developed their personality defects from this sort of happening in their childhood? Any psychologist could quote you lots of examples of harm caused this way.

Here is just one I encountered.

A young boy was attacked by a 14-year-old boy who cut off his penis with a razor. The first boy had to have more than 100 stitches. The story behind the attacker - when he was five he was sent home from school by a teacher who said he could not come back to school unless he "stopped playing with himself". The boy's mother told him that if he did not stop playing with himself she would "cut his penis off." And what a terrible result! The attacker is now in his 20's and still in a mental hospital. The victim, also in his 20's, is being helped by a psychiatrist.

There seems to be no end to people's ignorance regarding masturbation, which is a perfectly normal and natural part of sexual development, and in which almost every man and woman engages at some time, according to surveys.

MASTURBATION GUILT

From what I heard in my investigations, making young ones feel guilty about masturbation can lead to stammering and other personality defects. I wonder whether it is also sometimes the psychological overlay which doctors find as a causative factor in asthma and migraine.

I was struck by the words of a woman in Sydney who was arrested for distributing alleged pornographic literature as a protest. (She was a middle-aged housewife, incidentally). She said, "They say this material could cause rape. I noticed that three policemen were standing at the side of the footpath giggling over the contents of one of the copies I had been distributing. Her comment: "I wonder if those three policemen raped anybody on their way home."

We have become civilised in many ways, but in regard to sex many people still are living by ideas which are not only primitive but just as horrible as the myths invoked by witch doctors in the jungle to control ignorant savages.

You think I don't mean you and me?

NUDITY IS BEAUTIFUL

As I watched my first nude ballet, I wanted to jump on the stage and shout to the audience: "Now, all of you people, what have you been making such a big thing about?" It was so beautiful, so natural, and so much more right than dancers with jock straps and pasties. It was so obviously clean and non-obscene and even, I found, non-exciting sexually.

I contrasted it with my experience 25 years ago in a Montreal theatre when a girl stripped off on the stage. As the final garment was thrown off, the lights went out. Yes and there were grown men in the audience with torches, trying to have a look at her in the nude as she escaped. If you think about this, maybe you will ask yourself which is childish behaviour, and which is worthy of clean-thinking adults?

If you take a beautiful thing like the human body, plus a perfectly healthy and normal thing like sex and turn these into something dirty and horrible, you get horrible results out of something that was intended to be beautiful and to bring benefit and happiness to human beings.

What do we find happening at present? We find parents confused, and very often acting like hypocrites, thus giving their children a poor lead. We find young ones

growing up even more confused, and often acting in a way that seems natural and normal to them but makes them feel they are guilty in relation to the unreal example given them by their parents.

SEX SEGREGATION

Then, when in this confusion someone gets out of line, we find antiquated laws, and courts where judges may sometimes bring down judgements based on their own sex attitudes. Where a teenager is involved, this young person may be placed in confinement at a key stage of sexual development, and may have no opportunity of normal contact with the opposite sex.

What a wonderful way to help pervert a confused young person. What sadism!

When are we going to wake up to the horror of this? When will we see the irony of the fact that it is so often all done in the name of "decency", and sometimes even in the name of God.

How many of our young men have been forced to accept homosexual rape in our gaols? Who says that a gaol system, which does not allow normal heterosexual outlets, is a good system?

The further I went in this survey the more I became aware of the sexual cruelty which men and women impose on their fellow humans -very often in the name of "decency". How many of the so-called sexual perverts who have attacked young children etc. would never have become this way but for the warped repressive ideas that have prevented so many people from expressing themselves in a free and happy manner.

Whenever someone is murdered or battered or sexually assaulted, so often the blame is pointed at some film or at pornography, or so-called permissiveness. My interviews convinced me that these things are a convenient excuse.

How easy it is to point the finger at these outside influences and ignore the long-term influences all the way from childhood upwards of bad example, misinformation and hypocrisy.

Should we be looking instead at the unhealthy attitude towards the whole subject of sex which so many people have created by their prudishness, their defending at all cost their own barren life styles, and their failure to educate the young about the great value and joy in man/woman relationships.

While the accusing finger is pointed in the wrong direction, no solution to community problems such as rape, sexual offences in general, and brutality will be found. Turn the finger around at the prudish ones and realise that distorted ideas about sex in the growing up period lead to distorted personalities and distorted actions such as rape.

Whenever someone says: "We mustn't do this, or don't do that" or "we mustn't discuss it because it's a private matter"; let us at last start asking: "Why?" And if they can't tell us the real reason why, then let us realise that often people take up these attitudes

because they have hidden sexual problems of their own. Bringing sex out into the open and discussing it worries them.

Rather than investigating so-called pornography, would we not be much better advised to investigate our attitudes towards sex?

The comment of one historian about Victorian Days was to the point. He said: "the prostitutes of Victorian Days were the only things which kept many marriages together." The attitude which makes sex in the home unimportant, unavailable and sometimes even unmentionable -is this not the true immorality we should be fighting in our community?

Now let's have a look at that much-abused word: Immorality....

6 RE-THINK YOUR ATTITUDE TO: 'IMMORALITY'

Dictionary Definition:

IMMORALITY: 'Moral evil, viciousness.'

A minister of religion had a daughter who broke off her engagement with her boyfriend because they did not love each other. Over the next few months the minister's family chided the daughter for putting on weight. One night, at dinner, she broke down and burst into tears and confessed that she was six months pregnant. The boy had not been seen at the minister's house for some months, so the minister went straight over to see his parents. The two sets of parents helped to arrange a quick wedding for the couple and they married."

Do you consider this was moral? Should marriages be arranged of young people who do not love each other, and are not ready to get married, just because someone is pregnant? Has the situation of a baby - doomed to be brought up by parents whose coming together for life was not free, and therefore might be prejudiced - been properly considered?

At this point I must quote the words of a psychiatrist who, talking about the Pill, said: "Better a year too early than a night too late".

UNWANTED BABIES

But that's not all there is to it. As more and more information becomes available about why marriage problems occur, and about people's personal hang-ups, it becomes apparent that early sex deserves our intelligent study - so that parents will be helped to make right decisions for the benefit of their children and families to come.

If a girl, who wants to make love, knows that if she talks to her parents they will simply say, "you mustn't do it", often she doesn't go to them. Where does she go? Sometimes she goes nowhere - and that's how a lot of daughters become pregnant.

Parents, if they will only keep communication open, and stop worrying about their own feelings, can be so helpful. They can explain about contraception, including its dangers; they can explain the facts about V.D.; they can explain the importance of young people keeping their standards high - and can help teenagers develop a mature attitude towards sex by pointing to the importance of sex in their own marriage relationship, and the joy it has brought them. There may be good logical reasons why the young ones should not go ahead. Only if they discuss the matter with the parent can the older person get this across. So often I heard: "It's no good talking to Dad; he's hopelessly biased - and Mum's not much better." To sum up: Parents can do a lot if they will not get bogged down in their own feelings, and in desires for their children to act exactly the same way they did. Life styles of 30 years ago don't necessarily work today.

I found that many still fail to acknowledge that in their day there was very little contraception, and an entirely different moral climate.

When I was a young man, if you got a girl pregnant you almost had to leave the country because of the disgrace! Today, some girls proclaim proudly that they are unmarried mothers. Some of the old curbs on young people have gone, and we parents let our children down when we fail to acknowledge this.

The real important matter about early sex experience has hardly been mentioned: Does it have a beneficial effect on a person's sex life in the years ahead? Does it add to the chances of making a fun marriage? Does it prevent hang-ups that cause marriage break-up? Does it help to reduce homosexuality?

SEX IN A SLING

I am not an oracle, but in my survey I have heard and seen much which suggests that these are questions that are very relevant and very important.

There is no doubt that if, during the teenage years a boy or girl tied an arm up in a sling and did not use it, that arm would not develop properly. Similarly with our minds - a great deal of our education programme is designed to develop mental capability and capacity.

Yet we find that during a period of maximum sexual development young people have been told that they must repress their sexual feelings.

Does this sound logical? Read it again! At a period of maximum sexual development within our bodies we have to tell those bodies that it is wrong and even sinful to develop naturally, and wicked to express our sexual feelings normally. How does this affect our ability to express our sexuality in adult life?

Also, let's ask this question: How much of this suppression of the drive and development of young people is responsible for teenage violence, rape and suicide, and how much also underlies other undesirable teenage behaviour? I wonder how often you have heard someone say something like this: "He was always such a wild young man, but now he's married, he's settled down; he's quite different." Should they say: "He's no longer sexually frustrated."

NO HONEYMOON CRIME

Did you ever hear of a honeymooning man or woman who committed robbery or rape, or in fact engaged in any violence whatsoever? I'll bet you didn't: They were too happy, too well satisfied and too busy to waste any time engaging in that other rubbish. It's worth thinking about this.

Many adults are puzzled as to why their ability to enjoy sexual relationships, particularly in marriage, is so much less than that of others. Some are becoming aware that they are missing out because of psychological hang-ups. We know very well that many of these hang-ups come from parents, and parents' example and wrong information. I wonder how many of the sexual problems which make marriages less than fun later on are the direct result of repression during the early period of great sexual development?

I have now heard about how much some older married people enjoy sex. Certain middle-aged people who derive little from their sexuality would be really surprised by my discoveries.

I am also not the oracle who can state what causes homosexuality, but from what I have seen and heard during this 7-year survey, many parents worry about homosexual tendencies in their growing children, and many consider their children could go one way or the other, depending on what influence is exerted on them. Should we not be considering the fact that perhaps one of the influences that may incline a young person away from homosexuality is a satisfying heterosexual relationship?

MARRIAGE "A BORE"

Should parents be more concerned about the example they set their children in their own sexual relationships with one another?

One night I interviewed a group of young people, all unmarried, who were living together in some flats. I wanted to meet them because they did not believe in marriage; they wanted to ask me what I thought was so good about marriage!

I sat in a big chair in front of the fire and they all squatted on the floor as the questions flowed back and forth. There were no drinks; the only refreshment was cocoa and bread and butter and honey. One after another those young people got up and described their parents' marriages as boring and uninteresting - if that was marriage, they weren't going to have a bar of it.

Are we looking at this whole thing back to front? In these days of contraception, surely we should be worrying less about whether our young people do or do not engage in sex, and more about the quality of relationships they make. We should worry about setting an example in our own marriages that will help youngsters to develop satisfying relationships of their own; and we should be concerned not to cause them to associate sex with guilt.

In a well-to-do Melbourne suburb, North Balwyn parents were very worried because schoolgirl daughters were taking part in prostitution "for kicks".

If you downgrade sex and say it is not important in life - and if you set an example of a sexless, unexciting, no-fun marriage relationship, why should you expect your children to regard sex as important and treat it with the respect it merits? When you show your children how much respect you have for your own marriage sexual relationship, and

how much it has meant to you, don't you think they are much less likely to treat sex cheaply?

This was the advice on sex given to a young bride by her mother - the only advice, I might add (this was in Melbourne in the 1970's and the mother was only in her 40's): "As far as sex is concerned, you can give your husband all he wants on the honeymoon. Once the honeymoon is over, you must make it clear to him that it is once a week every Sunday night, after he has had his bath".

You think that is unusual? You would be surprised how many people I have interviewed have been handed similar destructive ideas, and how many people right now are living their married lives based on a subconscious concept of sex such as this.

I saw where some young people when able to experience sex freely in a responsible way, developed more satisfactorily in their lives, in that respect, and became firmer and more purposeful people.

Unfortunately, the first sex activity by their children was often a shock to parents (and unfortunately the shock was frequently bounced back onto the young person with harmful results).

JEALOUS OF YOUNG

It appeared that the first shock to the parents was sometimes underlying jealousy: mother just could not bear seeing her little girl taken by a man; father felt so jealous that he virtually got out his shotgun.

Am I hard on them? I think not, in some cases. The parents were, of course, able to find an excuse in some Victorian nonsense about saving their daughter's virginity; but this seemed to be only a rationalisation that masked their own personal feelings.

PARENTAL PUSH TOWARDS DRUGS

One mother and father were typical of many. They were bemoaning the fact that their son was living in a flat with a girl and was now on drugs. "We can't talk to him", they said, "how could this happen in our family?"

As on this occasion, so often one of the main breaks in communication between the parents and the young one came about because of the parents' unreality over sex, and refusal to admit that a young one could be entitled to a responsible sex life of his own - without guilt.

Some parents appeared more worried about their own feelings and about "what their neighbours and friends would think" than about the welfare and happiness of their young ones.

Often this forced the young people into isolation from their family -just at a critical time when all the advice and help and communication possible was needed. I felt we should start asking: "Is this attitude satisfactory today; is it working?"

With their own unreal upbringing on this subject making them feel even more doubtful, is it any wonder that some young people "opt out" and take to drugs?

Some parents, quite innocently, are so hypocritical; one late teenage girl told me: "Mum and Dad know about my sex and don't object as long as I'm not too blatant -and don't do it right under their nose."

So it's done in someone else's house when the parents are away, or in the back seat of a car, and very often these early sexual experiences are mixed with plenty of guilt, fear and doubt as a result.

Apart from the psychological problems this causes in young people, would it not be better if the parents could adjust their attitudes so that the young ones can stay at home - where the parents are

always available to give advice and help; how much better if the young ones are not forced out into a flat where the only advice available to them at this crucial time is from some equally uncertain and inexperienced youngster in the flat next door.

If they want to avoid this terrible break-down in communication which leads to drugs and similar evils, parents of teenagers must get into their heads as quickly as possible the fact that sex and contraception are here to stay - and things can never be maintained the same as they were in their teenage days.

Is it not worth considering that it may be better and safer to have a steady, consistent relationship accepted at home? From the point of view of pregnancy and V.D. (and development of sexual guilt feelings too) the "Keep it hidden from Mum and Dad" routine forced on so many young people by unthinking parents brings maximum danger.

I am not saying that young people should not leave home and learn to stand on their own feet when the time is right; I am saying that they should not be forced to leave home just for the above reason.

My investigation does not suggest that all who smoke and drink heavily, and take other drugs, are sexually frustrated; people start smoking for many reasons and often continue because they are "hooked" by the drug.

What it does suggest is that those who are not able to express their sexuality satisfactorily and gain fulfilling closeness are inclined to turn to "escapes", and these are likely to reduce their chances of having a satisfactory sex life, amongst other things.

In my opinion, there was evidence also to suggest that those who had gained satisfying expression and fulfilment in their relationship stayed younger, had more energy, had better health and did not have the same need of seeking "escapes" -because life was more interesting and exciting, and not boring.

SPECTRUM OF SEX

I found that, by wrong information, many young people were caused to get very worried and guilty about things that should not worry them at all. A girl might go through life being taught that homosexuals were "queer"; then she found she herself had some strong homosexual tendencies. She suffered a nervous breakdown, or ran away from home, or sometimes even suicides.

Now have a look at what was really wrong. That girl was taught such wrong things about homosexuality that it was quite unbearable for her when she suddenly found that she was a member of this minority group of the community. Isn't this the answer? **That older people must be more responsible and learn the true facts and pass these on to their children, instead of passing on a lot of dangerous rubbish.**

From what I heard, male and female are not absolute, and which end of the spectrum you are at, depends on many circumstances beyond our control. Nothing to feel guilty about, is there?

A political leader in a speech on radio recently referred to "homosexuals and other depraved people". While this sort of irresponsible talk is permitted without challenge, we will see the spectacle of suicide and break-down brought about when people find out that they have homosexual tendencies and are thus caused to consider themselves as "depraved".

Under the so-called "moral standards" of 25 years ago, when the heroine of a film did the "wrong thing" sexually, the scriptwriter just naturally had her commit suicide -as in Waterloo Bridge. I wonder just how many suicides this sort of example has caused?

A Brisbane lesbian, aged 26, said she "knew why she was a lesbian". She was an orphan and had been brought up in a convent. She had been taught as a girl that normal sex with a man was "a sin of the flesh". She had gone out into the " " world early in life with very little money. She had lived with a series of men who "one after another used her up and then dropped her."

After one bitter experience with a man, she was invited to sleep with a married woman who had just left her husband. The girl found that she enjoyed this relationship more than with the men. She added that she did not think the married woman was a "real lesbian". Since then, this girl had had the vast majority of her sexual experience with women.

On my way around I heard it said that roughly one in 20 of the population is homosexual. If so, that's about 1,000,000 homosexual Australians. At present we make savage laws against them. What if they formed a political party and won support and made laws to outlaw male/female sex relations? Think about it!

Most revealing of our attitudes towards homosexuals is the joke made by a visiting psychologist who said: "If I had engaged in homosexuality in this country one hundred years ago, they would have hanged me; thirty years ago they would have flogged me;

fifteen years ago they would have put me in jail. Now it is a fine. I am going to leave the country before they make it compulsory."

FATHER-AND-SON NIGHTS

I found that many parents sent their children to "father- and-son" nights or some such at school - in which the basic essential facts about the travels of sperm cell to fertilize an egg were conveyed to wondering children and sometimes embarrassed parents. The danger was that far too many people then considered that this was enough knowledge being conveyed to the young ones, and that they had "done their duty."

I wish people would look at the terrible effect this sort of attitude would have if applied to other branches of life. For instance, if you were teaching your young son gardening, how much success do you think he would have if you showed him how to plant the seed and failed to explain to him that you also have to water and fertilize the plant and provide it with its other normal requirements before it will flourish healthily?

SEX EDUCATION AT 12

A vast number of adults I interviewed, in older age groups, had ideas about "damage" done to young people's minds by reading sex books and other written matter described as "pornographic material".

They believed that young people who were exposed to lots of information about sex were likely to become twisted up in their ideas. Practice showed the reverse: The young ones who didn't get enough information about sex finished up with all the hang-ups.

A young man close to me read his first adult sex book from end to end at the age of 12. Between the age of 12 and 16 he read a number of these books. At 18, such books were only a passing interest to him. He had already digested most of the information he wanted and was forming sound moral attitudes based on true facts.

How much better is this than late teenagers and early 20-year-olds forming moral attitudes based on fears and doubts and uncertainties and misconceptions?

I concluded that:

- Far from scolding their youngsters for reading such material, parents should be glad to see their natural interest and should always be ready to discuss the contents of such books. I felt like saying to some of these parents: "Have a look at this young man and you will see the healthy, happy outlook which this attitude has brought about."
- We all teach our children from a tender age to be responsible for themselves against traffic dangers. Why do we have to be so hush-hush and guilty about sex -and thus fail to prepare our young ones adequately to act responsibly in this vital area of their lives?

7 SEX IN MARRIAGE - A NEW CONCEPTION!

In countless interviews with husbands and wives I saw the bewilderment caused by society attitudes which for generations have been making the appearance of being happy more important than being happy in marriage - the appearance of being happy, being considered part of our respectability and acceptability in society.

Under the appearance of happiness so often I uncovered bitter frustration and boredom -wives taking tranquillisers and sleeping tablets and husbands alcohol and girlfriends on the side.

In this "pretence of happiness" situation, millions of children had grown up and taken their example of life. This led me to four important conclusions:

1. That sex is a basic integral part of our man~woman relationships and without sex these relationships are the poorer; that sex is many different things to many people and in different circumstances; that it is for everyone a basic human need, and very important to our health, happiness and comfort; that the "pretence to happiness" which is practised by many husbands and wives in front of the children and friends while they are actually living sexless and boring relationships over a long period of years, is misleading and gives the children a very confusing example to follow - an example which makes it very difficult for them to set their own standards and form their own satisfactory sexual relationship in their marriages.
2. That sex, besides being all these other things, is the great natural tension reliever built into each one of us; that failure to use it robs us of the opportunity to relieve our tension and often causes us to build up tension.

It appeared to me that for many people it had become second nature to reject this concept, largely because this did not fit in with the conditioning and example handed to them by their parents and others.

It seemed strange that we did not grasp readily at this benefit when in fact so-called ignorant natives of the Polynesian Island, Mangaia, when told by anthropologist Dr. Donald S. Marshall that some European women do not achieve orgasms, immediately asked with real concern whether this would not injure them. One of the rules of their tribe is that if a young man makes love to a virgin and she does not have an orgasm he must continue his relationship with her until she does succeed.

Is the trouble that we have got away from this simple acceptance and understanding of sex, and made something ridiculously complicated out of a simple basic benefit of life?

3. That sex played its highest part in people's lives when it helped them relate and come close to one another. Those who failed to use it in this way often found they were not fulfilled as they hoped by their sex. However, such desirable close relationship was not always possible for everyone at all times of his or her lives. For instance, some just did not have the right person around at that moment with whom they wished to relate very

closely. I found that people who were in close relationship tended to deprecate all other forms of sexual relationship except that particular type which they enjoyed. For instance, if they were a married couple, all unmarried sexual enjoyment was regarded as cheap and nasty.

4. That we have a deep need to achieve closeness with one another. Togetherness gives us comfort, reassurance of our worth as a human being. Being men and women -at opposite ends of the sexual magnetic pole -gives us this great power to attract one to the other, into lasting closeness.

Once you recognise this power -our sexuality, or whatever you like to call it - within yourself, and realise that nature gave you this to help you achieve this need of fulfilling closeness, then and only then do you start to get to first base. Immediately such questions arise as, "What have I done in my life to help develop my sexuality, and what am I doing to help my young ones develop theirs in a healthy I fashion?"

BALANCE OF NATURE

As with all things in nature, the human body is beautifully balanced. If you take away something which nature intended to meet certain psychological and physical needs, then you upset the balance of nature.

Here I felt was hope. Just as nature quickly clears the skies and rivers if we stop polluting with man-made rubbish - will nature restore the balance in our lives if we make a conscious effort to end the pollution of wrong ideas and attitudes?

I found many people minimising the importance of sex within marriage, but at the same time thundering forth about the importance of maintaining strong, stable marriages. Sometimes it seemed like sanctimonious hypocrisy!

A kindly widow in her seventies said to me: "My husband and I didn't have arguments about sex; I was always kind to him about this".

A whole attitude throughout a lifetime towards this most important part of her life is revealed in that woman's words: She did it "to be kind".

How many other women in the same generation, and later, did it because it was their "duty" as wives, or to "keep the old boy happy", etc.

Three middle-aged women were talking in a rather negative fashion about sex, and one of them said: "All they want these days is sex, sex, sex." The second said: "Yes, all they seem to need in life is sex." The third woman commented: "Oh well, I suppose if that's all they need to keep them happy, it makes life simple." All three laughed and the subject was dropped. But -how true.

NATURAL SATISFACTION

If you allow yourself to enjoy sex the way nature designed you to enjoy it, then you've always got a great interest in life; one that is readily available to you, that doesn't cost you anything, that is much more satisfying to our human body than such things as alcohol and cigarettes and drugs.

Why should we not grasp at such a straightforward and strong pleasure so readily available?

Why would any intelligent, sane-thinking person wish to sneer at it and not take the trouble to develop their enjoyment of it for themselves?

Sex is for your enjoyment and, like the pink ti-tree bush in our garden, it appears to bloom more the more you pick it. I cannot prove this, but I found ample evidence to satisfy myself that the more often people engaged in sexual relationships, the easier it became for them to enjoy it. I felt that this fact needed to be carefully separated and distinguished from the idea of sexual fulfilment.

SEX BEGINS AT HOME

The one thing I have been trying to emphasise is that people should learn to enjoy sex where possible in the circumstances where it will give them fulfilment. For instance, in plain logic, if one builds a sexual interest in someone else's husband who is not likely to divorce his wife, then this is possibly likely to cause less fulfilment than learning how to enjoy sex with one's own husband.

I found so often (that it could not be a coincidence) that many people who engaged in sex very regularly enjoyed it with an ease which would mortify others who considered they were "pretty good" if they enjoyed it, say, just once a **week**.

THE REAL "OLD FOOLS"

"There's no fool like an old fool."

I found that the prudish ones frightened good, healthy, happy older people from having fun, enjoying themselves and being their normal happy selves! One of our deepest human fears is the fear of looking foolish - and the ridicule was aimed cruelly to take advantage of this fear.

In fact, in this context, the only real old fools were the ones who believed sex and romance were just for young people.

Older people who thought like that, I found, had frequently made their lives dull and uninteresting, and robbed themselves of much joy.

The people who said such things as: "There's no fool like an old fool!" appeared to believe that husbands and wives, aged 40, 50 and 60, who had their arms around each

other's necks, held hands and obviously liked each other sexually, were odd, and that this sort of behaviour was only for young ones and was rather repulsive in older couples.

When they allowed this sort of common thinking to colour their lives, some older people became dissatisfied and difficult.

I saw astonishing situations, too, where they sometimes sought sex outside their marriage simply because their attitude did not allow them satisfactory sex inside their marriage.

Also, one of the greatest problems in society is loneliness and I wondered how many of the lonely people caused their own loneliness by denying their sexuality.

One unmarried woman in her late forties had been living a lonely life for years. She read a couple of sex books and the manuscript of this book and changed her attitudes. Her life has changed and she has drawn people around who love her. She will never be lonely again.

A 46-year-old woman said to me: "My husband and I are happy, but if he died before me I would use my sexual attraction to get another man." She'll never be lonely either! If she were foolish enough to minimise the importance of her sexual attraction, and her ability to express herself sexually, then she would be throwing away one of her greatest assets against loneliness. How many do just this?

Lonely people, may I ask you: Are you denying or minimising a basic natural resource which was given to you to help you attract others close to you? Is that perhaps why you are alone?

RELEASE TO HAPPINESS

Not only through sex are people released to happiness. Other accomplishments such as job satisfaction can be a tremendous source of fulfilment; however, I am concentrating on the area of sex, where lack of joy exists much more than people admit.

Sex is so basic that nearly all of us are ready to hotly deny that we have any phoney ideas or attitudes about it. Even the most prudish, hung-up old lady will proclaim strongly, "of course, I'm very broadminded".

In these circumstances it is hard to get a guide from what people say; the only real indication of what is going on is the situations - and the results you can see from them.

CAN A BUSH OVER-BLOOM

The great defensive "excuse" line which is put forward to us constantly by those with psychological problems which prevent their full enjoyment of sexual relationships, is:

"You are obsessed with sex; there's far too much time and talk given to sex", etc., or (disparagingly), "There are other things to do besides sex."

So many of us when challenged like this have acquired the habit of meekly going to ground like naughty children. Why?

Next time some sexually inhibited person makes such a remark in front of you, why don't you reply: "You have three meals a day without being obsessed with eating; you clean your teeth every day without being obsessed in tooth cleaning; you drink umpteen cups of tea every day without considering you are obsessed with tea drinking. Why cannot sex be a normal part of your life too?"

Then you listen for the answer - and you see how stupid it is. I have done this and have found often that these people "waffle" off on some completely irrelevant line of argument with no common sense at all.

BROUGHT UP THAT WAY

Often, too, because this is an area where they have been defending grimly all their life in case their underlying problem should be exposed, their fear when you say this causes them to make a personal attack on you; they suggest you are a "sex maniac" or something like that.

If you firmly stick to your guns the more honest people will eventually retreat back onto some phrase such as: "Oh well, that's the way I was brought up -and that's all there is to it."

If you want to help this person to start thinking, say: "Do you really think it is good upbringing to incline a person towards having natural happy sexual relationships only once a week and smoking cigarettes twenty times a day?"

I wonder if people who are called "over-sexed" really are? If you see a bush blooming gloriously in your garden -do you consider that it is "over-blooming" and should be suppressed, or is it that those who have difficulty in "blooming" find an excuse for the failure?

8 HOW TO WARM UP YOUR LIFE AND YOUR LOVE

A SEXUAL WILDERNESS

Many of us enjoy having a beautiful garden. It brings us constant joy and beauty. Many of us are prepared to work very hard for this.

How come, then, so many expect sexual life with a marriage partner to bloom profusely when we deny it even the time, effort and thought which we put into developing the garden.

How come we give hours and hours every weekend to making the garden bloom, and so little to making our sexual garden bloom?

Have our priorities become so distorted that inanimate things get priority over our most important personal relationship in life?

If we neglected the garden the way we so often do our relationship with our marriage partner, the garden, too, would finish up a disappointing wilderness.

WILL YOU "BOMB OUT" EARLY

If sex is nature's method to help men and women come closer together - and as we are a society based on marriage - one thing becomes really important to most of us; How to enjoy sex to the maximum within marriage.

For most of us in society it is logical to conclude that things which make us happy in marriage are good, and things which cause us to be unhappy are evil.

It is high time that some of the innocent-sounding ideas which are so widespread were labelled clearly as "evil". Let's have a look at one or two:

"Sex is not important in marriage"; "Other things are more important". Largely because of this line of thinking, millions of people go outside their marriages to obtain the "unimportant" sex which they are missing.

One psychologist put it neatly. He said: "If a woman has a poor sexual relationship with her husband and he plays golf she may complain bitterly to her friends that she is a "golf widow". If she has a good sexual relationship with him, she will sit happily on the golf clubhouse steps and wait until he's finished playing."

The creating of a guilty atmosphere about sex; the idea that it is hush-hush, not to be discussed logically and freely; rather naughty. This whole conception is evil.

One man I interviewed was a boarder. His landlady was a woman who showed no interest at all in sex with her husband, and the husband complained that she was "frigid". One morning, after the husband had gone to work, to the astonishment of the boarder, the landlady came up to the top floor, climbed into bed with him and put on a very passionate performance.

Yes, if you've grown up in an atmosphere of guilt and taboo over sex, you are liable to find it is only nice when it is naughty.

I met some with failing marriages who said they had had a "good sexual relationship". This can be misleading: Typical was one lady shopkeeper, very unhappy, who said: "Our sex life is the only good thing." After two hours hearing about her marriage unhappiness, I finally said: "Tell me about your sex life." "Oh, that is the one thing that's good -our sexual relationship - EVERY FRIDAY NIGHT, REGULAR AS CLOCKWORK". She added: "There's just one thing that's a little unusual. Ken never gets there until after I'm asleep."

I concluded that some others who declared they had a "good sexual relationship" were "covering up" their real problem.

Some see sex as evil. One man said to me: "The world would be better without sex".

DENIAL OF NATURAL DRIVES

Yes, having been taught that his normal erotic feelings were "animal instincts", he had manfully suppressed these feelings all his life -and suffered heavily in the process.

Beautiful, happy, natural, God-given sex for him, and for millions like him, had been turned into a hateful problem by these basic attitudes.

These ideas are depraved and should be labelled clearly as "Evil".

Very often they are being put forward and strongly defended in the name of "decency".

Most of us, young and old, are affected by these basic phoney ideas and attitudes more than we realise. To the extent that you are affected by these evil ideas, so you will be blocked in your enjoyment of what is yours by right.

It is extraordinary that people who will say such things as: "Everything that is worthwhile in life has to be worked for, fail (because of their inhibitions, fears or guilt feelings) to put in work and effort and time for this most important part of their life - their sexual relationship.

Even the most "with-it" and knowledgeable people show guilt over sex. Why?

It seems it goes right back to the Garden of Eden. Suppose instead of fastening on to sex as the sin, they had fastened on the apple. Perhaps now we would all feel guilty whenever we approached a fruit stall - and would never be able to enjoy an apple to its fullest. Perhaps instead of a wicked four-letter word we would have a wicked five-letter

word! It's worth thinking about, because feeling guilty about a normal happy human quality is quite illogical. In fact, should we not feel guilty about the fact that we are turning a God-given or Nature-given gift into something less happy and beneficial than it should be.

A good illustration of how people can develop sex difficulties because of "conditioned reflexes" caused by wrong beliefs and taboos, is shown in childbirth pain - often caused by anxiety and tenseness brought on by the mental image of pain, suffering, danger conjured up by misinformation. The modern practice of psychoprophylaxis now helps to eliminate this "condition reflex". With training, many women now can have childbirth without pain and without drugs.

Will the training and education of men and women similarly end their negative "condition reflexes" in sex? Just as some can now have the joy of childbirth without pain, will we soon be able to have the full joy of a marriage sexual relationship without the pain which many now suffer -or will we still heed the knockers?

Remember how Dr James Simpson, when he published in a Medical Journal in 1847 that chloroform could be used to ease pain at childbirth, was criticised vehemently, attacked in print and from the pulpit by clergy and leaders of the public. The use of chloroform was against God's will, they stated; it was written that because Eve tempted Adam to eat the forbidden fruit a curse was laid upon her that "in sorrow would she bring forth her children". If the pain and sorrow were reduced, it was irreligious.

It was not until Queen Victoria was given inhalations of chloroform to ease her pain at the birth of her eighth child that Simpson was vindicated -and later knighted. Perhaps this book will be read by someone with similar power; I hope so.

It appeared to me that what people "thought" about sex they got out of it. Those with "cheap and nasty" ideas about it, received enjoyment of sex on a cheap and nasty basis; those who were brought up to consider it "unimportant", got little out of sex; those who linked it with guilt, enjoyed it when it was under guilty circumstances; those who saw the prime purpose of sexuality as an aid to enriching relationships, found it an enrichment of their life.

I found there were many types of relationships that gave people closeness, and that marriage was not always the only answer.

However, after all these interviews, I have developed a personal bias about marriage: In my opinion, the way our society is organized a man or a woman uses common-sense if they endeavour to make their marriage work out -and give it priority over all else; not as a matter of religion, not as a matter of morals -to me, that is just common-sense.

ISOLATED "COMPANIONS"

Companionship. Has this word, too, been distorted in many people's minds into a word which means unreal companionship for most married couples -or anti-sex?

When couples are courting they give each other companionship; they like to be together as much as possible, to talk to each other, to embrace, to derive mutual comfort; to go for walks together, often hand in hand.

When he visits her, she does not spend her time knitting or ~ working at the sewing machine in another room, or talking j "girl-talk" to her mother, sister or girlfriends. He is not expected to spend his time down in the back shed carpentering, or "healthily out in the fresh air" (how often do they really mean "out of the way"?) gardening.

Yes, the courting couple love the companionship they give each other; for most people it is a joyous time of life - because of the deep interest they show in each other.

However, it is quite obvious that in the minds of many people these days marriage companionship means the reverse of this.

It is "companionable" for "hubby" to work all day down in the tool shed on some hobby while "wifey" sews in her sewing room at the other end of the house. It is thus companionable for him to watch six sport replays, one after the other, over the weekend, while she prepares meals for the whole household, cooks cakes for visitors and generally "keeps herself busy". This sort of "companionable" routine is believed by many to make smooth married life possible; to avoid friction. Of course, there is little friction - because there is practically no contact. How can it be called companionship when it is really for some a routine for "avoidance of contact with each other"?

The pendulum has now swung so far that some husbands and wives who often have their arms around each other are regarded as "a little peculiar". It's not "smart" to be kissing and holding hands.

"Clinging wives" are sneered at, and the doctrine of separate individuals is preached. Each person must do his or her "own thing".

This is important, of course, but if more people used this doctrine to help them understand that they must break away from their parental influence and become adults in their own right - instead of using it as an excuse for not seeking close companionship with their sex partner in life - then we would start to get somewhere.

"EVERYONE SHOULD HAVE A HOBBY"

It's great to have many and varied interests and hobbies; these things enrich our life. But how often do you find the person who says this sort of thing has made their hobby the centre of their life - putting their relationship with their partner in life in the background.

In other words, because of our basic psychological problems which make us fear getting close to our partner, we lavish the love we need to give so desperately on some other thing which does not disturb our problem.

And so, occupations which the average human being might find interesting for a time, but boring in the extreme after any length of time will occupy hours, days, whole weekends - in fact dominate the whole life of some people.

Yes, hobbies are great - in their right perspective. No matter how hard you drill and drill, you are never going to get all the human satisfaction that your body needs out of carpentry!

SEXUAL HONESTY WILL BRING FRIENDSHIP

Some people appeared to regard men and women as "natural enemies". Is this because they are not using correctly the natural sexual advantages they have for each other?

For instance, although a line of Victorian thinking has caused men to want to get women in a submissive position - (and often this has been achieved by placing them in a hopelessly dependent position economically), nevertheless men are finding that this does not fulfil them. They want their women to be more; yes, they want them to be people in their own right -women!

Similarly, how many women use their sexual attraction to "Get the material things they want out of men".

While any vestiges of these horrible Victorian attitudes remain in the minds of men and women, how can they expect to respond to each other and enjoy each other sexually as much as nature intended?

Although few men will admit it, I found that under the surface many subscribed to some extent to the joking remark, "The only way to keep a woman is to keep her barefoot and pregnant". Similarly, although most women will hotly deny that they think this way, the remark of a 50-year-old widower was to the point. He said: "most of the women I meet just want a meal ticket."

How often have you heard one-woman remark to another, "Oh I wouldn't waste your time on him". Quite often you find that this really means "Don't waste your sex on him; he hasn't got enough money to marry you, or isn't likely to marry you anyway".

When will men and women enter into sexuality with each other purely for enjoyment and fulfilment, to bring each other into close warm companionship - the man doing everything possible to make sure his women enjoys it – the woman responding with all she has because this way she knows she will fulfil her man?

When people enter into sex in this honest fashion, and throw out the rotten ideas passed on by fouled-up Victorian ancestors, then you will see men and women the way nature intended them to be as "natural friends".

NEEDS FILLED BY MARRIAGE

I met many young people who seemed to think their marriage was no good because it was not a spectacular success. This I felt was just as dangerous as the attitude of those who expected little from their marriage relationship.

Is the real truth that it is not easy for two human beings to be in close relationship over a long period without friction?

The friend whom you only meet once in a while can be untidy around the house, eat garlic every night, spit on the floor and you may still enjoy that person. But, when you are going to remain in close relationship with someone over a long period, these habits may bug you; yes, you have to love them for their faults, too!

To get the benefit of the close and steady relationship that we want and need, we have to accept the conflicts which are inevitable with two different personalities living together. It seemed to me that to believe it would be otherwise was just fantasy.

So if your marriage is moderately successful you have something to congratulate yourself on; marriage itself is valuable to you!

A VITAL QUESTION

Now, if you are a family man or woman I'm going to ask you this important question: Do you think you love your children more than your wife or husband, or do you get more enjoyment out of your children than out of your spouse? Be completely honest if you want to get full value out of this question.

When the mother and father love each other more strongly than they love anyone else, and particularly, of course, when at the centre of this there is a happy sexual relationship, then the family relationships all fall into place easily.

The children as they grow up get a good example of marriage for them to follow, and they are allowed to grow up in freedom to be themselves, because neither parent has a burning need of them as a replacement for what they are not getting from their marriage partner.

For growing up children it can be a frightening experience to have a parent give to them more than they give to the marriage partner -more love, more attention, more interest, more time. By this one factor, how many people have been caused subconsciously to fear marriage and closeness? How many are subconsciously blocked by a little voice saying: "When I marry her, this gorgeous girl who is so loving and interested in me may turn out to treat me in the frightful way that mother treats dad" or "if I marry this man who is so affectionate and generous to me, will he neglect me and treat me like a stick of furniture the way dad does mother?"

A very happy married couple said to me that the most important thing that had ever helped them in their marriage was a statement I had made in giving a talk some years earlier. And what was this statement? "If you want to be married and you want your

family relationships to work out happily and healthily, it all starts from one thing. **Be sure you make your marriage partner the most important person in the world."**

A Marriage Guidance Counsellor, who wrote a whole book about the value of appreciation of your partner, put it another way: We get the worst from those we belittle; we get the best from those we appreciate.

9 TEACHING GUILT

As a Sunday school teacher I asked the class: "What did King Solomon have besides 1000 wives?" The answer I was looking for was "wisdom". One little boy said: "He must have had a mighty big bed, sir."

Now, he showed a good guilt-free attitude towards sex!

Is it that the whole picture of censorship of sex -both public and private -is merely a reflection of our adult guilt feelings about sex? Are we just passing on our guilt?

One of the most damaging psychological factors I found was the association of sex with guilt.

It seemed that millions were subconsciously subscribing to the idea that sex was more acceptable and more exciting when it was guilty. Where did we learn such a horrible destructive attitude?

We started learning this almost from the day we were born -from the ignorant people who loved us most, our parents. How often, before we were even aware of it, were our own early sexual explorations of ourselves answered with a scolding, or "take your hands away"? I heard of cases of parents who tied their children's hands up in mittens and even boxing gloves to "prevent this dirty habit".

THE GUILT SYNDROME

There it starts: Sex - guilt. Just with that one bit of upbringing isn't it easy - knowing how much of our life is shaped in the first six years - to see one of the underlying causes why many men and women in adult life often can enjoy sex more when it is guilty -and sometimes can only enjoy it when it is guilty?

Ask yourself: "Is this not the most destructive anti-marriage, anti-permanent relationship attitude of all?"

Are censoring adults merely perpetuating their own guilt when they use excuses such as "we must prevent young people from having their minds affected by this trashy material". Is this just an excuse? If there were no children at all in our community, would these people find some other excuses for keeping sex "under the counter" - in a position that corresponds with the guilty place they have for sex in their own mind?

I am now quite certain that, if they need protection against anything, young people should be protected against exposure to the destructive ideas of the prudish people in the community who are causing really serious harm to growing minds.

If any harm is done to young people by so-called trashy published material is it even one-hundredth the harm that is done by the adult guilt attitude? I saw a book entitled "Love Stories" snatched from an 8-year-old girl who has showing normal healthy curiosity, and received a terrible scolding.

When are we going to stand up to misguided adults who insist on everyone treating sex in the guilty way to which they have become accustomed? When are we going to stop teaching the young this most destructive attitude -association of sex with guilt?

I wonder whether censorship of sex is actually doing the opposite to what is stated to be intended: Is the creating of a guilty attitude, and repression of sexual expression, an underlying cause of a great deal of problems including rape and sexual offences?

A Deputy Police Chief, whom I met aboard ship just before his retirement, expressed this opinion to me: "When women go topless on the beaches, that day will mark the start of an era which will see a reduction in rape, and, in fact, in all sex crimes. Naturalness and openness is the urgent need in this area of life."

We should start questioning innocent sounding things said to young children: "Hopalong Cassidy didn't drink, smoke, swear or kiss girls." Note the bracketing of all these things together.

GUILT SPREADS V.D.

In V.D. too, a disease which can quickly grow to epidemic, one of the worst features is failure to report cases promptly because of shame and fear. With any other disease a person reports promptly to the doctor for treatment. With V.D., because of guilt and fear and shame, sometimes it is not reported for a long time, during which the disease takes hold and spreads.

It seemed to me that the same prudish influences causing this guilt and shame then used the spread of V.D. as an excuse for further prudish campaigns.

After interviewing people engaged in the treatment of V.D., I came to the conclusion that V.D., which is a growing menace, could be wiped out in our community if the guilt/fear/shame atmosphere could be removed -if everyone who thought they MIGHT have V.D. went immediately to a doctor just as they would if they thought they might have cancer; if we had periodic check-ups as for other diseases.

ADMISSION OF THEIR OWN FAILURE

I found that some people, who themselves enjoyed sex very little, took a dog-in-the-manger attitude -"if I can't enjoy it why should anyone else." These people downed anything and everything connected with sexual enjoyment - contraception, abortion, the value of sexual relationships. They were "horrified" by short skirts, and "permissiveness sickened them."

It seemed that when people spoiled their own sexual fun, and fulfilment throughout their lives, the last thing they could bear was to see other people happily enjoying their sexuality -this being an admission of their own failure.

They labelled sexual activity with words like "depravity, pornography, and obscenity".

But it goes further than that. I remember the words of a parson who, when talking to me about my book commented: "If you psycho-analysed the really straight laced members of my congregation you might find the highest percentage of sexual perverts in the community."

How many sexually disturbed people disguise their own particular problem by using words like "decency", "moral rectitude" etc.? How many appease their own feelings of sexual frustration through less desirable outlets, including cruelty?

We have seen the spectacle of allegedly upright decent citizens in the guise of rulers and overlords of all description condemning other poor unfortunates to be hung, drawn and quartered, strangled, flogged -and tortured by being confined in depraved gaol conditions. I wonder how many of these alleged decent upright citizens were people whose failure to express themselves satisfactorily in their close personal relationships caused them to wreak their repressed feelings on others?

One Sydney businessman complained bitterly to me about his "permissive" teenage neighbours next door whom he said "have already had more experience than you or I." He described the young people as "depraved". In conversation he told me that his fifteen-year-old son was a "clean living" boy, but that when he reached age 18 he was going to "find a good prostitute to teach my son all there is to know about life." This father, incidentally, was recovering after being an alcoholic. Now, what do you think of this man's attitude - which was similar to the underlying attitudes of a number of men I interviewed? Whom do you think was subscribing to depraved ideas?

PORNOGRAPHY IS IN THE EYE OF THE BEHOLDER

It is not so very long ago since our so-called "decent, upright" Victorian ancestors were covering curved table legs and chair legs with little skirts - because these curved wooden shapes were considered to be capable of arousing our sexual "animal instincts". You think the same sort of awful thinking is not still going on?

A psychologist in a country town told me of a woman patient he had whose husband was a bishop. This woman suffered from all sorts of nerve pains including backache, neck ache, headache, etc. She revealed that her husband had not made love to her for twelve years. The bishop said that her aches and pains were "God's punishment for wanting sex." The psychologist added, "This bishop sometimes gives marriage guidance advice to young couples."

An Adelaide managing director who is alive and well today and who was always over-close to his son, chided his son recently for walking down the street with his arm around his wife. The father considered this was "not decent in public". The couple, incidentally, had been married for 20 years.

A most important thing about censorship is that it is the means by which persons with fixed ideas about moral values force these values on the rest of the community. Some of these so-called "moral values" bear looking at carefully to see whether in fact they do us much more harm, than good.

A very happy married couple, aged about 30, living in Glen Waverley, a Melbourne suburb, said that pornography had been a great help in their marriage relationship. The husband said: "For some people, so-called pornography can help to overcome their hang-ups; this was the case with us." His wife took up the story: "We had lots of difficulties in our marriage relationship, before we went overseas -due largely I think to my upbringing, and the hang-ups which resulted. When we went overseas for 12 months, we saw plenty of so-called pornography in London and in Denmark and Sweden. We noticed that the locals didn't take much interest in it and tourists mostly viewed it. Amongst other things we saw what would be described as a very blue film in London. Watching what other people do in their sexual relationships helped me to overcome the doubts that had been brainwashed into me by my upbringing. How can one know how other people act in this part of life if it is all kept hush-hush. Now it is much easier for my husband to turn me on - and we are very much happier."

Unwholesome prudishness has maintained its position in our society by applying the word "filth" to everything which would help us sweep away this prudishness.

THE REAL FILTH-MONGERS

If you examine public and private censorship of sex carefully you will find that much of it is aimed at preventing sexual intercourse being shown as an enjoyable and healthy and good part of human life. A brass plate for sale in a Melbourne antique shop window: "Sex -the pleasure is momentary, the position ridiculous, and the expense damnable; Lord Chesterfield." Notice that this is not considered pornographic because it runs down sex. Have a look at the words and see how distasteful they are to any person who finds sex fun and an enrichment of their life.

An unclothed picture of one of our most beautiful women printed in the finest known techniques on the finest quality paper - this is termed pornographic filth by some people.

A sex book describing the most effective ways to make love, and the psychology of sex, written by an eminent psychologist who has spent years of his life endeavouring to find ways to help people to make each other happy and have happier marriages - this is dubbed filth by some people.

Now if anything in this world is going to be called filth, I think it is the attitude of these people. The demoralising, destructive results of this prudish thinking are all around us in our daily life. In a survey such as I have done, they confront you over and over again.

A delightful young couple close to our own circle has just parted. The husband is living with another women; the wife has "taken to the bottle."

A few years ago I interviewed this couple, and the wife told me that her mother, to whom she was very close, on one occasion, had run out of the bedroom screaming because her own husband was trying to make love to her. The mother also told her daughter she did not allow her own husband to see her in the nude. Do you not think that this sort of example, with the terrible results it has on growing children, is truly filthy?

One of the greatest dangers in our community is that many scholarly people who have great learning in other fields are shockingly ignorant in the field of sexual education. The fact that they speak so ignorantly and are likely to be respected because of their ability and knowledge in other fields poses one of the greatest problems to be overcome.

WARPED CENSORSHIP

Only two weeks before this was written one of the world's leading actors stood on the television in a world-wide broadcast and described how he got drunk and one particular night was completely "stoned" (to use his own words). Here we had a man, who is idolised by millions, setting an example of drugging himself into unconsciousness and poisoning his body - and it was accepted as "the thing" and rather humorous and smart. The astonishing thing is that we don't protest violently about a censorship system that freely lets this sort of thing through, but blocks material about normal human sexual relations.

Had that actor on the television described how he once had thoroughly enjoyed making love to some beautiful girl all night, the censors would probably have cut it out, and if they failed, some T.V. viewers might have had to reach for the smelling salts!

AN ORGY IN TOORAK

Again, I was struck by the case of an American who obviously thought that he was "with it" and who attended an orgy at the Toorak (Melbourne) home of a Melbourne professional man.

The professional man told the American that he and his wife had started this behaviour after their 17-year-old daughter went off to Queensland with a young man. They condemned her, but later visited her in Queensland and decided that she and her boyfriend were having much more fun than they (the father and mother) had ever had in their own marriage. They considered that, thus far, their sexual life had been very boring.

WIFE-SWAPPING

And so they found another couple and then another in Toorak and started wife-swapping. Later they arranged orgies and the American was invited to one of these. He was told that it would not just be "oldies" (the host and his wife were in their 50's) but that there would be plenty of spare young women in his own age group.

One thing that interested me was that this so-called "with it" American would not tell me the name of the professional man. So I asked, "Would you tell me his name if it were just a big drinking orgy, and not sex?" "Oh yes, I would", said the American. "Well", I replied, "if you feel you're so broadminded and without guilt over sex, why the difference?" He was stumped for an answer.

BREAKING THE PRUDE BARRIER

We read in the papers "ticket sales soar when opera star announces she will do scene in nude." Another line in the story about the nude scene: "Opera star cheered at curtain-call." No doubt some will mutter "lecherous theatre-goers", but is that really the story?

Is this response caused because, although most of us on the surface pay lip service to our so-called moral codes, under the surface we feel the horror of what prudishness does to us; we spontaneously appreciate the woman who briefly breaks the prudish barrier and presents herself honestly -for one magic moment pushing aside our veil of doubt and fear and guilt which spoils this important part of our own life.

FILM ENDS DANGEROUS IGNORANCE

A woman who saw the full length sex education film "The Language of Love", which at time was showing in London but banned in Australia (it was later released also in Australia), as we left the theatre, said: "It's a very good film and very much needed in Australia, but I don't see why they have to show us all those things". She was referring to the section of the film that showed several different types and shapes of penises and vaginas. Now here is why.

I encountered many cases where people became terribly worried sometimes over a period of many years - because they thought that they were "different" - their penis or their vagina had something wrong, or was misshapen. Typical was a 19-year-old at an Australian university where his lecturer told me that he had been baffled because this intelligent boy failed all his subjects in one year and told the lecturer he wanted to be a "drop-out".

The lecturer, who told me the story, said that he was surprised when the young man was re-admitted to the university for another year. When the 19-year-old visited the lecturer in the first term of the New Year he mentioned that he had been in bed with a girl a few nights previously but had not made love to her. The lecturer asked "why"? - then out came the whole story.

The boy said that he was "different" to other people; he had not been circumcised. He had been hiding himself from people for seven years. During a recent camp he had not taken a shower for sixteen days because he did not want people to see that he was different.

The lecturer asked: "What about when you go swimming at the baths?" "I say I left my towel behind, and can't take a shower" replied the boy.

This 19-year-old said he had been worrying about this since the age of 12 and had never felt able to talk to his parents about it. He had reasoned that if he were a dropout from university he could take up some inconspicuous job where he would not be noticed as much as if he were a university graduate.

I found many cases like that one. Another boy noticed he had a vein on his penis and thought he was "different" to everyone else. When he was in a mental hospital later, psychoanalysis revealed that this belief during his growing up years had caused him to become a chronic worrier. For these people, ignorance is not bliss. More power to the film!

Incidentally, one of the commonest complaints of wives was that their husbands were poor lovers. Imagine if a survey showed that our women were poor cooks and a full-length education film on "how to cook" was banned in this country; imagine the out-cry there would be!

PRIVATE CENSORSHIP

"Shush! Don't talk about those things in front of Grandpa; he'll be offended."

One woman said: "Why should people do rude things and use rude words when they offend other people?"

This is fair comment, but on the other side of the ledger almost every day I am offended when I hear or see someone being prudish.

I am a person who feels more offended by people being prudish than by people talking honestly and openly about sex. I feel I am just as much entitled to be offended as those who want everything to be suppressed, so as not to offend their so-called "finer" feelings.

For the past few years, I have often had to listen in silence to horribly prudish condemning comments about happenings in my family and among my own circle of friends. I have heard people coming to what I considered were wrong conclusions for the wrong reasons about why this person did this and why that one was a problem at school, or what a disgrace this young girl was, or how terrible it was that this mother had given her daughter the Pill, or some such.

Yes, I have been offended over and over again, so why not consider me? Why does conversation and action have to be limited to what is acceptable to prudish people?

"We don't talk about things like that around here". Here is the familiar line which has been trotted out regularly by a prudish parent to stifle all intelligent family discussion of sex by growing up children. This has enforced ignorance and misunderstanding.

Take the word "VICE". "What's your vice?" they will ask. When I say I don't smoke, and I drink very little, they say, "Oh, we know what your vice is." Now I don't object to that conclusion at all, but I do object to the word "vice".

People have got themselves wrapped up in ideas about sin and vice regarding sexual intercourse much more than they realise.

SEX NOT A VICE

In plain fact, when a healthy man and woman have sexual intercourse there is no harm to either of them because this is a natural normal act of human beings -so how can it be termed a vice. As against that, drinking, smoking and drug taking are things that are unnatural to the human system, and after indulging in them, human beings can be harmed. If we want to use the word "Vice", let's apply it in the right place.

We need a new subject in our school curriculum - under the heading of "relationships"; how to get on with other people. We need to start talking freely about sex; not about sensational sex or just telling dirty stories about sex or boasting about sexual conquests; we all need to start talking about sex without reservation so that we can help to educate one another to better understanding of it. But you cannot grow, or educate, in a vacuum. Formal sex education needs a background of parental involvement and example.

It appeared to me that censorship of violence and criminal activities had a useful place in our society, but censorship of sex did not. Usually the two things unfortunately were tied together.

It also appeared that corrupt regimes had found the encouraging of the guilt sex-syndrome a most effective means of controlling people because humans are amazingly susceptible to feeling guilty over sex. It was no coincidence that the regime exposed at Watergate was publicly pronouncing that it would "end permissiveness and maintain standards of decency in the community".

Similarly, I found that some people used sex as a "whipping horse" ...They could pilfer from the boss at work, engage in sharp deals in business activities, take no interest in the plight of starving people, pollute the country- side, etc. -but by just subscribing loudly to a few thoroughly unhealthy, prudish ideas they were able to assume a "front" of respectability and decency.

10 "SHE UNDERSTANDS ME BETTER" .. and all that

EASY WAY OUT?

Marriage partners I met who were in apparently stable relationships but were conducting affairs on the side, proved interesting. One man who said that he loved his wife but 'would starve to death if I relied on the meagre sexual relationship she provided', had been involved with two girlfriends -one older than his wife and one younger -both long-term affairs.

The husband, who was aged 45, said that the one thing he wanted in his marriage was to be faithful. For years he had gone on having sex with his wife about once a week, with 'extras' being provided on birthdays or special occasions such as anniversaries. His wife often said that he "should not" complain because she did her duty by him". The husband said that his mother-in-law and his wife's closest relatives had talked of him as "over-sexed" and as a "sex maniac".

One doctor who had somewhat similar circumstances in his marriage said to me: "There's only one thing to do when your partner is like this; have an affair".

RELIEVES PRESSURE

But is that the only answer? Certainly in the case of a number of husbands and wives I have interviewed, having an affair has made life more tolerable for the one who was being affection-starved, has kept the family unit together and has taken pressure off the marriage.

But is not this "easy way out" which is so often used, just side-stepping the problem instead of facing it? How often, too, does it lead to further complications? Isn't the real solution that both parties should understand the vital importance of this in their marriage, and in their life, and start questioning why one or the other of them is feeling like minimising and avoiding a happy, enjoyable thing like sexual relationship?

A FEW SHERRIES...

And what do these lovers do when they are having an affair, sneaking off from wives and husbands to a motel room or flat?

It's most revealing when you find out. They sit and have a cup of tea together; they drink a few Sherries, they talk; sometimes they go walking together or go for a drive in the car or sit on the cliffs in the car; and they talk - and they listen to each other.

"Oh, she listens to me and she understands me in a way my wife never does", you will hear this husband say. "He's so considerate; my husband never treats me like that", the straying wife will say.

And while they talk they relax more and more, because each knows that later there will be some happy lovemaking and that neither will be likely to frustrate the other one.

Now I'm asking, why cannot this happen at home? So often the straying husband and wife stray out of homes where they do not do this for their marriage partner. They are quite capable of doing it; why don't they do it? All sorts of excuses are offered: "She's not my sort". Well, she was your sort once. You get nowhere until you accept that these are just excuses for failure.

WRONG BASIC ASSUMPTIONS

I felt the real answer lay largely in the fact that we had come to assume certain wrong things about marriage - which we had picked up partly by following the example of our parents. We had forgotten that what brought us together as a couple was that we were lovers - yes, sexual lovers of each other. This came first and foremost, and anything which denied it or tried to say it was secondary was utter hypocrisy. A Nashville (Tennessee) professor of psychology put it better than I have heard anywhere else, so I will quote his words: "People need to learn about their fouled-up feelings, attitudes, and beliefs. Our sexual problems have very little to do with anatomy or physiology, but a great deal to do with the hypocrisies to which we subject our children."

How many married people have placed their mates in the horrible position of having to go without sex or get it elsewhere, and, when their mates have gone outside their marriage, have then used this as a further excuse for not having sexual relationships with them? I heard of cases of people refusing sex twenty years after a mate was alleged to have engaged in an affair!

One wife in her late thirties attended an "R" (restricted) film and afterwards refused to sleep in the same bedroom with her husband.

Another Sydney wife spent six months planning to leave home and gradually "sneaked" towels and sheets, etc. On the day of departure a friend brought round a truck and helped her with moving the rest of the furniture she required in her flat. Half an hour after she arrived at the flat her husband came round with another truck. In fifteen minutes he picked up and took home all the furniture and goods she had been accumulating for six months. Yes, he was a furniture removalist!

POWER PLUG DIPLOMACY?

I found that normally honest people tell lies over sex.

This was one thing that had to be recognised if you were going to achieve any sort of reasonable attitude in many difficult situations such as separation. On a number of occasions I heard: "I will never trust her again; she told me so many lies."

I felt it was very important for people in this type of situation to realise that because a person does not tell the truth over sex, this does not necessarily indicate that they are basically unscrupulous and dishonest.

In this area, I found, people do tell lies - they cover up; just about everyone will, in certain circumstances. You don't believe me?

Supposing you were a wife whose husband thoroughly neglected you and cared more for his boyfriends up at the pub and the footy than for you, and as a result you were having an affair with the electrician. Supposing your husband burst in unexpectedly and caught you with the electrician under the bed?

Now, if there was the slightest chance that you could make out that the man was under the bed fixing the electric power plug, don't you think you would seize this and tell a lie?

I concluded that one of the main reasons why people tell lies in this department is that many consider the demands of society, or the moral code, or convention - call it what you like - are unfair in their own circumstances.

A man whose wife has attitudes towards sex that leave him frustrated gets himself a girlfriend.

Now, he has two alternatives. Either to lie and keep it secret - or he can bring it into the open, and then society and the law will demand that he lose his home, become an outcast from his family and friends and probably cripple himself financially for life.

Many men, in these circumstances, rationalise their lie by saying: "Instead of all this happening, my wife should go and see a psychiatrist or read a few books and unlearn all the rubbish she learned about sex and marriage. Until then I'll just have to go on lying."

So often when I am giving talks on this subject the question is asked: "Do you believe in sex before marriage?" They don't ask the question I'm really interested in answering: **"Do you believe in sex after marriage?"**

Many husbands and wives I interviewed very obviously didn't believe in making sex anything of importance after marriage. I found phrases like "Moderation in all things" applied to their sex lives but not to their drinking, eating, smoking, drug-taking, purchasing, or gambling habits. Many appeared to be paying very heavily for their attitudes towards their marriage sexual relationship.

One typical husband complained, "From morning till night my wife's life is a long series of anti-sex habits. When we get into bed she picks up a book and reads herself to sleep. In the morning - when I am usually at my strongest sexually - she says she is always in a bad mood and "doesn't talk before breakfast". Sex is allowed about once a week and the rest of our life is sexless, and without much affection. My wife suffers backaches, neck aches, pins and needles, and other neurotic-type ailments which make it all the harder from day to day to achieve any sort of sexual relationship."

One psychiatrist said to me, "Sex may be only 25% of marriage but I find sexual failure behind 90% of marriage breakdown". **I felt that if we wanted to have happy marriages, we must look at the attitudes and ideas that caused people in marriage to fail to satisfy each other and also the way these attitudes came about.**

11 ARE YOU A SEXUAL DROPOUT?

"The Deadly Attitudes. ..."

One man said, "Marriage is man's greatest invention for happiness". Another said, "Marriage is a great trap; people change as soon as they're married".

Apparently opposite views, and yet I agreed with both of them.

Why do people so often act in a certain way in affairs and in pre-marital relationships, and then become so much less desirable, and interesting, as companions after they have married? Where did we pick up the deadly attitudes that make many marriages less than fun - and sometimes unbearable?

I found that we are the victims of intense long-term anti-close-personal-relationship propaganda.

In the popular women's magazines and in fact in parts of the mass media generally, the constant theme that has been hammered out is what might be called "instant bliss". The emphasis has been on the glamour and thrills of engagements, weddings, glamour film star lovers, beautiful homes, furnishings and food.

Nowhere has the emphasis been on the tremendous excitement and joy and satisfaction in building a long-term sexual relationship, by hard work and effort and intelligent use of one's natural abilities, with the marriage partner.

Recently some thought-provoking magazines have appeared but although these are read by the young, many older people I interviewed said they "could not be bothered reading them. So many who obviously believed in the "instant bliss" formula, when they found their own marriage unsatisfactory, blamed "having married the wrong partner in the first place".

UNDERLYING ATTITUDES

"Oh, but they are not married". That's what one middle-aged wife said to me when I described how happy a couple were who were living together.

You know what she was admitting don't you? That woman was admitting that she believed it was easier to have a warm affectionate relationship with a man outside marriage than inside marriage.

Millions of people - who will hotly deny they are anti-marriage - hold this underlying belief, and cannot understand why their marriage sexual relationship does not bring

them the joy and fulfilment they hoped for in their hearts before they wed. Will it ever, unless they change this attitude?

This same woman said to me, "You cannot go round holding hands all the time in married life".

That woman said she loved her husband and wanted to stay married to him - but I happen to know she has had at least two affairs on the side. In each of them she told me she "kicked her heels up and enjoyed herself thoroughly".

I'll bet she held hands with her lovers!

It is so easy for such a wife to dodge the issue by just saying "Oh, my husband is not the right chemistry for me", or some such.

It became obvious that, much more than most of us realised, we applied crippling rules to our relationship with our marriage partner.

Several people said to me: "I have met so and so, and for the first time it is really something. At home I had nothing".

Sometimes I replied, "Did you make what you had at home 'nothing' - because of your attitude and fixed ideas about marriage?"

When I said this to one woman she said, "Oh, at home my husband is always there every night - so it's not something special and I don't have to make an effort I guess. With a lover it's now or never."

Now, how many subscribe to that - and just how deadly an attitude is that towards marriage? I concluded husbands and wives should take a leaf from their own behaviour in outside affairs. Why not? If you are going out to the pictures with your wife and you can afford it, why not buy some oysters and a bottle of wine for when you come home?
If you would do it for a girlfriend, why not your wife?

And you, my lady, if you would strip off your clothes with gay abandon for a lover, or have him undress you amidst great excitement, what about adopting this behaviour with your husband? **Maybe you'd find it easier to have your orgasms at home.**

A thinking nineteen-year-old said to me, "I think I've been lucky because my mother and father have a good marriage. My brother and I still have good times with them, playing cards, etc., but we always know when we go out that they're happy to be left alone together. It's a good feeling."

I wish I could show you just how many people I have interviewed whose marriages are dull and uninteresting. They do not provide much fun for each other. They have caused it to get that way.

HULA IN THE NUDE

Some wives would dance a hula in the nude for their lover but they would never think of doing such a thing in their bedroom with their husband. Some husbands similarly.

Oh, they are so respectable - I don't think!

How about clearing up this horrible line of thinking and 'co getting a bit "with it" in marriage. Let's get everything that there is to get out of our relationship -then maybe we won't go looking outside!

"FIRST, FINE, CARELESS RAPTURE"

A young couple passed by hand-in-hand and someone watching commented: Isn't it good to see them looking so happy?"

Another person who was present said, "They've only been married six months"; a third said, "Oh well, if they're not happy now they never will be."

A common-enough comment and quite an innocent sounding saying - but how deadly. Why?

Well, this sort of comment shows that the person making it believes that marriage is more likely to be interesting and exciting at the start, rather than a relationship that will grow more interesting and exciting the further it develops. How many people have been sold wrong ideas about marriage and sex by their parents who conveyed these ideas to their children as part of their effort to cover up deficiencies in their own marriage sexual relationship?

INTERCOURSE: HOW OFTEN?

One man I interviewed and asked how often he made love to his wife replied, "Oh, every night; is there any other way?"

Another woman aged 70, had only made love to her husband once throughout their marriage. She did not like it and that was it. They were still living together. One man of 29 I asked, "How many girls have you made love to?" He said there had been so many that he could not count them; "more than a hundred". He was now happily married and appeared to have a stable relationship.

But sexual enjoyment is only relative. Some men told me that when their wives had an orgasm they shouted out so loudly that it was necessary to keep the window closed because the neighbours might hear! This does not say that a loving wife who does not even have an orgasm could not enjoy her sexual relationship as much. An elephant can have a sneeze which is so big that it almost blows a house down; a mouse can have a tiny little sneeze and get just as much satisfaction and enjoyment and relief out of his

tiny sneeze as the elephant. Perhaps, at 70 years, we can expect to be like that mouse - and just as satisfied!

PARENT HANG-UPS

This matter is all important, so may I repeat: If your parents had a sex problem which prevented them from developing a fulfilling sexual relationship in their marriage, then, they would not say to you, their children, "We have a sex problem and that's why we are not loving to each other and deeply interested in each other"; (how could they, they probably did not understand it anyway?). Instead, because they wanted to appear as good parents and a successful husband-and-wife team, they might well have emphasised the importance of things in which they could be successful without involving their basic sexual problem: For instance, how important it is to be a good provider, or a good housekeeper.

Now, worthy as these things are, you can be a good provider or a good housekeeper until you are blue in the face, and you may still leave your partner unfulfilled and taking "nerve" tablets unless you realise that getting close to your partner is even more worthy of your time and effort. Success in this field may be much more important to you both, and much more something for you to be proud of, than whether you have a spotless house or a great business.

So many women I have interviewed have shown me that they are not proud of their physical sexual attraction and that they don't rate sexual success as a very high attribute. Some of this is, no doubt, due to hypocritical Victorian ideas making women act cold.

One woman rang me up and told me she had just left her husband. "Why?" I asked. She replied, "All he wanted was me and sex."

"ONLY WANT SEX"

Another attractive single woman, in her forties, had lived with her parents most of her life and had had practically no love life at all. Boyfriends? "Oh yes" she said, "but after a while I find that all they want is sex - and I drop them."

You can be quite sure that in the background of both of these women there was someone (very often a mother) who said about sex such things as: "Oh, I haven't got time for all that sort of foolishness." Now let's get it quite clear: Parents who say this sort of thing, and minimise the value and importance of sexual success, are only covering up their own deficiencies.

If you want it more honestly: Your mum couldn't do it very well, but she couldn't tell you that, so she fed you an excuse which you may have swallowed. Make no mistake; if you did swallow it and you don't wake up to this, it can deprive you and your marriage partner of happiness.

FIND ANOTHER ONE

Incidentally, to the first-mentioned woman who rang me up when she had just left her husband, I said, "Well, now you'll have to look around and find yourself another man who is interested in you and sex; otherwise you're likely to be lonely."

The second woman I talked to very lengthily, and then handed her two of the latest sex books. She now has so many boyfriends she doesn't know what to do with them, and one is desperately anxious to marry her!

HOUSE PROUD -BUT "SLOVENLY" IN LOVE

Take the modern, middle-aged housewife: She is rightly proud of the fact that she keeps her house tidy and trim; I mostly she learnt this from her own mother's example. She'd be ashamed to be "slovenly".

However, how often is she "slovenly" in her sexual relationship with her husband? Perhaps she learnt that from her mother, too!

Now let's be logical. Her marriage is primarily a relationship -not a house or a garden.

Aren't the things connected with the relationship far more important things to be proud of, or ashamed of, than matters connected with the house? Is not the relationship the central reason for the marriage, and is not the sexual happiness of the couple at the core of the relationship?

So, if you give lots of time and effort to your home cleaning or to being a handyman or carpenter or to learning domestic skills -then why don't you feel ashamed if you are slovenly and lazy in this even more vital area of your marriage?

DISTORTED THINKING

Are husbands and wives paying very heavily for this distorted thinking on sex and marriage that has been handed on to them?

One psychologist I interviewed said he estimated that more than one-third of the middle-aged housewives in this big city were regular drug takers -in an effort to relieve psychological aches and pains and depressions. Those women mostly have neat and tidy homes and their husbands are often fine businessmen, home carpenters and gardeners; but have they been slovenly in looking after the real core of their married life?

As this psychologist said: "You can't replace a relationship with a pill."

12 WHAT'S YOUR SEXCUSE?

Are you one of those people who engages in sex avoidance?

"Sex avoidance"? You say. "Good heavens, no". Are you sure?

Why do you have to work late so often at the office and come home "so tired" -when your wife would be delighted if you came home early, fresh as paint, and grabbed her?

And why do you, my lady, find you have a headache, or a sick stomach just when he is about to head you off to bed with an eager look in his eye? I know you don't do anything like this on purpose! The headache is there all right - but why does it come just at this moment?

Why would someone avoid a happy, pleasurable thing like sex?

Guilt, shame, misinformation, fear - these are some of the underlying reasons. Fear is the great paralysing. Fear of what?

"THE FEAR COMPLEX"

Fear of failure, fear of pregnancy, fear of responsibility, fear of doing what mother taught us not to do, fear of being treated the way Mother was treated by Dad, fear of being treated the way Father was treated by Mother, fear of looking a fool, etc.

When I was calling the square dances in big public halls, the promoters and I realised that amongst the crowds of dancers of sometimes 2,000 or more, there were many who would have loved to have been "in it" and whose toes were tapping to the music, but who held back because of their fear of looking foolish.

This fear keeps more people off the dance floor than anything else. We used various entertainment tricks to help overcome these fears and relax people. Once the backward ones were in, they frequently enjoyed it more than anyone else. Often they surprised themselves and turned out to be the most adept at picking up the dancing - showing that their fears were groundless.

And there it is! Fears and other similar feelings can cripple us and discourage us from entering into activities we are capable of enjoying as much as anyone else. The dancer who fears he has two left feet, and avoids - is matched by the person who has fears or doubts about sex, and avoids.

CRAMMED LIVING

Have a look around among your friends (and examine yourself, too, of course) and see how many fill their lives up madly. This fellow just has to work and work and work; he's always at the office; or maybe he's a member of a club or a lodge (he just has to be there five nights a week, they can't do without him). Or perhaps he devotes all his idle hours to some worthy object which none could possibly criticise, or else, he's a mad hobbyist and never takes his head out of his garage workshop, or is sports mad, or fishing mad, and he goes off with "the boys" in every possible piece of recreational time.

Of course, there's nothing wrong with being keen on work, keen on community service or on sports. But does this man also set an equivalent amount of time aside for the most important matter of building his relationship with his wife, and in fact, being with his wife enough for her to be a happy and satisfied, normal human female?

And what about the woman; what about the wives?

"NO TIME FOR THAT"

"My house has to be spotless; I just haven't got a minute to spare; get away, John, you're always coming up putting your arms around me; I haven't got time for any of that stuff; can't you see I'm flat out and I haven't got the time, from looking after your family and keeping your home in the spotless condition you expect, when all your friends are visiting us? You don't know how lucky you are having a wife who looks after your family and home so well."

Oh, how the domestic routine can be twisted around into a GIGANTIC sex excuse.

Perhaps you have an "ironer" amongst your friends? (She saves up all her ironing all day, and does it at night when her husband gets home).

There are cooking cranks, too; madly she will cook all night, producing cake after cake, while her husband chafes at the bit in bed!

Then there are the ones who will pick a fight - just before bedtime!

In these days of women's rights (Oh, what a day it will be when they free themselves from this sort of psychological blocker of their own happiness and fulfilment in life), even the liberation Movement has been twisted around by those who need a sex excuse.

"NO, I'M TOO TIRED"

Out go the married girls at 8 o'clock in the morning to their various jobs. And, of course, when they come home at night: "Oh, I'm terribly tired; I'm never any good after working all day." And, of course, when the weekend comes, they have had such a busy week at work that they are "entitled" to be out and about enjoying themselves or

visiting or some such, so that the opportunity for developing a ' happy marriage sexual relationship is almost never present.

How much of the sexcuse system consists merely of habits "' brought forward from Victorian times?

Was it that the Victorian wife, who expected to get no pleasure out of sex, and mostly got none, developed a pattern of anti-sex habits, designed to prevent her from arousing her husband's "animal instincts"?

Were her knitting and her tatting and her crochet all part of this? Did they give her something to do with her hands instead of being affectionately alongside her husband, touching him, on the couch?

Many people I interviewed appeared to carry a mental picture of the Victorian drawing room as being a place of peace and contentment -mother in her chair knitting, dad in his chair with his pipe and book and whisky (and gout!) - and tried to imitate this in their own marriages.

But was it really like this picture created in our minds eye? Judging by the products, including the arrogant overbearing Victorian father type, don't you think this so peaceful looking drawing room probably often was the scene of intense sexual frustration?

"WE'RE MOVING AGAIN"

I met the men and women who had so many social activities; good heavens, they never had any time! They were at this club and that organization, and their presence there was absolutely essential! Some were very worthy organisations, too - and it was pretty hard to dispute!

And then there were the home movers. Always remaking their nest "to settle down and live in". But they would move again; she had to sew new curtains, there was new wallpapering; he was flat out working to pay the big new mortgage. They never gave themselves time to settle down and enjoy each other in their nest. Always the next house would give them the satisfaction they craved.

THE "PETISHISTS"

And the pattern of distorted behaviour went on into many different fields. I saw the ones who had dogs, cats, and poodles. Now, there's nothing wrong with having dogs and cats, but "Oh my poochie and I, we are inseparable". And they fondled and patted and caressed their "poochie". And poochie or pussy responded by arching his back and rubbing with sensuous, sexual satisfaction against the leg or even climbing up on the leg, sometimes, showing even more clearly, the sexual interest aroused by the human lover.

How astonishing that some of us have been brought up to feel that if we sit and caress our husband or our wife around our home, it is embarrassing, and, in fact, even indecent to make any outward showing of sexual joy with one another. Yet, we can rub a dog or a cat and see them respond with full sexual satisfaction even to the point of writhing and purring: You see, the point is that the dog or cat does not rub against our basic sexual problem.

LOVE SUBSTITUTE

How often do you hear a wife say, "My husband hates dogs". Yes, she has a poodle and fusses over it all day and probably doesn't fuss over her husband in bed! Some people hate animals around the house entirely because their marriage partner uses an animal as an affection substitute - or shall we say a SEXCUSE.

13 ARE YOU REALLY FUN TO LIVE WITH?

One separated woman spent at least half an hour describing her husband as an absolute "vile beast", "bad-mannered", "never did a thing for me", "hit me often", etc.

She then said he had been living with another woman for 18 months. When I asked how he treated the other woman, the separated wife replied: "Oh, he's wonderful to her; opens the car door for her, treats her like a Queen".

"But that's the same man", I said. "Don't you think this might indicate that the new woman is doing something that ' you didn't do -or vice versa?"

ARE YOU THE TRIGGER?

When your partner seems to be acting wrongly, have a look at what you are doing to cause him or her to act that way - or to accentuate the fault which is "bugging" you.

SIMPLE PSYCHOLOGY

In many marriages and in many sexual relationships I found that as one partner became very keen about something the other partner often seemed to lose some interest. For instance, I did not often meet a case where both partners said that they were both "very enthusiastic" about their sex relationship; usually one was more and one was less. Some, of course, were positively anti!

POSITIVES BREED NEGATIVES

You see this principle of psychology in action when a husband gets up in the morning, throws up the blinds, breathes in deeply and appreciatively, thumps his chest and says: "ah, what a glorious morning; I feel great!"

His poor spouse may give a shudder and mutter as she clutches the bedclothes: "I feel lousy".

And the more he beats his chest and says how great he feels, the more she is going to feel awful. The interesting part about this is that if you take that woman and match her up with a mate who gets up in the morning saying he "can't stand the early morning and feels lousy", you will find that this woman tends to throw off her depression and brighten up - and she may even finish up appreciating and enjoying the beautiful mornings.

It seemed that that was what we did to each other when we were in close relationship such as marriage. If we were too enthusiastic about something -sex or anything else - we tended to cause our partner to go the other way. Similarly, if we were being very negative about something, we caused the tendency for our partner to become over-keen.

Here I felt was a great clue. If your partner constantly is being very negative on one subject, try cutting down some of your own enthusiasm for it, and vice versa. Then things may become more balanced in your relationship - and you may both be more fun to live with.

SEXUALLY DEPRIVED AND UNDER-PRIVILIGED- IN REVOLT

Make no mistake; our Society is in the midst of one of the world's great revolutions, the sexual revolution - at last, after nearly fifteen centuries of destructive unhealthy repression. We might even get back to being human and natural!

Many people said to me: "The pendulum will swing back again." Some, I felt, said it hopefully. But from what I saw the pendulum has hardly started to swing. Die-hards of the old prudish, unhealthy way will try to hold us back at every step, but knowledge is the firepower of this revolution, and, as John Stuart Mill said, "the truth is gaining headway".

Since one dynamic truth - that woman is much more physically capable of enjoying sex than man - started to be whispered around, I believe the younger women in society already have gained enough of an inkling of the real facts about themselves to prevent the pendulum ever swinging **back**.

IT'S TIME!

- It's time for change - for a great step forward; and if we are to contribute, we must learn to change. We must encourage respect for one another, and responsibility, in our sex education; discrimination about what really fulfils us, keeps us younger and more interested in life, healthy and happy.
- It's time for greater honesty, and reality about our need for human warmth, closeness, and fun in our personal relationships.
- It's time for new morality based on the realisation that those things which are pleasurable are good -provided that they do not hurt anyone else or hurt yourself.
- It's time (if we wish to retain marriage) for looking objectively at these clinging parent/grown-up-child relationships wherever they interfere with or take precedence over our marriage relationship - realising that we cannot expect to enjoy the fun and fulfilment of an adult relationship while we cling to childhood.

Although some of the ideas contained herein were "way out" from my own line of thinking when I started writing, I am convinced that this book will be regarded as very conservative indeed in future years - when the importance of developing and using our sexuality to the fullest is understood. Many doctors told me that they considered at least half of their present-day cases were "psychosomatic". Will this vast and spreading sickness reduce or disappear when men and women drop their preconceived ideas about adult close personal relationships and take time and interest to study them and find out how to use them best to relieve their tension, and to enrich their lives?

Lastly, it's not much good people taking what I have written and saying: "Oh well, if we are going to believe this, it looks as though sex is the be-all and end-all of life; I have either got to be a sex-pot or I am no good."

SOOTHING SYRUP

It would have been popular amongst lots of people I know for me to have "played down" sex in this book. Many would prefer the soothing anaesthetic of the American-style soap opera love -"we must have gentleness, tolerance, unselfishness, common sense and all will work to a happy ending." It might be more popular to write that way and earn praise from the critics, whose feelings also are soothed, but this book is aimed at helping you, instead of drugging you.

If, during my survey, I had found that people with plenty of food available to them were not eating sufficiently to satisfy them and to sustain their bodies comfortably and healthily, then I would have tried to expose all the silly reasons why they were doing this; it would not have meant, however, that I was suggesting that eating was the be-all and end-all of life, or that they had to be gluttons to be successful.

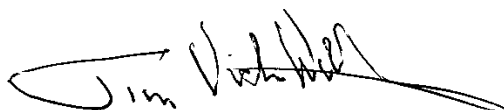
Getting close to someone who counts and is worthwhile in our eyes is what is really satisfying and fulfilling. Besides being other things, our sexuality, as an aid of this, is a precious talent.

We have been inclined by our upbringing towards certain lines of thought. The intention of this book has been to offer for your consideration some other lines of thought -in the hope that they may help you and your partner.

How about this motto for your bedroom wall?

THE COUPLE THAT PLAYS TOGETHER STAYS TOGETHER

It's more fun too!

A handwritten signature in black ink that reads "Jim Vichell". The signature is written in a cursive, flowing style with a long horizontal stroke at the end.

Afterthought by Australian Cartoonist Jeff Hook

ARE YOU
(REALLY)
FUN TO LIVE
WITH



THE AUTHOR:

Author Jim Vickers-Willis began his career as a journalist on "The Sun" News-Pictorial in the late 1930's. After serving as a Flight lieutenant in the R.A.A.F. in World War Two, he returned to journalism briefly before opening two catering firms.

Jim became the central figure in Australia's remarkable Square Dance boom of the 1950's. As the most popular and successful "caller" he entertained crowds of up to 2,000 nightly at Earl's Court Ballroom, St. Kilda, Melbourne, at major interstate auditoriums, and on eleven weekly radio programs around Australia.

Then came tragedy. Jim was suddenly stricken by polio, which confined him to an iron lung in hospital, and left one of his arms permanently affected.

Undaunted by this adversity, Jim branched into new fields, writing and producing puppet shows and plays, comparing community singing, designing baby furniture. Then, in 1959, he entered the life assurance world.

Jim Vickers-Willis still "calls" for frequent square dances in Melbourne - exclusively on a charity basis. Assurance takes much of his working time.

It was from the thousands of personal contacts in all age groups, made through square dances and life assurance interviews that Jim became aware of the widespread sex and marriage problems which inspired this book. These contacts provided some of the research material on which the book is based.

Jim and his wife, Beth (who was formerly the star dancer in his square dance "Exhibition Set") celebrated their Silver Wedding Anniversary in late 1972. They live in Brighton, Victoria, with two sons and a daughter. Jim's first book, written in the 1950's, was a definitive work on square dancing - Australian-style.