

CHAPTER VII
THE ORGANS OF SEX AND THEIR
FUNCTIONS

Nebraska.

DEAR MRS SANGER

I do not know if you are the right person to understand me or not but hope so My husband is 23 and old for his age I am 30 and considered by every one young for my age so I cannot think that would make any difference in our love for each other We have been married about 2½ years and we have the dearest boy any one ever was blessed with 14 months old I can hardly understand how we ever got him though Although very fond of children I am so against sexual relations that I really feel insulted if my husband mentions anything about such things I love my husband dearly but it seems I cannot love him in that way He calls it love I call it torture I always had the idea that there should only be intercourse when children are desired and I cannot have any more I had such a time with this one I was in bed ten weeks and the doctor didn't think I would ever get up So I know that I must not I would go through it again or even death before I would take a little life after it was started for I believe it murder

My husband has left me four times and always says it is because I can't love him in that way but it seems I just can't He is very affectionate and good to me when we are together I want to do what is right what God would have us do But I do not know what it is and I want a happy home so badly that is why I am appealing to you for help if there is any If you have time I would appreciate a personal letter from you and any suggestions that you make I will try and follow Is there anything to be done in our case So that my husband would not care for me in that way or if it is right that we should or is there any way that I could learn to care for him

MRS K. R

CHAPTER VII

THE ORGANS OF SEX AND THEIR FUNCTIONS

If anything is sacred the human body is sacred
And the glory and sweet of a man is the token of
manhood untainted
And in man and woman a clean strong well fibred
body is beautiful as the most beautiful face

—*Whitman*

NO young man or woman should marry without first securing a scientific understanding of the anatomy and functions of both male and female organs of generations This understanding is essential to health and married happiness

The sex organs are the instruments of love expression Upon their health depends the entire health of body and mind They are intimately connected physiologically and psychologically with the nerves and glands in every part of the body

In every gesture in the carriage the voice the complexion the depth and brightness of

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the eyes and in innumerable other ways men and women reveal their happiness or unhappiness their general tone and radiance of sex health or lack of it

The sex organs are delicately organized instruments intimately and intricately related to all the avenues of the senses by which the mind is stimulated The generative organs are in close relation with the central nervous system interacting through this system responding to impulses desires and inhibitions exerting a profound and immediate influence upon the emotional and physiological life

These organs are also the glands of internal secretion a part of the glandular system of the body The great importance of this system is the latest great discovery of medical science Secretions released and sent directly into the blood stream by the sex glands as by other glands of the same system are known as *hormones* or chemical messengers almost too minute to be studied by the microscope yet of the utmost importance in the building up and sustaining of bodily health

The various hormones released by the different ductless glands working together are determining agents in building up health If

their action is unbalanced if these hormones are in conflict ill health results

Therefore the sex organs are not things apart Their importance can no longer be neglected Intelligent men and women now recognize the necessity of knowing themselves thoroughly They must courageously insist on understanding all the vital functions of their bodies

Let me again remind the youth and maid that in approaching marriage they must not permit prudishness or a false sense of delicacy to stand in the way of acquiring this invaluable knowledge not merely of the sex organs of their own sex but of the opposite as well

The successful consummation of marriage depends upon the adjustment of these organs the interrelation and the harmonious interplay of the organs of generation Without this mutual adjustment an abundant love life is rendered impossible for it is through these instruments that the emotion of love between husband and wife finds complete and culminating expression

Let us briefly consider these instruments of the body The first great and striking difference between the male and female organs of

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generation is to be found in the fact that the male organs are for the most part external organs while the female are internal. The testicles of the man, two in number, are in a pouch or sack called the scrotum. This bag is composed of very thin skin containing no fat which shrinks when exposed to cold and relaxes in condition of fatigue or extreme warmth. Usually the left testicle is slightly larger than the right and the left half of the scrotum hangs lower. The testicles are semi-hard ovoid glands made up of great quantities of fine tubes grouped in lobes or lobules. The products of the testicles are the life-giving sperm cells (spermatozoa) and the secretion or *hormone* known as the *gonad*, that glandular secretion which released directly into the blood stream confers manhood and masculine virility to the individual. Voronoff claims these *hormones* secreted by the testicles to be a veritable elixir of life. They are released throughout the entire period of sexual maturity and are increasingly stimulated by a full and healthy abundant love life.

The *vas deferens* is the duct or tube that carries away the sperm cells from the testicle (or testes) to store them inside the body in

the seminal vesicles These latter are reservoirs—which are nothing more than large irregular dilatations of the tubes themselves and are found lying behind and under the bladder in front of the rectum

The prostate gland one of the most important organs of the male generative structure is made up of three lobes It is adjacent to the vesicles and the urethral canal passes through this gland as it passes from the bladder

Under the stimulation of sexual excitement the penis which is the intromittent organ of the male becomes rigid This condition is brought about by the swelling and filling (or turgescence) of the three bundles of erectile tissue which compose this organ Two bundles—known as the *corpora cavernosa*—are bodies of hollows or cells—begin on the under side of the pelvic bone and end in the glans penis or head of the organ A third or spongy body encloses the urethra the canal through which both the urine is emitted and the semen ejaculated This process is controlled by nerves through which the erotic impulses from the brain are sent and are located in the lumbar or lower part of the spinal cord

The penis is enveloped by a thin skin which

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unless circumcision has been performed protects the head or glans penis. This protective integument is known as the foreskin or prepuce. The head or corona of the penis is the most highly sensitive part of that organ. Numerous small glands near the free margin of the foreskin emit a secretion. Cleanliness to prevent irritation to this sensitive part should be taught from childhood. The necessity for such cleanliness was early recognized by certain tribes—notably the Jews—in establishing the practice of circumcision, cutting off the foreskin in early infancy. Today this custom is approved for reasons of hygiene.

Erection of the penis is occasioned by the dilatation of its blood vessels. First of all the bulbous or proximal part of the organs increases in size. The swelling extends through the two cavernous bodies and in a short time reaches the head or glans. The veins of the penis are said to be traversed by five times as much blood during erection as when in repose. This increase in the amount of blood is accompanied by a corresponding rise in temperature of the parts.

It should be evident that this sexual apparatus in its mechanisms, its nervous or

ganization its glandular importance is very sensitively organized To control and direct the coursing impulses and emotions which come under sexual stimulus is a difficult art yet it must be mastered by the young husband who wishes above all else to achieve happiness for the woman he loves and thus for himself

The sex organs of the woman are as we have stated mostly internal as contrasted with those of the male Yet there are striking similarities or rather analogous and complementary aspects Thus the two ovaries correspond to the testicles of the male like the testicles they secrete hormones of the utmost importance to the well being and general health of the woman

The other organs—the vulva clitoris and vagina—likewise correspond in certain aspects and are skillfully constructed for mutual adjustment in the symphony of love

Vagina means sheath or scabbard It is made up of this muscular tissue and mucous membrane Ordinarily collapsed the vagina is capable of enormous expansion as it becomes the canal through which the child passes at birth The tissue of the vagina is wrinkled and corrugated It is furnished with glands

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which at the time of sexual excitement secrete a lubricating fluid essential in copulation

In the folds and wrinkles of the vagina may be hidden the sperm cells deposited by the penis. The male sperm may live there for several days unless sterilized.

The length of the vagina varies in women. As in the case of the male penis it is not necessarily small in small bodies nor large in large women. As its walls are composed of erectile tissue it is always capable of expansion to adjust itself to the need.

At the front of the vulva is found the clitoris, the special seat of sex sensitiveness in woman. Like the penis in the male, this diminutive organ contains numerous sensory nerve endings. It is highly sensitive during copulation.

The womb or uterus lies between the bladder and the rectum and is one of the most important of the generative organs in the female. In shape the womb is like a pear hanging with the stem downward. The small end or neck is known as the cervix. The uterus is set down in the vagina much as an egg rests in an egg cup. During consummation the womb, which may be described as a muscular organ, undergoes a series of peristaltic com-

pressions and contractions by means of which the ejaculated semen may be drawn into its hollow cavity. The womb becomes for nine months the nest of the conceived child. The muscles of the uterus expand continuously until the time of birth when the infant passes through the vaginal canal out of the body.

The womb is suspended by muscles in the pelvic region. It is elastic as well as tough in its own muscular envelope. But when its muscular action is weakened this organ falls down into the vaginal canal. This condition is often responsible for the pain occasioned to some women at the time of intercourse.

The upper part of the womb is connected with the Fallopian tubes which correspond with the vas deferens in the male. The Fallopian tubes connect the uterus or womb with the two ovaries. They are serpentine in shape and it is through these tubes that the ova or egg cells come into the womb where they await development after conception has taken place. The ova (eggs) are discharged from the ovary at the time of menstruation—usually every twenty eight days for normal women.

The ovaries which correspond somewhat to the male testicles are two almond shaped or

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gans lying on each side of the uterus. It is in the ovaries that the female cells are grown. But in contrast to the male cells which are ejaculated through the urethra either during intercourse or by nocturnal emission the ova are deposited in the uterus and discharged each month if not fertilized by the sperm cell.

The hymen (or maidenhead) is a thin membrane which if present partly closes the vaginal canal. Sometimes this membrane completely surrounds the opening sometimes it is crescent shaped. Its presence was once thought a symbol of virginity but accidents in childhood may cause its rupture, or it may never have been formed. Its absence should never be considered as indicating a previous sex relation in an unmarried woman.

Intimately connected with the genital organs of the female and to a large extent influenced by the glandular secretions from the ovaries are the breasts, secondary features of great importance, both sexually and from their functions in motherhood. During puberty the breasts of the girl develop considerably. With many women the breast enlarges during the period of menstruation thus indicating their organic relation with the function of the ovaries.

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and the womb The skin above the nipple is very delicate of a pinkish color in women before children are born and darker after

The breasts are considered an integral feature of feminine beauty They are moreover important and highly sensitive centers of stimulation