

CHAPTER XI
PSYCHIC IMPOTENCE AND
FRIGIDITY

Colorado

DEAR MRS SANGER

My sorrows are not too many children but they are just as great I want children always have wanted children and have been denied them I am not strong have always had poor health since girlhood I am 30 years old and have been married eight years I can write my troubles to you for I feel you will understand and help me and tell me if I am right or wrong My husband does not want children He does not satisfy me and I cannot respond Never in my eight years of married life have I responded I am so unhappy about it and I know I am not normal or I would not be this way Is it that I could not have children or is it because of disorders of my womb or ovaries I never had courage to go to a doctor and I never have talked with other women on sex problems

My menstrual periods are always long and often times too soon Your Chapter on Continnence I didnt fully understand It is written in plain every day language—but does continence mean such intercourse as I have or does it mean no intercourse at all?

If you are allowed to give such information through letters will be thankful for it If medicine will make me well and normal I want to know what to use If we were sure I would not get pregnant would I be natural could I respond?

MRS E B

CHAPTER XI

PSYCHIC IMPOTENCE AND FRIGIDITY

A GAIN and again I have emphasized the need of adequate preparation complete avoidance of hurry and nervousness This is a real need physiological as well as emotional The accessories of the act the wooing the romance, the tuning in—all fulfill a definite physiological function

Swept off their feet by uncontrolled ecstasy mastered by their passions aiming only for the immediate gratification of desire many men find themselves suddenly and inexplicably bereft of the power to continue This phenomenon may be the result of an acute and even an unconscious nervousness of too great a nervous tension The young man may even be virile, healthy and vigorous an ardent lover and yet at the great moment while emotional desire runs high the erection has relaxed

This is a most embarrassing situation for the young husband and for his bride as well This

此種現象之發生，多由於神經之過度緊張，或因情欲之過度興奮，以致在臨事之時，發生生理性之障礙，此即所謂之「早泄」或「遺精」也。

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defeat and the chagrin created by it, may lead to a more or less permanent period of impotence. If experienced the man may have some knowledge of this temporary impotence. If he is lacking in experience he may imagine that he had lost his manhood that he cannot fulfill his duty and that the woman he has loved will believe him impotent. All of these thoughts increase and intensify his anxiety. He may lose all confidence in himself. His imagination and his belief may make this impotence of longer duration. In desperation he may make vain attempts to fulfil his part. But each attempt increases his exhaustion and adds to his defeat.

In such a situation all such attempts are useless. At this point the bride should recognize that there is no occasion for alarm that the proper emotional rhythm has not yet been established that the culmination of the nuptial act must be postponed to another time. Therefore she should not only urge her husband to rest but also assure him anew of her love and confidence. Often when the wife has assumed this attitude (instead of expressing her own disappointment) by assuming the active part in reassuring the husband through her caresses

and tender understanding she reawakens the nervous and emotional fires. Relaxation and rest are the only remedies for temporary psychic impotence on the part of the husband.

Often such a condition is a danger signal that the act has been indulged in too often especially in the earlier periods of marriage.

In some cases however the long continued habit of masturbation renders young men partially impotent. If this practice is prolonged the man may discover that while erection may occur as the result of his own imaginations and sensations the thought or the touch of his wife has lost its power to cause a sufficiently strong erection to carry out the act of intercourse. In some cases he may not be sexually stimulated at all. In other cases erection may occur but relapse almost immediately.

One case of a young man who had indulged in the practice of masturbation merely for physical relief was brought to my attention. He married and no more than one week after the ceremony his bride came weeping to me asking for advice. She confided that the young husband's attempts at intercourse were revolting to her, as well as disturbing to her.

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nervous system Because she wished to have a family, she was crushed by grief at the predicament in which she found herself for she was in love with the man of her choice Above everything else I recommended her to be patient sympathetic and to do everything in her power to reassure him of her confidence Both were nervous frightened and thrown into the deepest chagrin Rest and emotional relaxation were needed and no attempts at intercourse should even be attempted for several weeks Intimacy and affection and knowledge of each other was in this case the first essential I advised the young woman that all the outgoing streams of affection and confidence should be strengthened before the final act of sex communion should be thought of again

The husband should of course make a determined effort to free himself of the pernicious habit which had caused this temporary tragedy and which had such a deleterious effect upon his nerve centers

The advice was followed and within six months not only had this marriage been successfully consummated but a baby was on its way into the world By a strict adherence to

the simple rules advised by the wife's tactful sympathy—complete potency was regained and with it an added ambition and marital understanding

Another case of impotence through masturbation was brought to my attention. But in this case the young man indulged not merely for physical relief. His imagination was fired by feminine attire by magazine covers. His imagination had been perverted and fixed by the practice and he failed to break through the slavery of the habit

So called psychic impotence in men is brought about through the protracted habit of masturbation by excessive indulgence in sexual intercourse and very often by disturbing environments nervous tension fear or anxiety or alcohol. There is likewise a corresponding condition in women rendering impossible or unsatisfactory the act of sex communion. Among many women this state of 'frigidity' is brought about either by a complete indifference and lack of desire or when passion is present by the inability of her partner to coax this passion to its highest and culminating point

The reasons for this condition are as various

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as the different types of frigid women. Among certain women the desire for sexual contact is strong but they confess themselves constitutionally unable to reach an orgasm. Other women confess that they have no desire for sexual union at all and that the act is even repulsive to them. They are affectionate responsive to the caresses of their husbands but derive no joy from sex contact. These are the two main types of frigid women found in the Anglo Saxon countries today. There are of course many individual cases that fall outside these two main groups. But few women are absolutely and pathologically frigid.

I have sought to show in a previous chapter that women are as a rule constitutionally unable to reach the climax of the drama of love at the same time as men. But this does not mean that women on this account are to be classified as frigid.

Many women have never experienced the supreme moment of the love drama because of the husband's extreme disregard for her and his ignorance of her emotional nature during coitus. He fails to control his own passions and is interested only in the immediate gratification of his own desire. His lack of

consideration for the needs of his wife who experiences no joy in the act since she is merely the passive receptacle of her husband's passion leads her to believe that she is 'cold'

We cannot too strongly emphasize the necessity of young husbands studying the emotional needs of their wives for it is upon this art that the foundations of married love are based. It is out of this ability developed and strengthened (and an endless source of vitality gained) that enduring happiness in marriage grows.

The second and larger group of so-called cold women are those in whom desire still remains sleeping. In these women sex desire is not present because it has never been awakened. Affection is present and human affection is important but until the woman experiences positive sex desire she remains in a frigid state.

The husband must therefore do everything in his power to fan the flame of desire in his loved one. He must seek to get rid of the inhibitions, the fears or anxiety which hold her back from complete enjoyment.

Certain women for instance are so sensitive to noises that the slightest sound in the next

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room or in any part of the house which penetrates the atmosphere destroys her enjoyment. Thus this thought the product of fear and anxiety restrains and suppresses desire so that whatever the husband does he cannot bring it to a climax. Too frequent demands are another cause that destroys the desire among some women. The nervous system in women is a delicate and intricate mechanism and is subject to fatigue. Overstimulation excesses indulgence in intercourse in season and out, all bring sexual fatigue and even positive repulsion especially to a highly sensitive woman who has not yet been fully awakened. To indulge in too frequent intercourse under such conditions becomes distasteful to her. It becomes more and more difficult to bring on an orgasm and eventually in certain cases quite impossible.

Factors influencing sex desire are food health, sleep music happiness alcohol as well as frequently of act completeness of organism worry anxiety sorrow and fear of pregnancy.

In all cases of so-called frigidity special attention should be paid to the facts recounted in Chapters VIII and IX and complete time

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attention and precautions taken Among these are

Establish conditions of complete isolation privacy and leisure Remove all things which would cause fear and worry

Let the husband encourage his wife to relax herself completely so that her love may find complete expression

Win and woo each time anew