

The background of the cover is a painting of a woman with long, wavy brown hair, wearing a vibrant red dress and a gold, wide-brimmed hat. She is looking down with a contemplative or perhaps distressed expression, her hands clasped together near her face. The overall color palette is dominated by warm, earthy tones of red, orange, and gold, with a textured, painterly quality.

T.H.VAN DE VELDE M.D.

IDEAL MARRIAGE

ITS PHYSIOLOGY
& TECHNIQUE

Over 1,000,000 copies sold
the book that doctors recommend"

Ideal Marriage

Its Physiology and Technique

This page intentionally left blank

Ideal Marriage

Its Physiology and Technique

Th. H. Van de Velde, M.D.

Formerly Director of the Gynaecological Clinic at Haarlem

“Marriage is a science.”—H. DE BALZAC

Second Edition

Revised by Dr Margaret Smyth



London

William Heinemann • Medical Books • Ltd

<i>First Edition</i>	1928
<i>Second Impression, October</i>	1929
<i>Third Impression, December</i>	1929
<i>Fourth Impression, June</i>	1930
<i>Fifth Impression, November</i>	1930
<i>Sixth Impression, January</i>	1932
<i>Seventh Impression, June</i>	1933
<i>Eighth Impression, July</i>	1934
<i>Ninth Impression, November</i>	1935
<i>Tenth Impression, November</i>	1936
<i>Eleventh Impression, November</i>	1937
<i>Twelfth Impression, January</i>	1939
<i>Thirteenth Impression, February</i>	1940
<i>Fourteenth Impression, August</i>	1940
<i>Fifteenth Impression, August</i>	1941
<i>Sixteenth Impression, October</i>	1942
<i>Seventeenth Impression, March</i>	1943
<i>Reset in 1943</i>	
<i>Eighteenth Impression, January</i>	1944
<i>Nineteenth Impression, May</i>	1946
<i>Twentieth Impression, April</i>	1947
<i>Twenty-first Impression, January</i>	1949
<i>Twenty-second Impression, May</i>	1950
<i>Twenty-third Impression, September</i>	1951
<i>Twenty-fourth Impression, May</i>	1952
<i>Twenty-fifth Impression, August</i>	1952
<i>Twenty-sixth Impression, January</i>	1953
<i>Twenty-seventh Impression, November</i>	1953
<i>Twenty-eighth Impression, April</i>	1954
<i>Twenty-ninth Impression, July</i>	1954
<i>Thirtieth Impression, March</i>	1955
<i>Thirty-first Impression, March</i>	1956
<i>Reset in 1957</i>	
<i>Thirty-second Impression, March</i>	1957
<i>Thirty-third Impression, July</i>	1957
<i>Thirty-fourth Impression, March</i>	1958
<i>Thirty-fifth Impression, February</i>	1959
<i>Thirty-sixth Impression, February</i>	1960
<i>Thirty-seventh Impression, April</i>	1961
<i>Thirty-eighth Impression, March</i>	1962
<i>Thirty-ninth Impression, November</i>	1962
<i>Fortieth Impression, December</i>	1963
<i>Second Edition (reset)</i>	1965
<i>Second Impression</i>	1967
<i>Third Impression</i>	1969
<i>Fourth Impression</i>	1971

© by DR. TH. VAN DE VELDE and

William Heinemann Medical Books Ltd 1965

ISBN 0 433 33650 1

*Reproduced and Printed in Great Britain by
Redwood Press Limited, Trowbridge & London*

Dedicated to
Martha Van de Velde-Hooglandt

Et parce que tous les jours je t'aime davantage
Aujourd'hui plus que hier et bien moins que demain
Qu'importent alors . . .—ROSEMONDE GÉRARD.

This page intentionally left blank

List of Contents

Personal Introductory Statement	PAGE
	xix
Preface to Second Edition	xx

Part I
Introductory and General Physiology of Sex

<i>Chapter I</i>	
Preliminary. Marriage, Actual and Ideal	3
Reasons for Retention of Marriage	3
The Four Corner-stones of Marriage	4
Right Choice of Partner	4
Correct Psychological Approach	4-5
Solution of Problem of Parentage	6
Vigorous and Harmonious Sex Life	6
The Doctor as Adviser	6-7
The Husband as Initiator	7
Inadequacy and Egotism of Most Husbands, and Apparent Coldness of their Wives	7-8
The Husband as Permanent Lover of his Wife	8
Ideal Marriage demands Study and Thought	8
The Present Treatise as a Manual on this Subject	8-9

<i>Chapter II</i>	
Glimpses into the General Human Physiology of Sex. Part I	11
<i>The Evolution of the Sexual Impulse. Sexual Sensations and Internal Stimuli</i>	11
Urge to Reproduction	11
Urge to Sexual Activity	12-13
Its Components; Impulse of Approach	12-14
Impulse of Relaxation or Consummation	14
Love as Abstract Concept	15
Love as Personal Emotion	15, 16
Marriage	16
Ideal Marriage	17
Sexual Sensations and Internal Stimuli	13, 14
Influence of Internal Secretions	13
Significance of Internal and External Secretions in Determining (a) Approach; (b) Relief	14-15
Psychic Factors.	15

<i>Chapter III</i>	PAGE
Glimpses into General Human Sexual Physiology	19
<i>Sexual Sensations and External Stimuli</i>	19
Psychic Impressions	19
(a) General	19
(b) Individual	20-21
Sensory Impressions	21
The Sense of Taste	21
The Sense of Hearing	22
Music: Harmony and Melody	22
Rhythm	22
The Human Voice	22
The Sense of Smell	23
Individual Olfactory Sensitiveness	23
Natural and Personal Odours	23
Respiration	24
Perspiration	24-25
General Bodily Exhalations	25
Specifically Sexual Odours with Individual Differences	25-26
Menstrual Odours	25-26
Genital Odours in Women and Men	26-27
Seminal Odours	26
Range of Variation	26
Special Odour after Intercourse	27
Olfactory Sexual Impressions: Attractive or Repulsive	27
Summary	28
Specific Genital Odour	27
Seminal Odour	27
Abnormal and Extraneous Odours	28
Perfumes and the Sexual Impulse	28
Classification of Perfumes	28-29
Specifically Sexual Perfumes	29
Masculine	29
Feminine	29
The Art of Blending and Fixation	29
Intelligent Use of Perfumes	30
To Mask or Emphasise Personal Odours	30
To Stimulate Emotion and for Auto-suggestion	30
Odorous Substances of Animal Origin (Musk)	30
Lavender	30
Perfumed toilette preparations	30
The Sense of Sight	30-31
Secondary Sexual Characteristics	31
Their Accentuation by Costume and Fashion	32
Movement and Rhythm	31-32
The Language of the Eyes	32-33
Erotic Impressions from Impersonal Things: Landscapes, Line, Colour	33
The Sense of Touch	33
Active Tactile Sensations	33
Passive Tactile Sensations	34
Erogenous Zones	34
Special Significance of the Breast and Nipples	34-35
First Intermezzo of Twenty Aphorisms	36-37

Part II

Specific Anatomy and Physiology of Sex

Chapter IV	PAGE
Notes on the Sexual Physiology of the Adult Woman	41
I. <i>Introduction and Definition. The External Genital Organs (see Plate I)</i>	41-42
Pudendal Cleft or Vulva	42
<i>Labia Majora</i> and <i>Minora</i>	42
Clitoris	42
<i>Frenulum</i> or Prepuce of Clitoris	42-43
Its Special Susceptibility	43
Special Secretions of Clitoris (<i>Smegma</i>)	43
Liability to Unpleasant Odour.	44
Special Need for Cleanliness	45
Vestibule of the Vagina	45
Vestibular Glands	45
<i>Ostium Urethrae</i> (Urinary Aperture)	45
<i>Introitus Vaginae</i> (Sexual Aperture)	45-46
<i>Hymen</i> or Virginal Membrane	45-46
Its Variations and Significance.	45-46
Perineum	47
Necessity to preserve Perineum from Lacerations	46
Perineal and Vaginal Sutures	46
<i>Bulbi Vestibuli</i>	46-47
 Chapter V	
The Sexual Physiology of the Adult Woman	49
II. <i>The Internal Genital Organs (see Plate II)</i>	49
General Structure and Position	49
Adjacent Pelvic Organs	50
The Bowels and Rectum	50
The Bladder	51
The Urethra	51
The Vagina	51
Muscular Apparatus	51, 52, 53
The <i>Levator Vaginae</i> : its Independent Function	51
Exercise of the Muscles of Pelvic Floor	52
Pads and Transverse Vaginal Folds	52
Their Interaction with Male Organ	53
Upper Portion of Vagina	53
Abdominal Cavity: Douglas' Pouch	53
Vaginal Secretions	53
Lactic Acid	53, 54
Changes during Gestation	54
Changes during and after Climateric	54
The Womb or Uterus	54-55
The Cervix	55
The Kristeller or Plug	55
Position of Uterus and Vagina, Normal and Coital	55-56
Mobility of the Uterus	55, 56
Muscular Supports and Attachments	56-57
The Uterine Cavity	56, 57

Position of Uterus and Vagina, Normal and Coital—continued	PAGE
Mucous Membrane of Womb	57
Muscular Wall of Uterus	57
Specific Contractile Power	57
Uterine Spasms and "Pains"	57
Peritoneal Membrane	57–58
Position of Genitals in Abdominal Cavity	58
The Oviducts, Tubes, or Fallopian Tubes	58
The Capillary Current	59
The Ovaries	59
Their Double Secretions: External, Ovulation	60
Internal Secretions of Ovaries (further in Chapter VI)	60

Chapter VI

Sexual Physiology of the Adult Woman	61
III. Ovarian Activity, Rhythm of Vital Manifestations in the Female Organism, and Menstruation	61
Significance of Ovaries in Woman's Nature and Life	61
Ovarian Interaction	61, 62
Ovulation	61, 62
Precise Date of Ovulation	62
Ovulation and Menstruation	62, 63
Alternation of Processes	63
Protection of Ovum after Expulsion from Follicle	64
The <i>Corpus Luteum</i>	63
Formation, Growth, Involution or Disappearance	63
Proliferation of Uterine Membranes	63
Its Dependence on <i>Corpus Luteum</i>	63
Parallelism of Processes	64
Glycogen Secretion in Uterus	64
Cyclic Changes in Breasts	64, 65
Ovarian Influence on the Whole Organism	65
Rhythm of Vital Processes	65
Varying Bodily Temperature	65
Requisites in Proof of this	66
Temperature Curve follows Luteal Curve	66
Diagram of temperature curve	66
Practical Instructions	66
Temperature Curve of Pregnancy	66
Action of the <i>Corpus Luteum</i>	67
Menstruation	68–69
In Relation to Vital Rhythm	68
Dependent on <i>Corpus Luteum</i>	67
Influence of other Factors	68, 69
Duration	69
Amount of Discharge	70
Local Congestion	70
Menstrual Pains	71
General Symptoms	71
Theory of "Auto-intoxication"	73
Sexual Maturity: Its Duration	73
Individual and Racial Differences	74

	PAGE
Change of Life and Climacteric	74
Individual Differences	74
Duration	74
Special Phenomena	74
The Menopause	74
Cervical smear	74
Steady Level of Bodily Health	75
Sexual Capacity and Needs	76
Genital Changes	76, 77
Recapitulation of Contents of Chapter	77
Pharmaceutical suppression of ovulation	77
Crucial Importance in Married Life	78

Chapter VII

Anatomy and Physiology of the Male Sexual Organs	79
General Remarks	79
Penis, or-Male Organ or Member	80
Phenomenon of Erection	81
The Gland or Tip	81
The Prepuce or Foreskin	81
The Frenulum: Special Susceptibility	81
<i>Smegma</i> : Need for Cleanliness	82
Circumcision	82
Nervous Structure and Nerve Supply	82
Mechanism of Erections	82, 83
Penile Angle	83
Dimensions	83
The Urethra	83
Its Sections	83
Cowper's Glands	84
<i>Distillatio</i> or Lubrication	84
The Scrotum and the Testicles	85
Secretion of Sperms	85
Number and Dimensions of Sperm Cells	86
Epididymis	85, 87
Seminal Motion	87
Ejaculation	87
Spermatozoa considered in Detail	88
Longevity	88
Rate of Motion	88
Immature Sperms	87
Conditions of Survival	89
Meeting of Sperm-cell and Ovum: Conception	89
Fate of Superfluous Sperms	89
The Prostate	89, 90
Urethral Crest	90
Prostatic Secretion	90
Influence on Spermatozoa	90
<i>Vasa deferentia</i> , Seminal Ducts or Cords	90
Seminal Reservoirs	90, 91
Vesicles: Special Secretions	91
Contractions and Movements	91

	PAGE
Mechanism of Ejaculation	92, 93
Complete or Partial Discharge.	93, 94
Pollutions	94
Psychic Factors and Interplay	94
Cerebral Control	94
Further Details: Amount and Appearance of Ejaculate	94, 95
Internal or Endocrine Testicular Secretion	95
Psychic and Physical Influence.	95
No Vital Rhythm in Male Organism	95
Symptoms of Advancing Age: Senescence	95
Rejuvenation Experiments	95, 96
(a) Vasoligature	95
(b) Grafts	96
Moderate, Regular Functional Activity and its Good Effect	96
 Second Intermezzo of Twenty Aphorisms	 96-98

Part III

Sexual Intercourse—Its Physiology and Technique

Chapter VIII

Definitions, Prelude, and Love Play	101
Definition of Normality	101
Normal Stages of Sexual Intercourse:	
Prelude	101
Love Play	101
Communion	101
Epilogue or After-glow	102
Communion or Coitus, the Apex	102
Its Aim and Purpose	101
Difficulty and Definition	102
Prelude (<i>cf.</i> Impulse and Approach)	102
Technique	103
Glances and Words	103
The rôle of the Dance	103
Coquetry	104
Flirtation	105
Suggestion and Auto-suggestion	105
The Significance of the Prelude	105
“Distillation” a Physical Preparation	105, 106
The Love Play (Impulse to Sexual Satisfaction)	106
The Kiss	106
Different Kinds of Kisses	106, 107
The Typical Love Kiss: Mouth to Mouth	107
Varieties of Erotic Kiss	107
Effleurage	107
Maraichinage	107
Tongue Kiss	107
Sensations in Kissing	107, 108
Sense of Smell	107
Theory of Olfactory Origin	107, 108
Sense of Taste	108
Sense of Touch	108

The Love Play (Impulse to Sexual Satisfaction)—<i>continued</i>	PAGE
The Body Kiss	109
Its Gradations	109
Analysis of Sensations	109
The Love Bite	109-112
Stronger Inclination of Women to Love-Bite	112
Probable Explanation	112
Association of Love with Pain and Violence	112
Sensations of Bitten Partner	112
Two Further Theories	112
(a) Association of Primeval Urges	113
(b) Coital Hatred as well as Love	113
The Male Love-Bite	113
Male Muscular Violence in Coitus	113
Emotional and Psychic Factors	113
Bodily Manipulations and Caresses	113, 114
Gradations and Nuances	114
Significance of Erogenous Zones	114
Mamillary	114
Mammary Stimulation	114
Local or Genital Stimulation	115, 116
Hints on Technique: In Women—Lubricants	117
In Men—Slight or Occasional	118
The Genital Kiss	118
Normality and Technique	119, 120

Chapter IX

Sexual Union (Communion)	121
<i>Physiological and Technical Considerations</i>	121
Mechanism of the Process	121
Specific Stimulation of Male Organ	121, 122
Gradations and Local Sensations	122
Importance of Woman's Active Participation	122
Importance of Psychic Factor: Mutual Love	123
Mutual Adaptation	123
Specific Stimulation of Female Organs	123, 124
Local Sensations: Clitoridal	124, 125
Effects of Arrested Development	126
Vaginal Sensations	126
Great Range of Feminine Sensation	126
Ideal Sexual Communion (Graph)	127
Differences in Unison in Two Partners	127
Analysis of Process or Orgasm in Man	127, 128
in Woman	128, 129
Sexual Communion with Erotically Experienced Woman, without Special Preparation (Graph)	130
Sexual Communion with Inexperienced Woman, after Local Stimulation (Graph)	131
Failure of Woman to Achieve Orgasm	131
Its Harmful Effects	131
Coitus with Inexperienced Woman without Adequate Stimulation (Graph)	132
Coitus Interruptus (Graph)	133
Dangers of this Practice	133, 134