

Modern Bride

A Complete Guide For The Bride-To-Be Fall 1949



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A commentary based on an interview

with Dr. Alfred C. Kinsey

Sex Preparation

FOREWORD: It seemed only natural to the editors of this magazine that you modern brides-to-be would expect and appreciate a scientific and straight-forward talk on the subject of sex as related to successful marriage. Forthwith we went directly to the outstanding authority of the day, Dr. Alfred C. Kinsey, Professor of Zoology, Indiana University, author of "Sexual Behavior in the Human Male," who kindly granted an interview to our editor-in-chief for a discussion of certain phases of the material covered in the Kinsey Report. In the article following, Dr. Kinsey's scientific findings are used with our own interpretations and suggestions.

 **Dr. Alfred C. Kinsey** in his capacity as a scientist does not give advice on love or sex. Yet from his findings on the subject of human sexual behavior the prospective married couple will find much food for thought in better understanding the fulfillment of their own love relationships and in making necessary adjustments.

Without seeking to explain the psychological subtleties underlying sexual experience Dr. Kinsey grants that there are many factors which are involved in the success or failure of marriage. His research records show that while sexual adjustments are not the only problems involved in marriage, and often are not even the most important factors in marital adjustments, yet where sexual adjustments are poor, marriages are maintained with difficulty. "It takes a considerable amount of idealism and determination to keep a marriage together when the sexual adjustments are not right" states Professor Kinsey. "Sexual factors are, in consequence, very important in a marriage."

How then can a bridal pair best prepare themselves for a compatible sex relationship where there are no disappointments and shared happiness is the perfect keynote?

It would seem evident after an analysis of certain data brought to light by Dr. Kinsey's scientific research that a couple's chances in marriage are best where the realities of human sexual experiences are well understood; or in other words, by being as completely and reliably informed as possible on the realities of human sexual behavior and by mutually meeting these realities with frank understanding.

Because understanding in itself is the basis of love, it follows that the better a couple understands the realities of human sexual behavior the more easily will they be able to adjust themselves to that reality. Where there is frank understanding of what to expect in an initial marriage relationship there is bound to be a closer unison of spirit.

Upon this foundation of unity in sex may then be built the superstructure of the intricate emotional phases of a happy marriage—the sharing with another the joy and wonder of life in all its phases.

Now that you are on the brink of marriage, it is only natural that you should seek sex information from properly authorized sources in an effort toward strengthening just such a unity. Furthermore your education on the subject is not complete until you have gained knowledge of the sexuality pattern of both male and female. To know the truth is the most healthy and intelligent approach to marriage and it is also conducive to a better understanding of oneself.

Many illusions which relate to sex can thus be dispelled at the outset if both the man and woman have a basic understanding of their individual sexual responsibilities.

"Ignorance of the way in which other people behave has been found a major factor in the sexual maladjustments of married couples," Dr. Kinsey points out.

It is true that though the bride and groom are not attempting to reach a standard of intercourse technique set by other couples, they can explore their own sex resources with greater freedom, and learn in affectionate fellowship to work out for themselves a happy adjustment if they have a knowledge of the sex pattern of human beings in general.

"Specifically," states Dr. Kinsey, "the sexual factors which most often cause difficulty in the upper level marriages are (1) the failure of the male to show skill in sexual approach

for Marriage

and technique and (2) the failure of the female to participate with the abandon which is necessary for the successful consummation of any sexual relation."

"The male's difficulties in his sexual relations after marriage include a lack of facility, of ease, or of suavity in establishing rapport in a sexual situation," Kinsey continues, "Marriage manuals are mistaken in considering that the masculine failure lies in an insufficient knowledge of techniques. Details of techniques come spontaneously enough when the male is at ease in his own mind about the propriety of his sexual behavior. But as an educated youth he has acquired ideas concerning esthetic acceptability about the scientific interpretations of actions as clean or hygienic, about techniques that should be effective, mechanically, when he has intercourse. He has decided that there are sexual activities which are right and sexual activities which are wrong. Even though these things may not be consciously considered at the moment of intercourse, they are part of the subconscious which controls his performance."

As an outcome of awkwardness, nervousness and ignorance on the part of the husband, it is likely that an unenlightened wife may resent her husband, and an unhappy relationship will result. Likewise, a husband may doubt the strength of his wife's affection because of her hesitancy to share fully in the enjoyment of the moment, while it is purely fictitious modesty, on her part, assumed because she supposes this attitude is expected of her. Here is where professional knowledge and scientific instruction on the sex subject can start a young couple off on the right track. It is our recommendation that the pair go to a sympathetic and capable doctor for premarriage physical examination and advice. They may go together in perfect propriety or the bride may prefer to have only her mother accompany her to the office of a gynecologist, or a specialist for women. One of the advantages of the couple going together for this premarital visit to the doctor is that they will see the value of obtaining scientific help as a constructive measure throughout their marriage. Another reason is that by talking over their forthcoming marriage with a doctor the couple will voluntarily rid themselves of needless anxieties, self-consciousness or fears which they

by Marjorie Binford Woods

Editor-in-chief of Modern Bride

may be harboring and avoid unnecessary difficulties right from the beginning.

This pre-marriage examination should be made at least a month or six weeks before the wedding, if possible, to allow time for any corrective treatments which might be necessary with either the man or woman.

Both the bride-to-be and her groom should feel free to ask the doctor whatever questions may be puzzling them as to sex adjustment. The doctor will also give valuable insight into the anatomy and physiology of sexual intercourse as it concerns them in their own preparation toward a happy marriage.

If going together for a consultation with the doctor does not seem practicable, the bridal pair may wisely seek out the counsel of an established marriage counselor, accustomed to consulting on marital problems. Also there are many marriage manuals which will be of aid to both the girl and the man in giving fundamental knowledge and scientific instruction on the sex subject. The Kinsey Report is the most complete and up-to-date in facts and figures, and there among the lists of statistics and charts will be found many enlightening and nourishing answers for the couple eager for information.

It has been said that if properly read the Kinsey Report can do more for putting love on the right track than all the movies of our lifetime plus all the soap operas and most of the novels. (Especially recommended is Chapter 18, Marital Intercourse.)

There is increasing evidence in his scientific findings, according to Dr. Kinsey, to show that attitudes are very important factors in sexual relations. In applying this scientific truth to your married love it may be said that when complete freedom and naturalness is maintained in the relationship, with equal sharing, fewer adjustments will have to be made. Affection and sex should be fused by bringing the spirit of love directly into the sex act itself. Although lovers are still human beings, mutual love in all its purity can carry them to great spiritual heights when attitudes are right. The sense of "separateness" or twoness becomes oneness by giving all of oneself, selflessly (which is sharing). (Continued on page 111)

Sex Preparation

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Keeping one's thought on the highest plane and regarding sexual relations as expressions of love which sanctify marriage is realizing an attitude which makes for the happiest of relations. Like all other phases of living together in marriage, sex life represents a process of adaptation by each to the needs of the other. It is an adjustment and should proceed with increasing success, not as a thing apart but as an integral factor of normal life.

Neither the man nor woman should look forward to their first sex relationship with dread or fear, but rather with eager expectancy. Where there is frank understanding that the first intercourse is somewhat experimental and may or may not be completely satisfying, there is bound to be more of a sense of adventuring together.

It is most important for the two individuals, the man and the woman, to understand mutuality in sex relations. This means that there is no such thing as a dominant partner in the marriage, nor is there a completely submissive one—if mutuality is to be achieved. Always there is complete respect for the individual as a person, with no excessive sense of possession expressed.

Because Dr. Kinsey's Report shows that the inhibitions of the upper level female are more extreme than those of the average male, and that two-thirds of all women are less responsive in sexual relations than almost any males in the population, it is well to heed what is said concerning attitudes.

It is not at all true, however, that if the

first sexual experience is not entirely successful in its technique that a shadow will be cast forever over the relationship. It may take time to become accustomed to this new part of married life and to affectionately nurture it along into harmonious unison.

"Our records show that in 50% of the cases where sexual relations were unsatisfactory in the beginning these relations worked out satisfactorily when given a period of education and continued experience," Dr. Kinsey explained in the interview. This is where consultations with psychologists, marriage counselors and physicians may be helpful in many cases.

Queried as to the effect which champagne drinking might have on a bridal pair in their initial sexual relationship, Dr. Kinsey remarked that though alcohol in any form dulls the senses, it also has a tendency to release inhibitions. "For most individuals, alcohol in any quantity definitely interferes with sexual performance," he said.

The realities of shared happiness are more subtle than words and there can be no single gauge for measuring it. It is an individual matter with many variations on just where sex begins in a relationship. Though the Kinsey Report does not explore such imponderables we are all aware that it may include the utter bliss of touching fingers over the coffee cups at breakfast, the thrill of a voice on the telephone, the unfoldment of all that real devotion means. So, just as each person has within him the capacity for constructive and spontaneous work, and for leisure and recreation so everyone has a capacity for sexual activity. And that relationship is most desirable which carries the greatest degree of positive emotion—love!

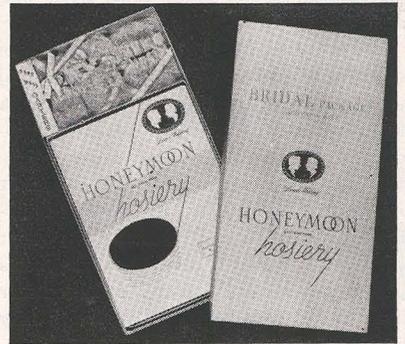
Carlson Apartment

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shell design. 1 small upholstered chair in brown velour. 1 mission type chair with wine plaid cushion. 3 odd sized carved French court type tables, no coffee table. 2 jug base table lamps, 1 metal floor lamp. After decorating and rearrangement: Pink walls, but a change from white to dull black for the doors and fireplace. No settees, sofa slipcovered in chintz with lime green leaf design, deep green background. Draperies of the same chintz. Wing chair slipcovered in lime textured fabric with black moss fringe trim, small upholstered chair in blue green twill. 2 Victorian marble top tables, a coffee table, chest converted into a step table. 2 white china base lamps, crimson shades. 20 pictures—Renoir, Dufy, Bohrod prints, old game bird prints, original paintings by friends, 12 framed photographs. The piano, desk and corner whatnot are used unchanged. Mr. Carlson covered the slip seats of 2 Victorian rosewood chairs himself with scraps from the lime green wing chair cover.

The new deep and bright colors snapped the room to attention at once. The dull black and the deep green and lime green put strength and character into a scheme that faltered weakly before with white and too many pinks. The black paint made a lot of sense for the fireplace because it is directly opposite the front door. In white it jumped out to meet you, in black it lounges back to help widen a narrow room. The crimson shades on the lamps are a shock, just what the decorator orders for spice. The clearing out of the unnecessary furniture and rearrangement of the rest made enormous difference, too, but Richard Carlson says that the quickest and simplest way to make a drab room interesting is to use pictures. Go to an art gallery if you can is his advice, consult an authority and buy prints of the good pictures you like and use photographs. The Carlsons' photographs are stills from his moving pictures but he believes that candid shots anyone may have, blown up big enough, can be worked into interesting groups on the wall. Because people always like to look at pictures of people doing things you can count on photographs as conversation pieces.

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