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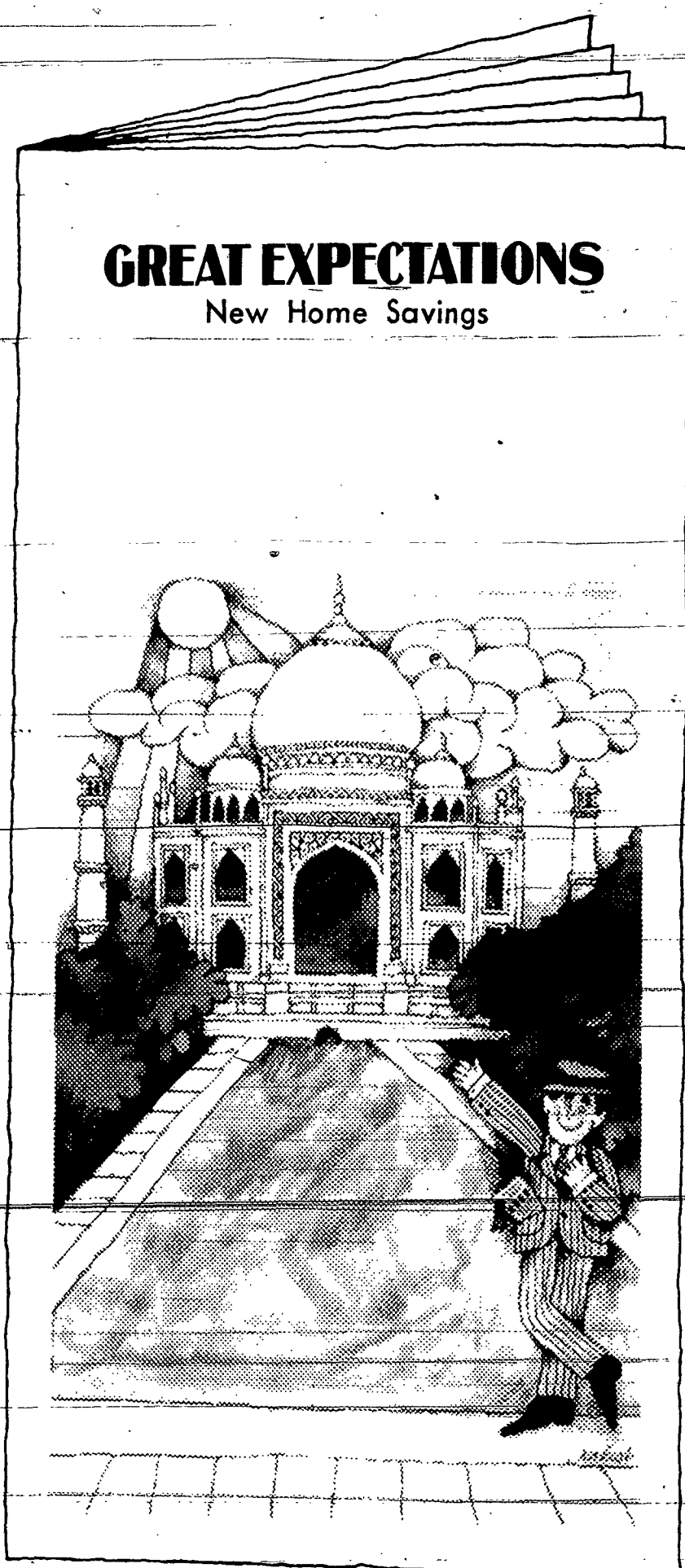
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A Doctor's View -- More to Love Than Sex

By Dr. Arthur Florack

The topic, "A Doctor Looks at Marriage," is one more likely to be explored in books. It is an important part of a study of love.

The physician is most often concerned, by profession, with the physical aspect of love, i.e., sexual intercourse and the resulting pregnancy. But as a personal or family counselor he also is concerned with the marriage as a whole.

To this writer, the major reason for failure in marriage is a lack of self-sacrificing love. This is greatly due to our failure in the past to educate our children for a "lifetime of love." We educate with great zeal for a lifetime of work and financial success but forget that, for most of us, the greatest vocation is to the married life. In this vocation we can separate the men from the boys, so to speak, by the ability to love completely.

What is meant by this term "love"? Much literature describes love only in the terms of the sexual act. The play-boy philosophy ignores love in sex and makes a woman a playtoy to be used for a while and then discarded. The "private-eye" type story aided by current advertising media implies that the successful lover needs only good clothes, sleek automobiles, the right after-shave and good liquor to seduce and com-

pletely satisfy the love needs of any but the most frigid female. Few happily married people would agree with these definitions of love.

What then is love? Love, defined very simply, is an emotion which seeks the joy, happiness and good of the beloved. Translated into marriage this means that each spouse seeks what is good for the other, the parent what is good for the child and vice versa.

In practicality, the husband who loves his wife is willing to give of himself to make her happy. Maybe it means no TV football on occasion, or helping now and then with the dishes, the kids or the housework. It is difficult to believe that the husband who loves his wife can come home from work day after day and refuse to help a woman who is exhausted from household duties because, "I worked my eight-hour day and brought home the money; this is your job."

The wife too, must be willing to sacrifice now and then to help with masculine chores or put up with masculine interests.

As in almost all things, a happy medium must be reached where the normal selfish interests of each partner become subservient to the happiness of the other while allowing each person, nonetheless, to retain his own dignity and individuality.

When this type of relationship exists in the lives of a couple, it will extend into all facets of their life including their sexual activities.

Here it is necessary to consider a few simple facts. Sex is not merely something we do; sex is something we possess as individuals. Men and women view sexuality and sexual actions very differently. Most men react quickly; most women more slowly. To be sure, sex is pleasurable, but to be completely satisfying it must be a vehicle for the expression of love, and therefore an expression of the desire to please and bring happiness to the beloved. The spouse who is selfish in the routine of married life can be expected to be selfish in sexual activity also.

Successful sexual satisfaction demands that the lovers actively seek pleasure for each other and provide for the psychological and physical needs of the other.

This selfless spirit of love is eminently important on the honeymoon. The husband, especially, must be considerate of the needs of his wife and be gentle at this time when their physical lovemaking begins. Lack of consideration can lead to painful intercourse and subsequent fear of sexual contact.

In the first half of this century, psychologists placed great emphasis on the

goal of mutual orgasm with each act of intercourse, and implied that if a couple failed to reach this goal they were sexually incompatible and their marriage in danger. More recent writings of the psychologists have begun to play down this emphasis, and it is now generally accepted that many women climax only occasionally and yet find their marriage and its sexual activity completely satisfying. If the woman's needs at any particular time do not require the attainment of a climax and she is content without it, there is no need to worry. In contrast, if she is insufficiently aroused to desire an orgasm the husband should help her attain it. If true love is present (the desire to please the beloved) there will be no problem in achieving the desired level of satisfaction.

In summary then, let us realize that it should be love which draws a man and woman together to share their lives and help each other to Heaven.

The lover seeks the good of his or her beloved in all things. As a couple is successful in conveying this love in all their actions, so too will they convey their love in their sexual life—their mutual satisfaction and joy. The children who are born of this love and are brought up in it will grow up to love each other and the world, and therefore seek to do good for each other and for the world in general.

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