



# Ideal Marriage, Its Physiology and Technique

*Theodoor Hendrik Van de Velde , Margaret Smyth*

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**Ideal Marriage, Its Physiology and Technique** Theodoor Hendrik Van de Velde , Margaret Smyth

This classic work, first published in 1928, concentrates on the cultivation of the technique of eroticism as an art in marriage. It sets the sexual relationship in the nostalgic prose of a more leisured age.

## Ideal Marriage, Its Physiology and Technique Details

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### Moosa says

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### James Swenson says

I picked this from a pile of free books, based on the title "Ideal Marriage." I didn't really focus on the subtitle, so I was pretty surprised when I started reading.

It is interesting, in a way, to read a sex manual from 1926. Turning to a random page (167), one finds the royal physician's advice to the Empress Maria Theresa: "Praeterea censeo, vulvam sacratissimae Majestatis, ante coitum, diutius esse titillandam." Let him hear who hath ears to hear.

Let's try it again (p. 280): "Further aids which can at least have no harmful reactions are hot cushions or pillows applied to the lumbar region. And also medicated (carbonic acid) baths." For these and other similar observations we must all acknowledge a debt of gratitude to the learned author.

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### Lewis Weinstein says

from the INTRODUCTION: "This book will state many things which would otherwise remain unsaid. Therefore it will have many unpleasant results for me. ... But I must write down what I have learned to be true and right. ... There is too much joy untasted which could enhance life's worth. ... I am certain that many men and women, even if they do not dare say so, will breathe their thanks in the privacy of their nuptial chamber."

I found this to be an incredible book, published in 1928 by a Dutch physician who then gave a hugely successful lecture tour throughout Europe, including Germany. I was not aware that this sort of information was available so openly at that time.

The range of topics is extensive. Here is a sampling ... Human Physiology of Sex: smell, sight, touch, taste ... Sexual Physiology of the Adult Woman: clitoris ... Anatomy and Physiology of the Male Sexual Organs:

circumcision ... Sexual Intercourse-Physiology and Technique: Prelude, Love-play, Communion, After-glow, genital stimulation, the genital kiss ... Sexual Union: stimulation of the male organ, great range of feminine sensation, failure of woman to achieve orgasm ... Sexual Communion: feminine ejaculation, position and action, increase of pleasure, positions converse and averse ... Bodily Hygiene ... the first intercourse ... Contraception: oral contraception-The Pill, male condom, femal cap (diaphragm), the safe period ... Mosaic Law, attitude of Protestants & Catholics ... Plates: external genital organs of woman, interior female genitalia, genital organs of man.

Dr. Vandavelde presents throughout his book a compassionate interest in helping married couples achieve sexual satisfaction in marriage. There is a particular emphasis that the husband should, as a civilized person, learn about and be concerned for the sexual pleasure of his wife.

I am planning to have the two main characters in my new novel attend one of Dr. Vandavelde's lectures in Munich in 1930. At the time the German boy, Berthold, is 20 and the Polish girl, Anna, is 18. They are both titillated and embarrassed by what they hear. Each buys a copy of the book, offering the possibility of extended communication by mail after she returns to Warsaw.

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### **Derk says**

Move over Masters and Johnson, an amazingly enlightened book from an amazingly unenlightened era

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### **Adrian Colesberry says**

I have read parts of this book before but basically read the whole thing three nights ago for a project I was doing. (I have the 1965 version and have no idea why it was reprinted in 1980. That seems nuts.) This was the most popular sex manual in the west for several decades. It's the book that Kinsey makes fun of for its inaccuracies in the movie Kinsey. I'd love to have a really old version, because it did change a bit with the times. I don't have a version warning against oral sex for example. Mine allows for it, but in the orgasm section, still advocates for the achievement of simultaneous orgasm, only grudgingly accepting the concept that a woman might be able to help with her fingers. A simultaneous orgasm is all but impossible for the majority of couples.

The orgasm graphs in How to Make Love to Adrian Colesberry are a lampoon of Van de Velde's graphs where he campaigns for simultaneous orgasm.

I do feel like I got a better understanding of why women faking it became so widespread. Obviously, faking is a way to make a guy feel OK about cumming, which has an instrumental convenience in day-to-day life. (I'm not advocating it, I'm just understanding it.) But Van de Velde ups the ante by saying:

So, above all, I would impress on all married men: *every considerable erotic stimulation of their wives that does not terminate in orgasm, on the woman's part, represents an injury, and repeated injuries of this kind lead to permanent--or very obstinate--damage to both body and soul.*

Holy crap?! What woman wouldn't fake it after that? unless she wanted some man to think he was killing her.

The section on female hygiene is also pretty hysterical, cotton swabs soaked in alcohol.

## John says

Rated: D

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## Gabrielle says

I have not actually read this quite yet, but got it from a free box. Being highly interested in human sexuality myself, I thought that a book from thus era would be entertaining at worst. So its been sitting on my shelf with all my other books on sex, waiting patiently. I'm currently reading Bonk by Mary Roach and she mentioned Ideal Marriage, gave some context to the social climate at the time of its publishing and some other interesting snippets on it. I'll read it, with even more an open mind than I would've set out.

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## Arther Synhalevych says

I think it's great!

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## Elizabeth says

Ideal Marriage: Its Physiology and Technique (Hardcover)  
by Th.H. van de Velde

the Kinsey character in the movie "KINSEY Let's talk about sex " reads from the book. Everything he reads is sexual and reproductive nonsense. typical quotes: "The hand should never be used for the purpose of sexual excitation." and "oral contact , while acceptable as a means if stimulation, is pathological if carried through to orgasm and possibly injurious."

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## Stephen Douglas Rowland says

This incredible book taught me that women experience profuse motions of the bowels while menstruating. I also learned that the colored races are fond of insertion without ejaculation (namely the Japanese). Celery is a major aphrodisiac, but drinking lemonade will drastically decrease your sexual desire. And if you want to learn about the odors of smegma in men and women, I can't think of a better book to read.

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