

## CHAPTER 33

### *Non-Coital Sex*

Non-coital sex is any sexual activity that does not involve vaginal intercourse.

Of course, it is possible to forswear sex altogether and practise abstinence. The percent doing so varies with age and marital status, from less than three percent of men under age 31 to 26 percent of married men over age 60 and up to 69 percent of unmarried men over 60. Women of any age are more likely to be abstinent than men, with 44 percent of married women over 60 and 95 percent of single women over 60 saying they fall into this category. The notion that sustained sexual abstinence is a good and purifying thing is an ancient one and is carried on today among the religious orders of many religions. The associated idea that sexual abstinence can be a way of sublimating energy to higher things has been around as long. There is no real evidence that either of these ideas is true. All that abstinence usually proves is the truth of the old adage: 'if you don't use it, you lose it' - though temporary abstinence can be useful to a male in increasing his sperm count.

However, most of us are, for one reason or another, forced into a period of abstinence at some time in our lives. We can survive such periods by creating and strengthening non-sexual intimate bonds; by indulging our sensual sides; by fantasising; by touching; and by masturbating.

Despite the fact that surveys show that 92-99 percent of men and 62 percent of women masturbate, masturbation suffered from a very bad press for years. It was supposed to cause all manner of ailments and to be a sin of the worst kind. None of this is true. It is a natural activity that can be a pleasurable alternative to, or adjunct to, intercourse and should carry no guilt. The worst that can be said for it is that it is a solitary affair and, if it is the sole outlet for sex, can deny the masturbator the joys of intimacy he or she can get from a relationship with another. Since it is always available, it is also easier for it to become somewhat obsessive and to be overdone. There is no right or wrong way to masturbate and one should do it in whichever way one derives most pleasure. Fantasising can help increase this pleasure.

Masturbation also has many practical benefits. It can teach a woman how to reach orgasm and what it is like to have an orgasm. By teaching her about her sexual rhythms and preferences, it can often help her to reach orgasm during intercourse. Women who are without a partner for some time (and especially if post-menopausal) should masturbate, preferably with a vibrator in the vagina, to keep the vaginal tissues soft, moist and pliable. Men who are without a partner for some time should also masturbate to keep their sexuality active. Men can also use masturbation to cure premature ejaculation and to teach them how to prolong intercourse. If you have a partner, mutual masturbation can also be fun and instructive. It can show each partner (especially the male) how their opposite number likes to be stimulated. And the couple who masturbate each other really well have no trouble with other sexual activities because to do so involves an intimate knowledge of what each partner likes.

Masturbation is not the only form of non-coital sex. There is 'outercourse' or 'dry humping', where the clothes (or at least the underclothes) stay on and the couple caress and rub against each other. There is femoral intercourse, where he puts his penis between her thighs with the shaft between the labia but not inserted into her vagina and she squeezes her thighs together as he thrusts (can be particularly exciting if the head of his penis brushes her clitoris as he thrusts). There is intercourse between her breasts as she holds them together, and intercourse in her armpit. And then there is oral sex.

Oral sex is a practice which is difficult to explain without making it sound repulsive and is still illegal in some states of the United States. Yet, most mammals do it and many, including horses and cows, may do it for hours before attempting intercourse. And up to ninety percent of women either give or receive oral sex at least occasionally (though only 35-65 percent of those of the 50-80 percent who perform fellatio find it enjoyable). To many men and women, it is the ultimate pleasure.

The hero in Howard Raines' novel, *Whisky Man*, obviously enjoyed it: 'I had the sensation of being stretched back against the curve of the earth, muscle stretch and tendon pop, a loosening of nerve and joint, and my whole body sucked up to the single place she touched me.'

Yet, when his girlfriend tries it, he demands: 'Where did you learn that whore's trick?' and breaks it off. Even the Kama Sutra states that 'mouth congress is practised by unchaste and wanton women'.

Are the genitals really so unclean they shouldn't be put near the mouth? Not really; they're no dirtier than most body surfaces. Sure there are health hazards. Gonorrhoea and syphilis and maybe AIDS can be passed from genitals to mouth and throat, while herpes and thrush can go both ways. Okay, as with all sex, choose your partner wisely.

The special hazards of oral sex relate more to the mouth than to the genitals. The mouth teems with bacteria and a couple of more or less normal types are occasionally passed on and cause similar symptoms to gonorrhoea in both men and women. And women fairly often get urinary tract infections from oral sex - usually not from bugs from the man's mouth but from ones that were hanging around near the anus and perineum and used the saliva present to make their way up into the urethra. A single dose of an appropriate antibiotic (for example, Bactrim; see your friendly GP) taken immediately after each oral sex session will prevent this problem.

None of this can be truly said to make the whole thing unclean. So, why the association with prostitutes? Perhaps because, as Desmond Morris pointed out in *The Human Zoo*, they have to do whatever the man wishes and, for some men, fellatio isn't very different from a squirrel monkey thrusting his erect penis in the face of an inferior to show his dominance. Of course, that isn't the only reason men like headjobs, but most guys will admit power is an element.

The feeling of complete submission may be part of the reason less than half of the fellatio-performing women Eysenck surveyed for his book, *Sex and Personality*, enjoyed it. The dominance threat may be removed by the man remaining relatively passive (even if she has to tie him to the bed). Knowing she isn't going to choke on a penis thrust into her mouth as though it were a vagina, the woman can relax and revel in the smell, touch and visual stimulations. This can in turn spur her on to efforts more than compensating the male for lack of the power kick.

The pleasure of oral sex relates to the fact that it allows the whole of the accessible genital apparatus (in both sexes) to be kept more or less simultaneously and continuously stimulated for a prolonged period.

To start, some preliminary gentle finger exercises over the entire area will sensitise the nerve endings. Have him lie on his back while you kneel at his side with your knees at right angles to his hip. Sucking and licking as on an ice block will then quickly have a droopy dick standing at attention. At this stage, its sensitivity increases and the image should change to an ice cream cone, with the knob end the ice cream, which you can suck, lap, lick and nibble. Use a combination of styles and vary the pressure and speed of flicking, licking and sucking. As the penis becomes fully engorged, areas such as the rim of the glans become exquisitely sensitive and respond well to a gentle titillating flicking. Eventually, a degree of inhibition results and the stimulus needs to be strengthened. This is the time for engulfment. When engulfed, the penis can be sucked and licked, the tongue swirled round the shaft, and the lips moved up and down on it. Meanwhile, the hands should be rubbing up and down or squeezing the base of the penis or the root of the penis beneath the perineum and kneading the scrotum. At climax, the woman should be sucking as though she wished to drain every drop of semen from him, with as much of his penis engulfed as she can manage.

For many women, this is where the whole thing becomes repulsive. Nobody has yet come up with a good reason for women to be squeamish about swallowing a teaspoon or two of a rather tasteless (so I'm told) high protein brew rich in vitamins and minerals, but many are. If it really worries you, ladies, remember that a tight squeeze with that hand you're clasping around the base of his penis will stop him coming long enough for you to get it out of your mouth and into your vagina - where he can enjoy burying his weapon to the hilt without seeing you turn blue.

And guys, if you promised her you wouldn't come in her mouth, don't. At any time, let her set the pace and control your thrusting. Let her know you enjoy it, both during and after.

Probably because there's not the same domination thing attached, cunnilingus seems to create far fewer hang-ups. Some women have been brainwashed into thinking it's unclean and/or nice girls don't do it. Quite a few feel a bit uncomfortable about it because they see it as something extremely intimate - far more intimate than straight sex. Others worry if it really does smell like dead fish down there. If your fingers and nose tell you it does, use Acigel (from your chemist). If that doesn't work, see your doctor for some Flagyl. Don't use douches or a vaginal deodorant; they create problems, not solve them. Your normal smell down there will send any male with a nose and some testosterone into a lather.

If you wish to perform cunnilingus on your partner, first of all set the mood by lightly massaging the area between her navel and pubic hair and stroking her inner thighs. Have her lie on her back with her legs drawn up and spread and lie between her legs with your arms under her legs and your hands (or a pillow) supporting her buttocks. Or else have her kneel over your face with one leg on each side.

Most of the time, the female genitals are relatively insensitive - except for the super-sensitive clitoris. Initially, therefore, fairly vigorous licking of vulva and vagina is appropriate, while the clitoris should be approached rather with gentle tongue prods and licks. As things proceed, however, the engorged inner labia become much more sensitive and responsive to a more delicate tongue and between-the-lips action, while the 'erect' clitoris calls for firmer pressure of tongue and finger and enjoys being sucked.

Use a combination of strokes, vary the pressure and speed in licking, flicking and sucking, and add manual stimulation of the vagina. Never blow air into the vagina, as this can cause air bubbles to enter the bloodstream and may even cause death. At climax, virtually every bit of the female's sexual apparatus, external and internal, becomes responsive and almost anything goes, though simultaneous clitoral and G-spot stimulation may be about the ultimate.

If you are having cunnilingus performed on you, clench your sphincter and pubococcygeal muscles periodically, place one or both of your hands on his head and guide him, and move your hips in time to his movements and moan when he gets it right.

If you enjoy zipping around the track in a racing car while having a headjob, you'll probably enjoy 69 but most find it impossible to give either activity the attention it deserves. It might be useful to encourage reciprocation in a partner who enjoys having it done to her/him but balks at returning the favour.

Recent brain research (read Michael Corballis' book *The Lopsided Ape* for a summary) could provide another suggestion for achieving this end. It seems the right visual field (controlled by the left brain) provokes more positive emotions than the left. So, lie on your back and get him/her lying across your right side (facing you, dumb). This should get your partner responding positively to the suggestions you're making in his/her right ear (which is more responsive to speech than the left), as you subtly manoeuvre him/her to the target area. Good luck and let me know if it works!

Probably more practical suggestions for convincing the reluctant partner are to firstly understand where the reluctance is coming from and to talk out these objections, many of which are dealt with above. Don't try to convince him or her it's clean unless you have in fact made sure you are. An appropriate video can be both instructive and exciting but make sure it portrays oral sex in a way that is likely to be a turn-on and not a turn-off. Use a position that is both physically and psychologically comfortable for the reluctant one and be patient.

Heterosexual anal intercourse has been used as a method of contraception (especially pre-marriage) in some societies for many years and, according to surveys, about forty percent of heterosexual couples have tried it at least once. Of women who have tried it, about half say they don't care for it, about forty percent find it somewhat or very enjoyable, and the rest don't have strong feelings one way or another. If you do want to try it, only do so if you and your partner are

strictly monogamous. He should use a specially designed anal condom and copious amounts of a water-soluble lubricant like KY jelly and make sure she is very aroused. She should concentrate on relaxing the anal muscles and should expect some initial discomfort. He should move slowly and probably not expect to insert the full length of his penis. He should also be prepared to stop at any time if she experiences pain or simply wants to quit. Cleanliness is even more important in anal sex than in ordinary sex. One should also be very careful not to transfer bacteria from the rectum to the vagina or other sexual structures by immediately disposing of the condom and by never placing anything that has been inside the anus into or onto these other structures.

The ultimate in safe sex is cybersex. The fact that you can pretend to be anyone you want to be is exciting for some people. Of course, the same applies the other way; the person you think you are talking to could be quite different from the person actually doing the talking - it could even be a robotic impersonator. Cybersex can be liberating, a sexual fantasy with an edge of realism, or it can be a way of avoiding human contact.