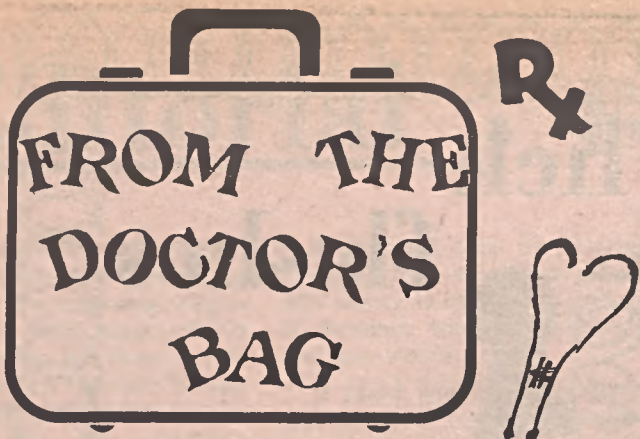


MD



THE DOCTOR'S BAG

By Dr. Arnold Werner, M. D.
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QUESTION: Can going bra-less hasten the time when breasts begin to sag? Or cause them to sag more?

ANSWER: Breasts have very little connective tissue and are dependent on underlying muscles to carry their weight. The organ itself is primarily fatty tissue and, incidentally, small breasts contain the same amount of milk producing glands as large breasts. It is considered inadvisable for women with large breasts to go around continually without bras, especially if engaging in physical activity, as stretching of the skin and weakening of supportive structures can occur. According to one source, horse-back riding can particularly wicked.

Women are especially cautioned to wear good supportive brassieres during pregnancy when breasts enlarge. Similar breast enlargement can occur when women take birth control pills, so the same warning should apply. Women with smaller breasts and good muscle support should have little to fear in going bra-less. A friend's wife suggests the following test: Place a pencil under the breast parallel to the chest wall at the point where the breast joins the chest. Let go of the pencil. If the pencil does not ball, going bra-less is not recommended. If the pencil falls, the choice is yours.

QUESTION: I am engaged and have had sex. My problem is that even after several times, there is still pain in the vaginal area. Also, I am not able to have an orgasm. My fiance is able to reach a climax even though I cannot. Though I love my fiance, I do not enjoy intercourse but feel I should engage in such activities for his sake. Is there any explanation for the repeated pain and the inability to reach a climax? I would appreciate an immediate reply as I am extremely concerned!

ANSWER: Unlike the man, who must be sexually excited in order to have an erection and participate in intercourse, the woman can physically participate in intercourse regardless of her state of excitement. Your indication that you do not enjoy intercourse leads me to believe that you are probably not very sexually excited during relations. Tenseness and a lack of vaginal secretions can easily result in a painful experience when a woman attempts sexual intercourse without excitement. Orgasm becomes impossible. Painful intercourse and lack of climax can also result when excitement is present, but poor technique and haste before relations begin, prevents adequate physiological and emotional preparation for orgasm.

The technical part of your question was easy to answer, but the real issue is how to deal with your relationship with your fiance. You might consider sharing your feelings and concerns about intercourse with him. It takes quite a while for most people to feel at ease and enjoy sexual relations. Many couples find that sexual relations are most satisfactory for both when it is mutually desired and the emotional and physical aspects of a relationship are fully understood.

Many unmarried couples engage in sexual intercourse, others prefer not to. The key to a successful relationship in this area depends more upon mutual understanding than it does on what is done or not done. "Sexual Expression in Marriage" by Donald W. Hastings, M.D., Bantam Books, provides an excellent discussion of sexual technique. Ira Reiss's "Premarital Sexual Standards in America," Free Press, paperback, provides interesting reading along a different line.

QUESTION: I am almost 19 years of age and have not experienced nocturnal emission ("Wet dream"). Is there something wrong with me?

ANSWER: Wet dreams are must less common or completely absent in a man who masturbates regularly or is having regular sexual intercourse. Since almost all men past early adolescence are doing one or the other or both, I assume you fall into this group. Ninety nine percent of men can't be wrong!

(Ed. Note: Four sample "Doctor's Bag" columns have been run to evaluate your reaction to them. In general, the response has been favorable and we are purchasing syndication rights from CPS for the rest of the year. The Doctor's Bag column will resume when we complete arrangements, presumably in a few weeks.)



The Murray Louis Dance Company will perform at Central Piedmont Community College Friday and Saturday, Oct. 23 & 24.

CPCC schedules dancers

An avant-gard modern dance company, Murray Louis Dance Company, will be in Charlotte this weekend. Under the joint sponsorship of the North Carolina Arts Council, the National Endowment Fund, UNCC, and CPCC, the troupe will offer a mixed program: Lecture-demonstration, 8 p.m., Friday, October 23; Master class, 2 p.m.,

Saturday, October 24; and a Performance of Mod Dance at 8 p.m. on Saturday evening.

All activities will be hold in CPCC's Learning Resources Center Auditorium and are free on a first-come, first-served basis.

The group performed to standing-room only at Duke University this past weekend and have played London, New York,

Canada, and many college campuses on their current tour.

Clive Barnes, N.Y. TIMES critic, has said of the lead, Murray Louis: "A brilliant dancer...a theatricality, a coldly dada sense of the ridiculous, and a crystal bright imagination."

Theological rapping

According to the UNCC Campus Chaplain, Quent Perreault, Dr. John Durham, Ph.D Oxford, a former editor, professor, and dean and now with Southeastern Seminary, will be on-campus on October 28.

Dr. Durham will hold an informal discussion to answer any questions a UNCC student might raise concerning the modern seminary's role in contemporary life.

Persons willing to listen, debate, or criticize the role of Dr. Durham and his efforts are invited to the discussion. Time and place of the meeting will be announced later.

Southeastern Theology Seminary, located in Wake Forest, N.C., is a progressive and open-minded institution with the goal of relating to real issues, according to Perreault, and he added: "If you care about what's going on and what's going to happen in the community of tomorrow---BE THERE!"

'Playboy Mag' worth reading

by malette poole

October's version of everybodys favorite scag rag (the one with the twin skin, Clyde) has not only a great (as usual) lay out of skin, but some great fiction, and an opportunity that will not come about again for a year. The fiction, and I'm not so sure that it is, is a couple of pages past the fold-out. It speaks rather lightly of the giant chicken-eating frog. The giant chicken-eating frog is but one of those fictitious animals being slowly killed off by our stagnant reading habits and polluted minds.

Here is a story that deals with ecology and our economy, poverty in South America, and its causes. It gives all your sex freaks out there something new to think about, and a new approach to child desertion. Something for everybody. Read it. If you are able to get past the fold-out, that is. Or if you can keep from being embarrassed by having the book in your possession.

The opportunity I was speaking of is a chance to get the two late greats that we lost these last three weeks into the hall of fame. Voting for the Playboy Jazz and Pop Hall of Fame is in the October issue.

When's the last time you guy's got past the centerfold. When's the last time you girls picked up a Playboy without feeling self-conscious. Well, it's about time...

Jimi Hendrix and Janis Joplin deserve the recognition. They probably will not get it if it is not done this time around.

People have an affinity for forgetting the hours of pleasure they got being entertained by greats after they haven't had a song out for a while, and nobody can record from the hereafter. Think about it, and do something for a change. Don't just talk about it. That doesn't accomplish a thing...

Due to unforeseen delays in several of the major projects of the STA, the State of the STA address was postponed and will be rescheduled at a later date.

Alan Hickok
STA President

PARK DRIVE IN!



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