

# Hippocrates

Eugene Schoenfeld M.D.

1968

Dear Dr. Schoenfeld:

Your discussion of the sneeze-orgasm question in a recent column gave me the unaccustomed and satisfying experience of becoming aware of a mysterious part of my own behavior.

If I begin to have a conscious sexual fantasy after a period of physical and mental sexual inactivity, it will often be followed immediately by one or two sneezes. This happened often enough over a period of years in various circumstances (driving, lying in bed, etc.) that I came to have no doubt about the correlation between the fantasy and the sneeze. But for me it had remained mysterious and, as far as I knew, unique until now."

A Reader

QUESTION: Whenever I swallow semen, my left nostril runs. Why? How can I prevent it?

ANSWER: Perhaps the above letter offers a clue. Or you may have a rare allergy. Ask your local pharmacist or dealer for an antihistamine.

QUESTION: Ever since I was a little girl I have had the habit of constantly picking my nose. My friends in school used to call me Booger.

I have had this-problem for years and have recently been wondering if it can affect my health.

Is it normal to have an accumulation of snots all the time? I can't help but pick my nose to have a clean feeling and breathe freely. Could this possibly be cured with an operation?

ANSWER: Read this column from the beginning. Then a visit to an otorhinolaryngologist (ear, nose and throat specialist) should reveal whether there is a physical defect, as cause for your complaint. Your county medical Society or nearest medical school can give you the name of a doctor in your vicinity.

QUESTION: What does the term "AC/DC girl" mean? I have been reading over the ads in one of the underground newspapers and have seen this term used frequently.



Dr. Eugene Schoenfeld speaking at Community Arts Auditorium, May 28, 1969 at a benefit for Open City.

Photo: Alan Gotkin.

ANSWER: The term refers to the current upsurge, or at least bringing to light of a fact that many find shocking, i.e., that many females (and males) fuse with members of their own sex as well as the opposite.

QUESTION: I just finished reading your answer to the lady who wanted to make her vagina tighter in your recent column (sic).

Unfortunately, the method of squeezing in the vagina is the major cause of all the millions and millions of PAINFUL childbirths the women in this country have. Also, tightening the sphincter

muscles only causes the sphincter muscles to tighten, leaving the whole back of the vagina ballooned out and anything but tight.

In order to make the vagina really tight and allow for a less painful or even pleasurable childbirth, the female should do PUSHING OUT exercises. This takes practice too.

What you do is push out like you're trying to have a bowel movement. Do it gently at first and as you become accustomed to it, increase the pressure gradually. Put your finger in a friend's vagina and have her do both the squeezing in and the pushing out and feel the difference...

After a while, the female will have such control over the vaginal muscles that she can contract tight enough to force out an erect penis.

Would you publish this letter for the benefit of your female readers?

ANSWER: I think you're wrong about squeezing exercises causing painful child-births. Pushing exercises contract one set of sphincter muscles and squeezing exercises contract another set. Both sets of sphincter muscles support the vaginal walls.

Most of the pain of childbirth in this country is due to fear. Many women have become hip to classes which prepare for "natural" childbirth. Even if some medication is used at the time of delivery, the breathing and relaxation exercises make childbirth easier for mother and child.

I read your letter to the topless dancer who exercises while doing her routine on stage. She said she's not interested in pushing out her friend.

Dr. Schoenfeld welcomes your questions. Write to him c/o The Fifth Estate.

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