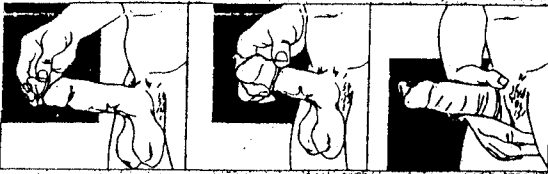


HOW EJACULATION WORKS

From each testis, sperm pass into an epididymis, a long coiled tube tucked in behind the testis where sperm mature and are housed and tempered for their impending journey. Upon male arousal and shortly before ejaculation, sperm are propelled from the epididymis into a long duct called the vas deferens, which carries the sperm to the seminal vesicles, a pair of sacs that lies behind the bladder. These sacs produce seminal fluid, which is added to the sperm, producing semen. This sperm laden semen travels from the vesicles along two ducts to the urethra, a tube that offers passage for both urine and semen. This tube passes through the prostate gland which produces further supportive secretions that are added to the semen; no organic expense is spared. At ejaculation time, semen is ejected from the urethra through the erect penis, and each sperm is liberated to deal with the outside world as it finds it. If this ejaculation is part of an experience of heterosexual intercourse, one sperm may find, penetrate and fertilize an egg waiting somewhere in distant space, the other millions of sperm, through their short impassioned lifespans, somehow assisting the champion.

How to Put on a Condom



- Use condoms that have been stored in a cool, dry place. Check the expiration date printed on the package. If the condom looks brittle, sticky or discolored, throw it out.
- Open the package gently. You don't want to puncture the condom in your hurry to get inside!
- Put a drop or two of extra water-based lube inside the tip of the condom. This aids in the unrolling and increases sensation for the penis.
- Before you start unrolling the condom, squeeze the air out of the receptacle tip, since air bubbles can cause condoms to break. Condoms without a reservoir tip require about one half inch free at the tip to catch the come.
- As you're holding the tip of the condom over the penis or dildo, check to make sure the latex will be emerging from the inside of the ring as you roll down.
- Unroll the condom down to the base of the penis. Pull back the foreskin of an uncircumcised penis before covering the glans. Apply generous amounts of water-based lubricant to the outside of the condom and to your partner's genitals before penetration. Condoms are easiest to apply when the penis is hard, but can be applied to a soft penis—just continue to roll the condom down the shaft as the penis hardens.
- Remember to hold on to the base of the condom when withdrawing so the condom doesn't slip off the penis. Withdraw before losing your erection.
- Throw used condoms away. They are not reusable. Use a new condom for each act of penetration.

**BE CAREFUL
WITH EACH OTHER
SO YOU CAN BE
DANGEROUS
TOGETHER**



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SOME GOOD BOOKS

THE MILE HERBAL by JAMES GREEN
(LOVE CROSSING PRESS)

LOTS OF GREAT INFORMATION, A VERY HOLISTIC PERSPECTIVE. MOST OF THE INFO ON THIS PAGE IS FROM THIS BOOK.

THE GOOD VIBRATIONS GUIDE TO SEX

CATHY WINKS and ANNE SEMANS (CLEIS PRESS)
EVERYTHING YOU NEED TO KNOW. AN INFORMATIVE MANUAL AND SO MUCH MORE.

THE MATE BODY by ABRAHAM MORGANTALER
(FAERIE PRESS)

VERY VERY THOROUGH

MEN LIKE US: THE GMHC COMPLETE GUIDE TO GAY MEN'S SEXUAL, PHYSICAL,

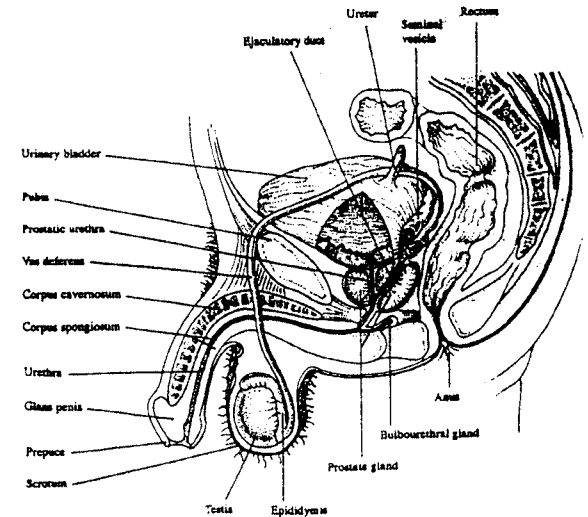
SEXUAL AND WELL-BEING. by DANIEL WOLFE
(BALANTINE BOOKS)

OBVIOUSLY, SO MUCH OF THIS IS NOT SPECIFIC TO ONLY GAY MEN. WELL-WORTH YOUR TIME, NO MATTER YOUR ORIENTATION.

CUDI by INGA MUSCIO (SEAL PRESS)

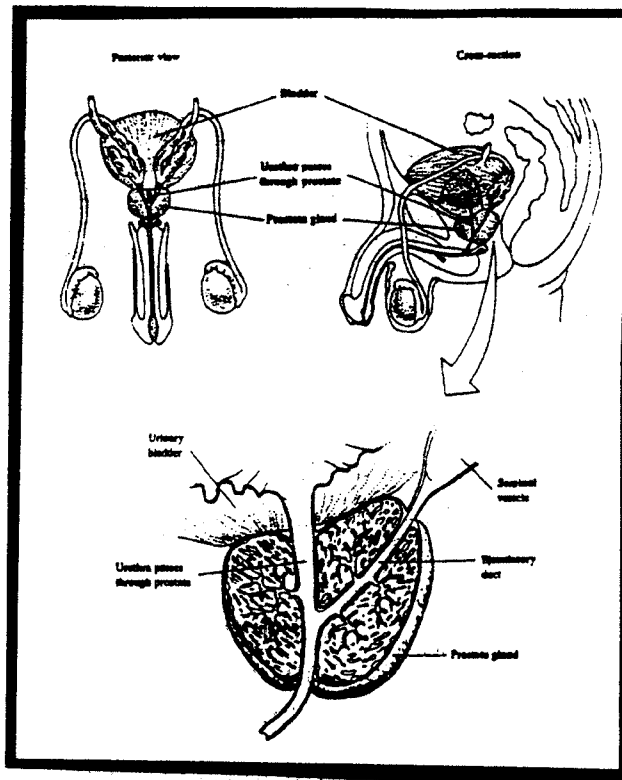
GOOD TO KNOW ABOUT OTHER PEOPLE'S BODIES IS WELL. THE BROAD RANGE OF IDEAS, ESPECIALLY CONCERNING KNOWING OUR OWN BODIES, IS EMPOWERMENT FOR EVERYONE.

Men's
sexual and
reproductive
Health



The male scrotum and contents: the epididymis, vas deferens and testis

our entire body is a complete system - our reproductive and sexual parts are connected to everything else. The best way to ensure health of a particular part or parts of our body is to treat the entire system well. The most basic and important ways to go about staying healthy are diet and exercise. I don't mean fad diets and working out at the gym - just eat simple, nutritional foods and drink lots of water. Stretch a little bit every day. Ride a bike. Take walks. Eat lots of fresh fruit and vegetables and whole grains. Raw garlic and ginger are both very good for you!



Kegel Exercises

A well developed pubococcygeal muscle is essential for male and female sexual health. This muscle runs between the pubic bone in front and the coccyx (tailbone) in the back. To locate this muscle work up a good flow of urine and while the flow is full close it off. The muscle you automatically tighten is the pubococcygeal muscle. Muscles grow strong with exercise and become flaccid without it. This muscle needs to be well developed to maintain sexual control and keep the prostate supple. As the muscle is exercised, a greater flow of blood services the genitals and the supporting organs. As the muscle grows stronger, erections come more easily, sexual endurance is increased and the prostate gland is strengthened and toned.

Back in the '40s a gynecologist named Arnold Kegel developed an exercise program to help women who had problems with bladder control. It was soon discovered that these exercises not only created good pelvic health facilitating control of bowels and bladder, but they also helped develop and nourish the entire genital system, in men as well as women. Routine performance of Kegel exercises is one of the finest techniques for increasing reproductive organ health, sexual performance and pleasure.

A man or a woman can do Kegel exercises anytime, anywhere, while standing in a long line waiting to get seats in an overrated movie, while waiting for teenagers to get out of the bathroom, while stuck in traffic or when just hanging out reading comics. Probably the best time to do Kegel routines is while lying in bed, just before or just after sleep. Lying still, you can comfortably concentrate, visualize and experience the entire set of genital apparatus being exercised. You can feel Kegel exercises reach right down and touch the prostate, bringing invigorating massage and circulation to the often stagnant terrain lying in the mature male gland, tilling the prostatic soil so the actions of the therapeutic foods and herbal formulas can more easily take root and nurture the male gland. Think of this as "genital jogging" without the need to buy a lot of expensive equipment (well, maybe a walkman). Pardon me for going on and on about this, but I want to get your attention here. This is probably the single most important, simple, self-healing action you can provide for your prostate, your fertility and your sexual potency.

There are three parts to these exercises:

- *Slow clenching* of the PC muscle. You squeeze and clench the PC like you do when stopping urine. Hold it clenched for a slow count to three, then relax.
- *Rapid clenching*. Repeatedly clench and relax the PC as rapidly as you can.
- *Pushing out*. Bear down with moderate pressure as if forcing urine or a bowel movement. This uses a number of abdominal muscles along with the PC.

Like any muscle, the PC tires quickest when weak. Begin with a small number of repetitions then gradually build up the count. Quit before tiring the PC, but give it some good daily exercise. At first you might find that you cannot keep your PC tightly clenched during the Slow Clenches or you cannot do the Rapid Clenches very smoothly. This is because the PC is weak; you've gotten to it just in time. It might be best for some individuals to scatter the exercises throughout the day rather than doing them all at once. Begin conditioning your PC muscle by doing 10 Slow Clenches, 10 Rapid Clenches and 10 Pushing Outs. Consider this to be 1 set of exercises, and do 5 sets every day for the first week. In the second week increase each set to 15 Slow, 15 Rapid and 15 Pushes, and continue to do 5 sets a day. Continue increasing each set by 5 of each exercise until a set includes 30 of each exercise. Then continue to do at least 5 sets a day each day to maintain muscle tone and prostate massage. You will experience healthy changes quite soon.

the PROSTATE, the "male" gland, is somewhat mysterious. It creates fluid for ejaculation, but no one seems to really know what else it does. It can be a source of trouble for men, especially as disregarded as it commonly is. Infection, inflammation, and cancer can all be drastically reduced or avoided with a little simple care.

clip out, laminate, and put up in the shower

Testicular Self-Examination

It's well known by all males that the testicles are tender, delicate and sensitive organs. They can be injured easily and are vulnerable to various pathologies. It is important for men to be familiar with their bodies and to perform simple testicular self-examination (TSE) monthly starting at about age 15. If you feel any abnormalities, it is advisable to see a health practitioner. TSE only takes about 3 minutes and is easiest done in the shower or bath. The heat causes the scrotal skin to relax and soapy fingers increase sensitivity to touch. The technique is as follows:

1. Hold your scrotum in the palm of your hands. Then, roll one testicle gently between the thumb and fingers of both hands. There should be no hard lumps or nodules.
2. Examine the epididymis, the comma-shaped cord found behind the testicles, where sperm is stored and transported; it is the location of most non-cancerous problems.
3. Examine the vas deferens, the sperm-carrying tube that lies directly under the skin and runs up from the epididymis. Normally, the vas feels like a firm, movable smooth cord. This is the easily accessible tube that is sealed by the surgeon to cause sterility.
4. Repeat the exam on the other testicle.

It's interesting to study and learn about your male parts from an anatomy text book (a collection of body maps) and from a text on human physiology. A textbook of general urology is also highly informative. I'm truly amazed at how ignorant about our own bodies most of us manage to remain throughout our lives.