

metamorphosis

VOL.2, NO.2 METAMORPHOSIS MEDICAL RESEARCH FOUNDATION APRIL 1983

TESTOSTERONE: The Bonding Hormone

By Dianne and Robert Hale, M.D.
American Health Magazine, 1982.

Testosterone (the most important of the male androgen hormones) spurs us sexually. It drives women as well as men. It is the stuff of body hair, bulging biceps and lunging aggression. But testosterone is produced by both sexes and also has its tender role and helps bond man and woman to each other. One recent study showed that happy couples become literally synchronized: their testosterone levels and their desire for each other peak at the same time.

The sex hormones (androgens and estrogens) begin to shape our bodies and our brains--long before birth--into male and female organs. Everyone has a mix of estrogens and testosterone--both of which are produced by the adrenal glands but the key production sites are the ovaries in a woman and the testes in a man. All embryos start out female. Maleness begins when the Y chromosome develops the testes--which, in turn, produce testosterone.

Testosterone levels before birth may also help shape our sexual identities. Dr. John Money, director of the Psychohormonal Research Unit at Baltimore's Johns Hopkins Hospital, cites as evidence his continuing study of women whose adrenal glands produce extraordinarily high androgenic levels before birth (adrenogenital syndrome). A large percent (37%) of those 30 women have homosexual or bisexual fantasies.

Testosterone triggers the transformation of girls into women and boys into men. A teenage boy shoots up a few inches in height and grows

(cont'd. on p.10)

MMRF NOTES

The editor sincerely apologizes for the long delay in the publication of the February and April issues of the newsletter--due to many reasons.

The extra-special membership bonus: a 15-page information-packet will be sent to members together with the June issue. The membership card and certificate will be sent as soon as the incorporation of the MMRF has been approved by the government.

On behalf of the MMRF, I wish to express my deep appreciation to the following contributors: Eric Bishop (\$50), Amanda F. (\$25), Amala G. (\$25) and Peter Tay (\$100).

And, my hearty thanks to the following people who have submitted literature (original articles, research papers, newsclippings, poems, etc.): Jimmy [redacted], Joe [redacted], Amanda F., Susan Huxford, Khalil [redacted], J.L., Maura [redacted], Jude Patton, Scott [redacted], Robin [redacted], Louis Sullivan and Francis Wong.

And also, my sincere gratitude to Paula Kirk (graphic artist) who has designed a variety of MMRF logos.

And finally, thank you to those research participants who completed and returned the CONFIDENTIAL CONTACTS DIRECTORY. Keep them coming!

The first social function of the MMRF--the Saint Patrick's Party--was held in Toronto on March 19th. Of the 63 guests invited, 23 attended. So, due to the poor attendance, the extensive time, energy and effort expended in planning/organization and the financial loss of \$100 (personally sustained by Rupert Raj) there will be no more such social

(cont'd. on p.9)

MY MALE METAMORPHOSIS:

So, I contacted the Harry Benjamin Foundation in New York and made an appointment to see an endocrinologist there--Dr. Charles Ihlenfeld. Three months later, the good doctor examined and interviewed me in NYC, and subsequently, prescribed bi-weekly injections of testosterone enanthate (male sex hormones) for me. I think that day he administered my first shot of the "wonder-drug" must have been one of the "peak-experiences" of my life--talk about "gender euphoria"!

Gradually, over the weeks and months my loathesome menstrual periods ceased, my larynx enlarged and my voice deepened in pitch, my muscles developed and the fatty tissue redistributed along male lines and my body and facial hair sprouted. Oh yes, and my libido (sex-drive) increased sharply coincidental with my ever-growing clitoris. Hell, was I horny! (Before male hormones, sex was all in my mind, after, sex was all in my head"). Shortly after, I started shaving "for real"--then, an ecstatic experience, now a tedious time-waster. And, I thrilled to the sound of the low register of my voice. (Now, I could stop practicing talking and singing into a tape recorder in a masculine voice).

I felt that I "passed" perfectly and even perhaps, that I was relatively attractive (modestly handsome) but, apparently none of the scholastic young ladies whom I approached on a romantic level thought so, for they all turned me down. (How fragile is the male ego!)

However, I compensated for this sexual rejection by socializing with other university students, "gay libbers" and transsexuals. And, I immersed myself in my university studies (psychology and philosophy) as well as the compellingly fascinating subject of gender dysphoria and transsexualism. Indeed, I read every single transsexual autobiography and medical reference that I

RUPERT RAJ'S PERSONAL MEMOIRS (Part 2)

could find. I also began to conduct research on my own--writing letters of inquiry about the phalloplasty to plastic surgeons around the world. As well, I started to counsel other transsexuals--male and female--and to educate doctors and psychologists on the rare "transsexual phenomenon".

After a year of the "real-life-test" had elapsed (living and working as a man full-time) I travelled, in 1972, to New York again, this time to undergo the bilateral mastectomy (removal of the breasts) as performed by Dr. David Wesser. (Prior to the surgery, I had to wear a home-made breast-binder for the duration of the preceding year, and, as the date of my operation drew closer and closer each summer's day, I literally sweated out the wait in an agony of discomfort. On occasion, I recall, I just wanted to grab those "hills of flesh" and tear them off with my bare hands!--I was 34 C).

The night before my surgery, I felt like I was on the threshold of a dream.... (cont'd. on p.9)

THE TRANSSEXUAL VOICE--A newsletter written by and about transsexuals (contains ads) \$2 per copy, \$12 per year. Payable to: PHOEBE [REDACTED] [REDACTED] Hapeville, Georgia, U.S.A. 30354

WANTED!!!

Poems, limericks, free verse on themes related to: transsexualism, transvestism, and androgyny for inclusion in forthcoming book: An Anthology Of TS, TV, And Androgynous Verse. Send submissions to: Rupert Raj, Metamorphosis, P.O. Box 5963, Station A, Toronto, Ontario, Canada M5W 1P4.

DEAR RUPERT

I am enclosing \$25 to join the Foundation (which I'm looking forward to). I am a female-to-male transsexual. I began male hormones in 1975 and had had a mastectomy in 1976. By 1977 I had a surgically-constructed phallus. In all, I have had 30+ operations including revisions to the surgery. I am still on the list for more surgery on the phallus but I am in no hurry as I'm quite pleased with it now. I have to urinate the same old way which makes life difficult at times and it won't be for quite awhile before they will do the surgery so I can urinate standing up because of the risk of infection. As far as sexual intercourse goes, it functions great.

I was married in 1978 and divorced in 1980. Since then I have gotten myself into a mental hole I can't seem to get out of. I have lost all my friends, I don't go anywhere, I am afraid of people who were fortunate enough to be born normal. I'm seeking professional help and will be put on medication (Nordil).*

When I was going with my wife, before we talked of marriage, I had intercourse with her and she didn't know I was transsexual. When our relationship got serious I figured I had better tell her. Mind you she had never seen me in the nude. We always made love in the dark and I wouldn't let her hands touch me down there until she was fully aware of my surgery. She took the news good and said that she would have never known from just sexual intercourse because it was as normal as it was with any other man.

My wife then didn't seem to want me to be involved with people with a sexual identity problem. She said she wanted us to lead as normal a life as possible. I've learned a lot since then. I really shouldn't have agreed with her. I just cared too much for her I guess. She is gone now and I realize it was a mistake because people like us have

(cont'd. on p.4)

IN THE NEWS

NORMAL YOUNG MAN ALSO HAS A UTERUS, National Enquirer, Jan. 12, 1982.

MAN CLAIMS TO BE A WOMAN: Is He Or Isn't She? Toronto Sun, Jan. 13/82.

SEX-CHANGE WOMAN SUING RESTAURATEUR (Montreal), Kitchener-Waterloo Record, Feb. 19, 1982.

TRANSSEXUAL STABBED 121 TIMES BY KILLERS (Quebec), Toronto Sun, Feb. 19, 1982.

TRANSSEXUALS FIGHT FOR THEIR LIVES (Crusader Susan Is Father Of Two), Toronto Star, May 15, 1982.

JAMES BOND BEAUTY CONFESSES--I WAS A MAN (Tula), Globe, July 27, 1982.

WEIRD SEX DISEASES BAFFLE EXPERTS: Little Girls And Haitian Men Affected, National Examiner, Aug. 31/82.

SEX-CHANGE MODEL'S BIZARRE MURDER, New York Post, Sept. 7, 1982.

RENEE RICHARDS RETURNS TO MEDICINE, American Medical News, Sept. 24/82.

THE ORDEAL OF WALTER/SUSAN [REDACTED] Psychology Today, Oct. 1982.

WHICH JOHN IS HIS, ER, HERS? (Miami) Toronto Sun, Nov. 28, 1982.

SEX CHANGE LAWSUIT: She Wants To Be He Again (Minneapolis), Toronto Sun, Nov. 12, 1982.

TRANSSEXUALITY REMAINS A MISUNDERSTOOD SUBJECT (Dear Abby), Toronto Sun, Dec. 23, 1982.

THE MOST OUTRAGEOUS WEDDING OF THE YEAR, National Enquirer, Jan. 4/83.

ADOPTION CASE RAISES ISSUE OF TRANSSEXUALS' LEGAL RIGHTS, The Register, Feb. 2, 1983.

WOMAN IN THE MAKING, Kitchener-Waterloo Record, April 2, 1983.

ABUSED IN JAIL, TRANSSEXUAL SUES GOVERNMENT FOR \$90M, source unknown.

DEAR RUPERT (cont'd. from p.3)

to stick together.

I wish you all the luck in the world with the book you are putting together as well as the Foundation. I hope that someday we will be able to meet each other in person.

**(The following excerpt is from a later letter.--Ed.)*

The medication has straightened my head out. I no longer want to die. I want to live and I am no longer trying to hide that I am a transsexual. I used to be ashamed but not any longer. Your letter was also of great importance in helping me see the light. Thank you.

You have my permission to publish my letters. I hope they will help someone in some small way as their letters in the newsletter helped me. After reading them I suddenly didn't feel all alone in the world.

--Mike [redacted] Alberta

I have some good news that I'm sure you will want to hear. I have thrown away my negative attitudes towards life as a transsexual such as in my letter to you in the October issue (No.5) of the newsletter.

And life is much nicer now. I guess it all depends on how a person looks at himself. I was looking at everything (not just my transsexualism) in a negative way. So with this frame of mind, it was very easy for me to blame everything on the fact that I am a transsexual.

There still are times when I think negatively and I try like hell to fight it away. I feel so much better now and it did take a long time to get where I'm at now. But who needs ulcers and headaches?

I'm so positive now that I am finally going to get serious about body-building. I really feel this to be a good escape for me. And,

(cont'd. on p.7)

BOOKS IN PRINT

CHALLENGES IN SEXUAL SCIENCE: Current Theoretical Issues and Research Advances, Clive M. Davis, Ph.D. (Ed.) Society For The Scientific Study Of Sex--to be published this spring. Sex research, education and therapy. \$16. SSSS, P.O. Box 29795, Philadelphia, Pennsylvania 19117.

FEMALE-TO-MALE TRANSSEXUALISM, Leslie M. Lothstein, Ph.D., Routledge Kegan & Paul (approx. \$25)--not yet published.

SEXUAL DIFFERENCES IN HUMAN COMMUNICATION, Aikens & Aikens, 1982(?).

THE MALE FROM INFANCY TO OLD AGE, S.J. Silber, M.D., 1982 (\$13). Male sexuality, development of masculinity.

WENDY: The Gender-Trap, Chris Johnson & Cathy Brown with Nelson. New York: Proteus (Scribner) 1982. Autobiography of a M-F and a F-M "odd couple"--to be reviewed by Susan Huxford in June's BODY POLITIC.



GATEWAY GENDER ALLIANCE

Publishers of the Phoenix
Monthly-International

International support organization
for the
female-to-male male-to-female
transsexual and crossdresser

PO Box 62283
Sunnyvale, CA 94088

[redacted]
(6 pm to 12 pm PST)

ON ACCEPTING THE UNACCEPTABLE

A Guide for the Relatives and Friends
of the Transsexual

Price: \$2.50 by Post Free

Susan C. Huxford
B.A. (McMaster), B.Ed. (Toronto)

Publication date: March 31, 1982

Order from: GenderServe, c/o FACT,
P.O. Box 291, Station 'A'
Hamilton, Ontario, Canada. L8N 3C8

A MAN OF QUALITY

During the five-year period leading up to the beginning of my active transition from female to male, I was involved in the Women's Movement, specifically, the National Organization for Women (N.O.W.) Although I had already been diagnosed as "transsexual", I found that I was still struggling to be sure. After all, it seemed easier to "go along with program". I tried to satisfy my feeling of not being whole by becoming a "super-woman".

For five years I served in numerous local and state organizational offices. I became a well-known activist and a minor public figure in the county's tight-knit feminist community. At the apex of my activities, I was interviewed on the radio and photographed in several newspapers. The local Democratic Party invited me to serve as a representative of the Women's Community.

And yet, throughout all of this activity, I clung tightly to my "secret". Posing as a (pseudo) lesbian, I was able to meet and date women. And I was part of a group of friends who loved each other and seemed to always be there.

Ultimately, I discovered that despite my "success" in the role of a woman I did not feel whole. I had filled my life but my soul was empty. So, after tortuous self-examination, I came to my final decision. I knew full well that it could mean the loss of everything I had worked so hard to gain: the friends and the respect of others. And, that I would be exchanging the known for the unknown. But, I had to live with me 24 hours a day for the rest of my life.

So, I told them, one by one. These women, most of whom are lesbians, believed and lived the feminist ideals which valued everything that symbolized what they call "woman-spirit". Some had chosen to keep their womanspirit "pure" by consci-

ously avoiding males in all areas of their lives. My "announcement" upset their carefully constructed world and shook the very foundation of their values and beliefs. And, I lost some of them.

Life could no longer be broken into right and wrong, liberal and conservative, feminist and chauvinist. And, the handful of friends who stayed became just people who cared about each other enough to accept each person as they saw themselves.

Now, as I observe those old friends of mine, I can see that I'm not the only one who has changed.

Feminists have a saying: "A man of quality is not threatened by a woman of equality". Perhaps my experience has added, "A woman of equality is not threatened by a man of quality". I hope that I can live up to that thought.

--Scott [REDACTED] Calif.

REINCARNATION and TSism

A private foundation has awarded a three-year, \$450,000 grant to a Van Nuys California group named, the Alpha Gamma Project, to study possible links between reincarnation and transsexualism. Psychologist Dr. Nancy Ledins, a transsexual and a former Roman Catholic priest, who directs this project, is studying 450 transsexual men and women to try to determine whether reincarnational imprinting tends to short-circuit current lifestyles for some people. Dr. Ledins believes the study might help explain why certain people have trouble adjusting to their gender and why they undergo sex-change operations.

NEW TS STUDY

If you would like to participate in a new study on transsexualism, you may obtain a questionnaire from Brenda [REDACTED] West Hollywood, California 90035.

* * *

FROM A FEMALE-TO-MALE

TO THE GIRL WITHIN

I am writing this
because I don't think you understand
why I left you

I left you because
you could not laugh
I left you because you could never let anyone
see you, or penetrate you
I left you because you only loved yourself
and me

Maybe if there was some way to bring back
that boy you once had

I could be happy
But you and I both seem to know
Although we never spoke of it
There is no means by which we could ever return

You told me a few times, you whispered it
You told me how you had really loved him
How you just loved him so much
You never said so
But you told me how you met him
And then you got this far-away look...
the beach, the sea, the cold...
looking in windows all the time...
his eyes were like ice, you said
and his smile, well, his smile was like
amazement

I noticed the tear streaming down your cheek

That is why I am leaving you
I could never love you

So many times I watched you
So many times I thought as we walked on the cold beaches
I am leaving you because I have finally realized ^{of} the sea
Your smile is like amazement

I am going away now
Someday I might once again
see you

But I think, even if it were many years in the future
You still could not laugh
Without my seeing the hope in your eyes.

--Louis G. Sullivan

DEAR RUPERT (cont'd. from p.4)

even though I haven't had my mastectomy yet, I keep telling myself that I will feel even better afterwards if I look good--which, of course, makes me feel good. Also, I think that eating right helps me to get less depressed.

I owe a lot to METAMORPHOSIS and to you. It helps keep me feeling positive. Honest. And I hope you have as much good luck with it this year as you did last year.

--David [REDACTED] Penn.

I enjoyed the sample copy of METAMORPHOSIS--hence my subscription for 1983. I'm most anxious for the arrival of the next issue.

I am a female-to-male transsexual, having been on hormone therapy for 1½ years, undergone a mastectomy 9 months ago and a hysterectomy 4½ years ago, and explained my change fully to all of my family and my friends and received 100% support.

I have a career in the printing industry with a journey position as a stripper with a large business forms corporation. (Unfortunately, my job is the only place where I must still exist as my former female identity because of the poor state of the job market recently).

I live with a woman and her 2 children in a family lifestyle. I am 31 years old and have a background of graduating in the top 5% of my high school class, a 3-year marriage to a male and 4 years of involvement with the National Organization for Women (that included local and state positions as an officer. My past also includes a 3-year period when I attempted suicide twice and was hospitalized in a psychiatric hospital twice. Therapy with a psychiatrist has brought me to the point I am at now.

Incidentally, my life at work as "Sue" isn't too traumatic because I dress

(cont'd. on p.8)

PROBLEMS/QUESTIONS

When I try to jog with a sock in my pants, it rises up and doesn't look normal. Do you have any advice?

Pin the sock (or, a foam-rubber neck-brace) to the inside of your athletic supporter ("jock-sock") or, directly to the inside of your briefs or jockey shorts.

I ordered the Sani-fem urinary director (see ad on p.3 of Issue No.1) but the bad thing about it is that it is too large to carry around. Do you know anything about the Urinary Assist Device? (see ad on p.10 of Vol.2, No.2).

Yes, the Sani-fem leaves much to be desired insofar as it is basically intended for women within the privacy of a cubicle or your own home and cannot effectively (discreetly) used at a public urinal. I have read the instructions on how to construct the Urinary Assist Device; however, as of yet, I have not had the opportunity to build one for myself. Compare J.B.'s comments on this device (on p.4 of Vol.1, No.6) with those of M.S.'s criticisms (on p.3 of Vol.2, No.1). Readers, please share your experiences with us regarding either the Sani-fem urinary director or the Urinary Assist Device.

What are your recommendations for dating? I don't know how to gauge whether someone is receptive to going out with me. When and how do I tell her what I am? Where should I go to meet other singles?

Don't "come on" too fast or too strong. Try to get to know the woman first--as a person and a friend. There are no rules for dating. It is a personal and unique learning and growing experience. Tell her "what" you are certainly, but only after she has had a chance to get to know your first--both as a person and as a man. Try going to night school, doing volunteer work, or joining church, social, sports and health clubs to meet other singles.

DEAR RUPERT (cont'd. from p.7)

in jeans and flannel shirts, wear my hair exactly as I do elsewhere, wear no make-up and even have all of my pay records, etc. list me as "S. Robison". On several occasions, visitors to the plant have referred to me as "he" so I know that I look like the male I really am. Because I am a valuable employee, everyone just seems to ignore the changes they've seen over the past few years. My immediate supervisor is fully aware of what I'm doing and supports me as a friend but I'm afraid to reveal myself fully to the others because of certain extenuating circumstances. So I hope to get a new job when the economy improves.

--Scott [REDACTED] Calif.

Don't allow your paper to be flooded by M-F TSs or you will have to sort thru the TVs that think they are TSs. The world needs the other side. You'll disappoint your own.

--Janet [REDACTED] New York

My belated thanks for my honorary membership in your organization. I want to extend to you my very best wishes for the success of your work and your Foundation. Unfortunately, I cannot do more than that, as my 98 years are enough of a burden.

--Dr. Harry Benjamin, New York, NY

Thank you for the last issue of the METAMORPHOSIS newsletter. I congratulate you on the regularity with which you are publishing. I wish to invite you to join an appointed Board of Directors for FACT (Foundation For The Advancement Of Canadian Transsexuals) of dependable, stable people who can be a "brains trust" for the Foundation. I believe that you and I should work together; METAMORPHOSIS and GenderServe should co-ordinate their services. I think that both of us are interested in diagnosis from the counselling point of view. Thank you for having asked me to join your Board of Directors.

I shall be very glad to serve. Let me know how I can help. Thank you for your offer of life membership in METAMORPHOSIS; I shall be honored to accept. FACT has two honorary life members now: you have been joined by Dr. Harry Benjamin!

--Susan C. Huxford, Executive Director, Foundation for the Advancement of Canadian Transsexuals

We at the Program in Human Sexuality would like to include your Journal, METAMORPHOSIS, in our library. We would like to know about your rates for subscriptions as well as getting ahold of back issues.

--Timothy Blaeser, Research Assistant, Department of Family Practice and Community Health, Medical School, Minneapolis, Minn.

Enclosed you will find \$25 for regular annual membership to METAMORPHOSIS for 1983. I have very much enjoyed past editions of the newsletter. Keep up the spirit.

--John [REDACTED] Nova Scotia

JUDE PATTON, PA-C, M.A.
Physician Assistant-Certified
Marriage, Family and Child Counselor
CA Lic MF-15543
AASECT Certified Sex Therapist

[REDACTED]
Santa Ana, CA 92706
(714) [REDACTED] or [REDACTED]

ACLU TRANSEXUAL RIGHTS COMMITTEE

ACLU of Southern California
[REDACTED]
Los Angeles, California
U.S.A. 90005

Membership: \$20 per year. Limited
Income Membership: \$5 per year.

MY MALE METAMORPHOSIS (cont'd.)

The afternoon after, I felt like I had just died and gone to Heaven--my dream had come true. I was male (at least partly so). Once again, "gender euphoria"!

In 1975, I graduated from the University of Ottawa with a Bachelor of Arts in Psychology. Shortly after, I moved to Vancouver, B.C., where, in 1976, I met my second (major) lover, Carl--a pre-operative female-to-male transsexual, just recently divorced with two young children. We lived together in "Van" for 1½ years as a couple (for I had always regarded Carl as a man, and he, me). We had male honosexual relations. (Confusing? Well perhaps, but bear in mind that gender identity and sexual preferences are two different dimensions).

In 1977, we moved to Calgary, Alberta, where we both enrolled in the University's Sexuality Clinic, and in 1978, I underwent the hysterectomy (removal of the uterus and ovaries). Unfortunately however, I did not obtain the phalloplasty because the plastic surgeon there advised me against penis construction as I was too thin and so, had insufficient abdominal tissue to work with. Bloody Hell, what a "downer"! I had so hoped to achieve complete male integrity. Penis envy still reigns!

After 3 years together of relative bliss, we split up because he found another lover (female). It was the same old story--Doris rejected me because I was a "woman" and Carl because I was a man. I can't win for losing. So, I packed my bags and headed East for "Hogtown" (Toronto). There, I eventually met and got engaged to my fiancée, Amanda, with whom I have lived these past 3 years. She, of course, accepts me as a man one hundred per cent.

In 1981, I established METAMORPHOSIS: Gender Counselling-Educational Services as a business concern and

in 1982, published a bimonthly newsletter exclusively for females-to-males and professionals. Now, in 1983, I am in the process of incorporating METAMORPHOSIS as a non-profit Foundation for gender-dysphoric and sexually-dysphoric men (pre-op and post-op F-M TSs as well as genetic males who have no or undersized or deformed or deficient genitalia) and will continue to publish a regular bimonthly newsletter.

I am still penis-less but hope to be able to obtain one someday, once medical technology has improved somewhat. In the interim period, I hope to be able to raise funds, through the Foundation, to finance the design and construction of a non-surgical, external, penile prosthesis. Ergo, the METAMORPHOSIS motto: "towards male integrity".

MMRF NOTES (cont'd. from p.1)

functions in the future--only small rap-socials for paid-up members only in members' private residences.

For those members/subscribers seeking peer-support or contact with other F-Ms, I strongly urge you to submit your personal listing in the CONFIDENTIAL CONTACTS DIRECTORY. (If you do not wish mail delivered to your home, I suggest you rent a post office box for your privacy and personal protection). Please include your birthdate in the CCD so that correspondents may send birthday cards if they wish. (If you do not wish your last name and street address listed in the CCD, just list your first name, city/town (optional) province/state, age, birthdate, TS status, hobbies, interests, activities, etc. only and I will forward correspondents' letters if you also include a mint CANADIAN postage stamp (32¢ within Canada, 37¢ to the U.S.) or an international reply coupon for the equivalent amount for each letter.

METAMORPHOSIS NEWSLETTER: \$15 for 6 issues. Copyright 1983 Rupert Raj MMRF, P.O. Box 5963, Station A, Toronto, Ontario, Canada M5W 1P4.

TESTOSTERONE (cont'd. from p.1)

hair on his face and body. His muscles become larger, his larynx expands and his voice deepens. Men continue to manufacture testosterone throughout their lives but experience daily and seasonal fluctuations with highest levels in the early morning.

When disease or removal of the testes reduces a man's testosterone level below the essential minimum, he will lose his desire but not his ability to perform. He will stop initiating sex, stop masturbating and stop fantasizing about sex. Injections of synthetic testosterone can raise his level back to normal.

Long after estrogen production stops at menopause or after removal of the ovaries, women remain interested in sex but once their testosterone-producing adrenal glands stop working, they will lose their libido. Conversely, women treated for medical disorders with synthetic testosterone typically experience a surprising surge in sexual desire.

In a research study of married women, Dr. Harold Persky, professor of psychiatry at the University of Pennsylvania, discovered that women became more aroused due to a mid-cycle peak in testosterone, rather than the coincidental increase in estrogen. At other times in the cycle, testosterone levels are also related to sexual interest but estrogens are not.

Persky also found, unexpectedly, that some women produced 10 times more testosterone than others but all were within normal ranges. The highest testosterone-producers had cheerful dispositions, formed relationships with greater ease than others, were interested in sex, made love more often and got more pleasure out of it.

Testosterone "bonds" in another way: it may bring men and women sexually into sync. Women's testosterone

levels peaked in the middle of the menstrual cycle--the prime time for ovulation and conception--and their husbands' testosterone levels also usually rose when their wives were ovulating. When both partners peaked simultaneously, the men initiated sex more often, the women responded more enthusiastically and both reported they had better sex lives.

Among newlyweds, the young wives with high testosterone had the best marriages and the best sex lives. But their seniors show that desire can last through the hormonal changes of the years. The older couples had less testosterone but were just as interested in sex as their juniors.

Testosterone helps make possible durable desire but it doesn't make it happen. Dr. Money makes an analogy: "Testosterone puts gas in the tank and upgrades the vehicle but it does not program the itinerary of the journey." Ultimately, our minds are still in the driver's seat but our glands create the capacity for our deepest emotions and our most durable personal bonds.

REPRINT ARTICLES AVAILABLE!

Reprints of the following PM-I articles are available at \$3.00 each or \$10.00 for the complete set.

How to Make and Use a Urinary Assist Device (UAD).

Making and Maintaining a Baculum.

Male Hormones (includes how to properly give yourself injections).

Female-to-male Surgery.

To: Gateway Gender Alliance
POB 62283, Sunnyvale, CA 94088.

UAD Article. Male Hormones
 FTM Surgery Baculum
 Complete Set

Name: _____

Address: _____

City: _____

State: _____ ZIP _____