

Is marriage a must ?

Who wants to be married ? Isn't marriage something of the past , something your parents did ? Why do you want to be married ? Do you want to have a social status of being someone's woman or are you serious in love with the guy ? To most readers these questions are strange. Marriage is a traditional binding of man and woman, at least that is how it used to be. Currently all over the world man can marry a man and a female a female. The holy matrimony is no longer a sacred place for man and woman alone. Being married is no longer a security as when we see the divorce rates we have to ask ourselves the risks of getting married, **especially if our carrier is involved**. But marriage at least legalize the children, it gives the children a legal ground to exist and start a life. Love is the issue now, no longer the family takes care of you. Your position is changed, the family is totally depended on you. When you marry there are so many people you will need to take care of. Yes all this delivers stress. But did you ever consider the moments you slept alone in your bed and needed that warm arms around you ? Marriage is confusing we all have so many **pro's and contra's** that there is never a real solution to it. To marry is a risk like gambling with your life. But are you ready for the step ? My solution to this problem ; if you never did try it, you will never know

婚姻是一种必需么？

有谁想结婚？婚姻不是已经成了过去时，成了父一辈的古董了吗？那你为什么还要结婚？是想获得这样一种社会身份——归属于某个男人，做他专属的女人，还是因为真地爱他，爱得透彻骨髓？这些问题可能让您觉得匪夷所思。毕竟，婚姻是男女之间一种传统的依附形式，至少曾经如此。时至今日，放眼天下，男人可以娶一个男人回家，女人也可以嫁给另一个女人共度余生，神圣的婚姻生活不再只是用来吓唬异性恋人们，诱惑他们睁着眼往里跳的“坟墓”。步入婚姻殿堂也不再等于上了终生保险，看一看高涨的离婚率就能明白，我们不得不扪心自问：结婚，究竟要承担多大的风险，特别是牵涉个人所有物的时候，如事业、生意、子女、财产等等？“婚姻猛于虎”乎？不过，话又说回来，婚姻至少可以使生儿育女合法化，为未成年人提供生存以及日后立足社会的法律根基。爱情成了个难题，也别指望家里人能多顾及你，你的地位已经变了——不是你依赖家里人而是反过来他们要完全依赖你。于是，一旦你“婚”了，就意味着有更多的家庭成员需要你来照顾。没错，压力来啦！可是，这时你是否记起往日孤枕独卧的夜晚，曾多么渴盼有一双温暖的臂膀拥着自己入眠？婚姻是个谜题，是令人困惑的“围城”，总免不了这样或那样的利与弊，让人好无奈。选择结婚，就像一场赌博，要拿自己的余生下注。你准备好投注了吗？你要问我的意见，看这儿：想知道螃蟹的滋味，非得亲口尝上一尝才行……

——阿诺范德维尔

Over 30 and unmarried

A horrifying picture to many young women. When you reach the age of 30 you should be married and having a child already. That is how society expect you to do it. They will ask ; what is your excuse ? Suddenly you realize that you probably had no time to meet the right guy or you even did not encounter any that suited your taste of a man. Some of you had a man and tasted the fruits of love but were disappointed and considered it rotten fruit or even worse. Yes you did try it even a little. My question is ; did you ever consider the fact that a woman of over 30 is super attractive, interesting often well educated, has knowledge about life and knows how to behave. Young woman should not be any competition for you ! But the “love market” shows different. Men give you the feeling as being left over, being no longer the young innocent girl they want to use.

Here we do have the core of the problem. It is not you who is the problem, no the men do not want to have a full grown woman who is able to make decisions. They seek for a weaker halve who will obey and serve the man. For many woman it feels like they are the persons who made a mistake but let me guarantee you ; you did not make any mistake and soon society will recognize your abilities. Many woman reach for dating sites, in my vision a risky possibility. Check my book for tips on how to use them. Do not look to often for the foreigners as they are not your solution to a cultural problem. Foreign man are no better than Chinese man, not at all. Some are even worse. Lady if you are looking for a solution be sure we can help you on the way, an often adventurous way, interesting and most of all very rewarding as you should be proud of who you are , we can prove you are someone special to consider.

致——30 岁以上的未婚女士们

这支队伍之庞大，令人不寒而栗。按照人类社会对你的期望，30 岁，你早该婚也结了，孩子也有了，可现实是……那么，人家就问了：“怎么还不结婚呢？”你突然意识到，可能晚了，怕已经等不到那个人了，甚至自己从来就没遇到过对心思的男人。当然，男朋友是有过的，也不乏爱情的滋味，只是到头来，事情总不尽如人意，爱的果子要么烂掉，要么比烂掉更让人糟心。你也曾努力过，争取过，至少付出过一些。于是，我不禁要问：你有没有想过，其实，女人过了 30 岁，正是最富于魅力的时候，她们有学识有韵味，对生活充满见解，懂得如何待人接物？这岂是二十出头的小姑娘们能 PK 得了的！只可惜，在“婚恋市场”中，情形又大相径庭，男人们总让你感觉自己就像剩菜剩饭，不再是他们所渴求的天真无邪的小美眉。现在，我们发现问题的核心了：问题不在你身上，而在男人身上——他们不想要一个能自己做主的成熟女人为伴，他们要的是对自己俯首帖耳，把自己照顾得无微不至且不能强于自己的附属物。很多女性会觉得，是自己做错了什么才导致今天的状况，可我想告诉你，你并没有做错任何事，你的内在锦绣很快会得到倾慕。不少女性流连于婚恋、交友网站，而在我看来，这种选择未免有点冒险。建议你翻翻我写的书，看看里面就网络交友、恋爱都给出了什么样的“锦囊妙计”。最好别对外国人抱多大幻想，跟他们过日子很难理清文化差异和冲突。金发碧眼的大鼻子老外不见得比中国男人强，根本就不强，有些甚至差得远着呢。所以，尊敬的女士们，如果你正寻觅化解问题的金钥匙，我们可以助一臂之力，为你提供一系列大胆新奇又有趣的策略，关键是会使你得意满。这值得一试，因为你理应以自己为骄傲，我们能证明给世人，你究竟是多么与众不同而不可错过的那一个……

——Arnaud van der Veere

Sex before marriage

Sex the dangerous word in our language. Sex is secret, personal and nothing we share easy. Our love life is private. But our culture demands a virgin to share the bed of her husband during the first night of the wedding. Is this habit still a tradition to count for or a leftover of old times ? Our time is different , we are much more aware of what we like and love. Our bodies are no longer strange objects to us. TV , movies and internet show us to care for our own body, to get to know how all parts work. We are sexually stimulated by a lot of external impressions. The talks are more open and fashion is no longer hiding our bodies. Our body language shows the interest for others and these people will feel mentally stimulated to come closer to us or we to them. The physical attraction is a selection of nature. Our new generations are no longer able to resist the urges of nature and most have sex soon after a relationship starts. Is this wrong ? That is a question which lingered around the Western world since the '60's and we have not found any answer yet. Religious people do consider it wrong but they base their vision on the writings and books of their

Gods. Is there any physical proof, any negative mental effect of having sex before a marriage ? There is no scientific evidence that can prove it ! The main question is ; what do you consider important, what are your religious visions and how do you feel morally about it ? Sex before marriage is a personal matter and no longer a consideration of society.

婚前有“性”

性，一个危险的字眼儿。它如此隐秘，如此私密，难于分享，更难在大庭广众之下高谈阔论。夫妻、恋人的床第之欢，纯属个人私事，只是，我们的文化传统要求女子保持处子之身，直到洞房花烛夜。这一习俗至今仍然受人们推崇吗，还是已成明日黄花，隔了夜的一碗剩菜？

时代确实不同了，对自己的所好所爱，我们有了更多更强烈的意识，人体结构和功能也变得不那么神秘莫测。电视啊，电影啊，网络呀，整天都在教导我们要善待自己的身体，要了解每个部分都是怎么运作的。很多来自外界的有关性的话题，持续刺激着我们的神经。人们谈论性，越来越无所顾忌，时尚将身体的渴望披露得一览无余，就连我们的肢体语言都无时无刻不在诉说对他人的欲念，血脉贲张着，亢奋着，期待去贴近他人被他人贴近。

生理上的相互吸引，这是大自然的选择，而年轻一代似乎已无力抗拒自然的召唤，于是，一恋爱便上床，火急火燎。这有什么不对吗？这个疑问从上世纪 60 年代就开始困扰西方世界，到现在还没得出个结论。

宗教界人士坚信婚前有“性”系错误之举，当然，这是站在神或上帝的角度来看，以经文为依据。

那么从生理学来讲，是否有证据表明婚前有“性”会导致什么心理上的负面效应？目前，尚无科学证实这一点。

问题的关键在于：你看重什么？你认为什么才是重要的？你信仰什么？怎样才能让自己感觉是道德的？

婚前有“性”，纯属个人私事，不再由社会来定夺。

——Arnaud van der Veere

Having more than one lover

How many men have more than one lover ? How many are married and have a lover ? But do you know how many woman have a lover ? How many do cheat on their spouse ? Men seem to be allowed by society to have more than one relationship at one time. Women who dare to look at another man are considered “bad woman”. But did you ever consider why this is happening ? Men still rule the world, your world. But it is not the only reason. Woman are more single minded, they do not consider the option of different sex all the time. Most man have sex on their mind, some even all day. For them the temporary satisfaction is as a drug, they are addicted to that short moment of satisfaction. For men sex is minute based, for woman sex is time consuming. They need time to relax, time to talk and a good foreplay. Men are straightforward, to them the deed is more important than the rest. But most man do like to talk after they are ready. When a woman is willing to listen she is a good person. Having more lovers for a woman will be time consuming, they need to invest in the lovers. They want to teach the lover how to behave, how to please them and how to make love making into a pleasing. Another side in a woman is the fact they resist to share a man with others. A basic feeling of security is needed to most women. Having a relationship based on physical attraction is temporary and not secure. If a woman falls in love passionately she is willing to share her body but her mind will keep some reservations. Man will only give their body but hardly ever their mind. To men love and sex are separated identities,

women can hardly separate them. That is why woman will resist in having multiple lovers.

情人，不止一个

多少男人左拥右抱，同时拥有不止一个情人？多少男人已婚，却仍乐于出轨？你可又晓得，多少女人也拥有自己的情人？多少女人红杏出墙，不惜背叛自己的另一半？

男人搞“三妻四妾”，似乎很能为社会所容许，而女人要是胆敢多看其他异性几眼，就会被看作是“不正经”，被人说三道四。你有没有想过，事情为什么是这样的？男人在统治着这个世界——你的世界，不过，这还并不是唯一的原因。

女人，想法比较单一，很少诉求性的多样化。相比之下，男人的脑子里总离不开“性”，甚至整天都想着它。对他们来说，那种短暂的极乐巅峰就跟毒品类似，令人成瘾，欲罢不能。性之于男人，是以分钟计算的欢愉；之于女人，却是持久的征服。她们需要时间来放松，谈心，做充足的前戏。男人呢，只想着直来直往，行为本身胜过一切。当然，事后，有不少男人也喜欢聊上一聊，假如这个时候他的女人愿意侧耳倾听的话，她肯定是个好人。

女人搞“三夫四郎”，那可是费工夫的事，在每个郎君身上都得投入时间和精力，好指导他们怎样配合，怎样让自己愉悦，怎样双双尽兴。此外，从另一方面讲，作为女人，天生就抵触与别人共享自己的夫君，这是基本的安全感之一。

建立在肉体吸引基础上的两性关系难以持久，更难有安全感。当女人爱得特别激情，不可遏制，以至甘愿委身于人时，她的心智仍会有所保留；男人则是容易付出身体，但绝不轻易付出他们的真情。

爱与性，对男人而言是两回事，对女人而言却是不可分割的，这就是女人为什么不大会接受多个情人的原因所在。

——Arnaud van der Veere

Having an affair

Having a secret affair is not easy for a woman. Woman have many issues with getting into a temporary relationship. Just having a slip will damage their name. If it all comes into the limelight having an affair is blamed on the woman, the man is considered a healthy male. But many woman can be fascinated by an office affair, longing for some short but heavy sexual happening. Most will never pass the stage of the fantasy as the risks involved are considered too high. But say you want that affair, how will you start it, where will you let it take place? Do you consider that guy at work, in the gym or have seen him at other places? Did you get a fantasy of more than walking hand in hand? If you do you are ready for an affair.

But what does an affair bring you? Can you deal with the stress if you are married? What about the college in your working place? You know that you will lose your job when the affair is over. He will never be blamed. To be honest I cannot discover any positive thing for a woman to get herself into an affair. I want to know your opinion and remarks, send them to me please.

出轨

悄悄地展开一段“婚外情”，对女人来说不太容易办到，即便是一场露水情缘，她们也要顾虑很多方面的问题，因为稍不留神就可能弄得个声名狼藉。一旦“婚外情”暴露在聚光灯下，那时受指摘、被人指来点去的只会是女人，至于男人，大家会觉得这家伙身心还蛮健康的。

为数众多的女性，内心深处对“办公室婚外情”常怀有一种痴迷，期待着渴望着发生一段急促短暂却蚀骨销魂、“性”味盎然的职场“插曲”。只是，鉴于涉及的风险过大，绝大多

数这样的女性最终只停留在了幻想阶段。

假如说你当真想“幻想联系实际”一下，那你打算怎么打响第一枪？选个什么样的地方接近目标？是直接 in 办公室，还是健身房，或者其他场所？又问，你的幻想仅止于两个人拉拉手吗？如果答案是“不”，那说明你已经“拉满弓，箭上弦”了。

“办公室婚外情”能带给你什么好处？你能顶住各种压力吗，特别是自己婚姻的压力？同事们会怎么看？要知道，等一切都结束时，你很可能失去这份工作，而那个“他”永远也不会为此背负骂名的。说实话，我实在想不出身陷“婚外情”能给女性带来什么正面的结果。希望听听大家的看法，欢迎留言。

——Arnaud van der Veere

Using a gigolo

When I was a top-sport fighter traveling around in Asia I was in demand with some women. Some asked me to visit their place to talk about the fights, others were more direct and asked for physical contact. When you are young it seems attractive but in my case most of the demand was of elderly woman not suiting my taste at all. Another reason why I became not involved was my professional attitude toward service of naked women, I did work as a professional masseur for the National ballet. But some of my friends could not withstand the attraction of getting paid to have sex with a woman. Only few were able to continue the “work” for a longer period. Most were not able to perform the way the ladies wanted. Being a gigolo is a profession. Men who are successful in that line of work understand the needs of a woman and ignore their own needs. They please a woman the way she demands as they are not in control. A gigolo must please a woman completely different from the way women must please the men for a payment. The use of a gigolo is limited to select group of woman who are not willing or able to commit with a good looking man. To them these kind of men is out of reach as their husband is seldom home, has different external affairs or living under high stress. The gigolo is a relax moment. They need his service to make life worth living again. The use of a gigolo for woman is more or less a move of physical and mental poverty in current relationships and most of the time not to be blamed on her.

找个“牛郎”？

当我还是顶级拳手的时候，曾遍游亚洲，遇到过这样一些女性，其中有的人会把我请到家里做客，聊一聊泰拳或是搏击术，而另外一些人则坦率得多，直接就提出来要与我“亲密接触”。

对血气方刚的年轻小伙子来说，这样的“款待”简直是“盛情难却”，诱惑力太大了。可令人尴尬的是，提出这类要求的净是上了年纪的女士，根本不对我的口味。另一个让我避之不及的原因，源于我个人的职业态度与道德——我曾担任过亚洲某国国家芭蕾舞团的专业按摩师。

但是，身边的一些朋友却没能抵制住金钱的引诱，乖乖就范做起了“牛郎”。他们当中只有极少数做得比较长久，其他人皆因无法满足女士们的需求，最终被炒了鱿鱼。

“牛郎”算专门的一个行业，并非是个男人就干得了，凡做得比较成功的肯定深谙女性需求，并且能把自己的需求放到一边。他们依着对方的心意去取悦对方，营造氛围，让女性成为主导者，这跟女性为男性提供类似服务采用的是截然不同的方式。

给自己找个“牛郎”可不是什么容易决定的事，因为很多女性根本不愿意，甚至无法接受跟一个陌生男子进行这样的交易，保持这样一种关系。不过，当丈夫总不在身边，总顾不上回家，要么忙着沾花惹草，要么正挣扎在生活的“高压”之下，“牛郎”恰好能帮助自己

放松放松，使生命重新绽放意义。

在令人身心匮乏的现代婚姻关系中，找个“牛郎”或多或少也算是一步棋，多数情况下，我们用不着指责女性一方。

——Arnaud van der Veere

Sex and desire, nature or nurture

Woman love sex, yes they do but in so different way than men do. Men follow nature, women nurture. The nature of men is to have as much sex and partners as possible and the nature of woman is to have a limited amount of partners as possible and sex with an even lesser amount. Sex is rather sacred to a woman and commodity for a man. The desire of a woman is based on mentality and feeling, the desire of men based on the level of his hormones. If we look at both sex and desire in relation to men they are both more directed by the nature than the nurture. Men act more impulsively on both than woman will ever do. Woman see both as something they are educated in, not by nature but by experience and other lessons. They have to control both at any time of the day and hardly ever will be able to just let it go like men do. A woman must be in control of her desire and sex drive. Question is does she always want that ?

“性”之先天与后天

女人是喜欢云雨之欢的。没错，她们喜欢，只是喜欢的方式有别于男人。男人受天性驱使，女人则需要后天的摸索与培养。

男人的天性决定了他们向往“妻妾成群”，在男欢女爱上追求多多益善，而女人的天性并不关注量的丰盈，无论对伴侣还是床第之事都很“有够”。性之于女人，就像一种圣洁的信仰，一种充满浪漫与幻想的信仰；之于男人，那就是吃喝拉撒，家常便饭。

女人的欲望取决于她的内在感受、心理状态，男人则取决于其荷尔蒙水平。假如我们对婚恋关系中男人的性与欲望同时进行审视的话，会发现，这两者都更多地受着先天而不是后天的影响，所以男人更容易冲动行事。

在女人看来，性与欲望属于要靠后天学习获得的，无关天性，只关乎经验、阅历的积累。这两者，她们都必须学会如何操控，要像男人那样随天性而动，任其往来，几乎是不可能的。

既然身为女人一定得左右住性的欲望与冲动，那么问题就来了：她真的总是想这样吗？

——Arnaud van der Veere

Sex when older

Older people do not have sex. That is the vision of the younger. You should not have feelings when you are older. That is a typical statement of the younger generations through the centuries. But how different is reality. Most elderly people are longing for sex, they even are able to enjoy it better than the younger. Question is how we define sex. Most people think of sex in simple terms of copulation as an act between man and woman. To elder people this is not interesting anymore. Sex to older people is so much more and takes much longer. It is all about enjoying each other, about the satisfaction of the whole physic and mind. There is no target in the sex as the need to make children does not exist any longer. Passion, a feeling of intimacy and most of all a feeling of mutual acceptance and respect. Real sex only exist when people genuinely feel love for each other and able to show this physically to the other person. In Asian society there is a problem. The elderly did never really learn to enjoy sex as a part of their development. When older they have to

develop a whole new lifestyle to cope with their needs and wishes. Many need to learn how to enjoy their own body and mind. Some need to be taught how to show passion, be open in body and mind and respect their body and mind. The feeling of wanting sex is nothing negative but a part of nature. This statement is so hard to accept for most older Asians and they live a life of frustration and anger. This is a call for the elderly ; accept who you are passionately and seek the possibilities of feeling love and to be loved mentally and physically when you have a chance. Do not walk away of your own feelings, you will regret it. Arnaud van der Veere

老年人与性生活

“一上岁数，就不过性生活了”，年轻时人都会这么以为。貌似人老了之后感觉就都麻木了，不应该再有什么念想，这是若干个世纪以来年轻一辈们的一种典型性的表态。

只可惜，跟现实情况反差很大，大多数老年人仍然渴望拥有正常的性生活，他们甚至比年轻时更懂得“乐在其中”。

问题的关键在于，我们是怎样定义“性生活”的。通常，人们会把性生活简单地理解为就是一男一女完成性交的活动。对此，上了年纪的人可能嗤之以鼻，因为他们不但不缺少性生活，而且可以在这上面花更多的时间。对他们而言，重在彼此享受，身与心全然获得满足，其目的性更单纯，不用再背负传宗接代的职责，剩下的只有激情、无尽的亲密感，最重要的则是相互的尊重与接纳感。

只有当人们切实感受到了彼此深爱着，并能外化为肢体行为向对方表达的时候，真正意义上的性才会产生。

亚洲国家存在这样一个问题，即老年人从来没学会如何把性生活纳入自身成长的一部分去享有。于是等年老之后，面对自己的需求，他们不得不开始一种全新的生活方式。其中很多人需要学习怎样使自己的身体及精神得到愉悦，有些人需要学习如何把内在的激情表露出来，坦呈身心，尊重身心。

人类对性的渴望绝非“洪水猛兽”，不过是天性使然而已，可这种表述却成了大多数亚洲老年人“生命中不能承受之重”，他们的生活充满了挫折和怨气。

这里，我特别想呼吁老年朋友们：请满怀激越地接纳自我，在一切“未为晚矣”之时，努力寻找爱与被爱的感觉，不管其来自生理层面还是精神层面。不要无视自我的感受，永远不要，否则人生就尽是遗憾了……

——Arnaud van der Veere

Older woman and young man

Tell me your first thought. I do not need to guess, you despise the fact of a young man with an older woman. You consider the man as being sick in his head and the woman a dirty person. But this is how the future of China will look like. If a man wants sex he must be less critical as the amount of women is shrinking with the day. Young woman are demanding more and more. Most young men will not be able to live up the standards of those eager, fast and luxury demanding women. Sex is one important drive to man and he will need to adjust his vision in the future. Older woman are no longer of limit. Question is ; will society accept this happening ? Laws are changing, rules are relaxing , more children are promoted and the people are stimulated to consider children as important again. But we will have to bridge a long gap before the society moves back to a right balance between male and female and young and old. If society continues the importance of boys over girls, we will see the young man even hunting for an older woman..... Arnaud van der

Veere

姐 弟 恋

告诉我，这个题目最先让你想到了什么？其实都不用猜，对于男人找比自己大的异性，你多少是带有点轻蔑态度的。你觉得这种男人脑子进水了，心理不正常，觉得这种女性总给人一种放荡不羁的感觉。

不过，恐怕未来中国即将是这个样子。因为女性人口的数量与日递减，男人若想恋爱、结婚，就不能太挑剔太苛求，而同时，年轻女性在择偶条件上要求越来越高，高得让同年龄的男性朋友们望而却步，自觉实难招架得起、供养得起。

性，对男人来说，是一种重要的生命驱动力，所以他会学会调整择偶的眼光，既然年长的异性可以扩大自己的选择范围。

那么，问题就来了：这样的婚恋，能被社会接纳吗？

律法在与时俱进，规则在放宽松，政策鼓励大家多生多育，人们也由此更重视养育后代的问题。

不过，在社会回归两性及老幼之间应有的平衡之前，一些不小的代沟还有待我们去填补。假如社会仍然保留“重男轻女”的意识，那么“满城尽是弟求姐”就指日可见了……

——Arnaud van der Veere

Birth control

Sex before marriage is currently a normal event. No longer the virgin is a sign of “being clean” . Our younger generation is changing attitude and boy and girls are well aware of sexuality. They are aware of feelings and most even know how to have sex, but do they really know how to protect themselves. It may sound old fashion from an activist like me but I am not in favor of children who are conceived outside an official marriage. Why not ? Children need the legal protection of a marriage, the witness of two persons who took the child for a reason and with a goal. Those two did marry and had a child for a reason in their life , to love and bring up the child in the best way possible. It is true that other people who just living together also may think that way but why not take the legal step to get a paper proving so ? Yes the commitment of marriage is a form of birth control already. But when the children want to have sex we better teach them how to avoid getting children. It is important to teach them the use of birth control possibilities like the use of condoms, anti-conception and other ways. Maybe this all sound technical but we better prevent stupidity and the danger of disease than ignore them. If children have sex let them be very well aware of the consequences and how to prevent. Do not shut up about this prevention, we are building cars with a higher safety level again and again but forget that our children need to be well prepared for the moments of danger. If you do not believe me, just go to any ordinary party and see how many people get drunken. Are you willing to swear that drunken people do behave well and stay rational ? If so we do live in another world. Prevention is the key to our survival and the mental preparation of marriage and commitment to become a good parent.

要嘿咻，也要安全

现在，婚前性行为司空见惯，不算什么，处子之身也不再是“纯净”的象征。我们年轻一代态度已经发生了转变，男孩们女孩们都有比较强烈的性意识，清楚自己的感觉，而且大多数都懂得如何嘿咻。只是，他们是否也知道怎样保护自己？

此话从我这么一个社会活动家的嘴里说出来，似乎老套了些，可是我实在不赞成年轻人

未婚先孕。为什么不要未婚先孕？因为你需要一段受法律保护的婚姻，需要两个人一起见证为了某个共同的理由、共同的目标养儿育女。

那些先结婚，然后有目的有计划地开始生养宝宝的伴侣们，可以为宝宝提供最稳妥的成长、教育和爱的环境。虽说，同居的恋人们也不是不可以考虑这样做，但是，何不稍微多迈一步，把那张合法凭证拿到手呢？没错，婚姻的确是避孕的体现之一。

当年轻人想体验性生活的时候，我们最好事先教会他们如何避孕，因为对他们来说，掌握各种正确的避孕方法，包括使用安全套，服用避孕药等，绝非儿戏。或许这些听起来太过技术性，可与其掩耳盗铃，倒不如防患于未然，避免愚蠢，将疾病的危害关在门外。

我们不怕年轻人嘿咻，只怕他们嘿咻时没有丝毫的自我保护意识，没有对后果的估量，因此，别担心他们嫌我们碎碎念，我们就是要“老生常谈”安全性生活。

我们不能一边只顾着大批量生产汽车，一再提高汽车的安全性能，另一边却忘了告诉孩子们“开车很爽，车祸很惨”。你要是觉得我纯粹是夸大其词，不妨参加几个派对，看看有多少人正把自己灌得东倒西歪的，然后，你敢保证这些醉鬼们仍然像正常人一样做事，仍然能保持理性？果真如此的话，那咱们肯定不是生活在地球上。

防患未然，乃生存之道；做好思想准备的婚姻与承诺，乃为人父母之道也……

——Arnaud van der Veere

Fake beauty

Sometimes I get back in time and remember my time as professional masseur. My customers were the top-dancers in the country. Beautiful woman and some men, highly trained and in perfect shape. Every person was a hard job to massage, there naked bodies curved in a sensual beauty on my table under the powers of my hands. Some loved the touch so much that they enjoyed it more than expected. But to me it was a lesson to watch the human body in all aspects. The beauty of a healthy not modified body.

Lately I was requested to massage a new group of dancers by a good friend of mine who owns a dancing school. When the table opened they were lining up, some already naked. I was astonishing to see the sizes of breasts of such young girls. Some Korean dancers were only 18 with firm strong breasts and other curves not to mention here. During my massage it occurred to me how much had been altered on these bodies, how artificial they felt. Many nerves were damaged and they could not enjoy the massage half as much as the old customers did.

Their bodies were mutilated by bigger breasts, flat stomachs, curved hips, altered womanhood and changed faces. Most of them young and beautiful from a distance. But as Age Control specialist I know that the body changes every seven years. Most of these girls would spend a lifetime work on operations to keep these bodies in shape and with every operation more damage was caused, more harm done and aging would take a devastating toll on them. Instead of aging later they will start aging much more early than a non-altered woman.

For a body and mind professional like me I prefer the natural shape of a woman, the natural her. With Asians the small breast fits with the rest of the body, the tiny parts of fat are needed and make the grip so much better, the curves are not perfect and that all makes them to beautiful woman. In my vision a healthy woman is a natural beauty. Maybe she does not win an artificial beauty price but she will win a natural aging process because a woman gets more beautiful over

time, like a riping fruit she will taste better with every bite you take.

人 造 美

有时回想过去，想起自己做专业按摩师的日子，服务对象都是那个国家顶尖的芭蕾舞演员，也有男来也有女，却同样的“花样”，他们训练有素，身材健美得无可挑剔。为这些客户服务可不是一件简单的事，按摩台上“玉体”横陈，我双手之所到，力量之所及，尽是褪去罗衫后一览无余的完美曲线。其中，有的人是如此享受按摩，大大超乎我的预料，不过于我而言，这倒更像一堂全方位的人体观摩课——健康、未经任何修饰过的人体，令人怡情。

曾经，我受朋友之邀为一群新客户服务，他们在我朋友开办的舞蹈学校里学习。按摩台架好了，演员们已排成一队，等候按摩。我吃惊地发现，这些年轻的女孩们胸器吓人。几个来自韩国的，才不过 18 岁，胸器异常的触目惊心。我一边按摩，一边揣摩手下的这些身体多大程度上已经被人为改动过了，感觉起来有多么的不自然，多少神经遭到了破坏，以至于她们连一半都感受不到过去那些舞蹈演员所体验到的按摩的惬意。

硕大的胸部，扁平的腹部，高昂的臀部，走了形的女人味，再加上人造的面孔，彻底毁掉了原本自然的人体。从远处看，她们的确青春而靓丽，但是作为一名抗衰老专家，我明白人体每七年就会完成一次完全的自我更新，所以要想维持体形，这些姑娘们恐怕要把一生的时间都花在整容手术上了。而且每做一次手术，都会给人体造成更多的损害，损害越大，人体老化得越快，每次损害就像是为生命敲响的丧钟。与没整过容的女性相比，这些女孩子很早就会迈入老龄化进程。

像我这种研究身心健康的人，更欣赏女性天然的外形，欣赏自然的她。亚洲女性胸部小巧，跟身体其他部位的比例正搭配，脂肪层也无需太厚，使得身体更紧致，不容易松弛，也许整体曲线不是很完美，但并不妨碍她们照旧妩媚，照旧动人。在我看来，健康的女子就是自然美的化身，也许她外表比不过人造美女，但她肯定会最终在衰老进程中胜过对方，因为能抵挡住时间的女人无可匹敌，就像一枚熟透了的果子，吃上去每一口都让人忘情。

——Arnaud van der Veere

Cheating man can blame their mothers ?

When you have been cheated by your boyfriend or husband you better read the following. One of the major causes of cheating is the disapproval of the mother of the girlfriend. The second cause is the toleration of the mother of her own husband while he is cheating on her. Disapproval of the girlfriend seems to be the number one reason why a man can cheat on his wife, the fact that the mother does not like the current woman gives the man the unconsciously right to look for a better one who will get the approval of the mother. By the disapproval the mother tells the son, hardly ever in words but in body language, that he is better off with another woman. In fact she demands him to look for a better, more suitable for her, woman. On the other hand the children are very well aware of the behavior of the father in the house. When the father is cheating the mother without her knowledge the children will go through a morally difficult time. They will have a very strong pressure on loyalty for both parents but forced to keep peace in the house. But when the mother knows that her husband is cheating and continues the relationship it opens two possibilities. If she has a son , this boy will consider the behavior of the father as accepted and will think it is

something he could do also. If it is a girl she will think that it is something a woman must tolerate and she probably will do the same if her husband cheat on her.

子不教，母之过？

你曾经被男友或者丈夫欺骗过？那最好读一读下面这些话。

男方总是得不到女方母亲的认可，此为引发男方劈腿的一个主要原因；其次是在男方出轨的时候，男方的母亲从始至终所表现出一种默许的态度。

如果说，女方的母亲看不上女儿选中的男人是导致男人搞劈腿的头条理由，那么，男方的母亲对儿子目前的女人不太满意，也同样会在无意识当中许给男人一种权利去搜寻新的人选，以迎合母亲的意愿。就是通过反对——多半表现为肢体语言而不是口头的言词，母亲向儿子传递着这样一种信息，即他要是跟别的女人会比现在好得多。可实际上，母亲其实是想让儿子给她找一个更符合她心意的儿媳妇。

问题的另一方面呢，一个家庭里，孩子对父亲的行为举止是相当敏感的，所以当父亲背着母亲劈腿时，可能母亲还蒙在鼓里，但孩子却已经在经受道德上的折磨了。孩子会承受来自感情忠诚度的巨大压力，不是为自己，而是为父母双方担忧，同时还要迫使自己努力维系家里的和平氛围。

一旦母亲知晓了丈夫劈腿的真相，但并没有选择离开，事情的发展就会出现两种可能。一是，如果是男孩的话，他会认为父亲出轨是可以被人接受的事，将来他也可以照着做；一是，如果是女孩的话，她会觉得作为女性就该容忍这类劈腿的情况，或许将来等她有了丈夫，她的丈夫也背叛了她的时候，她会做出跟自己母亲一样的选择。

——Arnaud van der Veere

Circumcision religious or medical

Circumcision seems a loaded with a high religious content but in fact it is a medical adjustment. Let us get back to the origin of circumcision the “middle” east. The foreskin of the penis is something hard to pull back in the first years of life for the baby. It is different from child to child but often the skin is tight and hard to move back. The result is a possibility of urine sticking under the skin causing all kind of irritation factors which can lead to infections. To understand the main reason why it was considered better to remove the skin we have to look at the environment where it started.

As far as we know it started in desert like regions. In these places with extreme temperatures and a very dry humidity the penis is hidden in clothing which is not changed often. In the past the main inhabitants did not wear underwear. The combination of a very dry environment, urine or even semen and not proper hygiene did create a perfect environment for infections under the skin. Infections that could get ugly leading to infertility of the man. This was surely an unacceptable event.

When boys become men and when men getting older, semen will leak out of the penis. The ejaculation of semen does not occur in high speed as when the man as a real ejaculation. Most of the time the semen is leaking little by little out and will stuck around the glans of the penis. It shows as a white fluid and is sticky. When this semen is not removed in time it will cause a skin

irritation and infection. In elder man this skin irritation easily spread into the whole area because of the favoring circumstances.

In ancient times the scientist discovered that with the removing of the front skin most cases of infection were cured before occurring. This lead to a medical advice to remove the skin as early as possible as doing so in a later stage of life would become difficult and painful. Besides other negative side effects of such an operation it was advised to remove the skin in infant stage.

Question to many will be ; why did it become a sort of religious practice ?

The answer is that most males were not eager to talk about anything of this kind of topic as malehood was not something to be open about. To most males it was something to be ashamed of. Religious leaders had the ability to promote the circumcision as a part of the religious practice to make it acceptable for all men. During that time it was not very sensible to teach man proper hygiene but it was a need to prevent early death and infertility. The mosque is not only a place of worship but also of information. Most mosques are used to educate the visitors, this is one of the great powers of Islam.

Most men, especially Western, have some important questions. When the skin is gone, is sex still good ? The answer is that it differs from person to person. When the skin is removed in an early stage of life the nerves can become less sensitive to stimulation as they are exposed day and night to touch and movement. It seems that during sex the man will need more time for his actions to get a finish than man who still have the skin, which is favorable for woman. Fact is that the sensitivity of the glans is lesser without the skin than with the skin, maybe this can explain that Western males do prefer oral sex more than circumcised males, but this is speculation as not based on scientific research.