Startling revelations are often made in movies or on T.V. that an antagonist practices “kinky sex”. God save him or her! The origin of this societal taboo is unclear. The famous psychoanalyst Sigmund Freud in his 1905 published works essentially labels kinky sex as psychopathology. But, are these ideas based on scientific fact, or are they simply just another form of sexual prejudice? Very little is known with confidence regarding the regular sex practices (“kink” or otherwise) of human beings, despite an abundance of attempts at studying them using modern scientific methodology. An example is the so-called Kinsey Report published in two parts in 1948 and 1953. The problem with such studies is that their “findings” are generally based on self-selected subjects who decide for themselves whether or not they wish to participate, or survey results that are subject to possible respondent bias. Put more simply, subjects who volunteer for a sex study or who respond to a sex survey, are seldom representative of the population-at-large. Let’s begin by examining so-called “normal” sex which for discussion sake we define as heterosexual vaginal sex.

Unwanted consequences of “normal” sex- S.T.D.’s and pregnancy

Religious scholars through the ages have condemned sex out-of-wedlock as well as other forms of sexual abundance as “promiscuity”. These early thinkers were probably empiricists of sort who observed a correlation between frequent sexual partnering possibly practiced by their contemporary sex workers, and an elevated incidence of venereal disease. Often sickness is considered synonymous with sin. Jesus, according to New Testament, is said to have referred to those who were ill as being possessed of an evil spirit. Early philosophers may have served a valuable function in passing these warnings down to humanity through the ages.

S.T.D.’s as a consequence of “normal” sex

First and foremost among the venereal diseases or S.T.D.’s is A.I.D.S., a modern plague of Biblical proportions. Most medical professionals recommend that a high quality condom be used each and every time “normal” sex is performed, unless we are absolutely certain of the monogamy of our partner or his or her H.I.V. status. However, condom use provides far from perfect protection against this and other viral infections. There is little doubt that condom use during intercourse is advisable because it limits semen and vaginal fluid exposure. However, truthfully speaking despite an abundance of research on the subject, the effectivensess of condoms to protect against viral infections such as A.I.D.S. is quantitatively unknown. In “Scientific Evidence on Condom Effectiveness for Sexually Transmitted Disease (S.T.D.) Prevention” by N.I.A.I.D., National Institutes of Health;7-2001, reviewers correctly note that no well-designed study exists addressing this issue. It states, “the ideal design, a prospective randomized controlled clinical trial has not been used evaluating condom effectiveness because of ethical concerns associated with non-use of condoms in high-risk populations”. Published results are observational only, comparing the incidence of infection in those reporting using versus not using condoms during sexual intercourse. Bottom line- the degree to which condoms actually prevent us from contracting S.T.D.’s, including A.I.D.S., is unknown.

Using dildos or vibrators or practicing cunilingus or analingus with dental dam is a safer option. That’s right- use protection during oral sex, also. While it is unknown whether or not A.I.D.S. is transmitted via oral sex, it is well-known that other S.T.D.s like “shingles” is. Shingles is caused by the Herpes Simplex virus and is definitely no joke.

Unwanted pregnancy as a consequence of “normal” sex