

**INFORMATION**

for the

**FEMALE-TO-MALE**

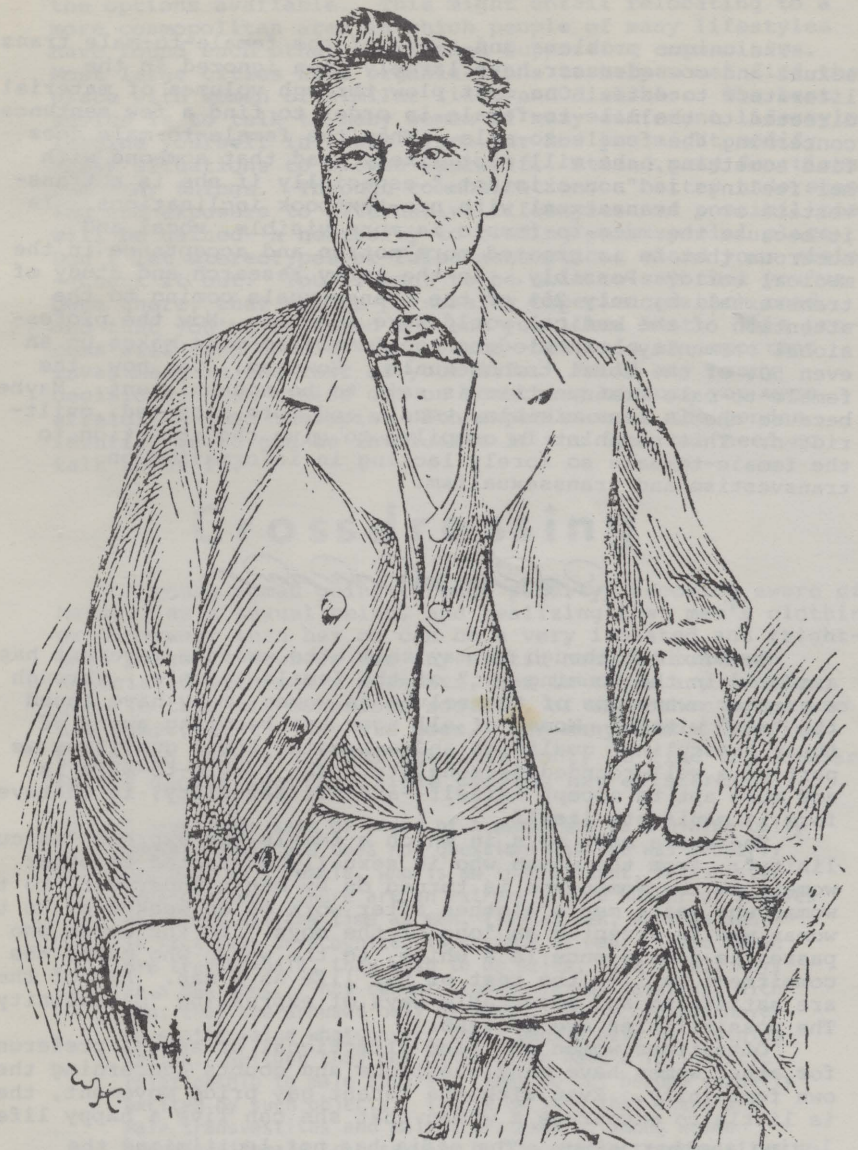
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## C O N T E N T S

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## I L L U S T R A T I O N S

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The Monocle, Paris



*By permission of the 'Morning Leader'*

CATHERINE COOMBES, WHO LIVED FOR FORTY YEARS  
AS 'CHARLEY WILSON'



# Introduction

The unique problems and needs of the female-to-male transsexual and crossdresser have largely been ignored in the literature to date. One must plow through volumes of material directed to the male-to-female in order to find a few sentences concerning the female-to-male. When the female-to-male does find something, she will most likely read that someone with her feelings is "non-existent," especially if she is a transvestite or a transsexual with non-textbook inclinations. Is it because the male-to-female is more visible, vocal and numerous that he is granted more notice and acceptance in the medical world? Possibly. In the early research and study of transsexualism, only 25% of the transsexuals coming to the attention of the medical world were females. Now the professional community acknowledges the female-to-male makes up an even 50% of the total transsexuals. However, even now, the female-to-male transvestite is said to be non-existent. Maybe because she is less visible, vocal, and more closeted, guilt-ridden. This pamphlet is compiled to give the attention to the female-to-male so sorely lacking in information on transvestism and transsexualism.



Paradoxical though it may seem, the women's movement has assisted in the "coming out" of the female-to-male. Through a greater awareness of themselves as women, many have found the "men" within. Women of all ages are becoming aware of their "masculine" qualities and embracing these qualities as part of a well-rounded personality. The female-to-male is now more apt to accept herself--and her sexuality, in whatever form it manifests itself.

There are many ways in which a female may express "masculinity": from the woman who is sexually attracted to other women, to the woman who is turned on by men's underwear, to the woman who wears men's clothes after work or on weekends, to the woman who is accepted as "one of the boys," to the woman who passes as a male once in a while, to the woman who makes the commitment to live the rest of her life as a man. All of these are satisfying and acceptable ways of expressing "masculinity." The possibilities are endless.

Oftentimes women who have affectional or sexual preferences for other women have many questions and doubts concerning their own femininity. Even with the recent gay pride movement, there is little to encourage a woman that she can live a happy life loving another woman. The media has not legitimized the relationships of women-loving women and, especially in small cities and rural areas, such women are either completely invisible or ostracized from the mainstream of society. A young woman who is aware of her attraction to other women, but knows she is not so unlike the rest of society, may find it extremely difficult to define her place in society, to shape a life for herself which encompasses her sexuality and need for affection. She may wonder, because she feels towards other women as a man is supposed to feel, if she was meant to be a man, and she may wonder if pursuing the path of the female-to-male may help her find a happier place in society.

These are questions that cannot be easily answered and it is best for someone with these questions to explore all the options available. This might entail relocating to a more cosmopolitan area in which people of many lifestyles have found each other and formed supportive communities. Most large cities have organizations to help women find their place with women of similar likes and dislikes. The best advice is to talk to many women of many different lifestyles. Imagine yourself in their place, or how you might modify their situations to please yourself. Attend many functions, see many things. Through communication, a better understanding and exposure to alternative lifestyles and possibilities will be gained--a necessity to finding your special place. Don't let stereotypes or false assumptions cloud your vision--check it out. You'll want to be able to say that you've been there, that you've personally experienced each road, and that you've selected the one you liked best. This process will (and should) take years--but it's an important investment in the rest of your life. Avoid any hasty decisions. Don't miss out on something because you were afraid! A good therapist with experience in the gender identity field can be invaluable if you feel the need to talk about it.

## Crossdressing

A young woman going through puberty, becoming aware of herself as a sexual being, and realizing that men's clothing or underwear turn her on can be a very isolated and frightened person. Nowhere has any erotic connotation been associated with men's garments, nor is there any mention, even in this sex-conscious society, of any other woman who has ever felt the way she does. She may comb libraries trying to understand her feelings, only to find the leaders in the gender identity field denying her existence:

I have never seen or heard of a woman who is a biologically normal female and does not question that she was properly assigned as a female, who is an intermittent, fetishistic crossdresser. There are an extremely rare number of females who dress all the time as men, live as men, work as men--in fact pass unrecognized in society as men. These women are transsexuals, they wish to be males, live in all ways as a man does. They cannot stomach sexual relations with men; they are aroused only by women. Men's clothes have no erotic value whatsoever; these people have no clothing fetish. Neither they nor other women have a fetishistic relationship to male apparel: They do not become sexually excited by such objects. It can be said that there are male transvestites and male transsexuals; among women there are female transsexuals but no female transvestites.

*Sex and Gender*, by Robert J. Stoller  
(New York: Science House, 1968)

Female transvestism seems to be rare and of somewhat doubtful reality. Women's fashions are such as to allow a female transvestite to indulge her wish to wear male attire without being too conspicuous. Her deviation has been considered merely arrogant...."

*The Transsexual Phenomenon*, by Harry Benjamin (New York: Warner Books, Inc., 1966)



Is it any wonder that the female crossdresser hesitates to come forward? It would be quite a stigma to be known as the world's first and only woman who gets off on men's jockey shorts! Are gender specialists actually encouraging women to take the transsexual route by denying a possible existence as a "female transvestite"?

Until recently (and it is still true in many circles) it was not socially acceptable for a woman to admit ANY of her sexual desires. Women could not admit that they wanted sex, enjoyed sex, or that they masturbated. While it was "naughty" for boys to do, girls simply "never did" such things! Our society is presently struggling to accept the fact that women DO desire sex and find it as pleasurable as men do...and that women find the male body sexually exciting. It will probably take a long, long time for society to accept the fact that some women are sexually stimulated by men's clothes, or by the fantasy of being a man.

Women are now finally admitting to rich fantasy lives--several books of these fantasies have been published. It is especially liberating to find your own fantasies shared by others. Consider that of a 27-year-old woman, a divorced laboratory technician who works in a large midwestern hospital, interviewed in Nugget Yearbook:

I like to come home at night, eat, bathe, maybe read some, and then I go to the bedroom. I have a drawer full of men's underwear and socks. I even have a couple of jock straps that I like to wear. I put on the jock, the shorts, a pair of trousers and a shirt. Then I have this full-length mirror that I stand in front of and look at myself. Finally, I try to imagine that I AM a man...I know that I'm not and never will be, but I really dig on the fantasy.

I thought at first I might be a lesbian, so I gave it a try and discovered that I simply couldn't get into homosexuality. No, I'm not a homosexual--I like men--but I like to dress in men's clothes. What I am is a heterosexual female transvestite--period.

You know, when I finally worked up the courage to tell my husband that I really dug dressing in men's clothes, I thought he was going to pass out. He simply couldn't handle it. He wanted me to go to a psychiatrist immediately.

I have a favorite fantasy that I hope some day to be able to fulfill. My man knows what I like and he's willing to indulge me. I'd like to go through the bath routine with the man, get all clean and nice, and then I'd like to strap on a dildo. I have a couple of them and I do this alone maybe twice a month--but I'd like to do it with a man. Anyway I'd strap on the dildo, put on the shorts--hell, everything, and then the man and I would start to talk about sexy stuff. We'd talk about anything and everything that excited us. Maybe even look at some porno movies or books. Have a couple of drinks to lower the inhibitions. Then, we would discuss mutual masturbation. I mean masturbating ourselves together, not masturbating one another. Finally, he would take out his dick and I would take out my dildo and we would give them a working over.

Q--I can see how the man could get off. But how could you get off by masturbating a dildo?

I've done it by myself! Sex is really a head trip and when my head gets into the right place--wow! It would be a great experience for me. I'm convinced of that. Then, when we've done all this, I'd love to jump into the bed, nude this time, and just let myself be devoured by hot and heavy sex.



DEBORAH SIMPSON PRESENTING THE LETTER TO GENERAL WASHINGTON.

*Deborah Sampson:*

As "Robert Surtlieff" she aided General Washington.



Q--Where did this all start?

When I was small I had an older brother that I tried to imitate. I loved him--and still do--so much. I thought he was the greatest, simply the greatest. And he loved me, too. He always had time to talk with me, to take me for a ride on his bicycle. He was really good to me. I thought so much of him that I tried to be like him. I tried to walk, talk, eat, everything, like him. Then one day I accidentally opened the bathroom door and saw him drying off just after his bath. I saw his penis and I wanted to have one just like him. So I did the next best thing. I started wearing Don's clothes--his old sweatshirts, pants rolled up, his ball cap. I believe that's where it all started. Later, when I was in my teens, I found that wearing Don's clothes had a sexually stimulating effect on me. It had nothing to do with Don. There was never anything even close to incest between us. It was just the wearing of the male clothes that turned me on.

Q--Sounds like there might be some penis envy involved here.

I don't think so. Like I said before, I dig men, enjoy sex with them. If I had a penis I couldn't do that and couldn't enjoy the feeling I have toward men. No, I don't believe it's penis envy.

Probably the most important and reassuring thing for a female crossdresser to know is that, yes, there are others like her. Crossdressing has by no means been a male preserve...in fact, in the 17th and 18th centuries, there are more recorded cases of women who dressed and passed as men. There are women who become aroused by wearing men's underwear, by slipping on a man's starched white shirt or wingtip shoes. There is nothing "unnatural" about her feelings, nor does her attraction to men's clothing in any way imply that she is a lesbian. She should strive to understand and accept her own individual motives and feelings as good and right for her. The female crossdresser can enjoy this eroticism throughout her life, and may even find a sexual partner who is willing to incorporate her transvestism into their sexual play.

Female crossdressers may take on as many aspects as male crossdressers. She may only be interested in having a few specifically erotic items of male apparel for sporadic masturbatory sessions. She might want to wear male underwear throughout the day under her usual female clothing, or only to bed at night. Some come home in the evenings to shed their female clothing and don their men's clothing. To the public eye, she does not appear unusual at all--yet she knows it's a little more than just "slipping into something more comfortable."

Some female-to-male crossdressers hope to pass in public as men. She might learn to walk without moving her hips, bind her breasts so they don't show or move, and attempt to lower her voice tone. While the male-to-female has the benefit of cosmetics to change and disguise his face, the female-to-male must avoid make-up altogether and go out cold turkey. Here are a few suggestions for the woman trying to pass as a man (of equal interest to the pre-operative female-to-male transsexual who has yet to begin hormone therapy):

## How to Look 30 When You ARE 30

The biggest problem when going female-to-male is that a 30-year-old female, when crossdressed as a man, can end up looking like a 14-year-old boy. What can the female-to-male crossdresser do to look older?

**CLOTHING** Says John T. Molloy in Dress for Success: "One of the major problems with small men who are very young is that people still are tempted to address them as 'Hey, kid.'" To overcome this, they should only wear super-adult garments." Molloy, who did extensive research on the impressions made by clothing, offers these suggestions to the small young man who wishes to project a respected authoritative figure in the business world: "The best shirt for the small man is the solid white; the best shoes are traditional wing-tips; the best coats are heavy and luxurious, such as camel hair. They should only wear rich-looking attire, and they should be neat to the point of being precise." Above all, he suggests wearing only ties that are very expensive--"ties that obviously would not be available to a boy." Stay away from sporty ties (such as paisley) and wear only serious ties (Ivy League, polka dot).

"Color contrast is very important," he continues, "easily attainable with a dark suit, white shirt and dark tie. Make sure the contrast is equally pronounced in sport clothes, particularly between any two items worn above the belt. If a golf jacket and a golf shirt are both in the same shade range, they will make the small man look even smaller." Colors of business suits that tested well for small men: medium blue solid, dark blue pinstripe, and medium gray pinstripe.

Molloy suggests wearing attention-getting devices--a handkerchief showing from the breast pocket of the suit jacket, a diamond stickpin, and the best device being a unique watch that is immediately identifiable as quite expensive. Glasses frames should be fairly heavy to add significance to the face, and very young men who must establish their authority may find that picking up their hair color in the color of their frames is effective. "And under no circumstances should he carry an umbrella. It's a death knell for the small man...it turns him into a Wally Cox pipsqueak figure."

While Molloy has been criticized for being too extremely ultra-conservative throughout his book, do consider his gist when putting yourself together.

**FACE** Use mascara to darken your eyebrows but be meticulous.

Use a small comb to brush the hairs of the eyebrows up and out toward the side of the face to make them appear fuller. Take a razor to the peach fuzz on your cheeks and chin. It may be hair, but men do not have that soft down on their faces...only women do. So shave it. It'll look like you just got a really close shave, plus your skin will feel somewhat rougher. If you look extremely young, you may want to experiment applying medium-brown shadow under your eyes, blending it in well, to simulate dark circles under the eye, suggesting age. Use a brown coloring pencil to follow your natural smile lines from the corner of the nose to the mouth and the "crow's feet" around the eyes. Again, blend well to assure believability.



Some controversial methods: Don't try THAT hard to cure your acne. That pimply, pitted look is very masculine. And too much sun causes the skin to age faster, forms wrinkles, creates a leathery look...exactly what you want.

#### HAIR

Use a long, very sharp scissors to cut sideburns. While they will be short, they can be very exacting

and realistic (see illustration). Some feel that a short haircut with each hair in place is the ideal, but some female-to-males can wear the "tousled" look well. Just remember that fine line between a "cute" man and a "cute" boy.



#### BODY LANGUAGE

There's a lot to say for weightlifting. One look at competitors in the recent women's bodybuilding rage will assure you that women can be quite muscular, despite their extra layer of fat. Though you may be small, you'll confidently roll up your sleeves to display sharp definition in your arms.

Dainty hands are a problem for some. Pumping iron will cause the blood veins on the back of the hands to enlarge, and will push the knuckle bones apart as the muscles grow. These changes--veins and knuckles--will make your hands look more masculine and will remain even after you stop lifting weights. Gentlemen's Quarterly suggests showing more cuff beneath the suit jacket to make the hands appear larger.

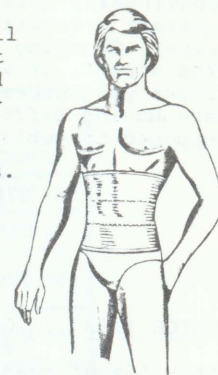
Above all, walk tall! Head up--Shoulders back--Stomach in. While the temptation is strong to slouch the shoulders forward to minimize the breasts, rather get an effective binder. Your shoulders will appear broader when thrown back. And walking tall will project a serious responsible demeanor and that all-important air of self confidence. Learn to move slower and look 'm straight in the eye. It is a well-known fact that if you EXPECT to be well received, you will be. If you act as though something is wrong, others will look to find out what it is. If you act as though you have a perfect right, even the most aggressive male will hesitate to confront you. Blasting into and dashing out of the men's room WILL cause alarm among the other guys. You'll blend in better by sauntering in, glancing at the mirror, using the stall, washing your hands and sauntering out. This attitude on your part will put that unsettling hint of uncertainty into anyone who might question your status, and while they may decide you're a pretty sorry excuse for a man--hell, at least you are one! Be sure they see there isn't any doubt in YOUR mind about that!

#### BREAST BINDING

Although most advice to the female-to-male on this subject involves ace bandages or--worse--adhesive tape, there are much easier and more comfortable methods to flatten your chest. Basically you want to do the opposite of what Frederick's cleavage bras do--instead of pushing the breasts up and together, you want to push them down and apart.

If you are small busted, one method is to simply buy a wide elastic band sold to control "midriff bulge" (can be obtained through the mail from Magic Mold Inc., 210 Hanse Avenue, Freeport NY 11520). Except, instead of wearing it around your waist, pull it up around the breasts, tucking them under your arms as much as possible. Wear an undershirt or a dark shirt over the binder so it is not visible through your clothes.

If large busted, you might try this method: Use a girl's "trainer bra" to hold the breasts up to the level where a man's pectoral muscles would bulge, higher than the normal bustline. Separate the cups of the bra by taking apart the material between the cups and inserting a strip of cloth. This holds the breasts away from the front of the chest, leaving the breastbone flat. Over this, wear a spandex elastic undershirt (sold by many men's stores for potbelly control). Then wear a T-shirt and your shirt. The result is very convincing and still breathe-able.



#### THE CROTCH

Especially when wearing close-fitting trousers, you may want to fill out the crotch area. Wearing an athletic supporter stuffed with two socks (dress socks, that is...be realistic!) might do the trick, but often when walking or during long periods of wear, the supporter tends to shift around too much. A better idea might be to pin the rolled-up socks to the inside crotch of your underwear. This way there are no supporter straps and band to show through your clothes; it is a lot more comfortable, and doesn't require a major reorganization whenever you use the restroom.





Dr. Mary Edwards Walker:

Black tie, top hat, and tails.

## Sex Reassignment

Deciding to change your life and your body to that of a man will be the most important decision you will ever make. Don't take the matter lightly.

The female-to-male transsexual has a more difficult decision to make than the male-to-female. The status of the female-to-male sex reassignment surgery is such that the female-to-male is looking toward the prospect of building a life as a man with little hope of ever being a physically complete male, i.e., with little hope of ever possessing male genitalia. But this is the decision, and the pros and cons must be weighed: Is it possible for you to function from day to day as a "masculine" female? Is your sex life satisfactory as it is, compared to what it might be as a man without a penis? and probably as a man WITH a vagina? These are questions that only you can answer. However, in considering these questions, remember that there are numerous genetic males with deformed genitals, or who have lost their sex organs through accident or war, who continue to function as men without question of their gender.

### HORMONE THERAPY

Your next step is to find an endocrinologist who will work with you. When you find one, it is up to you to work with him or her.

Male hormones (testosterone cypionate) are administered by intramuscular injection. Oral administration of testosterone has been advised against, because the hormone is inactivated in the liver after absorption from the small intestine to the portal vessels. Some patients contracted jaundice due to damage of the liver.

The average dosage is 200 mg/cc every two weeks. As of this writing, a vial of 10 shots plus 12 needles and syringes costs about \$45.

To get a general idea of what hormones will do to you, look at the male members of your family--father and brothers. Because you have the same genes, whatever their hormones have done to them, testosterone could do to you.

Side effects of testosterone (not necessarily in order of appearance--each person reacts differently):

You are receiving an adequate dose of testosterone when the menstrual flow stops. The androgen-induced suppression of the ovaries results in diminished or completely suppressed secretion of estradiol and progesterone. Ovulation ceases and you cannot become pregnant.

The vocal cords thicken, the voice sounds hoarse and cracks like an adolescent boy's, and eventually deepens to a man's.

Acne may develop as the hormone increases sebaceous gland activity. Wash often, use a benzoyl peroxide acne lotion. The actual texture of the skin will roughen and thicken in time.

You'll experience an increase in energy, so get involved in some physical activity--run, lift weights, etc. You will also begin to perspire more.

Some experience an increased appetite, so watch what you eat. This is the time to concentrate on nutrition and a healthy diet. Do your body right, now that it's doing you right. Eventually that extra layer of female fat will melt away, the muscles actually restructure and change in firmness, shaping your body to more male proportions. You may experience muscle cramps, but this will only be a temporary condition.



Testosterone forms a layer of calcium around the bones, so you should become about a half-clothing-size larger.

The clitoris enlarges and will look much like a very tiny penis, including a ridge around its head. After a few years it may enlarge to about the size of your thumb (about 1½ inches). Topical application of testosterone and/or a daily zinc supplement may benefit the growth.

Directly related to the growth of the clitoris is a sharp increase in the sex drive. You may find it necessary to set aside more time for yourself! You could find yourself waking several times during the night, sexually aroused. Many female-to-males welcome this surge of sexual drive and its accompanying aggressiveness.

Body hair will increase and become darker...on the legs, arms, pubic area, buttocks, abdomen, hands, and later on the chest and face. It is not true that shaving increases hair growth, so enjoy what you have--don't lop it off. Testosterone may also cause male-patterned baldness, if baldness runs in your family.

If prone to poor teeth, the chemical change in your mucous membranes may have a bad effect so use a flouride rinse as an additional precaution.

Should you decide to discontinue taking testosterone, the following side effects are not reversible: the voice will remain low, the body hair may continue to grow, and you may eventually be rendered infertile due to atrophy of the ovaries.

SURGERY Most female-to-male transsexuals are especially interested in having their breasts removed. A mastectomy is usually the first, and sometimes the only surgery many female-to-males undergo. It is performed many different ways, depending on your surgeon's technique, the size of the breasts, etc. Usually an incision is necessary to remove the excess skin and to reduce the size of the areola, thus scarring is inevitable. However, with proper care and sufficient time, the scars will fade. (Your doctor may advise you to take 4000 milligrams or more of Vitamin C daily before and after surgery, in addition to 400 units daily of Vitamin E. After surgery, your doctor may instruct you to apply the contents of Vitamin E capsules directly onto the scars to assist healing and fading.)

On the average the patient is advised to take two weeks off for the surgery. About five days will be spent in the hospital with drainage tubes inserted into both sides of the chest to drain excess fluid build-up. The rest of the time will be spent convalescing so as not to tear the stitches or stretch the newly-formed scar tissue. You may be able to remove the bandaging about a week after surgery and could begin lifting weights after about two weeks (although you are not to lift above your head, as this may open the wounds). You may be tempted to bare your chest, but be sure not to expose the scars to sunlight. The sun will darken the tissue and prevent the scars from fading properly. After a certain amount of healing, your doctor will instruct you to massage the skin on the chest to prevent the internal scarring from adhering to the muscle wall.

The surgical cost for a mastectomy can range from approximately \$2700-4500, depending on where, when, who, etc.

Many female-to-males also undergo a hysterectomy to remove the uterus and ovaries. Some decide against this procedure, fearing loss of orgasm, as the female sexual response includes contractions of the uterus. However, most who do undergo this surgery report that they continue to experience orgasm.



‘DR. JAMES BARRY’  
Inspector-General of army hospitals. Died 1865.  
(From a drawing.)



Unfortunately there is still no successful surgical technique for the construction of functional male genitals. Phalloplasty now being performed involves several separate operations.

One method is performed in three stages: (1) creation of a tubed pedicle flap and skin grafting, (2) detachment of the pedicle from the abdominal wall, and (3) abdominal scar revision, rotation of hair-bearing flaps and testicular implants. After healing the patient is fitted for two prostheses—one providing rigidity for penetration during intercourse, and the other which serves as a urinary conduit which, with practice, will allow the patient to stand to urinate. Even so, the cosmetic quality of the phallus is very poor, it has little or no sensation, and the patient is left with severe scarring about the abdomen and thighs.

Another method is performed in two stages. In the first operation, a tubular structure is created and covered by a split thickness skin graft; a total vaginectomy is performed and the creation of a perineal body by the approximation of the levator muscles; the scrotum and scrotal contents are formed utilizing the labia majora into which are placed a soft silastic prostheses for the testicles; and the clitoris is denuded as in a hypospadias procedure and inserted into the base of the neophallus. No less than six months later (and sometimes longer, depending on how long it takes for edema to subside and the skin to become supple and fully vascularized) the second operation is performed: taking down a portion of of the neophallus and the creation of the gland; a perineal urethrostomy is inserted to divert the urine perineally and the remainder of the urinary tract from the old urethral meatus to the new opening in the neophallus is closed so there is continuity between the bladder and the distal portion of the glans penis. Basically the patient wears the perineal urethrostomy for about three weeks, after which a retrograde urethrogram is performed to assure healing is complete and no fistulas are present and that the tubular structures are patent to the bladder. If so, the perineal urethrostomy is removed and the patient is usually voiding almost immediately. Functionally, the patient urinates through the end of the phallus and a silastic prosthesis is implanted so there is a penetratable penis. It has a very good cosmetic appearance using split thickness skin around the phallus shaft and full thickness skin for the glans with an actual coronal-type structure behind the glans. The entire process costs in excess of \$12,000.

Another method consists of the removal of the "hood" of skin over the enlarged clitoris and the free-ing of the underside of the clitoris, allowing it to protrude more. Testicular implants are inserted into the labia majora, which are sutured together, leaving a small opening for urination. This method leaves the patient with little or no scarring and the result is an extremely small, but aesthetically correct "penis," which again cannot be used for intercourse or urination. Because phalloplasty is so unsuccessful, so painful and so expensive, many female-to-males elect to wait until a better alternative comes along.



At the Monocle, Paris, 1932:

A generation earlier, across the Channel, Queen Victoria refused to believe that lesbians existed.



## Your Sex Life -- Thoughts to Consider

A potential sex partner, whether female or male, is interested in sexual stimulation and satisfaction. Your particular status may demand that you be more inventive in order to satisfy your partner, keeping her/his wants and needs uppermost in your mind. You will be a good lover if you are responsive to your partner's signals and find ways to meet her/his desires. If your partner is being satisfied through one means or another, your body parts oftentimes will not be an issue. (Many female-to-males successfully use strap-on marital aids--dildos--to engage in intercourse.) There are countless women and men who will gladly lay back and surrender themselves passively to be ravaged by you. Or you may be one of those fortunates who finds a partner who cares enough to seek out and fulfill your needs and desires. (While the vast majority of female-to-male transsexuals seek females as sexual partners, there are female-to-males who are interested in men and who find a place in the gay men's world.)

During the transition from female to male, it is important to be all body-aware. In deciding to accept the challenge of life as a physically handicapped man, the female-to-male must learn to accept the fact that he cannot help having been born with a female sexual response and accompanying apparatus. Some female-to-males reject stimulation of the clitoris or vagina; yet, he should remember that all parts of his body are sensual areas and that it is not his fault he has these parts. The increased sex drive spurred on by testosterone may torment someone who has backed himself into a body-hating corner. Learn to relax and appreciate every portion of your body as a potential erogenous zone. Be open to various sexual practices, learn to adapt them to your special circumstances. You CAN satisfy your partner AND satisfy yourself. Society is becoming more attuned to the sexual needs of physically handicapped persons. If possible, arrange to attend a sexuality workshop for the physically handicapped, or study up on the subject yourself. It will make you feel a lot better about yourself AND a lot more optimistic about your future in the sexual arena. Acceptance of what can and cannot be in this respect is key.

Another fact to consider: There are a lot of attractive desirable men who are A-1 lousy lovers. It is not unusual to discover that a man who seems to have everything to offer in actuality has nothing. Make a special point of observing other men. Especially look for stereotypical "masculine" qualities in them and evaluate yourself in comparison. You may discover that, when it comes right down to it, YOU have more "balls" than a lot of men!

## Contacts / Referrals

The lack of a crossgender peer group is a gaping reality for most female-to-males. While all transvestites/transsexuals are a hidden minority, the female-to-males are an even more hidden minority within that minority. There may be no one with whom to discuss the subject. Female-to-males may seek support from the general male-to-female transvestite/transsexual community and, while the female-to-male and the male-to-female experience many similarities in their transitions, in many instances trying to discuss female-to-male questions with the male-to-female may result in the female-to-male's feeling even more isolated and alone. The male-to-female is necessarily preoccupied with the very notions from which the female-to-male hopes to escape and it may be extremely hard for the male-to-female to empathize with someone who embraces the masculine. The meshing of the two opposites sometimes only serves to accentuate the polarities.

The major task of the female-to-male is to (all by himself) openly define his innermost feelings, find a place for those feelings in his life, and map a course of implementation. It is no wonder the female-to-male (in comparison to his male-to-female counterpart) is said to be of a more stable and logical demeanor--he must be an especially strong person to forge his way along seemingly virgin ground. However, there are female-to-males (in stages from transvestic to post-operative) who are interested in extending support to one another and exchanging information. The following is a list of female-to-male contacts and referral groups:

The Labyrinth Foundation Counseling/Gender Services,  
122 Windsor Terrace, Yonkers, New York 10701  
(914) 969-7037 By appointment only.  
Complete gender services for the female-to-male ONLY

WE ARE, P. O. Box 62283, Sunnyvale, California 94088  
(408) 578-9215 Ask for Bill  
Best time to call is 7 p.m. to 10 p.m. daily

Steve Dain, P. O. Box 684, Union City, California 94587  
(415) 489-1531 Consultations through correspondence, lectures, personal appointments, group discussions.

Jude Patton, Gender Dysphoria Program, P. O. Box 2476,  
Mission Viejo, California 92690

Lou Sullivan, Janus Information Facility, 1952 Union Street,  
San Francisco, California 94123



# Readings

"Passing Women 1782-1920," Gay American History, A Documentary  
by Jonathan Katz. New York: Avon Books, 1976,  
pages 317-422.

Dressing Up: Transvestism and Drag, The History of an  
Obsession, by Peter Ackroyd. New York: Simon &  
Schuster, 1979.

Mademoiselle de Maupin, by Theophile Gautier. New York:  
Grosset & Dunlap, 1930.

Emergence: A Transsexual Autobiography, by Mario Martino,  
with harriett. New York: Crown Publishers, 1977.

The Awful Beacon...by One Who In Disguise Served Three Years  
as a Marine on Board the Frigate Constitution, by Lucy  
Brewer West. Boston: Printed for N. Coverly, Jr., 1816.

Narrative of Lucy Ann Lobdell, the Female Hunter of Delaware  
and Sullivan Counties, New York, by Lucy Ann Lobdell.  
New York: Published by the Authoress, 1855.

She Rode With the Generals, by Sylvia G. L. Dunnett, on the  
life of Sarah Emma Evelyn Edmonds (Franklin Thompson).  
New York: Nelson, 1960.

Dr. Mary Walker: The Little Lady in Pants, by Charles McCool  
Snyder. New York: Vantage, 1962.

"Women as Men," in Famous Imposters, by Bram Stoker. New York:  
Sturgis & Walton, 1910.

The Strange Story of Dr. Barry, by Isobel Rae. London:  
Longmans Green, 1958.

Women in Men's Guise, by Oscar Paul Gilbert. London:  
John Lane, 1932.

The Mysteries of Sex: Women Who Posed as Men and Men Who  
Impersonated Women, by C. J. S. Thompson. New York:  
Causeway, 1974.

Forgotten Ladies, by Richard Wright. Philadelphia: Lippincott,  
1928, pages 93-104, 118-20, 301-02.

Mountain Charley, or the Adventures of Mrs. E. J. Guerin, Who  
Was 13 Years in Male Attire, by Mrs. E. J. Guerin.  
Oklahoma: University of Oklahoma Press, 1968.

The Female Review: Life of Deborah Sampson, by Herman Mann,  
1797. Reprinted by New York: Arno Press, 1972.

## ... and a Film

Sylvia Scarlett, starring Katherine Hepburn as a female-to-male  
crossdresser, 1936.

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