

metamorphosis magazine

VOL. 5, NO. 1

THE MAGAZINE FOR F-M TRANSSEXUALS

FEB.-MAR. 1986

Feature Article:

HERBAL TESTOSTERONE

Book Review:

TRANSEXUALISMO



Personal Profile:

TEN YEARS LATER, A
TRANSEXUAL LOOKS BACK

News, Letters,
Poetry, Cartoon,
Ads, and more...

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ing address) and that a copy of the publication contain-
ing the reprinted material is submitted to the editor.

PENIS ENVY

There once was a man named Rick
Who, alas, alack, had no 'prick'.
He wanted so badly a 'dick'
That he almost made himself sick.

He would wish for a 'cock' night and day
So that he could use it for sex-play
(in intercourse during a 'lay')
And, thus, be a man in every way.

Then, at last, he got a penis -
Or rather, a penile prosthesis.
Oh, how he loved his new phallus
For now he was one of the fellas.

--Rupert Raj

* * *

CROSSING OVER

With the first hormone shot I wondered:
"Will tomorrow be the day?
When I look into my bathroom mirror
What will that damn hunk of glass have to say?"

At some point, I'll know that I've gone -
Passed the middle-point by.
When I'm ready to cross over
Will I know I'm ready to fly?

I keep going through time and changes...
And keep doing things as I have done -
Wearing jeans and loose-fitting sweatshirts
From myself no longer having to run.

Slowly, the 'new' me emerges -
Knowing this is the end of my dream.
Good Heavens, did I ever! -
When in the ladies' room, I heard the scream.

--Stephen [REDACTED]



"Damn this type-writer--wish I had a personal computer!"--Ed.

Welcome Readers, to our fifth year and our 25th issue of Metamorphosis - a silver anniversary of sorts. To mark this milestone, your illustrious Editor has altered the format of the original newsletter and transformed it into the new METAMORPHOSIS MAGAZINE.

The Editor's objectives for this new publication are as follows:

- 1 a) To address the needs and concerns of the F-M TS man and his 'significant other(s)' by providing news, information, referrals, items of interest, and entertainment,
- b) To provide a forum for F-M TS men and their 'significant others' to voice their views and share their experiences with like others in confidence;
- 2 a) To permit an opportunity for the researching and the treating professional to gain insight beyond the clinic into the F-M TS man as a real person,
- b) To provide a platform for interested and helping professionals to summarize their clinical findings and present their impressions of transsexualism and gender dysphoria;
- 3 a) To profile other TS peer-support services and report on (or advertise) their organizational activities, membership benefits, support services, and/or publications.

(cont'd. on p. 11)

METAMORPHOSIS MAGAZINE

A bi-monthly publication for:

- *Female-To-Male Transsexuals
- *Their 'Significant Others'
- *Helping Professionals
- *TS Peer-Support Services
- *Interested Others

(This, our 25th issue, marks a milestone in our publishing history: the 8-page newsletter of 1982 has gradually grown into the 16-page newspaper of 1986, under the diligent direction of its founding Editor, Rupert Raj).

SUBMISSIONS WANTED:

- *Personal Experiences/Professional Reports Re: Counseling Therapy, Hormones, Mastectomy, Hysterectomy, Phalloplasty, Sexual & Urinary Aids, Passing, Family & Social Aspects, and, Legal, Administrative & Religious Aspects
- *Personal Profiles
- *Letters To The Editor
- *Poetry *Cartoons *Photos
- *Newspaper & Magazine Articles
- *Television & Radio Interviews
- *Book & Film Reviews
- *Peer-Support Services Reports
- *Notices of Coming/Past Events
- *Information *Referrals
- *TS Trivia *Fillers

HERBAL TESTOSTERONE: "SMILAX OFFICINALIS"

(The following is a promotional flyer for bodybuilders and athletes. Its publication here should not be interpreted as an endorsement by the MMRF and is reprinted solely for the information of our readers. Interested readers should write to the company promoting this health product for further information and should also discuss its applicability as a possible supplement to regular maintenance hormone therapy with their family doctor).

Smilax officinalis is a herb that grows wild throughout the jungles of Mexico and South America. This low-growing vine has a long yellow root and leaves that are from two to five inches long. Officinalis is one out of 300 different vines under the heading of Smilax. Mistakenly, many of these plants are called Sarsaparilla. Actually, Sarsaparilla is the flavoring ingredient (used to make root beer) that many of these plants contain.

For centuries, officinalis has been used by the Indians of Mexico and the pioneers of America as a stimulant and aphrodisiac. It was also used for lack of muscle tone, weakness, lack of sex drive and impotence. In 1939, Dr. Emerick Solmo set about finding what made this plant androgenic. What he found started a pharmaceutical revolution.

Smilax officinalis contains THE male hormone - Testosterone! In fact, the roots of this plant contain so much testosterone that it is the major source for all testosterone medically used. Don't think this is a bold statement. Most of today's commercial drugs come from nature. For example, 'digitalis' comes from the foxglove plant and Estrogen (the female hormone) can be found in the licorish plant.

Testosterone is a hormone that makes men masculine. Some men have more of this hormone than others, and therefore are more muscular.

Additional amounts of this hormone are used to produce heavier muscle tone, stimulate the growth of facial hair, deepen the voice and sometimes to enlarge an underdeveloped penis. In older men it is used to rejuvenate their sex drive, overcome impotence and improve general health and energy.

Besides testosterone, the herb (officinalis) also contains Cortin and Progesterone. Cortin is the hormone that keeps you alive from day to day by regulating your metabolism, that is, the chemical process by which proteins, carbohydrates and fats are turned into energy and used by your body. Additionally, cortin protects you from the effects of stress and shock. On the other hand, progesterone is a very basic hormone. Although in the body of the female, it is used to prevent pregnancy; in man's body, progesterone is used as a building block for growth hormones.

Officinalis is the perfect alternative to unsafe and unavailable steroids. Don't confuse it with steroid replacements or substitutes. They are just refined vitamins and amino acids that are supposed to turn into male hormones when they enter your body. So-called substitutes have less than desirable results. Today, officinalis is the only thing being legally sold, without a prescription, that contains real and effective testosterone.

Steroids that bodybuilders use are synthetic forms of testosterone. The circulation of these artificial hormones signal us to stop making our own natural hormones. Besides sterility, steroids have many side effects, including the fact that they make us retain water. When the body retains water, it gets 'puffy' or fat-looking. This is one of the reasons officinalis roots are superior to...

(cont'd. on p. 4)

HERBAL TESTOSTERONE (cont'd.)

steroids. Being an excellent diuretic, this herb rids the body of excess water weight, giving you a "rippled" look with tremendous vascularity. It also flushes out accumulated toxins from our bodies.

Today's drug manufacturing companies forget that the more they refine a natural product into an unnatural medication, the more side effects it will have. They like us to think "if it's not a pill or a shot, it won't work". This is not true; although more convenient, pills and shots are more expensive and dangerous than the plants they came from. An example of this is the "opium" poppy. This medicinal flower has been safely used for centuries. Only recently has man turned it into something as dangerous and addictive as heroin and morphine. If we athletes are going to take hormones, doesn't it make sense for us to take ones that are as natural as our own?

A way to obtain the benefits this plant offers is to brew a tea out of it. Testosterone is destroyed by the acids in the stomach. It is however easily absorbed through the buccal lining of your mouth (under the tongue). To effectively use this tea, take small sips and let them linger in your mouth for 30 seconds before you swallow it. For the biggest gains in muscularity, use this herb one or two hours before your workout. It can also be effectively used by chewing it like tobacco. Put the smaller pieces under your lip, suck out the juices and let them absorb into your mouth. A purification can be made from this herb by extracting it with grain alcohol. The purification of this plant will be very rich in hormones. Although it does not taste as good as the tea - it is much stronger. To use it, put one or two drops under each side of your tongue.

Since this herb contains natural

hormones, you can safely use about as much as you want. Some people go through one pound per week, but on the average, one pound should last a month. The only precaution that should be taken is that you don't use this herb daily for over six weeks in a row. It is best to give your body a couple of days off to keep its own hormonal system functioning properly. The best way to do this is to only use the herb on the days that you work out.

Smilax officinalis is an effective source of testosterone that has been overlooked by the body-building population for too long. If, after using this herb, you do not begin to notice bigger and faster gains from your workouts, feel more aggressive and have a greater sex-drive, we will buy back every bit of it that you haven't used. No questions asked! With this product you will gain muscle mass otherwise impossible--We guarantee it. If you have any questions, give us a call: (913) [redacted] or write to us: Adonis-Health Products of Nature, P.O. Box 1236, Lawrence, Kansas 66044.



MMRF NOTES..

APPOINTMENTS

June '85: MMRF Exec. Dir. Rupert Raj accepted an invitation to serve on the 1987 LEADERSHIP CONVENTION STEERING COMMITTEE by Tiffany Club Director Merissa Sherrill Lynn, who founded the committee. MMRF Co-Director & Recording Secretary Susan Huxford and MMRF Professional Advisors Dr. Vern Bullough, Stephen [REDACTED], Jude Patton and Dr. Roger Peo are also members of the steering committee. (The purpose of the convention is to provide a forum for those people taking a leadership role in providing professional and/or peer-support services to members of the transsexual and the transvestite communities. The first annual convention will possibly take place in Chicago in March '87).

Nov. '85: MMRF Exec. Dir. Rupert Raj was elected FACT TORONTO Liaison Officer at the Annual General Meeting of the Toronto Chapter of the FEDERATION OF AMERICAN AND CANADIAN TRANSEXUALS (FACT). (Mr. Raj is an Honorary Life Member of FACT and one of its Co-Founders in Calgary, Alberta in Jan. '78. MMRF Co-Dir. Susan Huxford is the FACT Exec. Dir. and newsletter Editor).

Feb. '86: MMRF Exec. Dir. Rupert Raj's offer to act as Facilitator for the upcoming newsletter, TRANSEXUALS IN PRISON (TIP) was welcomed by newsletter Editor "Frank" Ashford - a pre-op, F-M inmate of a women's prison in Marysville, Ohio.

SPECIAL EVENTS

Feb. 8: MMRF's first Valentine's Party was held at MMRF Exec. Dir. Rupert Raj's residence. Ten guests attended, including seven F-M members, a wife and two fiancées. Mr. Raj's 34th birthday (Feb. 10) was also celebrated during the party.

Feb. 14: MMRF Co-Dir. Susan Huxford was the guest-of-honor at the FACT

TORONTO Valentine's Party, which featured a special salute to Miss Huxford (FACT Exec. Dir.) in honor of her 65th birthday (Feb. 6). A greeting card signed by guests present at MMRF's Valentine's Party was presented to Susan on behalf of the MMRF membership. MMRF Exec. Dir. Rupert Raj (FACT TORONTO Liaison Officer) organized the program and acted as Master of Ceremonies during the birthday tribute.

Feb. 28: A savings account (#21416) was opened at the Province of Ontario Savings Office in Toronto, under the name of the MMRF, into which was deposited the Personal Computer Fund - a total balance of \$441.44.

Mar. 7: An additional \$40.75 was deposited into the Personal Computer Account - raising the total balance to \$482.19. (To date, 24 people (seven Canadians, 16 Americans and a "Briton") have contributed donations ranging from \$2 up to \$72 (with a modal average of \$7) towards the computer fund. MMRF Exec. Dir. Rupert Raj wishes to extend his heartfelt thanks to these donors and will be sending out an official "thank-you" letter sometime in the near future).

Mar. 1-7: MMRF Exec. Dir. Rupert Raj took advantage of his nine-day holiday to undertake a business trip to four cities to discuss "A Preliminary Investigation Towards A Formal Proposal For A Comprehensive Program For The Rehabilitation And Social Integration Of Transsexual Inmates And Parolees In Canada" (which he drafted and submitted on Feb. 21) with the Canadian Association of Elizabeth Fry Societies in Ottawa, as well as its member societies in Ottawa, Kingston, Hamilton and Toronto. Mr. Raj also met with three MMRF F-M members and their three respective girl friends in Ottawa, Kingston and Hamilton. He also had a four-hour "conference" with MMRF Co-Dir. Susan Huxford in Hamilton on Mar. 5.

(cont'd. on p.6)

MMRF NOTES (cont'd. from p.5)

April 26: Our 1986 Annual General Meeting & Convention will take place Saturday, from 2 to 8 p.m., at the Bond Place Hotel, 65 Dundas Street East (Dundas & Bond), Toronto (416-██████). Members in good standing accompanied by up to two guests are eligible to attend. There is no charge for members and their first guest. A charge of \$5 is required in advance for the second guest. Magazine subscribers who wish to attend must remit \$10 in advance (thus becoming a member). Transvestites and transgenderists are not eligible to attend. We expect 20 to 30 people are coming out for this once-a-year get-together, including four to seven couples from the U.S.A. Several guest speakers have been invited to say a few words about their organizational activities and support services. These include: Mr. Stephen Parent, Director, Transcend Counseling Service (Springfield, Mass.); Mr. Jude Patton, John Augustus Foundation, Dir. of Prof. Services, Gender Dysphoria Program of Orange County, Inc. (Santa Ana, Ca.); and Mr. & Mrs. Jerry & Lynn Montgomery, Directors, Montgomery Foundation, Inc., Gender Dysphoric Association (Decatur, Georgia) among others. Following the AGM & Convention, there will be a cash bar and a dinner (\$13-\$20). On Sunday, we are planning a 90-minute tour of Toronto in a 1920 trolley car, from 1 to 2:30 p.m., for \$11.95 per person. Exec. Dir. Rupert Raj urges all members and their mates (relatives and friends) and all those who wish to become members to attend this special function. Come out and meet your fellow Canadian and American members and their mates at this once-a-year get-together. Please fill out and return the enclosed Registration Form as soon as possible. See you in April!

Confidential Contacts Directory:
Please submit your personal listing (name, address, phone number - optional, age, marital status, TS status, etc), as soon as possible

if you wish to be included in the 1986 version of the directory - which will be sent out with the June issue of the magazine to F-M members only.

Confidential Research Questionnaire:
Please fill out and return the questionnaire if you have not already done so as this information is of value in helping us to better serve both you and others. Thanks.

Photograph of Executive Director:
The photograph of Exec. Dir. Rupert Raj and his fiancée that was promised last Christmas is regrettably still unavailable at this time, but hopefully, will be sent out to members, subscribers and professional consultants with the April issue of the magazine. Thanks for your patience!

The Uninvited Dilemma: We have sold 31 copies of Kim Stuart's great little blue book, and four copies of her Research Supplement. This is an excellent publication to give to your family members, relatives, friends, lover, in-laws, physician, psychiatrist, psychologist, counsellor, social worker, clergy member, etc. It can be ordered directly from us for \$12 (paper) or \$20 (cloth) and \$10.50 for the Research Supplement. Order your copy today!

MMRF MOTTO: "There's light at the end of the tunnel."

TV-TS TAPESTRY

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Tasteful, comprehensive, non-profit journal for all persons interested in cross-dressing and transsexualism

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** With this ad \$10 of each subscription will be rebated to MMRF

HITTING THE HEADLINES...

NO WAY TO TREAT BEAUTY, MAN!, Toronto Sun, Mar. 14, 1986, p. 46 (photo incl.). Post-op M-F Chakara Yorrke, 28, became Miss Man Made 1986 at the Palladium in New York, but pageant judges took away her title 15 hours later because of a miscount of ballots. Yorrke said she entered the contest to enlighten the public about transsexualism.

ONCE THE "CATS" MEOW OF BROADWAY, BETTY BUCKLEY NOW STARS AS A LAD IN "THE MYSTERY OF EDWIN DROOD", People Magazine, Jan. 20, 1986, p. 82 (photo incl.). Actress Betty Buckley, 38, plays a man in Rupert Holmes' version of Charles Dickens' unfinished novel. Buckley says male impersonation is part of the British music hall tradition.

THE INCREDIBLE DICK DOCTOR, Forum, Jan. 1986, p. 48 (photos incl.). Dr. J. Ronald Brown, 62, an American surgeon practising in Tijuana, Mexico, guarantees a longer penis! He has performed more than 400 transsexual operations, but 8 years ago, the California State Medical Board rescinded his licence for malpractice. His "male enhancement" program costs \$3,000 and a thicker penis is also available through liquid silicone injections for \$500.

NEW BIRTH TECHNOLOGIES: Male Pregnancy, Prenatal Learning, Ideal Sperm Donor, Choices in Childbirth, Man-Made Womb, OMNI Magazine, Dec. 1985, p. 50 (photos incl.). References are made to transsexuals by Dr. John Money, Dr. Garrett Oppenheim, and Dr. Leo Wollman (a good article).

POLICE SUED FOR CALLING MEN 'DRAG QUEENS', Weekly World News, July 16, 1985. M-F D.C. and female impersonator Michael S. filed a federal suit demanding \$1 million in damages for being humiliated by police, who arrested them for dressing as women in a St. Louis lounge. The charges against the two were eventually dropped).

HE'S A SHE AFTER TRUCK CRASH: Injury Caused Sex Switch, Biker Says, Weekly World News, July 16, 1985. Pre-op M-F "Tiffany" [redacted] 23, of Inkster, Michigan, won a \$1 million lawsuit in the Wayne County Circuit Court after a Pepsi-Cola truck ran into her bike, injuring his genitals. Pickens plans to have a sex-change operation, and Pepsi plans to appeal the decision.

VETERANS POST REJECTS TRANSEXUAL, Columbus Dispatch, July 9, 1985, (photo incl.). Post-op M-F Korean War veteran Bridgette [redacted] 50, lost her bid to command an American Legion post in New London, Connecticut, 23-13, but says she will run again next year. Winner Joseph [redacted] says Poi would probably hurt the image of the post.

SEX-SWAP GUY IS A MOM NOW!: Show Biz Whiz Starts Orphanage For Handicapped Kids, Weekly World News, July 9, 1985 (photos incl.). Post-op M-F singer and dancer Manolita [redacted] 28, and her husband, Paco, have recently spent \$100,000 to build their new orphanage in Spain for 25 homeless, handicapped kids. They have already adopted a 4-year-old mongoloid girl and a blind boy.

WOULD-BE TRANSEXUAL SAYS HE/SHE'S CAUGHT IN A TWILIGHT ZONE: Weird Convict Leaves Prison Bosses Baffled, Weekly World News, July 9, 1985 (photo incl.). Pre-op M-F Charles "Cynthia" [redacted] 28, was sentenced to solitary confinement at the Randolph County Jail in Elkins, West Virginia, after robbing a California bank to finance a sex-change operation.

MEET MR. MCGHEE: What A Guy!, Weekly World News, May 28, 1985 (photo incl.). Pre-op M-F Crawford "Elenka" [redacted] 19, was fined \$75 by court magistrates in Swindon, England for shoplifting a brooch. Magistrates addressed the gorgeous "guy" - dressed in a miniskirt, pink blouse and high heels - as "Mr. McGhee" throughout the brief hearing. She's saving for a \$20,000 sex-change surgery.

After more than six years of marriage, a nurse was granted a divorce by a judge who ruled that her psychiatrist husband is a woman!

A divorce court judge in London annulled the marriage of 37-year-old Sandra [redacted] deciding that her transsexual mate was born a female and will always be one in the eyes of the law.

Mrs. Peterson said her hubby, Dr. Edward [redacted] was born Wendy Patricia Acton, but underwent sex-change surgery when he was in his late 20s.

Now 47, Dr. [redacted] is the senior psychiatrist in charge of Peterborough District Hospital's unit for problem children.



Dr. Edward [redacted]

The nurse said she met Dr. [redacted] at the hospital where they both worked. The couple fell in love and lived together for two years before getting married in 1979.

"It was a typi-

'Your husband is a woman!'

Judge's ruling jolts wife

cal doctor-nurse relationship, I suppose," Mrs. [redacted] said. "We were happy to start with and got along well."

"Our love life was satisfactory. We didn't have any problems."

She said [redacted] told her about the sex-change operation before they were married.

"It didn't matter to me," Mrs. [redacted] said.

"I was marrying the man, and what went on before was a completely different world."

"He's as masculine as the next guy,

so it wouldn't matter to me if he had come from another planet."

"All I know is that I thought I had a lovely, normal marriage to a very masculine man," she added. "Our marriage was normal and the same as anyone else's for all intents and purposes."

"We had a good love life. I wanted a divorce because my husband spent too much time working at the hospital."

Mrs. [redacted] has a 15-year-old son from a previous marriage who didn't know until recently that his stepfa-

ther was a woman. In court Judge Sir Jonathan Clarke ruled that the psychiatrist is a woman, sex change or no sex change.

"The law as I see it is clear, that a person's sex is determined effectively and for all time at birth," the judge said in annulling the marriage on grounds that two women cannot legally marry.

A spokesman for the hospital

'He's masculine,' says his spouse

where Dr. [redacted] works said the ruling will not affect his position or his professional life.

— PETE COOKE

LETTERS TO THE EDITOR



Dear Rupert:

Enclosed is a cheque for \$28 to cover my 1986 membership dues. I'd like to take this opportunity to personally thank you for taking the time and making the effort to put together *Metamorphosis* - as a member of the Board, I know how large a time commitment that involves - your efforts are greatly appreciated.

In the last issue, in your article entitled "F-M AND M-F TSs: Some Sociological Comparisons", you mentioned that "7) F-Ms tend to legally marry (often in a church wedding ceremony)" and that "14) F-Ms tend to be Roman Catholic more often, and to be church-goers even after reassignment." These two points raise several questions which I'm hoping that you or my fellow-readers can help to answer.

Firstly, what is the Roman Catholic Church's position with regard to TSs? Will the Church sanctify a marriage knowing one of the partners is a TS? Is it legal in Canada for a TS to marry?*

As you have requested readers to write in, and as I'm sure that others would be as equally interested in the answers as I, I'd really like to hear from couples who have been or are planning to be married in the Catholic Church, as well as from other couples who got married or are planning to marry in a civil service. As Rupert so often tries to tell us, the quality of *Metamorphosis* is as much our responsibility as his - to those who write in response to the above, many thanks!

--John from Toronto, Ontario

(*I don't know if the Vatican Council has approved an official policy concerning transsexuals, and reactions may vary according to individual bishops and other members of the clergy. There is a

book entitled SEX AND GENDER: A Theological And Scientific Inquiry by F. Schwartz et al (available from the Outreach Book Service, P.O. Box 368, Kenmore Station, Boston, Mass. 02215) which contains papers presented at a conference that grew out of the Second Workshop for Roman Catholic Bishops on "Human Sexuality and Personhood", held in 1981 in Dallas, Texas. Arguments and counter-arguments are put forward by both secular scholars and ecclesiastic spokespeople for the Church's perspective. In the book, the Church opposes sex reassignment, arguing that it is against God's laws, namely that the purpose of sex is solely reproduction - anything done to prohibit that natural course of events, including homosexuality, the alteration of sexual capability through hormones, or the alteration of anatomy through reassignment surgery is an abnormality of the individual, and can be corrected through treatment to become a normally functioning heterosexual.

** In 1980, I posed this very same question to a Jesuit priest, who was also a pastoral counsellor, regarding the possibility of my fiancée and I getting married in the Catholic Church. He consulted a canon lawyer and a theologian, both of whom advised that such a union would not receive the sanction of the Church because I had

(cont'd. on p.10)

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Testing and Psychological Work-ups

STEPHEN E. PARENT, M.A., DIRECTOR

LETTERS TO THE EDITOR (cont'd.)

no male sexual reproductive organs and therefore, was not able to father a child. In addition, they regarded transsexualism as a psychological problem which could cause emotional instability in one or both partners, thus putting an added strain on the relationship and jeopardizing the marriage. Finally, they stated that the Church forbids two people of the same chromosomal sex to wed. So, that's three arguments R.C. clerics cite against transsexuals marrying in a Catholic ceremony. However, I do know of three couples (in each of which one of the partners was a F-M TS) that managed to go through a Catholic wedding ceremony. The F-M fiancés suppressed information relating to both their transsexual and their Roman Catholic status, thus representing themselves as non-Catholics who wished to convert to the faith. Thus, baptismal records were not required for the F-M grooms-to-be.

***I don't know whether it's legal in Canada for a transsexual to marry although we have just recently posed this very question to a lawyer who has been contracted by one of our members. I do know of 10 or more F-M Canadians who have legally married - and five or more who plan to do so in the near future - as all that is required for a marriage licence is for one partner to produce both partners' birth certificates to City Hall. Thus, if the F-M's name and sex status have been legally changed to accord the male gender, city hall clerks should not even be aware of his TS status. However, if the marriage was subsequently contested in court, the judge could declare an annulment on the grounds that it is unlawful for two people with chromosomes of the same sex to marry.)

* * *

Dear Rupert:

I'm a pre-op gender-dysphoric man. I would very much like to become a member and receive benefits.

I'm especially interested in any information or referrals you could give me on pre-operative problems: 'passing' better, hormone therapy, legal questions and counselling. *Also, if you could give me information on how to help one's family and friends accept the problem. **My family knows about my gender dysphoria. My father's side chooses to ignore it and it must never be mentioned. My mother's side accepts it except my mother herself. She's struggling with guilt feelings and disbelief, and if you could help me to help her understand, I would be grateful.

I've been living as a male for the past four years now without the aid of hormones, as I wanted to be certain before taking any irreversible steps. To strangers I 'pass' about 75% of the time and the remaining 25% I'm extremely uncomfortable. Most of my current friends know me only as male, as does everyone at school (though the administration knows of my transsexuality due to earlier school records, they keep this confidential).

I feel that my main problem with doctors will be the fact that I consider myself to be a homosexual male in regards to sexual partners. I don't consider myself in any way to be a heterosexual woman. All my sexual partners of the past four years have known this and have treated me accordingly. I'm only vaguely attracted to women, though have had what I consider to be heterosexual relations with a few....

(cont'd. on p.11)

The Montgomery Foundation Inc.
Gender Dysphoric Assoc.
P.O. Box 33311
Decatur, GA 30033

404- [redacted]

LETTERS TO THE EDITOR (cont'd.)

If you could provide me with some advice on how to handle this situation with counsellors and officials connected with established programs, again I would be grateful. I realize that my best course of action might be not to tell them about my sexual activities and to make the most of those heterosexual affairs I've had. Another might be to seek help outside of established programs through independent physicians, counsellors and plastic surgeons.***

Thank you for your time and I look forward to hearing from you.

--Anonymous

(*Read Lou Sullivan's booklet INFORMATION FOR THE FEMALE-TO-MALE CROSSDRESSER AND TRANSEXUAL, advertised on p. 16.

**Read Susan Huxford's booklet ON ACCEPTING THE UNACCEPTABLE: A Guide For The Relatives And Friends Of The Transsexual, published October 1981 by GenderServe, P.O. Box 291, Station 'A', Hamilton, Ontario, Canada L8N 3C8.

***Try the Janus Information Facility, 1952 Union Street, San Francisco, California 94123 for a possible referral. I have also heard from two other gay T-M men who share your problem. Because of these cases of actual and feared sexual discrimination perpetrated by gender clinicians and plastic surgeons, I wrote a letter of protest last year to both the Consumer Advocate and the Executive Director of the Harry Benjamin International Gender Dysphoria Association, Inc., requesting that the issue be addressed at the Sept. '85 Annual General Meeting. I received no reply to either letter! I know of at least six T-Ms who identify themselves as gay men. -ARK

Dear Rupert:

Congratulations on your membership in the Steering Committee for

the National Convention (proposed). Jamie G., our Managing Director, is also a member of the steering committee. We expect great things from this effort.

I am enclosing an article that we feel is very good and presents our operation in a very accurate way. I hope it will fill your interest for an article on the Gender Identity Center of Colorado, Inc. We're pleased that you are interested in printing such a piece. Any questions, let us know.

Have a good New Year!

--Tompe Kelley, M.A., Director,
Gender Identity Center of Colorado, Inc., Denver, Colorado

Dear Mr. Raj:

I thank you for your letter requesting that the Ontario Human Rights Code be amended to include transsexuality as a prohibited ground of discrimination. I think it unlikely such an amendment would pass Justice Committee at this point. Frankly, I feel that if I were to advance it now, it could undermine support for my current amendment(s) on sexual orientation. This would make your proposal of a separate bill the more realistic step.

However, as I have reflected further, I wonder if you are correct in feeling that prohibition of discrimination on grounds of sex and/or sexual orientation would provide protection for transsexuals. Could I suggest that you inquire at the Ontario Human Rights Commission? Because you are much more familiar with the problems confronting transsexuals than I, I think your inquiries could be more clearly conveyed than mine. I would be interested in the Commission's response.

--Evelyn [redacted] M.P.P., Ottawa Centre, Ontario Legislative Assembly, Queen's Park, Toronto

BOOK REVIEW: TRANSEXUALISMO: Do Homem A Mulher Normal Atraves Dos
Estados De Intersexualidade E Das Parafilias (Trans-
 sexualism: From Normal Man To Normal Woman Through
 The Conditions Of Intersexuality and Paraphilia), Dr.
 Roberto Farina, Sao Paulo, Brazil: Novalunar, 1982.

Reviewed by Dawn Linda Raby

This book, which is sadly only available in Portuguese, is one of the most sympathetic treatments of transsexualism written by a medical specialist in any language. Dr. Farina is an outstanding plastic surgeon in Sao Paulo and a pioneer of transsexual surgery in South America.

After publishing the results of his work at a medical congress in 1975, he was prosecuted by the Brazilian authorities for practising an illegal operation. The prosecution was based on an article of the Penal Code prohibiting any surgery which could be considered an "unnecessary mutilation" of the human body. Dr. Farina was found guilty and given a two-year suspended sentence (suspended because it was his first offence); but the decision meant the end of transsexual surgery in Brazil for several years, despite the testimony in the doctor's favour of three legal experts, 10 lay witnesses and 30 foreign medical professors. Apart from the medical ignorance displayed by the authorities, the irony of the situation will not be lost on those aware of the extent of "unnecessary mutilation" (torture) practised on political opponents by the military regimes in several Latin American countries, including Brazil, during those years.

Fortunately for transsexuals in Brazil and neighbouring countries, Dr. Farina was able to enlist the support of a member of the Brazilian Congress who successfully promoted a bill reforming the relevant article of the Penal Code. Since November 1979 transsexual surgery has been legal in that country provided there is a unanimous recommendation by a medical committee and informed consent by

the patient. Transsexuals from several other South American countries, where the operation is still illegal, go to Brazil for treatment.

Dr. Farina's book, which is profusely illustrated, provides a good summary of the etiology, diagnosis and treatment of transsexualism, and of related questions such as hermaphroditism, intersexes and paraphilia. His focus is mainly on male-to-female transsexualism, although he does also discuss the female-to-male transition. This reviewer is not qualified to judge the medical issues, but it is clear that the author is highly qualified and has an international reputation. More interesting from the lay reader's point of view is Dr. Farina's attitude towards transsexuals. After commenting on the ineffectiveness of psychiatric treatment in the majority of cases, he observes:

"In any case, the medical evidence suggests that transsexuals are not sick but are normal in every respect, and moreover their gender identity is well-defined and normal. Surgery would simply complete the perfect congruency between body and spirit." (p.119).

Elsewhere in the book he insists that the great majority of transsexuals adjust well to the new gender role, and tend to be more contented and productive citizens after reassignment. He recognizes that "the similarity between the homosexual and the transsexual is only, and above all, superficial" (p.183) and that the "psychic significance" of the transsexual's attraction to individuals of the same biological sex is "essentially heterosexual" (p.126). Some medical specialists here in Canada

(cont'd. on p.13)

could learn from Dr. Farina's perceptive and enlightened attitude.

It is unfortunate that this book is not accessible to a wider audience. Is it too much to hope for an English translation?

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RUPERT RAMBLES (cont d. from p.2)

- b) To establish a communications network with other TS peer-support services in order to reciprocate resource material and spread the word to the larger transsexual community.

A brief questionnaire soliciting input and feedback from our readers on the contents and style of the new magazine will be sent out with the April-May issue. This will be your chance to relate what you like and dislike about the publication and what other kinds of things you would like to see in the magazine, if any.

The Editor wishes to thank "Victor" (a pseudonym for one of our long-standing members) for his considerable patience during the last year-and-a-half waiting for his personal profile (which was originally published in an Indiana newspaper) to finally appear in print in the Metamorphosis Magazine. Well, "Vic", your article finally made our pages at long last! - pages 14-15, to be precise. Sorry for the long delay but there were a number of editorial constraints,

such as space limitations for any one column (ie. personal profile) and the recent three-part life-story (ie. Personally Speaking), and the preceding five-part autobiography (ie. The Male Prodigy by Khalil [redacted]). (By the way, I just heard from him and he says he is unable to continue his story because of the deep-rooted emotions involved). At any rate, I updated "Vic"'s original profile for the benefit of our readers, and I think that the end-result is well-worth the long wait.

The Editor was hoping to profile the Gender Identity Center of Colorado (in Denver) in this issue but unfortunately, the article never arrived. So, I plan to publish it in the next issue. I hope to be able to profile at least two or three other TS support services in future issues this year. (Last October, the Montgomery Foundation Gender Dysphoric Association was spotlighted).

The Editor also hopes to initiate a "Dear Law Researcher" column in an upcoming issue, which would deal with various legal and administrative aspects of transsexualism (including perhaps, insurance coverage, as well). I have been in touch with a F-M TS in the U.S. who has an associate degree in Criminal Justice, and who has agreed to try to answer reasonable questions through the column. He advises, however, that although he has had some experience in legal research because of his work in the judicial and government system, he is, nevertheless, "not totally qualified or an expert in legal matters, per se." So, he could only inform readers of his experiences and knowledge. The inclusion of the proposed column would depend upon available space and time, and also, on the expressed interest of our readers. So, if you are interested, let me know.

The Editor sincerely apologizes for the extended delay of this issue, which is due to several reasons.

TEN YEARS LATER, A TRANSSEXUAL LOOKS BACK...

"Victor" leads the life of an average 38-year-old man. He lives in his own home in a small town in Indiana, and was recently promoted to Assistant Supervisor at his job. Yet, Victor has a secret he rarely shares: he is a transsexual. Ten years ago, he was Victoria - a woman filling a job of considerable responsibility. Male hormones and several operations modified her body to match his masculine 'mind'.

Now, after a decade of manhood, Victor looks back to the time when the unhappy woman has finally emerged from the tunnel of darkness into the light of day as a happy man. The time-frame is 1976-1978. Read now about the making of a man.

"It's the first time in my life I feel free from feelings that tormented me ever since I was a child. I can't ever think of a time when I felt I was female. I was a little boy. After I was born, things just developed that way. I hated my body. I had to go through the surgeries. If I had a choice, I wouldn't be a transsexual. It'd be a lot easier..." he admitted.

Although Victor's problem is, by its very nature, sexual, its causes are rooted in the 'mind', he says. Since early childhood he knew that he had a problem, that he wasn't developing normally.

"As early as the first grade I knew there was something wrong with me but I didn't know what it was. When I reached puberty my body started changing. That was the most traumatic time of my life. I couldn't hide what I had to hide."

It was the most dismal period of Victor's life. He tried to end it all several times over the next 15 years because he couldn't stand being a woman. He enrolled in a religious college, hoping the strict moral code would force him to accept himself. But his emotional and psychological problems only deepened.

Seeking help, Victor was told he was a lesbian - a prospect he had never believed or even considered.

"The thought of a homosexual relationship turns me off totally. The problems are different. A gay person doesn't hate himself or his body," he explained.

Even at the time when he began taking male hormones - the first step in the 'sex-change' process - Victor hadn't given up the possibility of living life as a woman, and at the time, was engaged to be married. Now, he speculates the ultimate result of such a marriage would've been insanity or suicide for himself or a violent attack on or murder of his spouse or any children resulting from the union.

But even as Victor considered marrying, he was contemplating taking his own life. He'd set a deadline: either he would achieve his goal - sex-reassignment - or kill himself. He decided to visit one more therapist before attempting suicide again. He had consulted many psychologists and psychiatrists who refused to deal with his problem. This was Victor's last chance.

Fate smiled on him this time. A therapist, despite warnings from colleagues, agreed to work with Victor towards getting the 'sex-change' surgery. He also found a doctor willing to treat him with male hormones. That was in 1976.

(cont'd. on p.15)

Gender Serve

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THE MAKING OF A MAN (cont'd.)

Two years later, Victor was past the most traumatic stages of his metamorphosis and was living as a man. His voice sounded deep, although at times it still had a female lilt. His face and body were decidedly masculine, even though he was shorter than the average man.

During the past year - the most trying he'd ever experienced - Victor underwent two surgeries: a total hysterectomy to remove the female organs and a double mastectomy to remove the breasts. The surgeries brought heavy debts and made it necessary to change jobs twice.

Victor's mother accepted his decision but was still having difficulties dealing with it, and had told some relatives but not others. Victor told his mother:

"You're going to have to realize you have two sons and one daughter, and not two daughters and one son."

His father will probably never know as Victor's parents divorced when he was nine and he wasn't expecting to see his father again.

Although not a native of the town in which he lived, Victor decided to remain as many of his friends were there. If he'd moved, he would have had to find another doctor. (He must receive hormone treatments the rest of his life). But he retained his anonymity for the most part. Some of his co-workers weren't aware of his transsexuality, but Victor didn't expect to keep his secret indefinitely.

"I will have to deal with things as they come up. I won't deny it but I won't volunteer the information. Most people haven't responded negatively when they find out I've gone through a 'sex-change'."

Victor hadn't given up on the idea of marriage, but his inability to father children could be a factor.

"I would like it to be a possibility, but there are emotional and psychological implications I

haven't dealt with yet," he said.

At the time, Victor had no interest in undergoing the third and final operation - construction of male organs - which he felt would be mostly for psychological purposes. That was in 1978.

Two years later, however, Victor underwent the first of seven stages of phalloplastic surgery. The entire process took close to three years (from the fall of 1980 to the spring of 1983) and still isn't totally completed. The whole procedure cost him more than \$60,000 in medical expenses.

Victor has also spent another \$10,000 or more in legal costs to hire a lawyer to file a lawsuit against his insurance company which refuses to reimburse his claim for the necessary surgeries. Last June, a pre-trial hearing was held but the scheduled court date was cancelled and a new date hasn't been set.

"I'm really disgusted with the whole system and just want to get it over with as this has interfered with my life on many occasions."

Now, in 1986, 10 years after starting his transformation, Victor is happy in his role as a man.

"Would I talk someone else into having this? No. But if someone was having the same problem as I had, I wouldn't try to talk him out of it either. I would tell this person it's going to solve only one problem. I'm happy. That is all I expected it to do. Society wouldn't let me live as a person. The pain of the surgery was temporary; the pain before was permanent," he tells us.

"Victor" (a pseudonym) is a member of MMRF. His letter to the editor and his article describing the 'horror story' of his experiences with the phalloplesty have appeared in the August 1984 issue. His motto: "To those who understand, no explanation is necessary; to those who don't, no explanation will suffice."

Transsexualism On Television

MMHF Co-Director Susan C. Huxford guest-appeared on the talk-show "Cherington" (CHCH-TV, Ch.11) in Hamilton, Ontario last Jan.13. The theme focussed on transsexual relationships. Also featured on the program were a pre-op M-F TS, the mother of a post-op M-F TS, and the wife of a post-op F-M TS.

* * *

HITTING THE HEADLINES (cont'd.)

FATHER MARRIES SEX-CHANGE SON; Up-roar Forces Them Into Hiding. Examiner, May 14, 1985 (photo incl.). Lau [redacted] 36, wed his son, Ho, 19, after the boy changed sex to become his wife, Mei [redacted]. The couple fled from their home in Singapore to the Malaysian jungles after learning police were planning to arrest them for committing incest. They falsified the son's true identity when they wed, so a judge has since annulled the marriage.

WOMAN'S BEST FRIEND, Examiner, April 2, 1985 (photo incl.). Post-op M-F TS Anna [redacted] cuddles her cat as she recalls life before her sex-change surgery: "What I went through is something I would never wish on my worst enemy." Six years ago she was George, a married man who worked as a supermarket produce manager.

BOY, 2, TURNS INTO WOMAN OVERNIGHT; Farm Chemicals Are Labeled As Cause, Examiner, Jan.22, 1985. Juan, 2, of San Juan, Puerto Rico developed breasts, began menstruating, grew pubic hair and formed female genitalia as a result of an incredibly high level of synthetic female hormone (Diethylstilbestrol - a cancer-causing agent called DES - banned in the U.S. in 1961 but still used in Puerto Rico to fatten up cattle and poultry). Dr. Philippe Ortega of the Santo Domingo Health Institute in the Dominican Republic says Juan has stopped eating poultry, under his care, and has already improved dramatically.

News Flash!

Dr. Paul Walker announced today that the JANUS Information Facility's information/referral service for transsexuals and transvestites would be discontinued on March 15, 1986. The information/referral service, formerly operated by the Erickson Educational Foundation, has been provided by JANUS for the past nine years.

Dr. Walker stated that an agreement had been reached with board members of the John Augustus Foundation and Gender Dysphoria Program of Orange County, Inc. to establish a separate entity to be known as J2CP Information Services. J2CP will provide essentially the same type of information/referral service as its predecessors, the Erickson Educational Foundation and the JANUS Information Facility. Dr. Walker and the JANUS Information Facility will not be affiliated with J2CP Information Services.

Post Office Box 184
San Juan Capistrano, CA 92673-0184
(714) [redacted] (714) [redacted]

J2CP Information Services

J2CP Information Services provides information/referral services formerly provided by the Erickson Educational Foundation and JANUS Information Facility. J2CP Information Services is a separate entity and is not affiliated with either of its predecessors.

J2CP Information Services provides an information package consisting of pamphlets and literature concerning gender dysphoria syndrome, transsexualism and transvestism. This information package is available at a cost of \$25.00 to cover research, printing, postage and secretarial services. Additionally, J2CP Information Services will attempt to provide referrals to reputable counselors, psychotherapists, or gender programs, and peer groups near your home.

Certified checks or Money Orders should be made payable to J2CP Information Services. Please specify whether you are male-to-female, female-to-male, or transvestite when writing. If transsexual, please provide your place of birth.

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