

**This is Xah Lee. He is insane. There's really nothing else I can tell you. Just read.**

[http://xahlee.org/PageTwo\\_dir/Personal\\_dir/xah.html](http://xahlee.org/PageTwo_dir/Personal_dir/xah.html)

This page contains miscellaneous, colorful personal info about me. Be prepared to waste time.

For a more concise profile and contact info, goto: [Concise Profile of Xah Lee](#).

The primary service of this page is for intellectual bums who pry live for leisure, and for me to be pried for leisure. In this page, I'll be playing the cynic, or rather, cynicism will play me. I'll be firing diatribes here and there, attacking parties east and west, and taint the minds of human animals. If you are not a callused soul, if you are the faint of heart, if you are the cream of virtue, then please forgive me before hand. Voyeurs, saints, and roaches: Welcome to the show of non-beauty.

This picture was taken in 1995. I'm now much younger in psyche and mature in physique. (Look at me... trying smile and vacant gaze. Vampire hair and imaginary foolscap. Anyway, i'm looking for a soul mate. Female, preferably blonde and blue eyes. I'm comfortable with polygamy. I'm a bit short on humor but am strong at siring. I enjoy shopping 'n' friends. You need not be rich but nubile. Interested? You be my chick, i be your cock, if you desire, get in touch. For those Cosmopolitan girls and Señorita out there: I'm technically American. Love me and I can make you [American](#).)

[http://xahlee.org/Periodic\\_dosage\\_dir/t1/20040415\\_disney\\_p.html](http://xahlee.org/Periodic_dosage_dir/t1/20040415_disney_p.html)

## Disney Princesses of Americanism

Disney princesses printed on American girl's breakfast box. The characters from left to right are: Cinderella, Belle (Beauty and Beast), Snow White, Ariel (Little Mermaid). I love them all very much. In order of preference: the redhead, the raven-head, the blonde, the brunette. (I haven't watched Beauty and Beast yet.)

As of this particular set of drawings, Ariel is the pertest (also youngest). Snow White is the most demure and innocent. Belle of the Beauty and Beast exudes womanly matureness. While the blonde Cinderella is slutty (just look at her eyes).

By the way, it seems that princess Jasmine of Aladdin of Islamic faith is missing from the box. I wonder if it's because the color of her skin under the Patriot Act of the WASP of 21th century.

I was strolling down the breakfast aisle of my local food store. (Safeway, California, American) On one side of the aisle are endless rows of food boxes. Then, one of them caught my eye. It's by "Kellogg's" brand in collaboration with Walt Disney entertainment corporation, created a limited edition of cereal with the Disney Princesses theme.

Printed on the box are 4 outrageous sexist Occidental beauty symbols. They are: Cinderella,

Belle (Beauty and Beast), Snow White, Ariel (Little Mermaid). They insulted my male-everything pride and as well as my Oriental roots. Also causing me pain is its egregious age-prejudice and skin-colorism.

I've taken photos of the front cover and back cover of this food box as a record of humanity and documentation of Americans.

Is Kellogg and Disney hurting Gender Feminism? Why do Americans love them, little girls and parents alike? are they a plot of patriarchy?

Frankly, i'm rather delighted to see these beauties adorning morning meal's boxes. I do not bear malicious jealousy for America not glorifying my sex or my ethnicity. The pussy sex has always been what they are or want. Has been since dawn of time. Just don't let some WASP-bimbo or butcher-lesbo tell us how they are victims of men.

See also: [Disney Princesses and Sexual Attraction Between the Sexes.](#)

[http://xahlee.org/Periodic\\_dosage\\_dir/20030919\\_barbie.html](http://xahlee.org/Periodic_dosage_dir/20030919_barbie.html)

The literally heartless commercial entity Mattel Inc (maker of Barbie dolls) sued another literally heartless entity MCA Records Inc, in 1997 over music group Aqua's summer hit Barbie Girl, over the imageries depicted in the song about Barbie. Mattel lost. (hooray).

[Barbie](#) is a epitome of the American culture. Lovely sweet toy things, a model of the female success. Good sized breasts, slender waist, and mature hips, pretty face, pretty dresses. And, complete with fingernail adornments and high-heels. (they help the sexual advertisement and gestures of the female sex, and are extremely effective.)

From this screenshot, we discern what is on pubescent females's minds in middle class America as of the 21st century. A average (blonde) youngling, probably want themselves to look something like the one shown here, and a room of their own thus. We see "Fashion" and "Star" on the mirror, and the director's chair and the spot lights on the ceiling. We see TV and cellphone. And in their minds, we see Studio, Arts, Magic Dreams, Care n Share, and Party.

With the advancement of technology in society from primitive to industrial, power is less and less dependent on brawn, in particular the info-tech era of 21th century. Consequently, the frail sex has climbed the power ladder in society as a whole, especially in the pragmatistic American society, with movements such as feminism and "equality of sexes" laws. Sexual traits such as the nurturing tits and inseminating penis are made functionally unnecessary by technology. Pregnancy, the defining functionality of the female and the root of all sexual traits biological and social, is however still necessarily carried out by a female body. Impinging technologies such as nano-tech and genetics may eliminate this final biological basis of the relations between the sexes with artificial womb. However, fucking by itself is still loved and performed routinely more frequently than ever by both sexes without the engenderment of procreation. It is likely that technology will be able to totally eliminate the human element of human reproduction in the next 50 years (e.g. artificial womb, societies of artificial germination, clone farm...), but it is not likely to change human's sexual values and behaviors that has been imbued in the genes of humanity for the past thousands of years. Women will continue to exhibit themselves to attract male with

their tits and ass, and men will grapple for power to win chicks, despite the obviated biological imperative of self preservation and propagation.

One interesting observation is the pre-coitus ritual performed by human animals in dance clubs of modern society. It is also interesting to note that in advanced societies such as our internet era, the fecundity of sexual innuendoes sticks to our eyes and ears from the media every minute of it. Such value system is instilled in the younglings beginning with Barbie or GI Joe. Even with these manifestations, the human society on the whole do not readily accept their sexual behavior and thinking and aggression. Pornography, prostitution, power struggles are looked down despite the rampant, ubiquitous demand and supply. These suppressions may be the fruits of a power structure, where primitive behaviors and thoughts are controlled by the abstract artifact "morality" of elite in power.

Though i'm optimistic and hopeful for the changing facilitated by the massive improvement of efficiency in communication thru the onset of internet. This massive channel of communication, in particular revolutionary in its opening flood of unclassifiable information that are hard to come by or suppressed, has brought about liberation of societies in a unprecedented order. Around 1860 we have the slave revolution in America, where some people can feel the word freedom. Around 1970 we have the Sexual Revolution, where people can see and touch sex openly. And today the internet gives us a multi-faceted massive global revolution. Things hitherto difficult to see now come out teeming from some unknown locked closet and grab people sans their consent. (among which is dog-fucking folks or unwholesome truths like this page). The effect is a massive social political change in a historical scale. Undoubtedly the internet revolution is bringing us knowledge, and if we lead it carefully, hopefully understanding and love will come by too.

[http://xahlee.org/Periodic\\_dosage\\_dir/t1/20040204\\_feminism.html](http://xahlee.org/Periodic_dosage_dir/t1/20040204_feminism.html)

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It is unfortunate that women are weaker physically and have the babying burden when we view it in the above perspectives. But what can one do? Possibly we can achieve true equality by eliminating women's nurturing role by building massive farms of artificial wombs à la the recent science fiction movie Matrix. That way, women don't even have to be the subject of men's lust. Sperms and eggs will be extracted by doctors from men and women, and procreation proceed in test-tubes. Sexual drive, those love chemistry, can be deleted from our genes. Sexual characteristics, such as the now useless penis or meat hole [proper word censored] or tits, can be either surgically removed or genetically atrophied. Eventually the human race can become a asexual animal, without sexism whatsoever.

Unless we opt for the above, but women's biology has pro aspects too. I mean, aren't you glad you are a woman? A loving creature with breasts and beauty, who holds great sway over men's sexual drive. Men have to work, have to die in war, have the pressure of fighting other pesky men. My god, it is such a horror to even think about. As a animal tradition, we have to duel other men, we are expected to save princesses from hideous dragons or danger. Lay on our shoulders are the burden of women and children, and raising of a family. (did you know that

women outlive men, and men suicide more frequently?)

The above are just the nature of things that we probably don't want to change in a whim of heart or passion of rights, even our technology permits it.

Feminism has another funny connotation, which is getting personal, that is, pornography. When it comes to porn, some unhip feminists care not about men's desires and wishes but simply want to eliminate it. While others, more enlightened and sweet feminists, propound that women should have porn of their own likings. (therefore sprang forth PlayGirl and the like in the mid 20th century, not to mention the profusion of "romance" novels.) The unhip feminists worries me. One could question if they simply want men dead.

The most dire thing coming out of unhip feminists is the term Americans love: rape. These unhip feminists, devised a new type of rape. The traditional rape is now called physical rape, as opposed to the new rape of will. The trend is that a fella in order to mate his mistress he must obtain a written affidavit from her, else he can be sued for rape of will the morning after. As you know, i'm a Man. This situation is not funny for me.

[http://xahlee.org/Periodic\\_dosage\\_dir/hollywood\\_disney\\_rape\\_of\\_culture.html](http://xahlee.org/Periodic_dosage_dir/hollywood_disney_rape_of_culture.html)

## Rape of Culture

You know how Hollywood movies rape cultures? This is sometimes addressed in academic papers in anthropology. I think it is also a popular essay topic assigned to college students. Examples of such includes:

- Aladdin (1992) [amazon](#)
- Sinbad: Legend of the Seven Seas (2003) [amazon](#)
- Pocahontas (1995) [amazon](#)
- Troy (2004) [amazon](#)

How is it rape? For example, in Greek culture, there are multiple gods. The gods are all power hungry, and vain, and openly war with each other, also rape women. (all too human!) There are common interpretations that the relationship between the Trojan hero Achilles and Patroclus is a homosexual or pederastic one, which is not a uncommon practice in ancient Greece. (☛ [Achilles and Patroclus](#)) Greeks also practice slavery (i'd say in a very respectable form, better than today's "human rights" society.). (☛ [Why Do I Not Support the "Human Right" Concept?](#)) However, many of these practices or beliefs are offensive to the ignorant modern American. How can a hero be bisexual and quarrel over the ownership of a slave girl from a war trophy? How can you depict him as a hero in a movie? That certainly would NOT be a American hero. How can they have multiple gods? and each one openly warring with each other, for power, for vanity, for jealousy. In most American's eyes under the Christian God, these are sins that warrant punishment by death. (☛ [Christianity & Islam as Violent Cults](#))

I remember, the Troy DVD has a interactive special feature that introduces Greek gods. Some 6 or so gods standing around a podium, and you can click them, then the DVD will zoom in and basically voice over some brief intro about that god (something like that). I remember going thru them and i was very offended. Apparently, they try to have a fun feature that are

semi-educational but actually it creates a complete Americanized fairy tale that is nothing close to these Greek gods. It's been some 5 years I don't remember the details and am not sure I still have the DVD (might be buried somewhere), so I couldn't describe any concrete example now. I just remember I was very offended that it is sort of a cultural wash.

Also, Disney's Aladdin, and Sinbad. In Sinbad, you have the American hero, American heroine, and a dog. You have the Good Guys, you have the Bad Guys (E-V-I-L!). (it's so silly they brought in the Greek goddess Eris into the mix, as the "Bad Guy".)

I learned the true nature of Arabian Nights around ≈2005. Take 5 minutes to read this one: [The Arabian Nights: 70. ABU AL-ASWAD AND HIS SLAVE-GIRL](#). Or, read my intro: [The Arabian Nights. Introduction by Xah Lee](#).

Now look at Disney's Pocahontas. Basically, in that period of history, American eliminated the native Americans. If I recall from a course I took in ≈1992 on American History, some indigenous race are biologically extinct. (yes, extinct, as in, extinct animals.)

How can we, who have killed or caused death the Native Americans successfully and more in numbers than the Germans did Jews, with cutting off women's pussies and wear them as souvenir hats, have the audacity to run a movie Pocahontas shewing how "well we had our differences but finally became friends"? Maybe if the Germans succeeded in eliminating Jews, then their propaganda machinery will show some family value fables about how Germans and Jews had some misunderstandings but finally resolved their differences and became friends. What Disney do is — perhaps innocently as side effects of capitalism — to take a foreign culture's mythology, twist and turn it into a fairy tale of American mores and ethos. All foreign cultural elements of the myths are wiped clean. Instead, you have American heroes (with a American heroine and a dog), American Justice Obsession, American humor, American freedom and equality sensibilities, and American family value happy ending.

For some info on some reality of these Disney twists, see:

- [Hua Mulan](#)
- [Sinbad the Sailor](#)
- [Pocahontas](#)
- [Trojan War](#)

My gripe isn't about the faithfulness of these movies. After all, they are adaptations as entertainment products for profit. Rather, my gripe is on the ignorance and condonance of Americans on this matter. They (we) are a uni-culture group, utterly ignorant of other cultures. Helped and brought up by these films. While, daily, we obsess about (our) concept of human rights, justice, rape, equality. May God help us.

PS it must be said that US American being uni-culture has a lot to do with geographic fact. It's just one giant land, with only neighbors of Canada and Mexico. (and we note that USA Americans do know to some extent Mexican or rather Spanish culture.) Unlike Europe, where people easily see other cultures because they are nearby neighbors. Similarly, China is pretty much uni-cultural, except it is ancient. Thus, in China, or the entire eastern Asia, people there can often relate to each other. In USA, due to historical facts, it's a modern country, and doesn't have much history or roots to speak of.

[http://xahlee.org/Periodic\\_dosage\\_dir/20031016\\_caryatids.html](http://xahlee.org/Periodic_dosage_dir/20031016_caryatids.html)

# Milk, Tits, Caryatids

A billboard advertising against genetic engineering food, in Auckland, New Zealand, 2003-10, according to this news article from Mothers Against Genetic Engineering in Food.

[http://www.madge.net.nz/news/prel/pr\\_1oct.asp](http://www.madge.net.nz/news/prel/pr_1oct.asp) ([local copy](#))

Personally, i find this ad and the prospect engaging. One day i might suckle on wenches with a quadruple of udders. And, for the ladies, there might be double dicked men.

[http://xaharts.org/movie/best\\_movies.html](http://xaharts.org/movie/best_movies.html)

Dr. Strangelove [amazon](#) (1964) ◇ Director: Stanley Kubrick. Shows two planes copulating in the prologue.

Brazil [amazon](#) (1985) ◇ Director: Terry Gilliam. ◇ paperwork gone berserk ◇ Character I love: Jill Layton (Kim Greist). Care for some necrophilia?

A Clockwork Orange (1971) [amazon](#) ◇ It's about street violence and its rectification. Wonderful is the erotic arts in this film.

Fight Club [amazon](#) (1999) ◇ A splendid love story. A philosophy class-room experience for fat upper-class white-collar American donkeys. The Marla Singer character is Helena Bonham Carter. Her inordinate oddity is sweet.

Lolita (1962) ◇ Director: Stanley Kubrick. Splendid masterpiece. I love Lolita Haze (Sue Lyon). I love her blondness, her tender flesh, and her consummating maturity... This is a true love story. [amazon](#)

Batman. [amazon](#) (1989) ◇ Characters I love: The Joker, Batman. ◇ Comment: A modern thriller employing high-tech visual stunts. However, what attract me are the characters Joker and Batman, especially Joker, and the fact that the film is beautifully shot in a graphics novel style with dreary overtone. Both characters are psychopaths. Joker because he is terribly defaced (caused by Batman). Batman because his childhood trauma, where his parents are killed in a robbery by the then a young, handsome Joker. Joker hides his feelings by a eternal laughter, while Batman is eternally sulky with a serious face. This is cop and robber gone insane.

Joker calls Batman the "Sideshow phony". Not until few years later i realized how much culture and history that jab alludes. It's so fittingly funny too. If you want to know more about sideshows, i recommend the film: Sideshow: Alive on the Inside [amazon](#) (1999) . You'll see [Conjoined twins](#), living person missing body parts from waist down, and others that we technically call freaks. The

first time i got interested in conjoined twins is when i read about [Abigail and Brittany Hensel Twins](#) in Time mag around 1996. ([Hensel Twins photo](#)) At the time i was thinking “gosh, what a philosophical can of worm this is.”. Now i've read about and seen on video quite a few conjoined twins. They are fascinating. I would marry the Hensel twins, for their beauty.

Titus [amazon](#) (1999) ◇ Director: Julie Taymor. ◇ Like other men, the part i really enjoyed and appreciated is the raping of the girl, the cutting off of her tongue, and then cutting off her hands and stick tree branches in the remaining stumps. I avow you to enjoy this timeless appreciation with me. Aside from the rape scene, i just love this movie for so many other scenes, and definitely the orgy scene. The scene where two heads are showcased by a circus-like clod and a red-headed girl is so attractive. The boy in this movie, the Goth queen and her 2 sons, and the black Aaron, and the emperor and Andronicus are all so arresting.

Freaks [amazon](#) (1932) ◇ Director: Tod Browning ◇ film with real deformed people. ◇ Daisy Hilton and Violet Hilton conjoint female twin. Martha Morris “armless wonder”. John Eckhardt, “Johnny Eck, The Half-boy” — a man without hips and legs. Randion “the living torso” ?-1934 — a man without any limbs... Many of the females here are utterly attractive. Daisy and Violet, two sweet and docile heads in one piece. The Cleopatra womanly goddess, not deeds but body. The armless girl with her nubile bare feet. The midget woman Frieda with her sincerity and sorrow. Besides the female attraction, all other freaks here are so utterly cute and lovable. Hercules is the one person in this film that's hateful. This film, reinforced strongly a idea, that happiness is immaterial. Also, that human animals can survive fine without limbs.

Death and the Maiden [amazon](#) (1994) ◇ Great music. Torture.

2001: A Space Odyssey [amazon](#) (1968) ◇ A realistic rendering of the year 2001. A outline of the history of human animals.

The Matrix [amazon](#) (1999) ◇ Love Trinity (Carrie-Anne Moss). Athletic, demure, calm, love lorn, good hearted. A bit under powered, but that's ok. Subsequent Matrix films are crap. I despise those computer programers who's chatting red-pill blue-pill everywhere. F???ing idiots.

City of Lost Children [amazon](#) (1995) ◇ I love the little girl Miette (Judith Vittet) ◇ “Sincerity always wins.” ◇ Comment: fantasy, fairy tale, surreal, gloomy. There are a bunch of queer characters, some are extremely sad. Irvin suffers from chronic migraine, and Irvin is a brain living in a fish tank. Krank, who are of a supreme mind but he is incapable of dreaming. He steals dreams from children but obtains only nightmares.

Blade Runner [amazon](#) (1982) ◇ The character Rachael (Sean Young) in the movie is for some reason sexy. A quite type with potent sexuality. I love the owl too.

Jurassic Park [amazon](#) (1993) ◇ Every character in this movie is quite quirky and fascinating.

The Fly [amazon](#) (1986) ◇ Nice normal scifi.

Apollo 13 [amazon](#) (1995) ◇ Nice normal american heroic happy-ending movie.

饮食男女 (Eat, drink, man, woman) [amazon](#) (1994) ◇ Directed by 李安 (Ang Lee). I love that girl Rachel (played by Yu Chen) working in MacDonalds. She is the supreme dark haired flagrant goddess who reins power and throws attraction in a glimpse that draw my concentrated attention.

When Harry Met Sally [amazon](#) (1989) ◇ Directed by Rob Reiner. ◇ My God, what a beauty, that Meg Ryan, Sally Albright goody two-shoes character. Blonde, blue eyes. Clear blue eyes. Pert and perky smiles. These women go around ensnare men. I am a prey to them.

American Beauty (1999) ◇ Love the two chicks. One for her well-fed American teen-girl mannerism, and one for her youth crisis gothic-ness. [amazon](#).

Disclosure (1994) ◇ Character I love: Meredith Johnson (Demi Moore) ◇ Comment: There's nothing more important in life than the issue of Sex in the Office. Perhaps a American government branch should be erected for all sex related subject matters, with one department focusing on the law, prevention, and enforcement of sex at work. It is also commendable to invest in a tech device that can be embedded into genitals at birth, so that government can detect every illicit sexual intercourse.

Three Colors: Red (1994) ◇ Directed by Krzysztof Kieślowski. The aspect of enjoyment for this film is *watching*. By that I don't mean visual treats, but rather, a story told in visual form. It is not a dramatic story. The film does not engage in sexiness or any apparent excitement of the senses. Instead, it's the aspects of telling a plain story gets you fascinated much in the same way you are curious to what happened to your old friends or acquaintances. I like the judge for his unerring confidence and decisiveness. I like the girl of her sincerity, virtue, and with her fine countenance and delicate body, beauty.

Pulp Fiction (1994) ◇ drugs and shooting people and pussy eating philosophy and sex-slave keeping cops. Pulpy. [amazon](#).

Mulholland Drive (2001) ◇ Director: David Lynch. ◇ Eerie, scary, beautiful. Fantastic lesbian scene to boot. I love the Betty Elms/Diane Selwyn (Naomi Watts) What wouldn't i do for a blonde & blue eyes? I also love waitress at Winkies (Missy Crider). The blonde actress Lori Heuring (director's wife) is also lovely. One too many blonde running around and i'll die in heaven. The raven haired Rita (Laura Elena Harring) is also lovely. [amazon](#) See a clip here: [Llorando \(in tears\) from Mulholland Drive](#).

To sleep with a vampire (1993) ◇ Director: Adam Friedman. ◇ I love stripper Nina (Charlie Spradling). I love her looks, love her attitude, love her mannerism, love her despondency and

destitute. I love her fairly big tits too. She's the dark haired angle. [amazon](#)

Apocalypse Now [amazon](#) (1979) ◇ Often praised as the best film on war ever made. I've never seen so many helicopters flying about like a swamp of dragonflies of the tropic. These helicopters are "death from above". The scene of the chopper attack wrung my heart out of shape. It is the best scene in the film. For the chopper scene, see: [Apocalypse Now: Ride of the Valkyries](#).

Bound (1996) ◇ A very dark black comedy showing the power of love between two womem. It features cutting off of the fingers, one by one.

Silence of the Lambs [amazon](#) (1991) ◇ Character I love: Dr. Hannibal Lecter (Anthony Hopkins) ◇ Comment: The art of culinary on human flesh is the most difficult to master. I'm not much into cooking, but i long to savor a vulva or a tongue. There is a prequel Manhunter (1986) and sequel Hannibal (2001), both are excellent. The latter involves the explicit depiction of eating of a human brain, live, with a lady. Palpitating The latest in the series Red Dragon (2002) is ok.

Chinatown (1974) [amazon](#) If you like suspense, this is one of the greatest. Directed by Roman Polanski. Btw, the film used the name Chinatown, but it has nothing to do with chinatown or Chinese.

South Park: Bigger, Longer and Uncut (1999) ◇ A good, real-life cartoon show for the whole family. [amazon](#)

<http://xahlee.org/sex/masturbation.html>

## Notes on Masturbation, Heartbeat, Midlife Crisis

xah's log, stardate 20110303. Spend 4 hours masturbating yesterday. From about 8am to 12:30 pm. Watched some 30 vid clips on redtube.

Usually, when i masturbate, i hold it from cuming. So, ejaculation happens only after few hours. After initial ejaculation, sometimes i wait for 10 min and ejaculate again. (i think the record might be 4 ejacs in a masturbation session) Been like that for most past 20 years. Not sure why i developed it. I think its from a mentality of wanting to be good in bed, in the same way a young man want to have muscles or wants to be a kungfu master.

coupled with my ascetic and calculating propensity, so the holding became somewhat like a practice of meditation, as the way monks go about doing things.

just to be complete or for the record... i first masturbated when i was i think 11 or 12. I was in bed, sleeping. I don't remember the details, but took a plastic bag and ejaculated into it (so i don't wet the bed). It's the first real masturbation. I was excited, agitated, nervous, and also somewhat fear of being caught. It was also much wonder — I did not know what is going on. I guess most kids of that age felt the same.

Around age 13 or so, i remember i read that heart beat can reach 200 while in orgasm (for young person). For most of my teens to early 20s, i recall that i constantly measured this. Yes, my heart beat has reached 200. I don't remember for sure, but i think 210 is not unusual.

From about 16 to at least 30, i have a watch that measures heart beat. Because of my logic and science propensity, i'm fascinated by the ability to always know my heartbeat. I remember i bought the watch in Montreal Canada, for about \$170 at the time (this is about 1984). The watch is made by Casio. It is a big square, bulky, and comes with a chest belt. The watch is quite nice and well made. For onlookers, they usually think it's a fashion watch (as in some weird-looking ones made by Swatch) The belt has 2 electrodes. You wear the belt on your chest, and it sends signals to your watch. So you can read out your heartbeat. It's one of the early gadget for cardiovascular exercise. I loved the watch, and used it for at least 10 years.

(Remember, this is 1980s, before most consumer have heard of watches that measure heartbeat. I often get the comment on that being a nice watch. When i explained that it measures heart beat, with a belt on my chest, i later learned that some probably wondered if i have some medical problems, but usually didn't ask. (because one day, in ≈1991, my boss asked me that) I wear the watch with the chest belt almost all the time, even though the chest belt is not exactly comfortable (i guess it's like how women would felt about bra). The way i wear this all the time is kinda sci-fi fantasy, where parts of your body is synthesized with electronics. I was into enhanced body parts. (in the same way, i treat contact lenses the same, and almost NEVER took them out, even when sleeping. (which, is rather detrimental to your eyes. Contact lens, doesn't matter which kind, even today, haven't advanced to the degree that it becomes part of your eye. You should take them out every night when sleeping.)) Today there are lots of heart rate monitor watches, under \$50. e.g. "Omron HR 100C Heart Rate Monitor" [amazon](#).)

One of the measure about your cardiovascular health is to measure your heartbeat rate during sleep. The lower, the better. I remember mine is usually 60. The lowest i've reach is 50. (for most of my adult life to about 36, my body condition is athletic in some competitive level. And i have a unhealthy level of obsession towards health food and all ways to increase physical or mental performance. I wanted to be super-man. See: [Diet of Xah Lee](#).)

I haven't measured my heartbeat since about age 36 (2004). I had midlife crises at about 36. This is when, you realized that your body is manifestly going downhill. You are no longer pretty. You are no longer the hot guy. Your hair starts to fall out. You are no longer in the eyes of young girls as potential mate.

I'm now 42. The midlife crises went away at about age 39. This is when you are settled on the concept of being older, and thoughts, perceptions, altitudes change accordingly. Of course, at this age, you are also much wiser. For the great many question, doubts, uncertainties, insecurities about life, friendship, social relations, i now know how to deal with and am confident about. Many of these plague my younger life almost debilitatingly (which is the primary cause of suicide among young). It can be said now, that i know who i am, what i want, and i'm

comfortable being myself (this i think is the most important). (and for those of you who have good family, loving parents, you should feel lucky, because you probably don't know what i'm talking about, and can never know.)

[http://xahlee.org/Periodic\\_dosage\\_dir/t2/intimate\\_behavior.html](http://xahlee.org/Periodic_dosage_dir/t2/intimate_behavior.html)

## Reading Notes on 《Intimate Behavior》

Female breast adoration is ancient. High-breasted virgins, and also slender waist and big rump, for example, are mentioned frequently in [Arabian Nights](#), (≈800 ~ ≈1500).

p.54: ... an ancient Indian love manual advising that 'Continuous treatment with **antimony** and rice water will cause the breasts of a young girl to become large and prominent so that they will steal the heart of the connoisseur as a robber steals gold.'

Not sure what's the source of this. Not sure what [Antimony](#) refers to here. It'd be interesting to search old texts of techniques of breast-enlargement. As far as i know, it can't really be done in any natural way. One way i heard is for example increasing the chest muscles, by for example doing push-ups or similar exercise. But breasts are not muscles. I'm not sure girls doing push-ups will increase the size of the looks of breasts in any desired way.

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p.59. The reason women shave is to exaggerate the sexual physical difference from male (thereby sending out stronger sexual signal). (much like waist reduction, breast augmentation.)

p.59: Depilation has been used in many cultures and for thousands of years. It was practiced, not only by certain 'primitive' tribes, but also in particular by the ancient Greeks, where women went so far as to remove much of the pubic hair as well...

So, bare pussy is not just a modern thing. Needs to verify about the Greek's deeds.

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Then he goes thru the variations. Either reduction of the steps, or some elaboration, in the contexts of cultural differences and other situations. Extreme variations such as rape, arrange marriage, prostitution are also examed. Other associated phenomenon's such as social perceptions of virginity, orgasm, petting, and loveless fucking... are also examed thru different eras.

p.79: Viewed objectively, rape in the human species lacks two important ingredients: pair-formation and sexual arousal.

p.80 points out: rape in other species in theory doesn't have any problems (as a normal form of sexual intercourse for propagation), except that other animals lack hands to grasp and pin the female down, therefore rape isn't widespread in these animals.

p. 80 points out: rape is comparatively easy in human animals, because we have grasping

hands, and besides we can threat of death or injury, or other means to make female unconscious.

<http://wordyenglish.com/lit/foodie.html>

[of those who put “foodie” on their profile in online social networks]

[foodie](#). What a effing word. Offensive to my eyes.

i enjoy food too. I particular enjoy killing other animals, skin them, cut their body, and eat them. The blood and danger is a thrill that keeps me alive. Though, modern society has deprived me the pleasure as well as the labor of the killing, or the pleasure of running a slaughter house. although i imagine if i had to do it everyday just to taste the flesh of a bull or birdie, it'd be becoming a drudge. But it's the basics of life i'd like to keep in touch. This, i would do instead of watching some horror or thriller movies.

so yeah, i enjoy food. But not just eating animals. Plants too. Slash them, uproot them, skin them, eat their seeds and pulps. Hell yeah. To be honest, nuts, broccoli, leafy greens, carrot, ARE among my favorite foods. Usually preferring them raw. And i've been eating lots of them about every other day for the past decade. (not so much broccoli recently) but the word “foodie”... that word carries as much insult as “yuppie”, “emo”, “heavy metal”, “collateral damage” — demented and un-natural by-products of info-age animals who think they are hip n rad.

on the subject of words describing food, i'd prefer: victuals, edibles, sustenance, provisions, ration. For those foodies, i propose you say on your resume: viands lover.

foodies are those human animals who are numb living zombies with undying mouths.

and let's not mention gourmet. Don't remind me those fat rich bourgeoisie. Spare me a dime.

[http://xahlee.org/Periodic\\_dosage\\_dir/tr/google\\_adsense\\_ban.html](http://xahlee.org/Periodic_dosage_dir/tr/google_adsense_ban.html)

## Google AdSense Ban on XahLee.org

From 2005 June 4 to 27, i was briefly on Google's AdSense advertisement program. The following report from them gives a glimps of XahLee.org's traffic.

After my accout reached \$50 and they are obligated to pay according to their policy, then apparently a human from Google took a routinely gander on my site, then kicked me off citing that my site having “racial” materials therefore violated their policy. Quote:

Our specialists have found that your account is not in compliance with these program policies. Specifically, AdSense policies prohibit content containing racial intolerance, or which advocates against any individual, group, or organization. As a result, we have permanently disabled your account.

Google has certain policies in place that we believe will help ensure the effectiveness of Google ads for our publishers as well as our advertisers. We believe strongly in freedom of expression

and therefore offer broad access to content across the web without censoring results. At the same time, we reserve the right to exercise editorial discretion when it comes to the ads we display in our AdWords program and the sites on which we choose to display them in our AdSense program, as noted in our respective Terms and Conditions.

Thank you for your understanding.

I politely emailed back asking that it is reasonable to pay me the due \$50 at least. They agreed. However, i was negligent with my personal finance, and never really checked, knew, or followed up, to know whether they actually paid me. (as far as i know, i don't think they ever did. But during those years i have postal mails piled for months, so i might have lost it. In any case, even if they paid, i never cashed.)

I'm guessing this George Bush "hatred" header warranted Google's ban, at least according to their policy interpreted in a conventional way. Might also be this article linked near the bottom of my home page at the time: [Too Many People on Earth](#), among others.

[http://xahlee.info/w/google\\_search\\_drops\\_traffic.html](http://xahlee.info/w/google_search_drops_traffic.html)

hi, i have question about how google represent my website, and a sudden vertical drop of traffic from google, represented by this image:

<http://trends.google.com/websites?q=xahlee.org>

I have this math project on my website: [Visual Dictionary of Special Plane Curves](#).

This project is the primary content of my website. It has been top search result and traffic for my site from 2000 to 2008 june. (basically, roughly speaking, 70% or more traffic on my website is about math topics in project and other math contents.)

However, i noticed today, that google webmasters sitelink does not even list it. Instead, my website today is represented by keywords such as the following top 10 keywords result:

ass

blondie

orgy

virgin

young girl

lara croft

curves

rebel flag

girls girls girls

parabola

lady

guy

youporn.com

sex position

tony braxton

debbie does dallas

which goes to 2% of my website's pages that are commentary about human sexuality. Google Analytics basically reports the same. (total number of pages on my site is about 3900.)

There seems to be something drastic that happened within the past half year, starting in 2008 June. Basically, the math content, which is the main content of my site, has been downplayed to almost non-existence, while about some 2% of my website's content, that are rather trivial blog style commentaries on human sexuality, became the main representation for my website. My site traffic from google search has been reduced to some 1/3 of 2008 June.

Can anyone give me some idea about what's going on? Here's some specific question i have.

1. why is my major project [http://xahlee.org/SpecialPlaneCurves\\_dir/specialPlaneCurves.html](http://xahlee.org/SpecialPlaneCurves_dir/specialPlaneCurves.html) that has been around for over a decade and widely linked by edu institutions, now seems largely delisted.

2. i don't want the 5% of my blog writings on lurid matters such as porn or sexuality, became my site's representation, because 95% of my site's content are on strictly math and computer science topics. How can i do this?

3. Starting maybe around 2006, i noticed a huge amount of machine-generated spam sites or blogs that insert my name Xah Lee, or snippets of my site's writings. What can i do about this? (often, if i just search my name xah lee or my site xahlee.org on blogs, newsgroups, the results are mostly machine generated spam.)

Thanks.

[http://xaharts.org/misc/design\\_stupidity.html](http://xaharts.org/misc/design_stupidity.html)

## Design Stupidities of the Mundane

Lookout from the driver's view of a 2000 Honda Civic sedan. Look at the huge view-blocking roof-pillar. Are the designers stupid? No. Mostly likely it's because the masses are stupid. If the consumer cared, such huge pillar would be extinct out of competition.

The average masses do not appreciate good design. If you bring it to their attention, often they ascribe nitpicking attribution to you. I care about good design. Often i am at odds with the masses.

Another thing about cars is the car door. It opens side ways. A better design would be sliding doors. Sliding design provides faster access and sans entry-blocking and swinging space.

### Home Stereo CD-doors

In stereo equipment's various doors for CDs or cassettes, in the beginning they are based on a tension-release mechanism thru a spring, so that a push pops them open immediately. Today, the vast majority of spiffy looking home-stereo equipment has motor-driven doors that opens smoothly and coolly and slowly so that you have to wait to appreciate their coolness and

complexity.

A stupidity implicitly demanded by the masses.

## DVD Preface

In the video tape days, you pop in a cassette and fast-forward to skip the ads and begin enjoying the movie. In our DVD digital progress, which provides immediate random access without winding, you pop it in and wait for 30 sec of warnings, ads, and intro sequences that you cannot skip. Then, you are faced with a index, and when you click on it, you wait for it to play dumb decorative sequences for 5 seconds before what you wanted to watch.

## Chairs

For several years in late 1990s, i had a kneeling chair. My body is light weight and small frame, and am very atheletic. The idea of this chair is very appealing, however, i can't say i liked this chair very much. For one thing, you can't just hop onto it. Then, i didn't really feel any supposed ergonomic posture comfort with it. Somehow you are not totally relaxed on it, as if you are doing some kungfu stance. Once sat, your body and posture is kinda fixed on it. You can't move freely or jostle about, for example, when your hear something that cheers you and want to jump up and do victory pose.

In the dotcom days, there became this popular iconic Aeron chair. I think i'll love this chair, but never actually used it.

[http://xahmusic.org/music/take\\_a\\_chance\\_on\\_me.html](http://xahmusic.org/music/take_a_chance_on_me.html)

# ABBA — Take a Chance on Me; Courtship from Evolution Psychology Point of View

What a sweetest song. The lyrics exceedingly describes a common condition among **nubiles**, and in its extreme sweetness and **deference**, of a lover **soliciting** a mate.

The human animals, when it comes to mating, have their own ways and methods. Elements of which have become peculiar items in pop culture, such as “pickup lines” and courtship etiquette, love songs. Let's look at the lyrics.

If you change your mind, I'm the first in line

Implied is that the target animal has showed **disinterest** in the past. And the line “first in line” is so sweet a line in that it shows the pursuer's **meekness** and **deference**, by putting forth acknowledgment of a presumed fact that the target animal would have a line of potential mates

waiting, and yet she reminded him that she is the first.

Honey I'm still free

This line says a ton about courtship. “Honey” is the **colloquial** title of endearment. It is so because honey is sweet, and sweetness is a primal feeling of goodness among human animals. Primal because it came from food, and food is the most important thing in a animal's life. Among feelings associated with food, sweetness is the most good because when a food item tastes sweet it means its composition has high sugar, the most vital form of carbohydrates, which is the primary chemical element of energy source. Among sweet food items, honey is the most universal. Sugar, saccharin, aspartame are modern, synthetic inventions only known in recent era. Beets, sugar cane fruit, molasses, ... are other sweet things, but none comes close to the universality, naturalness, trusted familiarity of honey. She addressed him “honey”.

And she pronounces, that “[she's] still free”. First of all let's look at the word “free”. Free of or from what? Ah, free from other love engagements. This “free” statement tells us that human animals usually court one at a time. Here, “free” means available, open to sexual solicitation. And, the issue of availability is often associated with the female sex. Long story of human sexual ethology aside, it is often the female's availability that's a issue. The short take is that females bear children, and one at a time, while males, are technically free at all times. (That is to say, copulation is biologically meaningful only approximately once a year for females. ). The opposite of “free” here would be “taken”, as that's the phrase sometimes used in courtship. (e.g. in movie [Queen of the Damned](#), in song [Black Eyed Peas — My Humps](#) )

Note she said she's “still” free. That indicates, she isn't always free and may not remain free. So, there's certain urgency in the message. She implied that she's not gonna be free forever, and the point being: “better act now if you are going to want me at all.”

Take a chance on me

The **rub** in this line is that there's some uncertainty involved. Certainly, the mating process ain't a scientific routine. If anything, it's half a chance event, and relationship can break off anytime. In a courtship, it would be foolish to mention this fact bluntly. But in a song, I note how sweet it is, to state such plain truth in **supplication**.

The next interesting line is

If you're all alone, when the pretty birds have flown

“Pretty birds” of course refers to pretty girls. Here, competition in mating is clearly seen. The matingship among animals are almost always **fret** with competition. In fact, competition in mating is a major cause of aggression. This is usually fiercest among males, sometimes fatal. Human males, start to fight for sweethearts starting at highschool. And among females, the competition is less pronounced. 'twas so, 'tis now. Today, we can see tidings of murder for love, on screen or in newspapers.

Besides competition, we gather that prettiness is a precious asset for human female animals when it comes to sexual competition. And here, the singer told us and her target, **diffidently** yet critically, that she may not possess the best quality in prettiness, but she is available. As a proverb advises: “a bird in the hand is worth two in the bush.”

Gonna do my very best and it ain't no lie

Apparently, lying is a common **stratagem** among human animal's walks of life. The **proffering** about “do my very best” indicates that human animals deal with other human animals differently,

apparently do not always “do the best”.

If you put me to the test, if you let me try

Here's another sweet **beseechment**, gently saying she's not going to force a relationship. In courtship, sometimes a party can be pushy. For example, a man can keep showering his target with gifts, without much of the girl's encouragement. Or, a girl can “come on” to a guy, by repeated verbal or body language or displaying her flesh, where the guy showed no sign of interest. Aggressive courting is often a **vexation** to the receiver, because, there's nothing worse than being pursued by someone you are not attracted to.

'cos you know I've got, So much that I wanna do, when I dream I'm alone with you

The multiplication process of human animals is not just: ① meet. ② copulate. ③ departure.

Once a sexual partnership has formed between a couple, usually they stay together as lovers for a significant period of time (e.g. few years), and do a whole lots of other non-sexual things together.

Note the phrase “along with you”. Although **coitus** and other intimacies do not necessitate privacy, but are always done in private as a norm, out of complex social reasons not easily **deciphered**.

We can go dancing, we can go walking, as long as we're together

As noticed in the [essay for ABBA's Dancing Queen](#), dancing is a fundamental mating ritual, and is often the activity for newly engaged lovers.

Listen to some music, maybe just talking, get to know you better

Notable here is the “music”, which originated from natural sounds such as rain, thunder, sea-wave. Although music is not essential in human life, but with respect to entertainment, it is a fundamental mean.

It's magic

Things unknown or not understood are magic, which also comes with a positive connotation, as something wonderful. Here, magic or magicality is **asserted** in her wishful **pitch**.

You want me to leave it there, afraid of a love affair

Sometimes a love affair can be intimidating. Because, if it didn't go well, it can hurt and **wreck** a human animal by non-physical ways. “Blues”, depression, suicide for love are constant and **perennial** since time **immemorial**.

But I think you know, That I can't let go

Sometimes a sexual urge on a particular target can become a **fixation**. We have terms such as “crush”, “**infatuation**”, “having the hots [for]”. It can be obsessive and almost never **explicable**.

'cos I love you so

There she lays the ultimate **edict**. Of all lover's games and trickery, there's none as **exigent**, sincere, and heavy as “I love you”. One way or another, it is the **show stopper**.

[http://xahmusic.org/music/baby\\_one\\_more\\_time.html](http://xahmusic.org/music/baby_one_more_time.html)

## Britney Spears — Baby One More Time

This song, and her song “Oops!... I Did It Again”, are typical of its genre, in showcasing the urge of young females to mate. Coupled with Britney Spears's music video performance, drives in the gist of the song's point.

Particularly interesting in the prologue “yeah yeah yeah yeah yeah yeah”. What does it mean? Its meaning is sensible, when in consideration with the vocalization of it by a nubile female as done by Britney and coupled with the music video's shot of her fleshy pink mouth. In a sense, we can consider it a form of caterwauling.

[http://xahlee.info/Netiquette\\_dir/troll.html](http://xahlee.info/Netiquette_dir/troll.html)

[http://xahlee.org/Periodic\\_dosage\\_dir/srana.html](http://xahlee.org/Periodic_dosage_dir/srana.html)

<http://xahmusic.org/music/index.html>