

# Things to Do

## Twenty minutes with the love doctor

Dr. Ruth may be 87, but she still knows more about sex and dating than you.

By **Jillian Anthony**

**D**r. Ruth has been a trusted source of advice for generations of people hoping to figure out the infinite mysteries of love and life (and what a life—she escaped the Holocaust, joined the Israeli army and moved to Washington Heights in 1956, then became famous). You can catch the psychosexual therapist discussing her newest book, *The Doctor Is In: Dr. Ruth on Love, Life and Joie de Vivre*, in the Bryant Park Reading Room Wednesday 19 at 12:30pm, but in the meantime, find out how the longtime New Yorker would navigate some dating situations that only happen in NYC.

### You just published your 37th book! What wisdom can be found within this tome?

It's all about the thirst for life. Now that I'm 87, I wanted to talk about my history, when I became an orphan at age 10, my travels, my experience being a sniper—I never killed anybody, but I know how to shoot!—and how I keep my positive attitude and restful life.

### What's the sex question you're asked the most?

The most common questions these days concern boredom. I still get a tremendous amount of questions about the inability to have an orgasm for women and premature ejaculation for men. There's much more information available these days, so people should be aware, if there's a problem, not to sweep it under the rug but to do something about it.

### New Yorkers live in cramped conditions. When they're having sex, how can they balance respecting roommates while still expressing themselves fully?

Either you give earplugs to the people who might hear you, or you try to have sex when they're not



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around. Especially if it's people who don't have a partner—it would make them even more sad.

### What do you think of digital apps?

I welcome any dating service if people are intelligent and careful and if you know that people can lie and say they're six feet tall—even if they're four-foot-seven like me.

### How do you feel about casual hookups?

I think most people want to have a relationship with somebody who is there for them, who has a smile when they walk into the room and who is willing to work on problems in the relationship. Even though more people engage in casual sex, I don't think in the long run that this is as satisfying as a relationship with a good sex life.

### Any advice for people who like to go to sex clubs?

Have a good time. If you see a position you've never tried, try it, but not there. I'm very worried about the sex clubs—not about moral issues, but I know there would be more sexually transmitted diseases, unintended pregnancies and more disappointments if there's no relationship coupled with the sex.

### Have you ever been stumped?

If anybody asks me about any sexual activity with animals, I say I'm not a veterinarian.

