

Kiss.....from love to danger!

*“ Upon thy cheek I lay this zealous kiss, as seal to the indenture
of my love ”*

~William Shakespeare

Kiss is a common phenomenon of human behaviour as a way of expressing love with passion. Of course in our country it is a hotly debated topic especially it is taken as the first step towards sexual enjoyment by the teenagers. Kiss when it is on the forehead is considered as blessings from elders when it is given on the hand it is a mark of respect and when on cheek it is a form of affection shown. But when we talk about the kiss on lips it is taken as a deep passion giving meaning of the love with brain and body.

Recently, the US President Bill Clinton came in news when his personal life was exposed and the kiss was one of the debated component and thereafter George Bush, US President during his election campaign exhibited the act of kissing his wife passionately in public making it open that it's not a sin when accepted by the social norms.

Dr. Hobert of West Germany preferred this concept for doing research on it he observed this phenomena at length and conducted many experiments the outcome of his research came with some fascinating and startling results Dr. Hobert explained ; what happens while kissing, as the lips of two persons of opposite sex touch, the first and foremost reaction is in the brain. The sensation and nerves of the tongue act as an active reporter of kiss and convey it through the third branch of the fifth nerve to the brain. The brain transmits it to the spinal cord and then to the nervous system throughout the body. It spreads with the speed of electricity. As this sensation is being conveyed other communication through the nerves are blocked when the pelvic nerves get the news the secretion of adrenal in the pancreas increases leading to the stimulation of the sex glands.

The kissing process has a direct effect on the heart as the adrenaline hormone enters the blood stream causing an increase in the heart rate and blood pressure and the result is that the whole body is shaken and the heart rate may be as high as one hundred and fifty beats per

minute against the normal of around seventy. In order to keep the harmony with the heart the lungs activity also increases and the respiratory rate goes up about sixty per minute against normal of twenty five per minute at this stage the persons start panting and feel exhausted and finally as a result of this activity the blood pressure of the persons in action rises to 180 against the normal of 120.

The above research work done by Dr. Hobert was further enhanced by Prof. Claysorce and Prof. Climbeez who took ECG of the concerned persons in such conditions and as per their findings they maintained that the fat on heart muscles starts dissolving and it is because of this that some Physicians advise heart patients to go in for kissing spree while other doctors refrain from giving such advises and call this act as dangerous for the heart patients. It has also been observed in some cases that when the lips strike there is an exchange of millions of micro organisms and according to Dr. Hobert syphilis, diphtheria, leprosy, tuberculosis, jaundice and small pox etc. can be caused if one of the two persons involved in the process of kissing is suffering from it. During last few years' lot of research work has been done to find out the causes of spreading HIV resulting in the incurable disease of AIDS. In most of the cases the experiments ruled out kissing as a cause of transmitting HIV because the blood contact is necessary for it. But in some cases it has been observed that there may be some internal micro-injuries in the mouth cavity and since there is a lot of exchange of saliva in the process of kissing the remote chances of transmission of HIV are there in case a person is suffering from it.

Sometime back there was an epidemic of flu throughout the world and health authorities publicly requested the people to refrain from the act of kissing for some time because there was every likelihood that it may spread in a wide range . A very interesting revelation came out of the research on kissing when it was discovered that it can lead to lengthening of the back bone. Some researchers gave the shock by emphasizing with authenticity that a single kiss can diminish the life span by about thirty seconds.

Now the alarming threat is for the young people in the age group of 17 to 25 years because the researchers say that kissing can also result in kiss disease called Mononucleosis the reasons for these findings are not known may be it is based on surveys. In today's world there is commercialization of every thing and kissing has also not been left which is evident from various unusual kissing competitions especially in London where it has been organized for the students of Boolwitch Polytechnic School. Number of student boys and girls participated in kissing competition. For example, David and his girl friend Jenny set a record of continuously kissing for one hour and thirty five minutes. However, this record was soon broken in Munich when a couple kissed continuously for one hour and forty five minutes.

The kissing competitions became so famous that after London and Germany the students of Texas College in USA set a record of kissing continuously for nine hours and twelve minutes. It's not the end the students of Eastern College of Washington broke this record by kissing at a stretch of twelve hours. The Guinness Book of World Records recorded the score of kissing by a couple continuously for nineteen hours and twelve minutes but after recognition of this event by the Guinness Book a number of kissing competitions were organized all over the world, lastly the Super Push Corporation, Israel, a branch of the international consumer products company, Colgate-Palmolive, New York, USA, organized a kissing competition in Tel Aviv's main square, Rabin Square, to see which couple could kiss for the longest time. The previous record, set in New York in 1998, stood at 29 hours.

On July 6 2019, international kissing day, a kissing contest was held for couples in fuling red wine town scenic spot in Chongqing, attracting dozens of couples. One couple kissed for 45 minutes and won the kissing championship . Public display of affection, i.e., kissing, cuddling or hugging is considered a taboo in Indian society. India is a country with a diverse culture and is also home to various mindsets which may at times clash. In the past events like Kiss of Love have sparked controversy as couples have also been harassed by the moral policy for violating what they call 'Indian culture'.

While kissing in public may still be a taboo in many parts of India, a town in Jharkhand comes across as a surprising example. MLA Simon Marandi recently organized an event where couples expressed love by kissing each other in public and the one with the longest kiss won the competition. The contest was organized to celebrate love and romance between married couples and is a way to reduce divorce and differences among couples according to Marandi. The annual fair which also includes tribal dance, archery and running has been organized in Dumaria for the past 37 years, but kissing was added this year.

Well year after year world over events are being organized to beat the old records and for that matter different parameters are selected by the organizers in the year 2006 in Hungary a group of 5875 couples passionately kissed by locking lips for ten seconds now the efforts were made to break this record too. The success came quite easily when in 2007 the kissing competition was organized with great extravaganza, balloons fanfare in a hall at manila where six thousands Philippines couples assembled and kissed for ten seconds continuously. Let us see how these records will progress in coming years.

Well , we are fortunate that our country is not in this race. Since, it is considered to be a criminal offence under our law to have such acts in public. I am sure that my young friends in their teens will keep the above biological facts in their mind while expressing their passion of love by means of kissing.

Here are some interesting quotations you may like :

- *“ The real lover is a man who can thrill you by kissing your forehead or smiling into your eyes“*

~Marilyn Monroe

- *“A date once leaned in to kiss me, and he ended up kissing my cheek. He was a little offended , but I did not want to kiss him just to not hurt his feelings. ”*

~ Denise Richards

- *“There is nothing deeper than love. In fairy tales, the princesses kiss the frogs and the frogs become princes . In real life the princesses kiss the princes and the princes turn into frogs”*

~ Paulo coelho

- *“Vin diesel is the best kisser in the world , better than anyone else I have ever had . The most attractive thing about vin is his brain. That’s his most attractive muscle”*

~ Asia Argento

- *“ what does kissing really mean to me? To me, if you feel , when you kiss a girl ,that certain feeling of all those dolphins, like , swimming through your blood stream, and you get good tingles inside your stomach, I don’t think there’s any better feeling.”*

~ Corey Haim

- *“He kisses me once more , on the forehead this time, and then he’s gone . And I know I am young and fairly inexperienced where men are concerned, but I am positive that even when I am 90 years old ill still remember exactly what it feels like to have his lips on my skin”*

~ Rachel Hollis

- *“ Where did you learn to kiss like that? I said , a little breathless . He grinned and pulled me close again. I said, I was a virgin not a monk , he said , kissing me again, if I find I need guidance. I’ll ask .”*

~ Daina Gabaldon

- *“At the first kiss I felt something melt inside me, that hurt in an exquisite way. All my longings , all my dreams and sweet anguish all the secrets that slept deep within me came awake, everything was transformed and enchanted , everything made sense.”*

~ CJ Franks

- *Love and electricity are one in the same , my dear If you do not feel the jolt in your soul everytime a kiss is shared , a whisper is spoken , a touch is felt , then you are not really in love at all “*

~ Hermann Hesse