

THE SIECUS PURPOSE

To establish human sexuality as a health entity: to identify the special characteristics that distinguish it from, yet relate it to, human reproduction; to dignify it by openness of approach, study, and scientific research designed to lead toward its understanding and its freedom from exploitation; to give leadership to professionals and to society, to the end that human beings may be aided toward responsible use of the sexual faculty, and toward assimilation of sex into their individual life patterns as a creative and re-creative force.

April, 1964

SEXUALITY, HEALTH, AND SOCIAL POLICY: A SIECUS STATEMENT

by Evalyn S. Gendel, M.D.*

Sexual health is not a new area in medical terminology, but it has only recently become widely mentioned and discussed in the field of health care. The concept of sexuality as a health entity integral to each human being's total health provided the philosophical basis upon which SIECUS was founded, and was embodied in the opening phrase of the SIECUS Purpose.

When SIECUS was founded in 1964, this concept of sexual health was heralded as a startling breakthrough, yet to those involved in its formulation, it was neither startling nor a breakthrough. Rather, it was the establishment of a framework for a rational perception of sexuality as a fundamental component of personhood throughout the life cycle, neither to be ignored nor sensationalized. It was hoped that through such a construct, the chaotic characterizations of "sex" prevalent at the time, which were the outgrowth of centuries of alternating cycles of repression and expression, could begin to take on an ordering of values and ideas. In essence, SIECUS' original task was the re-education of society about sexuality, incorporating sexuality within the total concept of health.

If total health is to be considered, within the World Health Organization's concept of health as a state of physical, mental, intellectual, ethical, and social well-being, and not merely the absence of disease or infirmity, then the SIECUS Purpose must be applied to the social-ethical questions of our times, questions often enmeshed in legal and social policy issues which must be confronted. Prejudice, vested interest, political power, and invasion of privacy are not new, but during the past few years the explosion of these concerns into public awareness and expression has been frightening to those who are the high-risk victims of social change. Nowhere are the lines of opposition drawn more subtly and viciously than in the area of sexuality where, under the guise of existing or imagined laws, regulations or social policies, both individuals and groups have been intentionally or unintentionally damaged for their beliefs, their research, or their private and personal behavior.

The SIECUS Purpose did not explicitly apply the concept of sexuality as a health entity to specific social policies

Continued on page 3

THE SIECUS STATEMENT OF BELIEF

Sex education, at any age, cannot be effective as long as it occurs in a society which, in many of its aspects, inhibits rational assessment of sexuality as a central force in human behavior. SIECUS' role is to identify and publicize social policies which perpetuate unhealthy attitudes about sexuality and foster alienation from self and others.

SIECUS believes that:

- freedom to exercise personal sexual choice is a fundamental human right;
- such freedom of sexual choice carries responsibilities to self and others;
- these responsibilities call for acquiring knowledge and developing a personal ethical code, in order to provide a rational basis for decision-making in all human relationships.

SIECUS is committed to vigorous efforts to affirm these beliefs.

January, 1973

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SPEAKING OUT

The 1973 Supreme Court decision permitting early termination of pregnancy will profoundly affect family formation, sexual health, and social welfare in the United States. Recent experience in New York, Washington, D.C., and other states where safe, legal abortion services were available prior to 1973 is an indication of what to expect.

Several major health and social changes have been documented: a dramatic reduction in maternal death rates; significant lowering of infant mortality; and reversal of the upward trend in out-of-wedlock births. More difficult to measure but vitally important is the concomitant reduction of maternal and infant morbidity—illness, complications, disability—all part of the “continuum of reproductive casualty.” In the short term, then, abortion has had an impact in the obstetrical and pediatric areas which, in public health terms, compares with the discovery of a new vaccine or a cancer cure.

The chief clients of this uncelebrated milestone in public health are young, single women who are pregnant for the first time. These patients, mostly non-poor (many travelled out-of-state to obtain abortions) report little or no prior contraceptive practice. Does this mean abortion is their preferred method of birth control? Hardly. It is the *only* choice available to many who wish to postpone parenthood in a society in which, until now, *most first births have been unplanned*. Where over 90 percent of these young patients accept contraception when counselled at the time of abortion, we may conclude that a good abortion service is for many in our land the first school for family planning. High abortion rates among young primigravidae reflect several factors, including inadequate sex education at home and school, a growing consciousness of the importance of planning the first child, and a new sense of responsibility and awareness of power to control their own futures.

The long-term results of postponing parenthood can only be guessed, but they are probably good both for individuals and society as a whole. Already we know that young people want and expect smaller-than-ever completed families, of a size consistent with zero population growth. Delayed marriage is very much “in,” and we can expect a subsequent reduction in divorces since early marriage is the single best predictor of divorce. Delayed parenthood with planned birth intervals will enhance marriage and child-rearing. It is sobering if not shocking to remember that until about 1970 most first births in the United States occurred to women age 21 or younger, many women having had a second child by age 21—and most of these births were unplanned. Such a state of affairs is not consistent with mental health or benign family life and it is necessary, albeit regrettable, that abortion be available to set things right. If abortion services are properly set up, e.g., according to American Public Health Association guidelines, low repeat abortion rates indicate that contraceptive practice will improve among sexually active couples.

An eventual drop in abortion rates is to be hoped for and can be expected if health and education professionals

are encouraged and allowed to do their jobs properly; but for a time the new abortion services will reflect high utilization by women who previously obtained illegal abortions or bore unwanted children. Abortion must become and remain a part of comprehensive family planning services in any case since, as Dr. Christopher Tietze has pointed out, the safest effective birth control is provided by a combination of conscientious diaphragm use with early abortion as a backup method. More doctors and patients should be made aware of this optimum contraceptive program. There are psychological risks with abortion, none greater perhaps than when a woman opposed or deeply ambivalent to abortion is pressured to have one. Inensitive use of the procedure is also apparent when genetic perfection becomes the narrow goal, or when it is suggested as a means for choosing the sex of offspring. The advent of abortion is causing a great deal of reexamination in many areas—health, parenthood, the very definition of what is human.

The impact of all this will be nowhere greater than in the area of sex. The conjugal function of sex has long outweighed the procreative function in practice, but not, perhaps, in principle. Now it is finally and abundantly clear that for most people, most of the time, sex will be for non-reproductive ends. What those ends are each person, each community, must struggle to decide. The simplistic dogmas are gone, the biological imperatives and deterrents hardly exist any more, and we are thrown back on our fallible but also wonderful capacities for being human and enjoying it. The test of our success will be whether the next generation inherits an overpopulated sexual wasteland, or something better.

E. James Lieberman, M.D.

SIECUS REPORT

Volume I, Number 6

July, 1973

The *SIECUS Report* is published bi-monthly with volumes beginning in September.

Single copies of this issue are \$1.50.
Bulk rates are available on request.
Subscription information is included on p. 15.

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1855 Broadway, New York, N.Y. 10023

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and cultural values, nor did it attempt to reorient these policies and values. However, SIECUS' Board of Directors, many Professional Associates, and other supporters recognize that awareness of the contradictions in social policy concerning individual freedoms and sexuality is essential to achieving the goals of the SIECUS Purpose. Social issues relating to sexuality must be brought to public attention, and this is a responsibility which SIECUS intends to emphasize, an intention reflected in the SIECUS Statement of Belief which appears in this issue.

From its inception, SIECUS has called for comprehensive educational programs in human sexuality for all age levels, as part of a preventive health approach to sexuality. The SIECUS Statement of Belief not only reaffirms the need for such programs, but also recognizes that the positive, growth-promoting effects of these programs are being undermined or negated entirely by social policies which perpetuate negative and prejudiced views of sexuality. The Statement indicates SIECUS' willingness to support its belief in two concepts which are not only fundamental human rights, but also basic responsibilities of each human being: the right to know, and the right to be sexual.

THE RIGHT TO KNOW

The human condition is subject to psychological, physical, ethical and environmental strains which can affect health adversely, including sexual health. Many years of research have produced a pool of scientific data for the understanding of human sexuality. Pioneers in this field such as Ford and Beach, Kinsey, Kirkendall, and Masters and Johnson, to name only a few, have by their investigations helped increase and expand knowledge of human sexuality among their colleagues in medicine, theology, sociology, psychology, education, biology, and many other disciplines. At the same time, society at large has had the opportunity to learn more about individual and cultural sexual behavior patterns. Individuals who need assistance in resolving problems relating to their own sexuality now have access to the application of this knowledge through new approaches in private practice, as well as in community health and medical settings.

Information and education about sexuality relate not only to sexuality *per se*, but to freedom of speech, to the mandate for compulsory education in this country, and to freedom from censorship. Philosophically, as well as legally, persons at all ages should have free access to learning about themselves as human beings, to family life knowledge, and to many other areas of sexuality which relate to the broad objectives of education. Nevertheless, even where educational public school leadership had developed and supported programs for school-age children, opposition groups, often small in numbers but vocal in appeals to protecting parental "rights," have attempted to stifle sex education programs which provide the information and potential for personal growth needed by young people.

Laws prohibiting sex education fortunately are not numerous, in spite of many attempts in state legislatures. Frequently, however, certain materials are banned by regulation or mandate, and occasionally SIECUS Study Guides and other publications have been among those named. Without SIECUS entering into direct or indirect action in these in-

stances, certain states have dropped such discriminatory policies when professional and parental groups were open enough to review the materials in question and to recognize the opposition tactics being used.

Three recent reports of national commissions—the President's Commission on Population and the American Future, the National Leadership Conference on Venereal Disease, and the President's Commission on Obscenity and Pornography—as well as previous White House Conferences on Children and Youth in 1960 and 1970, supported our young people's right to knowledge about their sexuality by making strong recommendations to broaden and expand family life and sex education programs in the schools. SIECUS' Statement of Belief reaffirms our basic commitment to this right.

THE RIGHT TO BE SEXUAL

The traditional view of the sexual life of an individual is that it begins at marriage and ends somewhere in the mid-50's. However, research has shown that we are sexual from the moment of birth to the moment of death. The very young and the very old, the retarded, the blind, the deaf, the palsied, the paralyzed—all are sexual beings, and have a right to fulfilling sexual lives. Our social policies, institutional regulations, and public attitudes have conspired to de-sexualize, to de-humanize these and other members of our society.

The right to be sexual is not specifically guaranteed by the Constitution. Only seven states have revised their statutes regulating sexual behavior in light of our new knowledge of sexuality, and only recently have the courts begun to apply the individual's constitutional right to privacy to matters dealing with his or her own sexual and family relations. The recent U.S. Supreme Court decision on the medical-social issue of abortion confirms the right to privacy for women, since it is they whose sexual and reproductive systems are involved in abortion, but the decision's foundation rests in the primary right to privacy for both men and women. Nevertheless, the anti-abortion laws of many states remain on the statute books, despite the ruling of unconstitutionality and, although invalid, may remain there.

The earlier U.S. Supreme Court decision of 1965 against anti-contraception laws was based on a similar protection of privacy, with a varied effect on the availability of contraceptive and family planning services and information nationwide. The most profound legal-ethical question in this area today is the provision of services to sexually active minors. A number of states have already passed legislation which permits physicians to prescribe contraceptive services to these minors. Early education about sexuality, together with a concept of self-learning by those who are sexually active, should be linked to the right to contraceptive information and services, thus allowing a choice to take responsibility for sexual activity by preventing unwanted pregnancy. Sexually active individuals, old and young, are often ignorant of the functioning of their own bodies, lack an understanding of sexuality as part of their personality, and are often unwilling to recognize or admit to themselves their own sexual activity.

Although some sexually negative social policies are beginning to change, others persist: laws which discriminate (or are enforced discriminatorily) against homosexual citizens; policies which require the expulsion of unwed mothers

NEWS

FEDERAL SUPPORT FOR OBSCENITY LAW ENFORCEMENT RESEARCH

The U.S. Department of Justice is funding a \$137,000 project to develop "a national scope obscenity law support effort responsive to the needs and preferences of prosecutors' offices throughout the country." The government wants to determine whether a National Center for Obscenity Law would "appreciably increase 1) the willingness of prosecutors to enforce obscenity statutes and 2) the probability of winning obscenity cases at trial and on appeal."

The Pilot Project on Obscenity Law, which began in August, 1972, at California State Lutheran College, seeks to determine if state and local prosecutors want help in enforcing obscenity laws and to test the feasibility of giving such help to them. The project will probe the difficulties of interpretation and enforcement of obscenity laws and try to develop the means by which an enforcement support program might operate.

If funded for a second year, the project will attempt to deliver the kind of obscenity law enforcement support prosecutors want. For a full description of the project write to: Research Administration Division, Law Enforcement Assistance Administration, U.S. Department of Justice, Washington, DC 20530.

WORLD HEALTH ORGANIZATION ASKS: ARE HEALTH PROFESSIONALS COMPETENT TO DEAL WITH HUMAN SEXUALITY?

For the first time in its history, the World Health Organization of the United Nations is investigating the competence of health professionals to deal with human problems in the field of human sexuality. As a first step, in September, 1972, the WHO held a consultation with carefully selected specialists from the major regions of the world. This week-long conference focused on the teaching of human sexuality in schools for health professionals. The

consultation's report, which has been submitted to the Director-General of the WHO, has not yet been made public.

The consultation was called because the competence of health professionals to deal with matters of human sexuality is being widely questioned. In the developing countries, particularly where extensive family planning programs are being carried out, physicians, nurses, and paramedical personnel are often found to be greatly ignorant in all aspects of human sexuality. In the developed countries, the public is finding health professionals ill-prepared to provide the help with sexual difficulties that is increasingly being sought.

David R. Mace, Ph.D., Professor of Family Sociology at Bowman Gray School of Medicine in North Carolina, and former President of SIECUS, served as special consultant to the WHO Secretariat and wrote both the initial position paper and the final report of the consultation. Professor Mace stated: "An investigation which I carried out in preparation for the consultation revealed very clearly that little in the way of relevant teaching in the field of human sexuality is to be found in the curricula of most medical and nursing schools throughout the world.

"The implication of this is clear. Health professionals will either have to be given the training in this area which the public has mistakenly believed they were receiving, so that they can deal with sexual difficulties in an informed manner; or the fact will have to be recognized that health professionals are in

fact not qualified to deal with matters in the sexual sphere."

WORKSHOPS ON SEX COUNSELING/THERAPY

The Reproductive Biology Research Foundation is sponsoring two two-week workshops on human sexual function and dysfunction. Open to educators and counselors working in the field of human sexual function who have attained a Master's degree or Doctorate, the workshops will be limited to thirty participants each. The format will combine lectures with small group discussions.

The first week of each workshop will cover developmental sexuality, anatomy and physiology, sexual response, current socio-cultural influences on sexual behavior, and effective interpersonal communications. The second week will deal with the sociology of marriage and the family, sex and the law, counseling and therapy of sexual inadequacies, homosexuality, venereal diseases, conception and contraception. Workshop A will run from July 16 to July 27; Workshop B will run from August 6 to August 17.

Participants will be selected on the basis of submitted curricula vitae and date of receipt of application. The workshop fee is \$350. Inquiries should be directed to: Continuing Education Workshops, Reproductive Biology Research Foundation, 4910 Forest Park Boulevard, St. Louis, MO 63108.

OCTOBER 26, 1973—A SIECUS CONFERENCE: "SEX: THE LAW AND THE CITIZEN"

Friday, October 26, 1973, SIECUS will sponsor a one-day conference in New York City on "Sex: The Law and the Citizen." The program, while not yet final, will include both plenary sessions and workshops considering the impact of law on the sexuality of the individual citizen. Special presentations will deal with behavioral and medical/health issues.

The conference is directed to professionals involved in the fields of criminal justice, health, welfare and education, as well as to all concerned citizens.

Full details on the conference program, speakers and registration will be announced shortly.

BOOK REVIEWS

The Brothers System for Liberated Love and Marriage. Joyce Brothers. New York, NY: Peter H. Wyden, 1972. (340 pp.; \$7.95).

Reviewed by David R. Mace, Ph.D.

Pick up this book, and you are confronted by a celebrity. Her cheerful, smiling face covers most of the front of the jacket, and reappears no less than twelve times on the back. We are informed that she is one of the ten most influential women in America. Professionally, she is a Ph.D. in psychology, married to an M.D. (who contributes a sparkling introduction to her book).

The success of Joyce Brothers as a writer and radio and TV personality has been no accident. Her book demonstrates her skill. It combines case histories vividly told, research findings adroitly applied, and a person-to-person conversational style that arrests and holds the reader's attention. Since she is not writing here for scholars, she sensibly dispenses with all the trappings of academia—footnotes, references, index, bibliography.

In twenty-six lively chapters she wisely and helpfully covers most aspects of modern marriage. Her main theme is that marriage enslaved the traditional wife, and that her modern counterpart must now free herself; not, however, by renouncing marriage, as some extremists advocate, but by using her native skills to transform it into a true partnership of equals.

How to do this? The "Brothers System" is the answer. It consists of three specific procedures: Make a List; Make a Change; and Put Yourself First. This self-help plan would enable the put-upon wife first to clarify her personal goals, then to realign her marital behavior in the directions likely to achieve them. All this is to be done, if possible, not by aggressive confrontation, but by the kind of subtle diplomacy for which women are said to be inherently well equipped. Play the cards skillfully, and the husbands will reciprocate.

In this reviewer's opinion, Dr. Brothers has written a sound, practical guide to what she calls the "liberated marriage." Wives and husbands alike will find it informative and challenging. A

This book has drawn much feminist criticism with which the review in the March, 1973 issue of the Report did not concern itself. To provide balance we are now offering this second review—Editor.

The Difference Between a Man and a Woman. Theo Lang. New York, NY: John Day, 1971. (413 pp.; \$8.95).

Reviewed by Diane B. Brashear, Ph.D.

This British journalist herewith renews the battle of the sexes. Lang argues that differences exist physically, intellectually, and functionally between man and woman. His major proposition is that these differences are traditional and serve functional needs in society.

In his introduction, the author notes that this is a nonscientific book, and indeed it is. One is reminded of someone who knows a little bit about a lot of things but cannot speak authoritatively on any one subject. This author avoids footnotes as well as theoretical orientation, yet psychoanalytic interpretations seem to dominate the book. Lang cautions his readers at several points that there are hazards in all sexual generalities, all the while generalizing himself. Chapter upon chapter does not account for variations among sexes. Arguments that all women are less muscularly strong than all men; that women's brains are smaller than men's brains; that women's creative intellectual capacity is less than men's are stated and defined by superficial logic based on skimpy data. Many of the areas the author explores have yet to reveal any conclusive scientific evidence. In the chapter on the act of sex, findings from studies of Masters and Johnson could have altered significantly the author's conclusions, but he ignores them. Homosexuality is briefly mentioned as an aberration.

At the risk of being called a female chauvinist, I should also like to point out that there is a glaring absence of any discussion of the impact of culture upon masculinity and femininity. Characteristics of the female's behavior in a primitive culture cannot be generalized

to a more complex urban culture.

Professionals would fare better to read *The Development of Sex Differences* (Eleanor Maccoby), which objectively provides different and differing theoretical approaches and accompanying data to this age-old question. Lang's book appears to be the whimsical musings of one man. A, PR

The Goals of Human Sexuality. Irving Singer. New York, NY: W.W. Norton and Company, Inc., 1972. (292 pp.; \$6.95).

Reviewed by Mary S. Calderone, M.D.

The Introduction and first two chapters of this interesting book are in a vein different from the rest of the book. Dr. Singer is Professor of Philosophy at Massachusetts Institute of Technology, and it is refreshing and welcome to have the approach of his discipline brought to bear as a balance to the far greater number of publications on human sexuality from the fields of medicine, physiology or the behavioral sciences.

The Introduction argues for understanding of the pluralistic nature of sexuality, including of the orgasm itself. In Chapter Two Singer identifies two types of sexual response, one the sensuous and the other the passionate. It would seem that the sensuous as he describes it may involve orgasmic release but not necessarily, being primarily an extension of Masters' and Johnson's "sensate focus." In contrast, the passionate type of release always involves orgasm, but not necessarily derived from sensuous experiencing. In the midst of our compulsively orgasm-centered society, he is rewarding in his recognition of a more generalized kind of sensuous release of tension and, in fact, his argument falls into line with Masters' and Johnson's well taken point that the fullest sexual responsiveness arises out of recognition of "the trip" as being more important and rewarding than concentration on "the arrival" alone. Additionally, he points out that

eventually, in aging, sexual responsiveness tends to move towards the sensuous and away from the passionate or primarily orgasm-centered, but with no lessening of full satisfaction necessarily resulting.

Unfortunately, for this reviewer the rest of the book bogs down into over-long discussions of the orgasm itself, primarily that of the female, with one chapter devoted to the male and with recognition given to several different types. Thus what promised to be an interesting philosophical discussion of the relationships between pluralistic patterns of sexual responsiveness as they might derive from certain kinds of personality structures or relationships, turns out to be yet another of the many examinations of female orgasm and its nature. The direct quotes from writings or patients, however, do reinforce what so many women have emphasized to male researchers: even though the orgasm, by whatever measurements you make of it, is the same whatever the nature or source of the stimulus that produces it, the fact is that orgasms are subjectively *felt* or *perceived* to be different by different women, and at different times in the experience of the same woman. The last chapters of this book simply move into re-examination of this thesis and try hard to make it interesting and come up with something new about it. PR

John & Mimi: A Free Marriage, John and Mimi Lobell, New York, NY: St. Martin's Press, 1972 (159 pp., \$5.95).
Reviewed by Gilbert M. Shimmel, Ed.D., M.P.H.

This is a thin, little book both in size and in literary merit. It is not well written and fails to make the grade either as outright pornography or as a serious espousal of "free marriage."

It purports to be dedicated to the premise that sexual intercourse permits (and is necessary to) the total exploration and development of a relationship with another person. This reviewer's criticism is not with the basic premise but with the fact that once stated, it is totally ignored. Beginning with John's first encounter in which he brings a woman home and has coitus with her—with Mimi an interested observer—there is no further attention to relationships. The sexual encounters of both husband

and wife are described by numbers of orgasms, positions and various physical reactions.

The impersonal nature of their sexual activities is epitomized by Mimi's statement after a party, "I had ended up fucking with most of the men, sometimes in complicated spontaneous combinations." Hardly a paean to relationships.

A

Man and Woman, Boy and Girl. John Money and Anke A. Ehrhardt. Baltimore, MD: The Johns Hopkins University Press, 1972. (310 + xiv pp.; \$12.50 cloth; \$3.50 paper).

Reviewed by Wardell B. Pomeroy, Ph.D.

This book, subtitled "differentiation and dimorphism of gender identity from conception to maturity," is a treasure trove of information on the subject. It is written in technical language which will not be easy reading for the lay public, for whom I hope someone will make a translation into simpler terms. The authors have attempted this by a summary of the book in Chapter I and by adding a glossary—both very helpful.

Now, for the substance of the book. To this reviewer, the authors have admirably demonstrated the interaction between genetics and environment rather than their dichotomization. Social science has been saddled with the "problem" of weighing the two influences for the past century, but here we find a utilization of hard data from both animals and humans which correlates and synthesizes the nature-nurture controversy.

The authors bring new insights into the subject of the establishment of gender identity by pointing out its similarity to bilingual language acquisition. This new twist helps one better understand not only transsexualism, but also, and more importantly, the development of gender identity in normal males and females.

For the first time (to my knowledge) there emerges from this book a lucid, comprehensible discussion of why there are such striking male-female differences in transvestism, other fetishes, homosexuality, transsexualism, exhibitionism, voyeurism, and sexual response to psychological stimulation in general. Explanations of the genetic substrate, neural mechanisms, input

from prenatal and postnatal male and female hormones, and of the environmental effects on the organism are all skillfully interwoven so that a balanced picture emerges.

In their epilogue, the authors conclude: "All the words in all twelve chapters of this book do not add up to give the power of prophecy as to how any given individual child will grow up sexually and psychosexually. There are many intervening variables still to be ascertained, and many opportunities for fate to let chance make decisions. Impressive as may be the growing body of knowledge on human psychosexual differentiation, no one concerned with research need feel like Alexander, crying for lack of new worlds to conquer."

PR

Marriage Encounter: The Rediscovery of Love. Antoinette Bosco. St. Meinrad, IN: Abbey Press, 1972. (128 pp.; \$4.95).
Reviewed by William H. Genné, M.A., B.D.

Here is a warmly written, anecdotal account of the origins and growth of one of the most rapidly expanding married couples movements in the country.

Essentially, Marriage Encounter is a program to develop deeper communication and a heightened awareness of the spiritual factors at work in the relationship of a couple. The program involves the couple in a weekend away at some resort or retreat center with a lead couple and a spiritual counsellor. The major portion of time is spent by the couple alone carrying out directed exercises in communication and awareness. Certain well-developed techniques are followed which provide the basis for continuing communication after the couple returns home.

Marriage Encounter was developed by a Roman Catholic priest, Fr. Gabriel Calvo, in Spain. It came to the United States under the auspices of the Christian Family Movement in 1967, and in the space of five years has developed a nationwide organization and a network of participants numbering thousands. The movement has also spread throughout Europe and the Orient.

Ms. Bosco does not gloss over the

criticisms that some couples have expressed nor the tensions that are felt in the various segments of the movement. However, it is refreshing to read the testimonies of many of the couples who have participated in it.

Protestant and Jewish couples have been included in some Encounters and there are the beginnings of similar movements among these faith groups, in which the basic methodologies are certainly applicable. A

Marriage is Hell. Kathrin Perutz. New York, NY: William Morrow, 1972. (181 pp.; \$5.95).

Reviewed by David R. Mace, Ph.D.

Modern marriage certainly needs critical re-evaluation, which should be done objectively by qualified persons. This book is a perfect example of how it should not be done.

The author is a sophisticated young woman in her thirties who in adolescence "often thought of suicide and nihilism" (p. 87). She has one child, has had three abortions, and is apparently now married. She possesses a good mind and displays considerable writing skill.

Commissioned to present "the case against marriage," Ms. Perutz hurls tirades of abuse at all our cherished institutions in an outpouring of pungent, scathing language. Dabbling in history and in anthropology, she selects material to support her predetermined conclusions, and goes so far as to alter the emphasis of a Westermarck quotation by omitting the key sentence. Open-minded inquiry is wholly lacking—her approach is that of the relentless assault.

Among the book's few redeeming features are: the recognition that men as well as women suffer in modern marriage; a perceptive discussion of our enslavement to sexual performance; and a few kind words at the end for really good marriages. Despite these crumbs of positive thinking, and a honeyed commendation on the jacket from Ashley Montagu, this reviewer's overwhelming impression was that writing of this kind serves no useful purpose, save to provide grim entertainment for the soured and the cynical. A

On Pilgrimage: Marriage in the '70s.

John H. Snow. New York, NY: Seabury Press, 1971. (147 pp.; \$4.50).

Reviewed by the Rev. William H. Genné, M.A., B.D.

This unusual and interesting book attempts to place marriage in its social context and to understand how the institutions of a rapidly changing society touch and affect the intimacy of marriage.

The book, however, goes beyond its description to suggest a new context of meaning within which couples may make some sense out of their marriage and find it rich and rewarding.

The author's major thesis is that a revitalization of marriage could effect change in many other institutions in our sick society, and that a truly human reformation of our institutions may begin precisely at this point.

The book suggests a style of life together for the days ahead which is intriguing in its possibilities and well worth the attention of every person pondering life in the '70s. A

transmitted his *areté*—his manly virtues of both body and mind—to the younger man. (For this reason such relationships between slaves and their young charges were strictly forbidden—a slave could not transmit *areté*.) But these relationships in no way precluded the subsequent heterosexual development of the youths, nor did they displace the ongoing sexual relationships of the older men with their women. The author's elaboration of how these early widespread homosexual practices were gradually undermined and ultimately strictly forbidden under Judeo-Christian law makes fascinating reading and provides a valuable perspective on the cultural relativity of human sexual mores. It also clearly confirms the fact that contemporary psychiatric definitions of homosexuality as "mental illness" are basically affirmations of current cultural value-systems rather than scientific conclusions.

If I were to find any fault with the author's thesis it would be primarily with his uncritical acceptance of an "autonomous aggressive drive" unrelated to environmental circumstances, and also with his too facile assumption that homosexuality in man is a basic instinctual component rather than a learned outgrowth of the sexual multi-potentiality of human beings. These are minor shortcomings however in the total body of the author's thesis. A, PR

Phallós: A Symbol and its History in the Male World. Thorkil Vangaard (translated from the Danish by the author). New York, NY: International University Press, 1972. (208 pp.; 28 illustrations; \$9.00).

Reviewed by Judd Marmor, M.D.

In this rather engaging yet scholarly volume, the author, a Danish psychiatrist and psychoanalyst, discusses the phallus as a symbol of masculine power and dominance, tracing its roots in history, literature and art. An important corollary theme in the book is the author's conviction that a biologically normal "homosexual radical" exists in all heterosexual men. His detailed discussion of how the Dorian Greeks (more commonly known as the Spartans) elevated the erotic relationship between mature men and young boys to a highly valued and ritualized cultural practice is particularly interesting. The Dorians considered the pederastic relationship between a noble man and his chosen young lover as a crucially important way in which the older man

Sex and Birth Control: A Guide for the Young. E. James Lieberman, M.D., and Ellen Peck. New York, NY: Thomas Y. Crowell Co., 1973. (224 pp.; \$5.95). Reviewed by Gary F. Kelly, M.Ed.

This book is one of the most significant publications on sexuality for young people to appear in some time. This reviewer was impressed by the clarity, sensitivity, timeliness, and honesty of the presentation.

There is a distinct value framework which forms the foundation for the entire book, a fact which the authors stress in the Preface and throughout the text. It is a framework which calls for a responsible, informed approach to sexuality and to human relationships, while expressing the utmost "faith in the readiness of young people to learn and do what will help them cope bet-

ter with vital relationships, and to govern their own futures wisely." Not all readers will react positively to some of the conclusions reached through that value orientation.

The first three chapters deal realistically and honestly with the sexual dilemmas of young people living in the comparative sexual freedom of today's society, emphasizing in various ways that "sex takes intelligence—brains as well as body feelings." Chapter Two is an excellent myth-shattering summary of various statistics and studies which relate to the sexual knowledge, attitudes and behaviors of young people. The chapter on "Abstinence" discusses various reasons for postponing sexual experience and deals sensitively with questions which might aid in the determination of one's readiness for sex.

The book's major thrust is to encourage sensible and responsible use of birth control. Thus, single chapters are devoted to the history, technical details of use, and effectiveness of each of the major methods of contraception. Other, less useful methods, as well as abortion and sterilization, are each thoroughly discussed. Each chapter ends with a "nitty-gritty" question-answer section. Throughout, there are case studies and quotes from young people which keep the textual material fresh, lively and relevant.

The last five chapters deal with important areas which affect the lives of all young people—directly or indirectly—and are often foremost in their thoughts: venereal disease, sex education, "normal" and "moral" behavior, the future of marriage and parenthood, and over-population. I would have thought it impossible to devise new and interesting approaches to any of these topics, yet Lieberman and Peck have done so admirably. This book, from its very roots, encourages young people to take time to explore, discover, and build the principles and values by which they will live their sexual lives, without ignoring the fact that some degree of experimentation and error is inherent in any building process. It also recognizes that sexuality is only a part of a total self, and that careful attention to the whole self is necessary for the development of a healthy, responsible sexuality. I encourage young people to read this book and highly recommend it to adults, particularly to parents and teachers. **LT, A, P, PR**

Sex Talk. Myron Brenton. New York, NY: Stein and Day, 1972. (182 pp.; \$6.95).

Reviewed by Lorna B. Flynn, M.A.

Sex Talk is a book which a lot of people would like to have written. It is a natural evolution from Eric Berne and Julius Fast. Its major premise is that, in spite of the increasing openness evident today regarding sexuality, we are basically sexual illiterates. We cannot talk openly about personal sexual matters and we use nonverbal means (e.g., the way we dress, the sexual positions we favor, the way we as parents act in the presence of our children, etc.) to communicate our sexual messages.

Brenton, the author of several other books on sexuality for the lay public, points out that we learn to be tongue-tied about sex very early in life when euphemisms are substituted for words like penis and vagina. The situation is compounded when as children we hear sexual terms being used pejoratively and to express anger. By the time we reach adulthood, we can only use non-verbal methods of communicating about sex, or at best we can only intellectualize about it; we cannot deal honestly with our own sexual feelings.

The author, drawing on the wisdom and expertise of many counselors and educators, suggests that many minor problems in relationships could be solved without professional help if we learned how to communicate verbally about sex. The first step, he believes, is getting in touch with ourselves and our feelings, including our fantasies. He gives sample sex history questions used at the University of Minnesota. He also describes techniques for getting to know one's body used at the Center for Marital and Sexual Studies in Long Beach, California. Brenton shows how adults can begin to talk about sexual desires with their partners, and emphasizes that before such a discussion can take place, the instigator must know for sure what he or she wishes to get out of it.

Several sections of the book are devoted to communicating with children and teenagers about sex. An important point made is that adults often interpret many of a child's questions and comments as sexual when in fact they are not. For example, a girl who expresses the wish to have big breasts may just mean that she wants to be a grown-up woman one day. One chapter of the book deals with judging whether

a specific physician or counselor is open to sexual discussion.

The book is well written and includes a short list of suggested readings. While *Sex Talk* contains a good deal of food for thought, there are no strikingly new ideas presented. However, Brenton is able to put into words the thoughts that many people in the field have had about the important topic of sexual communication. This is an especially useful book for parents. **A, P**

Sex Therapy. Irving Kirsch and Brenda Smith. New York, NY: Brandon Books, Inc., 1973. (192 pp.; \$1.25 paperback). Reviewed by Helen S. Kaplan, M.D., Ph.D.

Because of the great and urgent need for sexual information and treatment, we must be prepared to expect some exploitation of the data which is now emerging. Such opportunism, however, is most disappointing when it comes from professionals.

Sex Therapy was written by two graduate students in psychology. It contains some good elements. In a sense this makes the overall negative and exploitative aspects of the book even more unpalatable.

The book is divided into nine chapters. The first two consist of simple and sensible discussions of sexual dysfunctions and "deviations," and descriptions of the Masters and Johnson established stages of sexual response. The sections contain minor inaccuracies, but on the whole are clear and of value for public education.

The next chapter, "Overcoming Sexual Inadequacy," contains descriptions of some of the sexual tasks which are employed by Masters and Johnson in their treatment program. The descriptions are well written and indeed constitute the chief merit of the book.

However, the authors, who should know better, claim that readers of this book who "do it themselves" will be cured of their sexual dysfunctions. Not surprisingly, they offer no evidence to support this contention. Actually, it would be an exceedingly interesting experiment to evaluate the outcome of giving dysfunctional couples directions for sexual interactions without further therapeutic intervention. My guess would be that some few couples with

isolated dysfunctions might indeed benefit from these suggestions. However, it is the impression of clinicians engaged in this work that the therapeutic handling of resistance and the obstacles which are revealed by the prescribed experiences are crucial ingredients of sex therapy. Therefore, one would predict that only a minority of dysfunctional couples would benefit from a self-help program.

In all fairness however, while there is a good probability that many dysfunctional couples will be disappointed as far as outcome is concerned, I don't see how the suggestions for self-therapy would be of harm.

The remainder of the book is devoted to a rather sophomoric review of some current concepts of psychopathology and methods of psychological treatment. There is a heavy emphasis on the theories of Carl Rogers which is surprising, since he has not made his major contributions in the area of sexuality. I am at a loss to explain the inclusion of this material in a "do it yourself" sex manual, except perhaps as window dressing in the attempt to obscure the opportunism of this book and to lend it an aura of scientific authenticity.

The final chapter has merit. It deals with the constrictive and destructive social matrix from which so many sexual problems spring. A

Sexual Latitude: For and Against. Harold H. Hart. New York, NY: Hart Publishing Company, Inc., 1971. (272 pp.; \$2.45 paperback).

Reviewed by David R. Mace, Ph.D.

This symposium with fourteen contributors is one of a series on controversial issues of the day. The publisher, acting as editor, invited the writers to speak their minds on the subject of sexual latitude.

The contributors, including Bruno Bettelheim, Albert Ellis, and Vance Packard, represent the fields of anthropology, ethics, psychiatry, psychology, sociology, and theology. What is refreshing is that, in addition, there are contributions from persons, not professional specialists, who speak for a wider public—including young people in their twenties.

If the book purports to be a debate on

the subject, the contenders are unfairly matched. By this reviewer's count, seven of the writers favor sexual latitude, and only two oppose it. The remaining five can be classified as discussing the subject objectively, without taking sides. The two solitary opponents consist of a theologian who is platitudinous, and a psychiatrist who is persuasive.

However, this imbalance doesn't really matter. Most of the writers have something to say, and say it well. Reading their opinions one after the other has a cumulative effect, conveying vividly the utter confusion we are in about sexual behavior, and the impropriety of making authoritative statements or dogmatic utterances. It presents, also in microcosm, our desperate need for dialogue, more dialogue, and yet more dialogue, as the only means of arriving at an ultimately valid consensus.

The chief merit of the book is that it exemplifies precisely such dialogue, and shows that sex is not the prerogative of the experts; the common people must also be heard—even the frenzied outburst of John Paul Hudson, a young nightclub singer with an apocalyptic vision of sex *über alles*. Not least, youth must be heard; and this reviewer records with pleasure that for him the most thoughtful chapter in the whole book, profoundly perceptive in its insights, was written by Leah Wallach, a twenty-two year old girl with no particular credentials in the field. A, PR

Society and the Healthy Homosexual. George Weinberg. New York, NY: St. Martin's Press, 1972. (150 pp.; \$5.95). Reviewed by Judd Marmor, M.D.

The issue of whether homosexuality is a mental illness or just an alternative sexual preference continues to be a controversial one. In this slender volume, the author, a psychologist and practicing psychotherapist, argues eloquently and passionately against the illness theory of homosexuality. The real "disease," he insists, is the problem of what he calls "homophobia"—the fear of homosexuality on the part of heterosexuals, and the self-loathing exhibited by some homosexuals themselves. He urges homosexuals to overcome such feelings and to accept themselves with dignity and pride. "The essential issue," he points out, "is not whether one is

homosexual, but how the person handles his homosexuality if he is." The author also pleads for greater acceptance and understanding of homosexuality on the part of society. Two useful sections advise homosexuals on how to break the news of their homosexuality to their parents, and parents on how to respond to and deal with their homosexual children.

The author decries all efforts to "convert" homosexuals to heterosexuality and writes as though all treatment methods are forcibly impressed upon unwilling homosexuals, ignoring the fact that in many instances, at least, the "conversion" is strongly desired. Nevertheless, the points that conversion should not be urged on homosexuals routinely, and that "treatment" for homosexuality *per se* is not indicated in the majority of instances, are well taken. Unfortunately, the author perpetuates the myth that all psychoanalysts and psychiatrists will try to impose such treatment of homosexuals, and does not seem to be aware of the fact that increasing numbers of such physicians no longer think in such traditional terms. To create distrust of all psychiatrists and psychoanalysts among homosexuals is doing them a disservice, and may prevent them from seeking psychiatric help when they really need it for other reasons. It is regrettable that in the process of destroying old stereotypes, the author finds it necessary to foster new ones.

On the whole, however, this is a useful book, that deserves wide circulation among homosexuals, parents, mental health professionals, and others whose work brings them into significant contact with homosexuals of either sex. A, P, PR

STAFF CHANGES

Following the resignation of Ms. Victoria Sanborn as Publications Officer, SIECUS' Publications Office and Office of Research Services have been combined into a single Department of Publications and Informational Resources. The Director of this new department is Frederick E. Bidgood, M.A., for the past two years SIECUS' Education and Research Associate.

AUDIO-VISUAL REVIEWS

Audio-visual material is reviewed by Derek L. Burleson, Ed.D., SIECUS Director of Educational and Research Services, unless otherwise indicated.

Human Sexuality Film Series: Achieving Sexual Maturity, 21 min., \$250; **The Sexually Mature Adult**, 16 min., \$200; **Venereal Diseases**, 17 min., \$200; **Contraception**, 23 min., \$275. 16mm, sound, color. John Wiley & Sons, 605 Third Avenue, New York, NY 10016. Price: \$800 for full series; also available in Super 8mm cassette.

These four films are being reviewed as a series since they represent a departure in several significant ways from other educational films on similar or the same topics. The most obvious and for some the most controversial innovation is the use of live, nude models in sequences dealing with anatomy, sexual response and contraception. We have many words to describe the display of the nude human form—lewd, pornographic, explicit, artistic, educational—the choice of adjective depends on the viewpoint of the beholder and the setting in which the nude form is displayed. The producers of these films have proceeded on the assumption that older adolescents today want and need accurate and straightforward information about sex. Educational materials on sex have for too long dealt in euphemisms and have avoided topics of greatest concern to young people. These four films directed at college-age and upper senior high school students attempt to rectify the shortcomings of existing A-V resources with explicit presentation of factual material which involves the human body in its natural state.

The second innovative feature of these films is the technique used to deal with attitudes and feelings. While the prime goal of these films is to impart basic information in a systematic fashion, exploration of attitudes and feelings is skillfully integrated into the script through the use of voice-overs by young adults who comment on their bodies, their sexual experiences, and their relationships with others in a candid and frequently explicit manner. So, while these films have to be considered first as information-giving, they go

further by providing attitudinal content which in turn becomes a starting point for good discussions in the classroom.

Achieving Sexual Maturity, the first film in the series, covers anatomy, physiology, and sexual development throughout the life cycle. Using adult male and female models and animation sequences, the process of maturation, fertilization, embryonic development, and menstruation are clearly presented. More detailed discussions of endocrinological functions are included than is usual in films of this type. Masturbation is shown in both sexes and is treated as a normal aspect of sexual behavior. The biology of sex tends to get the lowest ratings by students asked to evaluate their sex education courses, particularly by college students who have already learned it in junior and senior high school. This film at least offers the inducement of a more sophisticated approach to subject matter content which may be "old hat," but which many surveys show is not well understood even by college-age students.

The Sexually Mature Adult, the second film in the series, might better have been titled *The Sexual Response Cycle* because it deals primarily with the four phases of sexual response identified by Masters and Johnson in their research. Using both live models and animated diagrams, the film shows responses of couples in various stages of sexual foreplay and intercourse. Narration includes men and women recalling their feelings during lovemaking. A welcome feature is the discussion of sexual expression in older men and women, "news" to many young people.

Educational film-makers at this point in time have few guidelines when dealing with erotic subject matter. Inevitably, questions of taste and appropriateness enter into decisions of how and whether to film the act of sexual intercourse for the unselected audiences one finds in classrooms. This film attempts to resolve these questions by showing only upper torso views of cou-

ples in various forms of embrace. Some will consider this a compromise for marketing acceptability; others will reject outright even this much explicitness as inappropriate for the classroom. But the underlying question is pedagogical: Is film the best medium for presenting information about the sexual response cycle? Or are print, diagrams, and audio material better suited to the topic? For the emotional and physical aspects of sexual response, this reviewer would choose audio materials. Fortunately, the sound track of this film does cover these aspects to some degree.

Venereal Diseases covers the usual topics of myths, causes, symptoms, and treatment of syphilis and gonorrhea, as do most of the VD films coming on the market. Through the use of interviews with patients at a VD clinic it does a better job than most of catching the human element. Special attention is given to the public health VD contact investigator. The best compliment I can give this VD film is that I think it will be accepted by young people today. It doesn't push the panic button; it doesn't try to be cute; it doesn't have a Hollywood star lecturing to the kids. It is serious, it is informative, it pulls no punches, but most important, it is believable.

Contraception, the last film in the series, provides a thorough explanation of the various methods of contraception, including the rhythm method, and their relative effectiveness. For college audiences this straightforward informational approach seems most appropriate since surveys of college students show that, while they are aware of contraceptives, many have misconceptions and partial information about how they do or don't work. Sterilization in both the male and female is discussed as a permanent form of contraception, and therefore the choice of a young man looking hardly out of his teens as the vasectomy patient in the film is most unfortunate. Times are changing, but vasectomy is still not recommended for contraceptive pur-

poses for college-age men!

These four films should all be pre-viewed before purchase. They will not be acceptable to all. They do provide college level audio-visual resources in sex education which are very much needed.

The following is a special two-part review of an innovative resource of interest to physicians, counselors and the lay public.

Overcoming Sexual Inadequacy. 12 cassettes (24 sides), 7 hours. Instructional Dynamics, Inc., 166 E. Superior St., Chicago, IL 60611. Price: \$79.95.

Reviewed by Lester A. Kirkendall, Ph.D., and Daniel H. Labby, M.D.

This set of twelve cassettes on Human Sexuality, requiring seven hours of total listening time, covers materials which a marriage counselor might consider when working with a couple trying to cope with a sexual problem. The individual cassettes are: "Does Sex Come Naturally?"; "How to Find Your Potential"; "Relax and Enjoy It"; "Some Damaging Myths about Sex and Orgasm"; "Recent Important Findings on Orgasm"; "Non-Coital Sex—Why and How?"; "Difficulties in Female Orgasm—and What You Can Do About Them"; "How Men Can Restore and Maintain Erection"; "How Men Can Last Longer in Lovemaking"; "More About Vaginismus and Other Types of Female Difficulties"; "Variety Keeps Your Marriage Alive"; "Learn to Talk Over Sex with Your Partner."

Dr. Neiger, who prepared the cassettes, hopes they will enable couples unhappy with their sexual adjustment to work through their own problems, especially when a therapist is not accessible to them, or when they cannot afford the time or money for prolonged counseling. The cassettes, when used as an adjunct to counseling done by a professional, should cut time in treatment.

In their preparation Dr. Neiger has observed several important points. He suggests that couples express their intention to their physician or a marriage counselor before they start working with the cassettes. This professional should be quite clear about what the couple plans to do so that there is

someone to whom they can turn in case of difficulty. In any event, couples should definitely have a careful medical checkup before they start using the cassettes on their own.

Clinically, the tapes are sound. The Masters and Johnson findings and other research are incorporated. However, Dr. Neiger believes that sexual difficulties are seldom physical in nature, though he does recommend a physical examination as a starting point. The clinical details are there to start communication between the couple. Failures in communication, Dr. Neiger feels, are at the heart of most sexual problems, and he never forgets to urge the need for such communication as essentially the heart of the whole venture. The success of the cassettes as a therapy effort depends on whether they can provide the stimulus for couple communication.

Dr. Neiger tries to provide this stimulus by looking at sex historically and cross-culturally. He tries to relieve anxiety whenever he can and he injects a sense of humor. His attitude is accepting and understanding. He reinforces his point of view by referring the listening couple to paperbacks which will offer additional information. Dr. Labby, co-author of this review, as one who is involved in sexual dysfunction therapy, found Neiger's advice basically sound and seriously considered. Therapeutic styles vary considerably among therapists: at times Dr. Neiger's tone appears to be strongly directive, but because these cassettes are to be used in the absence of a personal therapist, this is probably an advantage. One effective device is the use of cross-references at various points when the listener is referred to the same point explored in greater detail on another cassette. Although Dr. Neiger recommends the ready use of vibrators and vaginal dilators, the clients are referred to their personal physician for precise instructions at these points. In addition to the specific sexual information and clinical guidance, there is good, reinforcing, general psychotherapy which this reviewer found to be sensitive and sound.

One answer to the caveat that dangers may exist in approaching therapy in this way is that there is risk in any form of therapy. There is certainly a better chance for success here if the couple observes the precautions suggested by Dr. Neiger and is willing to communicate, than is likely if they resort to the sensuous "how to" books which are now for sale everywhere.

We believe that Dr. Neiger has made a valiant effort to help many couples who are experiencing sexual dysfunctioning, but who under ordinary circumstances cannot go to a counselor. We hope that experiences with these cassettes can be reported to Dr. Neiger so that a careful evaluation of them as a therapeutic device can be made.

Reviewed by James Leslie McCary, Ph.D.

With the appearance of Stephen Neiger's excellent cassette series entitled *Overcoming Sexual Inadequacy*, a new dimension has been added to sex education. I say sex education rather than sexual treatment, because Neiger's program encompasses far more than techniques for overcoming sexual inadequacies. To be sure, his discussion of causality in the most common forms of sexual inadequacies is noteworthy, as is his detailed step-by-step program for overcoming them. But his series is much more far-reaching; it is, in fact, a broad sex education program, which can be of great value to laymen and professionals alike.

Professionals in the field of human relations are often seduced into buying books, films, and the like by advertisements or reviews declaring that the material is a "must" for those eager to do their best for patient or student. But I know of no document in the area of human sexuality that is more deserving of the term "a must" than Neiger's cassette series.

The series is at once a training program for professionals, equipping them to better understand patients beset with sexual problems, and an auditory "homework" kit to be assigned by the therapist to those patients. In the latter instance, couples can study the causes of their sex-related difficulties and receive instruction on self-help means of treatment. Thus the patient is saved money and the professional's time is conserved. The series is also a ready-made, meaningful sex education program for teachers and parents. In listening to Dr. Neiger's cassettes, spoken with a delightful Viennese accent, I was impressed by the warmth, empathy, and confidence that they radiate. All of us can benefit from observing the calmness and honesty with which Neiger deals with the sensitive material.

JOURNAL REVIEWS

JOURNAL OF MARRIAGE AND THE FAMILY

(National Council on Family Relations, 1219 University Ave., Minneapolis, MN 55414)

Reviewed by Richard K. Kerckhoff, Ph.D.

May 1972

Reference Groups and Premarital Sexual Behavior. James J. Teevan, Jr.

Using data collected by William Simon and John Gagnon in 1967, the author explored some effects parents and peers have on college students' premarital sexual behavior and attitudes. A major finding was that a student is apt to be "sexually permissive" if his friends are permissive and if he perceives his age mates in general as being permissive, regardless of how "parent-oriented" he is.

Living Together: An Alternative to Marriage. Judith L. Lyness, Milton E. Lipetz, Keith E. Davis.

"Going-together" couples (serious dating) were compared with "living-together" couples. The authors found that while it can be predicted that most of the "going-together" couples will marry, it will often depend on whose view—his or hers—prevails as to whether the "living-together" arrangement is a prelude to marriage or an alternative to marriage.

November 1972

The Sexual Behavior of Adolescents in Middle America: Generational and American-British Comparisons. Arthur M. Venner, Cyrus S. Stewart, David L. Hager.

New data provided by these two reports allow for comparison of premarital sexual behavior across generational lines and in different societies, presenting some new answers and some new questions regarding what is happening in the U.S. and in Canada.

JOURNAL OF SCHOOL HEALTH

(American School Health Association, Kent, OH 44240)

Reviewed by Gary F. Kelly, M.Ed.

December 1972

The Status of State Policies Concerning Birth Control Education. Guy S. Parcel and Diana L. Keneppe.

This article describes the needs for birth control information among unmarried young adults and sexually active teenagers, and it advocates provision of adequate birth control information within sex education programs. The results of a nationwide study of state policies relating to sex education are tabulated, indicating that 47% of states have no written policies concerning sex education in public schools, and 94% have no written policies concerning birth control education. A few states prohibit the provision of birth control information in schools.

January 1973

The Current Status of Family Life and Sex Education in the Public Schools of Illinois. Jerry L. Ready, Ph.D.

This is a report of a survey which investigated attitudes toward sex education of 192 teachers and superintendents of public school districts in Illinois which have Family Life and Sex Education programs. Generally positive attitudes were expressed by the respondents. It is concluded that more time for sex education in schools, more adequate training for instructors, and more structure from the state are all needed. Other recommendations, relating to the need for teacher certification and state guidelines to encompass sex education, are noted.

MEDICAL ASPECTS OF HUMAN SEXUALITY

(Hospital Publications, 18 East 48th Street, New York, NY 10017)

Reviewed by Robert L. Arnstein, M.D.

November 1972

Roundtable: Vasectomy. Joseph E. Davis, M.D., Moderator. With: Philip Roen, M.D., Helen Edey, M.D., Matthew Freund, Ph.D.

A well-balanced discussion of a subject which has recently gained widespread attention as a contraceptive procedure. All aspects of the procedure are discussed, and, though the "round-table" format makes for some disjointedness, much information is imparted.

Sex and Hypertension. Wilbur W. Oaks, M.D. and John H. Moyer, M.D.

A balanced general article on the relationship of sexual problems to hypertension. The authors make clear the importance of a careful sexual history and physical examination, and then discuss some of the factors that may affect sexual functioning. Concurrent disease and anti-hypertensive drugs are specifically mentioned, and differences between hypertensive men and women are also described. In response to a questionnaire, men indicated that in most instances sexual functioning did not seem greatly changed.

Viewpoints: Are Coed Schools Better for Normal Sexual Development?

A variety of opinion on the subject adds up to a very qualified "yes," although the point is repeatedly made that the coed school is in no sense the determining factor in "normal" development.

December 1972

Dyspareunia: Current Concepts. Paul Jay Fink, M.D.

A comprehensive discussion which analyzes the components of painful intercourse and discusses their causes. In a period when the work of Masters and Johnson has tended to be viewed as stressing physiological difficulties, the author reiterates the importance of the psychological. He discusses defini-

tions of dyspareunia and vaginismus and also notes that male dyspareunia should not be overlooked.

Sexual Satisfaction among Married Women. Robert R. Bell, Ph.D., and Phyllis L. Bell.

The authors report the first part of a questionnaire study by a series of tables showing correlations between marital satisfaction, frequency of intercourse, frequency of orgasm, length of foreplay, and duration of coitus. There is a reasonably good correlation between general marital satisfaction and frequency of coitus with achievement of orgasm.

Effects of Amyl Nitrite ("Poppers") on Sexual Experience. Guy M. Everett, Ph.D.

The author describes the use of amyl nitrite, long prescribed as a medication in the treatment of angina, as an enhancer of sexual stimulation and the pleasure of orgasm, particularly in men. Some apparently find it uniformly beneficial; others do not like its effects. The author cautions about the possible dangers of use in conjunction with other drugs and about the possible dangerous side effects, particularly vasodilatation which may rarely cause cardiovascular collapse. The mechanism by which the sexual stimulation occurs is unknown.

January 1973

Some Organic Causes of Impotence. Bruce G. Belt, M.D.

A somewhat jocularly written account of many different conditions that can lead to transient or complete impotence. The article is characterized by extensive use of medical terminology and may be difficult for the lay reader. The author also briefly discusses the treatment of priapism.

"Delinquent" Sexual Behavior Among Adolescents. Robert E. Roberts, Ph.D., Laurence Abrams, Ph.D., and John R. Finch, M.D.

The authors start with the report of a primarily statistical survey which seems to have little meaning, yet continue with an excellent discussion which highlights the difficulty of assessing such statistics. The vulnerable and confusing position of the adolescent is stressed, and the consequent un-

realism of the label "delinquent" is underlined.

Psychosexual Aspects of Endocrine Disorders. Michael D. Birnbaum, M.D. and Bernard A. Eskin, M.D.

A sensitive, medically oriented discussion of the relationship of endocrine disorders and psychological functioning during childhood, adolescence, and adulthood. The authors describe some of the consequences and the problems that can be created as a result.

Roundtable: Advising the Homosexual. Garfield Tourney, M.D., Raymond Buck, M.D., Hugh Hendrie, M.D., Anthony Petrilli, M.D., Calvin Schorer, M.D.

A somewhat uneven discussion which ranges widely, but because of the format frequently does not cover very fully the various aspects of the topic. Three commentaries by Lief, Bieber, and Gadpaille are perhaps of greater interest, in part because they are inevitably more organized. Gadpaille's in particular seems worthy of note.

Viewpoints: Can Women Enjoy Sex Without Orgasm?

The vote is a qualified "yes," with the several comments detailing the qualifications involved. The influence of "expectation" for and by women is noted as an important factor.

February 1973

Effects on Men of Increased Sexual Freedom for Women. George L. Ginsberg, M.D.

A somewhat confused discussion of an important topic. The author makes several good points about changes that have occurred in current views of certain sexual symptoms, but does not seem to draw particular conclusions. The main point to be inferred is that changes in the sexual balance have altered the way in which certain symptoms are viewed. In this connection he states that judgments are difficult to make about a piece of behavior without understanding what underlies it. Several commentaries fail to illuminate the problem to any extent.

Evaluation of Romantic Love. William M. Kephart, Ph.D.

This rather unromantic discussion of romantic love is based on a question-

nnaire survey of 1,079 young individuals. Many of the usual stereotypes do not seem to hold but subjective interpretation of the questions may be a factor. The author feels that most middle and upper-middle class individuals indulge in a rather careful screening process prior to marital choice. There are three rather good commentaries.

Innate Masculine—Feminine Differences. Warren T. Gadpaille, M.D.

An excellent summary of recent work on aspects of masculinity and femininity that integrates results from animal experimentation designed to isolate central nervous system and hormonal factors in sexual behavior, conclusions drawn from the study of various pathologic human conditions involving chromosomal or hormonal anomalies, and more careful studies of developmental influences on gender identity. Gadpaille believes with Sherfey that female morphology is basic regardless of genotype and that males develop only when androgen is present in appropriate quantity during a critical foetal period. If this androgen is present, it governs the development of normal male genitalia and organizes a part of the brain in a "masculine" way so that it will later function in regard to hormonal output in the normal male (acyclic manner). Without androgen, female genitalia will develop (although female genotype is necessary for procreative functioning), and the brain will be organized to release hormones cyclically. Gadpaille feels that the hormone-regulating part of the brain also affects later sexual response, as "characteristically" male or female, but he recognizes that as one rises on the phylogenetic scale, socialization processes become more crucial in determining outcome and, when one reaches the human level, rearing can dominate all other factors in deciding self-concepts of gender identity and adult sexual response. An excellent article. One of the commentaries takes interesting issue with some of his conclusions.

Transsexualism and Surgical Procedures. Norman L. Block, M.D., and Arthur N. Tessler, M.D.

A scholarly, comprehensive discussion of diagnosis, cause, therapy and results of surgical procedures with (primarily male) transsexuals. Although this is a rather small, specialized group,

the tendency of the media to dramatize the problem makes this paper a particularly valuable resource for sound information. The authors express a laudable measure of care and caution in their evaluation of the procedure and their recommendations. There are three excellent commentaries that give further dimension to the subject.

March 1973

Vaginal Diaphragms. Aquiles J. Sobreiro, M.D.

A review of the diaphragm method of contraception, which is timely, given the numbers of women who have found "the pill" and the IUD unsatisfactory for one or another reason, and given the successful use of the diaphragm for several decades before the new methods.

Sexual Activity as a Coping Mechanism. Silas B. Coley, Jr., M.D.

A description of sexual behavior subserving a variety of human needs in addition to that of procreation and the expression of affection. Some of these can be seen as "coping" and some as "maladaptive." The author points out, however, that the differentiation between the two is not always simple or clear and that a particular piece of behavior may be utilized to fulfill a variety of needs, some beneficial and some detrimental.

Adult Seduction of the Child: Effects on the Child. Stuart M. Finch, M.D.

The author describes various types of seduction that may occur and some of the consequences that may proceed therefrom. He cites the need for care in the handling of each situation so that treatment and/or legal proceedings do not aggravate the problems present for the child.

ABOUT THE REVIEWERS

Reviews of books, booklets, journal articles and audio-visual material are written by present and former members of the SIECUS Board and Staff. Background information about present Board members can be found on the last page of the SIECUS Report. Identification of former Board members and Staff not so listed follows:

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David R. Mace, Ph.D., Professor of Family Sociology, The Bowman Gray School of Medicine of Wake Forest University, Winston-Salem, North Carolina.

NEWS Continued from page 4

TV COURSE ON SEXUALITY AIRED

One of the first televised college courses on "Human Sexuality" was presented this year over Hawaii's educational television network. The course was developed by Bob Miller, Mass Media Specialist at the University of Hawaii's College of Continuing Education, and was conducted by Milton Diamond, Ph.D., Professor of Anatomy and Reproductive Biology at the University of Hawaii's School of Medicine.

The 15-week, 30-session course was broadcast Tuesday and Thursday nights from January 28th through May 10th, and carried three undergraduate credits in three departments of the University. More than 500 persons enrolled formally in the course and, according to Dr. Diamond, "indications are that this is probably one of the most widely viewed programs in the state. It is certainly one of the largest viewing audiences ever had by a program for adult educational television." Katchadourian and Lunde's *Human Sexuality* was used as the basic course text, with Malfetti and Eidritz's *Perspectives on Sexuality* as auxiliary reading.

Each program consisted of a half-hour, taped presentation, followed by a half hour in which Dr. Diamond answered questions through a special, unlisted telephone number provided only to registered students. "Human Sexuality" covered the general areas of anatomy and physiology, attitudes about sex, the personal and social aspects of sexuality, and sexual identity—how one views oneself. Special films, videotapes,

guest speakers and lectures were used in the taped segments, as were interviews with private individuals representing various life-styles and sexual orientations.

In an interview before the series was aired, Dr. Diamond said, "We know there's bound to be some criticism of the course—the subject is an extremely controversial one. But if the shows serve to stimulate communication between people, I think it's great—whether they agree with me or not." As judged by calls to the stations over which the series was broadcast, the general public's response turned out to be mostly favorable.

The entire series is on tape, and arrangements are being made to make it available to educational and non-profit institutions. Those interested should contact Bob Miller, College of Continuing Education, University of Hawaii, Honolulu, HI 96822.

SEXUALITY WORKSHOP FOR SOCIAL WORK EDUCATORS

A workshop on "Conceptual Schemes and Teaching Techniques in Relation to the Topic of Human Sexuality" was included in the program of the 1973 national conference of the Council on Social Work Education, the accrediting body for America's schools of social work. The workshop, conducted by the Task Force on Sexuality and Social Work (see news item, *SIECUS Report*, March 1973), considered issues involved in introducing courses in human sexuality into the social work curriculum, a knowledge base for sex education and social work, resources for the social work educator, ethnic differences in teaching human sexuality, and current sex education models in social work schools.

SIECUS Board member Diane Brashier, Ph.D., who co-chaired this workshop panel with Harvey Gochros, D.S.W., had this to say: "In evaluating the results of the workshop, Task Force members were encouraged by the response, especially of those schools which are now initiating courses in human sexuality . . . it was especially significant that students and faculty were pursuing the expansion and inclusion of courses in human sexuality at undergraduate and graduate levels."

Continued from page 3

and fathers from public school, thus depriving them of their right to education; discriminatory practices against women, nonwhites, and the aged in the competition for education and employment. The long-held social concept persists that certain individuals and groups are morally inferior because their sexuality is expressed in ways of which the rest of society disapproves. This attitude, despite knowledge and information to the contrary, helps maintain deepseated prejudices. Closely related are the simplistic answers to our cultural ills which pander to prejudice in order to sell social formulas or a magic solution of absolutes, using either the funds or the political backing of people whose interests are served best when ignorance or misrepresentation prevails. The self-serving skills of these supporters of the *status quo*, evident in their campaigns to slow progress in such now proven preventive health measures as fluoridation, immunization, and polio vaccination, are being repeated in their efforts

in the area of sexuality.

SIECUS' Statement of Belief is not a change in its original purpose, but another step toward the fulfillment of that purpose. An understanding of sexuality within a comprehensive concept of health requires an application of that concept to those cultural traditions and institutions affecting sexuality, and requires that attention be called to those social policies which inhibit sexual health.

If all laws, regulations, and policies which interfere with the human right to exercise personal sexual choices and responsibilities were to be repealed or abolished tomorrow, the cultural attitudes in which prejudice and fear of openness are so deeply inbedded would obviously persist, since the laws themselves have been the outward expression of these inward attitudes. It is to the eradication of this estrangement of human beings from their own humanness, of which sexuality is an integral part, that SIECUS' sustained and continuing efforts will be directed.

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*STUDY GUIDES

Single copies \$.50; 2-24 copies same title, \$.40 each; 25-99 copies same title, \$.35 each; 100-499 copies same title, \$.30 each. Rates for larger quantities available on request.

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INDEX TO VOLUME I

September, 1972—July, 1973

Articles—Titles

- Education for Sexuality in the Orient.* Lester A. Kirkendall. No. 2; p. 5.
Effects of Sex Education: A Summary of the Literature. Frederick E. Bidgood. No. 4; p. 11.
Evaluation in Sex Education—A Waste Land? Derek L. Burleson. No. 4; p. 1.
The Hardy Boys Didn't Have Wet Dreams. Lorna B. Flynn. No. 2; p. 1.
Human Sexuality in The Social Work Curriculum. Frederick E. Bidgood. No. 2; p. 6.
The Now of the Kinsey Findings. Wardell B. Pomeroy. No. 1; p. 1.
On Being Explicit: Sex Education for Professionals. Richard A. Chilgren and Mary M. Briggs. No. 5; p. 1.
Sex Counseling on a College Campus. Lorna J. Sarrel. No. 3; p. 1.
Sexuality, Health, and Social Policy: A SIECUS Statement. Evalyn S. Gendel. No. 6; p. 1.
Speaking Out (Abortion). E. James Lieberman. No. 6; p. 2.
Speaking Out (American Education Week). Mary S. Calderone. No. 1; p. 2.
Speaking Out (Drug Abuse and Sex Education). Gilbert M. Shimmel. No. 4; p. 2.
Speaking Out (Science and Religion). Mary S. Calderone. No. 3; p. 2.
Speaking Out (Sex Education). Mary S. Calderone. No. 2; p. 2.
Speaking Out (Use of Explicit Visuals in Professional Education). Evalyn S. Gendel. No. 5; p. 2.
The Unitarian Curriculum: A Reply. Deryck Calderwood. No. 1; p. 9.

Articles—Authors

- Bidgood, Frederick E. *Effects of Sex Education: A Summary of the Literature.* No. 4; p. 11.
 ——— *Human Sexuality in The Social Work Curriculum.* No. 2; p. 6.
 Burleson, Derek L. *Evaluation in Sex Education—A Waste Land?* No. 4; p. 1.
 Calderone, Mary S. *Speaking Out (American Education Week).* No. 1; p. 2.
 ——— *Speaking Out (Science and Religion).* No. 3; p. 2.
 ——— *Speaking Out (Sex Education).* No. 2; p. 2.
 Calderwood, Deryck. *The Unitarian Curriculum: A Reply.* No. 1; p. 9.
 Chilgren, Richard A., and Briggs, Mary M. *On Being Explicit: Sex Education for Professionals.* No. 5; p. 1.
 Flynn, Lorna B. *The Hardy Boys Didn't Have Wet Dreams.* No. 2; p. 1.
 Gendel, Evalyn S. *Sexuality, Health, and Social Policy: A SIECUS Statement.* No. 6; p. 1.
 ——— *Speaking Out (Use of Explicit Visuals in Professional Education).* No. 5; p. 2.
 Kirkendall, Lester A. *Education for Sexuality in the Orient.* No. 2; p. 5.
 Lieberman, E. James. *Speaking Out (Abortion).* No. 6; p. 2.
 Pomeroy, Wardell B. *The Now of the Kinsey Findings.* No. 1; p. 1.
 Sarrel, Lorna J. *Sex Counseling on a College Campus.* No. 3; p. 1.
 Shimmel, Gilbert M. *Speaking Out (Drug Abuse and Sex Education).* No. 4; p. 2.

Audio-Visual Materials Reviewed

- About Sex.* No. 4; p. 12.

- Achieving Sexual Maturity.* No. 6; p. 10.
Attitudinal Aspects of Sexuality. No. 5; p. 14.
The Beginning of Life. No. 1; p. 11.
Baby Rabbit. No. 4; p. 12.
Better by Choice. No. 1; p. 11.
Birth Day. No. 2; p. 11.
Contraception. No. 6; p. 10.
Families. No. 1; p. 11.
The Invisible Minority: The Homosexuals in Our Society. No. 3; p. 11.
Lavender. No. 3; p. 11.
Mental Retardation and Human Sexuality. No. 1; p. 11.
Not Me Alone. No. 5; p. 14.
Old Enough to Know. No. 4; p. 12.
Overcoming Sexual Inadequacy. No. 6; p. 11.
The Party. No. 2; p. 11.
Saturday Morning. No. 5; p. 14.
The Sexually Mature Adult. No. 6; p. 10.
To Be a Parent. No. 3; p. 11.
To Be a Person. No. 2; p. 11.
Unwed Mothers in Today's World. No. 5; p. 14.
Vasectomy. No. 2; p. 11.
V.D.—Prevent It. No. 1; p. 11.
Venereal Diseases. No. 6; p. 10.

Books Reviewed—Titles

- Becoming Partners: Marriage and its Alternatives.* Carl R. Rodgers. No. 2; p. 7.
The Being Together Books. Jean C. Lipke. No. 1; p. 6.
The Black Family, Essays and Studies. Robert Staples. No. 3; p. 6.
 No. 5; p. 10.
Boys and Girls Book About Divorce. Richard A. Gardner. No. 4; p. 7.
The Brothers System for Liberated Love and Marriage. Joyce Brothers. No. 6; p. 5.
The Changing Values on Campus. Daniel Yankelovitch, Inc. No. 3; p. 6.
The Coming of Age. Simone de Beauvoir. No. 1; p. 6.
The Difference Between a Man and a Woman. Theo Lang. No. 4; p. 7. No. 6; p. 5.
Dr. Kinsey and the Institute for Sex Research. Wardell B. Pomeroy. No. 1; p. 6.
Everywoman and Her Body. Derek Llewellyn-Jones. No. 4; p. 7.
Family Life Literature and Films: An Annotated Bibliography. Minnesota Council on Family Relations. No. 5; p. 10.
Family Problems and What to Do About Them. Wallace Denton. No. 1; p. 7.
45 Levels of Sexual Understanding and Enjoyment. Robert A. Harper and Walter R. Stokes. No. 4; p. 7.
Free and Female. Barbara Seaman. No. 3; p. 6.
Fundamentals of Human Sexuality. Herant A. Katchadourian and Donald T. Lunde, eds. No. 2; p. 7.
The Goals of Human Sexuality. Irving Singer. No. 6; p. 5.
Group Sex. Gilbert D. Bartell. No. 2; p. 7.
Growth Patterns and Sex Education: An Updated Bibliography, Preschool to Adulthood. American School Health Association. No. 3; p. 7.

Health Education Guide: A Design for Teaching, K-12. Morris Barrett. No. 4; p. 8.

Health Education in the Elementary School. Gere B. Fulton and William V. Fassbender, eds. No. 3; p. 7.

Here Comes Everybody. William C. Schutz. No. 2; p. 8.

Human Sexuality and Social Work. Harvey L. Gochros and LeRoy G. Schultz, eds., No. 1; p. 7.

Homosexuality. William Parker. No. 2; p. 8.

Homosexuality: An Annotated Bibliography. Martin S. Weinberg and Alan P. Bell, eds. No. 3; p. 8.

Homosexuality in Our Society. Elizabeth Ogg. No. 3; p. 8.

The Incompatibility of Men and Women and How to Overcome It. Julius Fast. No. 1; p. 8.

John and Mimi: A Free Marriage. John and Mimi Lobell. No. 6; p. 6.

The Joy of Sex. Alex Comfort, ed. No. 4; p. 8.

Lesbian/Woman. Del Martin and Phyllis Lyon. No. 5; p. 10.

Life Styles and Sex. Frank M. Darrow. No. 2; p. 8.

Love Today: A New Exploration. Herbert A. Otto, ed. No. 2; p. 9.

Man and Woman, Boy and Girl. John Money and Anke A. Ehrhardt. No. 6; p. 6.

Marital Therapy: Moral, Sociological and Psychological Factors. Hirsch L. Silverman, ed. No. 5; p. 11.

Marriage and Work in America: A Study of Motives and Roles. Joseph Veroff and Sheila Feld. No. 1; p. 8.

Marriage Encounter: The Rediscovery of Love. Antoinette Bosco. No. 6; p. 6.

Marriage is Hell. Katherine Perutz. No. 6; p. 7.

Masculinity and Femininity. Benjamin F. Miller et al. No. 3; p. 8.

The Nature and Evolution of Female Sexuality. Mary Jane Sherfey. No. 4; p. 8.

The New Sexuality. Herbert A. Otto, ed. No. 1; p. 10.

The Nuclear Family in Crisis: The Search for an Alternative. Michael Gordon, ed. No. 3; p. 9.

On Pilgrimage: Marriage in the '70s. John H. Snow. No. 6; p. 7.

The One-Parent Family: Perspectives and Annotated Bibliography. Benjamin Schlesinger. No. 1; p. 10.

Open Marriage, A New Life Style For Couples. Nena O'Neil and George O'Neil. No. 2; p. 9.

Perspectives on Sexuality. James L. Malfetti and Elizabeth M. Eidlitz, eds. No. 2; p. 9.

Phallós: A Symbol and Its History in the Male World. Thorkil Vangaard. No. 6; p. 7.

Sappho Was a Right On Woman. Sidney Abbott and Barbara Love. No. 5; p. 11.

Selective Guide to Materials for Mental Health and Family Life Education. Mental Health Materials Center. No. 4; p. 9.

The Seventeen Book of Answers to What Your Parents Don't Talk About and Your Best Friends Can't Tell You. Abigail Wood. No. 4; p. 9.

Sex and Birth Control: A Guide for the Young. E. James Lieberman and Ellen Peck. No. 6; p. 7.

Sex and the Over-Fifties. Robert Chartham. No. 2; p. 10.

Sex and the Teenage Girl. Carol Botwin. No. 2; p. 10.

Sex Education, Knowledge, Verbal Interaction, and Attitudes: An Exploratory Study in High School Human Biology Classes. Robert C. Wallace. No. 3; p. 10.

Sex, Schools and Society. Stewart E. Fraser, ed. No. 4; p. 9.

Sex Talk. Myron Brenton. No. 6; p. 8.

Sex Therapy. Irving Kirsch and Brenda Smith. No. 6; p. 8.

Sexual Bargaining: Power Politics and the American Marriage. John Scanzoni. No. 2; p. 10.

Sexual Latitude: For and Against. Harold H. Hart. No. 6; p. 9.

Society and the Healthy Homosexual. George Weinberg. No. 6; p. 9.

Some Apparent Effects of the Acquisition of Factual Human Reproductive Information Upon Selected Attitudes of Upper Elementary Students. Edward E. Coates. No. 1; p. 5.

The Subject is Sex: Teachers Guide. Eric W. Johnson. No. 4; p. 9.

Techniques of Leading Group Discussions on Human Sexuality. Winifred Kempton. No. 4; p. 10.

Their Universe: The Story of a Unique Sex Education Program for Kids. Arlene Uslander et al. No. 4; p. 10.

Therapy With Families of Sexually Acting-Out Girls. Alfred S. Friedman et al. No. 3; p. 9.

Treatment of Sexual Dysfunction. William E. Hartman and Marilyn A. Fithian. No. 5; p. 11.

Vaginal Politics. Ellen Frankfort. No. 5; p. 12.

William's Doll. Charlotte Zolotow. No. 1; p. 10.

Books Reviewed—Authors

Abbott, Sidney and Love, Barbara. *Sappho Was a Right On Woman.* No. 5; p. 11.

American School Health Association. *Growth Patterns and Sex Education: An Updated Bibliography, Pre-School to Adulthood.* No. 3; p. 7.

Barrett, Morris. *Health Education Guide: A Design for Teaching, K-12.* No. 4; p. 8.

Bartell, Gilbert D. *Group Sex.* No. 2; p. 7.

de Beauvoir, Simone. *The Coming of Age.* No. 1; p. 6.

Bosco, Antoinette. *Marriage Encounter: The Rediscovery of Love.* No. 6; p. 6.

Botwin, Carol. *Sex and the Teenage Girl.* No. 2; p. 10.

Brenton, Myron. *Sex Talk.* No. 6; p. 8.

Brothers, Joyce. *The Brothers System for Liberated Love and Marriage.* No. 6; p. 5.

Chartham, Robert. *Sex and the Over-Fifties.* No. 2; p. 10.

Coates, Edward C. *Some Apparent Effects of the Acquisition of Factual Human Reproductive Information Upon Selected Attitudes of Upper Elementary Students.* No. 1; p. 5.

Comfort, Alex, ed. *The Joy of Sex.* No. 4; p. 8.

Darrow, Frank M. *Life Styles and Sex.* No. 2; p. 8.

Denton, Wallace. *Family Problems and What to Do About Them.* No. 1; p. 7.

Fast, Julius. *The Incompatibility of Men and Women and How to Overcome It.* No. 1; p. 8.

Frankfort, Ellen. *Vaginal Politics.* No. 5; p. 12.

Fraser, Stewart E. ed. *Sex, Schools and Society.* No. 4; p. 9.

Friedman, Alfred S. et al. *Therapy with Families of Sexually Acting-Out Girls.* No. 3; p. 9.

Fulton, Gere B. and Fassbender, William V., eds. *Health Education in the Elementary School.* No. 3; p. 7.

Gardner, Richard A. *Boys and Girls Book About Divorce.* No. 4; p. 7.

Gochros, Harvey L. and Schultz, LeRoy G., eds. *Human Sexuality and Social Work.* No. 1; p. 7.

Gordon, Michael, ed. *The Nuclear Family in Crisis: The Search for an Alternative.* No. 3; p. 9.

Harper, Robert A. and Stokes, Walter R. *45 Levels of Sexual Understanding and Enjoyment.* No. 4; p. 7.

Hart, Harold H. *Sexual Latitude: For and Against.* No. 6; p. 9.

Hartman, William E. and Fithian, Marian A. *Treatment of Sexual Dysfunction.* No. 5; p. 11.

Johnson, Eric W. *The Subject is Sex: Teacher's Guide.* No. 4; p. 9.

Katchadourian, Herant A. and Lunde, Donald T., eds. *Fundamentals of Human Sexuality.* No. 2; p. 7.

Kempton, Winifred. *Techniques of Leading Group Discussions on Human Sexuality.* No. 4; p. 10.

Kirsch, Irving and Smith, Brenda. *Sex Therapy.* No. 6; p. 8.

Lang, Theo. *The Difference Between a Man and a Woman.* No. 4; p. 7. No. 6; p. 5.

Lieberman, E. James and Peck, Ellen. *Sex and Birth Control: A Guide for the Young.* No. 6; p. 7.

Lipke, Jean C. *The Being Together Books.* No. 1; p. 6.

Llewellyn-Jones, Derek. *Everywoman and Her Body.* No. 4; p. 7.

Lobell, John and Mimi. *John and Mimi: A Free Marriage.* No. 6; p. 6.

Malfetti, James L. and Eidlitz, Elizabeth M., eds. *Perspectives on Sexuality.* No. 2; p. 9.

Martin, Del and Lyon, Phyllis. *Lesbian/Woman.* No. 5; p. 10.

Mental Health Materials Center. *Selective Guide to Materials for Mental Health and Family Life Education.* No. 4; p. 9.

Miller, Benjamin F. et al. *Masculinity and Femininity.* No. 3; p. 8.

Minnesota Council on Family Relations. *Family Life Literature and Films: An Annotated Bibliography.* No 5; p. 10.

Money, John and Ehrhardt, Anke A. *Man and Woman, Boy and Girl.* No. 6; p. 6.

Ogg, Elizabeth. *Homosexuality in Our Society.* No. 3; p. 8.

O'Neil, Nena and O'Neil, George. *Open Marriage, A New Life Style for Couples.* No. 2; p. 9.

Otto, Herbert A., ed. *Love Today: A New Exploration.* No. 2; p. 9. ————— *The New Sexuality.* No. 1; p. 10.

Parker, William. *Homosexuality.* No. 2; p. 8.

Perutz, Katherine. *Marriage is Hell.* No. 6; p. 7.

Pomeroy, Wardell B. Dr. Kinsey and the Institute for Sex Research. No. 1; p. 6.

Rodgers, Carl R. *Becoming Partners: Marriage and its Alternatives.* No. 2; p. 7.

Scanzoni, John. *Sexual Bargaining: Power Politics in the American Marriage.* No. 2; p. 10.

- Schlesinger, Benjamin. *The One-Parent Family: Perspectives and Annotated Bibliography*. No. 1; p. 10.
- Schutz, William C. *Here Comes Everybody*. No. 2; p. 8.
- Seaman, Barbara. *Free and Female*. No. 3; p. 6.
- Sherfey, Mary Jane. *The Nature and Evolution of Female Sexuality*. No. 4; p. 8.
- Silverman, Hirsch L., ed. *Marital Therapy: Moral, Sociological and Psychological Factors*. No. 5; p. 11.
- Singer, Irving. *The Goals of Human Sexuality*. No. 6; p. 5.
- Snow, John H. *On Pilgrimage: Marriage in the '70s*. No. 6; p. 7.
- Staples, Robert. *The Black Family, Essays and Studies*. No. 3; p. 6. No. 5; p. 10.
- Uslander, Arlene et al. *Their Universe: The Story of a Unique Sex Education Program for Kids*. No. 4; p. 10.
- Vangaard, Thorkil. *Phallós: A Symbol and Its History in the Male World*. No. 6; p. 7.
- Veroff, Joseph and Feld, Sheila. *Marriage and Work in America: A Study of Motives and Roles*. No. 1; p. 8.
- Wallace, Robert C. *Sex Education Knowledge, Verbal Interaction, and Attitudes: An Exploratory Study in High School Human Biology Classes*. No. 3; p. 10.
- Weinberg, George. *Society and the Healthy Homosexual*. No. 6; p. 9.
- Weinberg, Martin S. and Bell, Alan P., eds. *Homosexuality: An Annotated Bibliography*. No. 3; p. 8.
- Wood, Abigail. *The Seventeen Book of Answers to What Your Parents Don't Talk About and Your Best Friends Can't Tell You*. No. 4; p. 9.
- Yankelovitch, Daniel, Inc. *The Changing Values on Campus*. No. 3; p. 6.
- Zolotow, Charlotte. *William's Doll*. No. 1; p. 10.

Journal Articles Reviewed—Titles

- Adult Seduction of the Child: Effects on the Child*. Stuart M. Finch. No. 6; p. 14.
- Androgyny As a Life Style*. Joy D. Osofsky and Howard J. Osofsky. No. 3; p. 12.
- Anonymous Sexual Offenders*. Robert L. Sadoff. No. 1; p. 13.
- Anxiety About Orgasm*. Igor Grant. No. 1; p. 13.
- Attitudes of Lower Class Males Toward Taking a Male Birth Control Pill*. Jack O. Balswick. No. 1; p. 12.
- Attitudes Toward Extramarital Relationships*. Ralph E. Johnson. No. 2; p. 12.
- Can Mental Health Be Taught?* Genelle K. Mantz. No. 4; p. 13.
- Coital Cautions in Pregnancy*. Edward C. Mann and Gary Cunningham. No. 4; p. 13.
- Contraceptive Use: How to Advise Teenagers*. Robert N. Rutherford. No. 1; p. 13.
- The Current Status of Family Life and Sex Education in the Public Schools of Illinois*. Jerry L. Ready. No. 6; p. 12.
- Decline of the Double Standard in Sexuality*. J. Dudley Chapman. No. 1; p. 13.
- "Delinquent" Sexual Behavior Among Adolescents*. Robert E. Roberts et al. No. 6; p. 13.
- Developing Sexual Awareness: A Humanistic Approach*. Donald A. Read. No. 4; p. 13.
- Dyspareunia: Current Concepts*. Paul Jay Fink. No. 6; p. 12.
- Effects of Amyl Nitrite ("Poppers") on Sexual Experience*. Guy M. Everett. No. 6; p. 13.
- Effects on Men of Increased Sexual Freedom for Women*. George L. Ginsberg. No. 6; p. 13.
- Emergency Treatment of Raped Children*. Edwin I. Roth. No. 4; p. 13.
- Ethics and Human Biology: A Symposium*. No. 4; p. 13.
- Evaluation of Romantic Love*. William M. Kephart. No. 6; p. 13.
- Evaluation of Visual Erotica by Sexual Liberals and Conservatives*. Douglas H. Wallace and Gerald Wehmer. No. 1; p. 12.
- The Family Physician and Human Sexuality*. William M. Sheppe, Jr. No. 3; p. 12.
- Female Infidelity*. Leon Salzman. No. 1; p. 13.
- Food, Sex, Living*. Ken Beck. No. 4; p. 13.
- Freud on Feminine Identity and Female Sexuality*. Mildred Ash. No. 3; p. 12.
- Heterosexual Cohabitation Among Unmarried College Students*. Eleanor D. Macklin. No. 3; p. 12.
- The Highly Sexed Man*. Leon Salzman. No. 2; p. 12.
- Homosexual Fantasies in Heterosexual Males*. John L. Schimel. No. 1; p. 12.
- Husband's Role in Birth Control Acceptance*. Maria C. Boria-Berna. No. 2; p. 12.
- Ineffectiveness of Condoms in Preventing Venereal Diseases*. Nicholas J. Fiumara. No. 4; p. 14.
- Influence of Training and Attitudes on Sexual Counseling in Medical Practice*. Ira B. Pauly. No. 1; p. 13.
- Innate Masculine-Feminine Differences*. Warren T. Gadpaille. No. 6; p. 13.
- Living Together: An Alternative to Marriage*. Judith L. Lyness et al. No. 6; p. 12.
- Men's Liberation*. Arthur Rudy and Robert Peller. No. 3; p. 12.
- Microphallneurosis*. James F. Glenn. No. 3; p. 12.
- Morality and Individual Development: A Basis for Value Education*. James W. Maddock. No. 3; p. 12.
- The National VD Problem*. William J. Brown. No. 1; p. 13.
- Patterns of Jealousy*. L. James Grold. No. 2; p. 12.
- A Peek at Sex Education in a Midwestern Community*. Barbara B. Lin. No. 4; p. 13.
- The Premarital Sexual Revolution Among College Females*. Ira E. Robinson et al. No. 1; p. 12.
- The Premarital Sexual Revolution: Comments on Research*. Robert K. Kelley. No. 3; p. 12.
- Psychosexual Aspects of Endocrine Disorders*. Michael D. Birnbaum and Bernard A. Eskin. No. 6; p. 13.
- Rape*. Arthur Frederick Schiff. No. 2; p. 12.
- Reference Groups and Premarital Sexual Behavior*. James J. Teevan, Jr. No. 6; p. 12.
- Research on Black Sexuality: Its Implications for Family Life, Sex Education, and Public Policy*. Robert Staples. No. 1; p. 12.
- Roundtable: Advising the Homosexual*. Garfield Tourney et al. No. 6; p. 13.
- Roundtable: Contraception for Teenagers*. Harvey Caplan, moderator. No. 4; p. 14.
- Roundtable: Vasectomy*. Joseph B. Davis, moderator. No. 6; p. 12.
- Selective Impotence*. Martin Goldberg. No. 4; p. 13.
- Sex After Ileostomy or Colostomy*. Barney M. Dlin and Abraham Perlman. No. 3; p. 12.
- Sex and Hypertension*. Wilbur W. Oaks and John H. Moyer. No. 6; p. 12.
- Sex and the Divorced Man*. William M. Kephart. No. 3; p. 12.
- Sex as a Soporific*. Martin Goldberg. No. 1; p. 13.
- Sex Attitudes of Sex Educators*. Arlene M. Rubin and James R. Adams. No. 1; p. 12.
- Sex Education and Family Planning Advice by South Dakota Doctors*. Brooks Ranney. No. 4; p. 13.
- Sex in the "Drug Culture"*. George R. Gay and Charles W. Sheppard. No. 4; p. 13.
- Sexual Activity as a Coping Mechanism*. Silas B. Coley, Jr. No. 6; p. 14.
- Sexual Behavior of Adolescents in Middle America: Generational and American-British Comparisons*. Arthur M. Venner et al. No. 6; p. 12.
- Sexual Dysfunction in Diabetic Females*. Robert C. Kolodny. No. 2; p. 12.
- Sexual Problems of Medical Students*. Sherwyn M. Woods. No. 1; p. 12.
- Sexual Restraints: A Comparison of Perceived and Self-reported Reasons for College Students*. Robert Driscoll and Keith E. Davis. No. 1; p. 12.
- Sexual Satisfaction among Married Women*. Robert R. Bell and Phyllis L. Bell. No. 6; p. 13.
- Sexually Deprived Individuals*. David Barton. No. 1; p. 12.
- Some Organic Causes of Impotence*. Bruce G. Belt. No. 6; p. 13.
- Special Symposium on Counseling*. No. 1; p. 13.
- The Status of State Policies Concerning Birth Control Education*. Guy S. Parcel and Diana L. Keneppe. No. 6; p. 12.
- Stilbestrol as a "Morning-After" Pill*. Lucie Kirtland Kuchera. No. 4; p. 14.
- Students, Sex, and Marijuana*. John A. Ewing. No. 1; p. 12.
- Teaching Human Sexuality: The Use of Discussion Groups and Teaching Aids in a College Course*. Eleanor S. Morrison. No. 1; p. 12.
- Too Tired for Sex: Fighting the Fatigue Factor in Sexual Disharmony*. Barry R. Berkey. No. 3; p. 12.
- Transsexualism and Surgical Procedures*. Norman L. Block and Arthur N. Tessler. No. 6; p. 13.
- Vaginal Diaphragms*. Aquiles J. Sobrero. No. 6; p. 14.
- Vaginismus*. Carice Ellison. No. 4; p. 13.
- Venereal Disease in the Armed Forces*. Jerome H. Greenberg. No. 1; p. 13.

- Viewpoints: Are Coed Schools Better for Normal Sexual Development?* No. 6; p. 12.
- Viewpoints: Can Women Enjoy Sex Without Orgasm?* No. 6; p. 13.
- Why Homosexuals Marry Women.* Barry M. Dank. No. 4; p. 13.

Journal Articles Reviewed—Authors

- Ash, Mildred. *Freud on Feminine Identity and Female Sexuality.* No. 3; p. 12.
- Balswick, Jack. O. *Attitudes of Lower Class Males Toward Taking a Male Birth Control Pill.* No. 1; p. 12.
- Barton, David. *Sexually Deprived Individuals.* No. 1; p. 12.
- Beck, Ken. *Food, Sex, Living.* No. 4; p. 13.
- Bell, Robert R. and Bell, Phyllis L. *Sexual Satisfaction Among Married Women.* No. 6; p. 13.
- Belt, Bruce G. *Some Organic Causes of Impotence.* No. 6; p. 13.
- Berkey, Barry R. *Too Tired for Sex: Fighting the Fatigue Factor in Sexual Disharmony.* No. 3; p. 12.
- Birnbaum, Michael D. and Eskin, Bernard A. *Psychosexual Aspects of Endocrine Disorders.* No. 6; p. 13.
- Block, Norman L. and Tessler, Arthur N. *Transsexualism and Surgical Procedures.* No. 6; p. 13.
- Boria-Berna, Maria C. *Husband's Role in Birth Control Acceptance.* No. 2; p. 12.
- Brown, William J. *The National VD Problem.* No. 1; p. 13.
- Caplan, Harvey (moderator). *Roundtable: Contraception for Teenagers.* No. 4; p. 14.
- Chapman, J. Dudley. *Decline of the Double Standard in Sexuality.* No. 1; p. 13.
- Coley, Silas B., Jr. *Sexual Activity as a Coping Mechanism.* No. 6; p. 14.
- Dank, Barry M. *Why Homosexuals Marry Women.* No. 4; p. 13.
- Davis, Joseph B. (moderator). *Roundtable: Vasectomy.* No. 6; p. 12.
- Dlin, Barney M. and Perlman, Abraham. *Sex After Ileostomy or Colostomy.* No. 3; p. 12.
- Driscoll, Robert C. and Davis, Keith E. *Sexual Restraints: A Comparison of Perceived and Self-reported Reasons for College Students.* No. 1; p. 12.
- Ellison, Carice. *Vaginismus.* No. 4; p. 13.
- Everett, Guy M. *Effects of Amyl Nitrite ("Poppers") on Sexual Experience.* No. 6; p. 13.
- Ewing, John A. *Students, Sex, and Marijuana.* No. 1; p. 12.
- Finch, Stuart M. *Adult Seduction of the Child: Effects on the Child.* No. 6; p. 14.
- Fink, Paul Jay. *Dyspareunia: Current Concepts.* No. 6; p. 12.
- Fiumara, Nicholas J. *Ineffectiveness of Condoms in Preventing Venereal Diseases.* No. 4; p. 14.
- Gadpaille, Warren T. *Innate Masculine-Feminine Differences.* No. 6; p. 13.
- Gay, George R. and Sheppard, Charles W. *Sex in the "Drug Culture."* No. 4; p. 13.
- Ginsberg, George L. *Effects on Men of Increased Sexual Freedom for Women.* No. 6; p. 13.
- Glenn, James F. *Microphallneurosis.* No. 3; p. 12.
- Goldberg, Martin. *Selective Impotence.* No. 4; p. 13.
- _____. *Sex as a Soporific.* No. 1; p. 13.
- Grant, Igor. *Anxiety About Orgasm.* No. 1; p. 13.
- Greenberg, Jerome H. *Venereal Diseases in the Armed Forces.* No. 1; p. 13.
- Grold, L. James. *Patterns of Jealousy.* No. 2; p. 12.
- Johnson, Ralph E. *Attitudes Toward Extramarital Relationships.* No. 2; p. 12.
- Kelley, Robert K. *Premarital Sexual Revolution: Comments on Research.* No. 3; p. 12.
- Kephart, William M. *Evaluation of Romantic Love.* No. 6; p. 13.
- _____. *Sex and the Divorced Man.* No. 3; p. 12.
- Kolodny, Robert C. *Sexual Dysfunction in Diabetic Females.* No. 2; p. 12.
- Kuchera, Lucie Kirtland. *Stilbestrol as a "Morning-After" Pill.* No. 4; p. 14.
- Lin, Barbara B. *A Peek at Sex Education in a Midwestern Community.* No. 4; p. 13.
- Lyness, Judith L. et al. *Living Together: An Alternative to Marriage.* No. 6; p. 12.
- Macklin, Eleanor D. *Heterosexual Cohabitation Among Unmarried College Students.* No. 3; p. 12.
- Maddock, James W. *Morality and Individual Development: a Basis for Value Education.* No. 3; p. 12.
- Mann, Edward C. and Cunningham, Gary. *Coital Cautions in Pregnancy.* No. 4; p. 13.
- Mantz, Genelle K. *Can Mental Health Be Taught?* No. 4; p. 13.
- Morrison, Eleanor S. *Teaching Human Sexuality: The Use of Discussion Groups and Teaching Aids in a College Course.* No. 1; p. 12.
- Oaks, Wilbur W. and Moyer, John H. *Sex and Hypertension.* No 6; p. 12.
- Osofsky, Joy D. and Osofsky, Howard J. *Androgyny as a Life Style.* No. 3; p. 12.
- Parcel, Guy S. and Kenepp, Diana L. *The Status of State Policies Concerning Birth Control Education.* No. 6; p. 12.
- Pauly, Ira B. *Influence of Training and Attitudes on Sexual Counseling in Medical Practice.* No. 1; p. 13.
- Ranney, Brooks. *Sex Education and Family Planning Advice by South Dakota Doctors.* No. 4; p. 13.
- Read, Donald A. *Developing Sexual Awareness: A Humanistic Approach.* No. 4; p. 13.
- Ready, Jerry L. *Current Status of Family Life and Sex Education in the Public Schools of Illinois.* No. 6; p. 12.
- Roberts, Robert E. et al. "Delinquent" Sexual Behavior Among Adolescents. No. 6; p. 13.
- Robinson, Ira E. et al. *The Premarital Sexual Revolution Among College Females.* No. 1; p. 12.
- Roth, Edwin I. *Emergency Treatment of Raped Children.* No. 4; p. 13.
- Rubin, Arlene M. and Adams, James R. *Sex Attitudes of Sex Educators.* No. 1; p. 12.
- Rudy, Arthur and Peller, Robert. *Men's Liberation.* No. 3; p. 12.
- Rutherford, Robert N. *Contraceptive Use: How to Advise Teenagers.* No. 1; p. 13.
- Sadoff, Robert L. *Anonymous Sexual Offenders.* No. 1; p. 13.
- Salzman, Leon. *Female Infidelity.* No. 1; p. 13.
- _____. *The Highly Sexed Man.* No. 2; p. 12.
- Schimel, John L. *Homosexual Fantasies in Heterosexual Males.* No. 1; p. 12.
- Schiff, Arthur Frederick. *Rape.* No. 2; p. 12.
- Sheppe, William M., Jr. *The Family Physician and Human Sexuality.* No. 3; p. 12.
- Sobrero, Aquiles J. *Vaginal Diaphragms.* No. 6; p. 14.
- Staples, Robert. *Research on Black Sexuality: Its Implications for Family Life, Sex Education, and Public Policy.* No. 1; p. 12.
- Teevan, James J., Jr. *Reference Groups and Premarital Sexual Behavior.* No. 6; p. 12.
- Tourney, Garfield et al. *Roundtable: Advising the Homosexual.* No. 6; p. 13.
- Venner, Arthur et al. *Sexual Behavior of Adolescents in Middle America: Generational and American-British Comparisons.* No. 6; p. 12.
- Wallace, Douglas H. and Wehmer, Gerald. *Evaluation of Visual Erotica by Sexual Liberals and Conservatives.* No. 1; p. 12.
- Woods, Sherwyn M. *Sexual Problems of Medical Students.* No. 1; p. 12.

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