

SIECUS—Where Next?

by Mary S. Calderone, M.D.*

A Brief Look Backward—The First Decade

In May of 1964 five persons chartered the Sex Information and Education Council of the U.S., its stated Purpose being "to establish human sexuality as a health entity." The five co-founders were quickly joined by others to form a Board of fifty, representing many disciplines and professions, including clergy of the three major religious faiths of the USA.

Now ten years old, under its acronym of SIECUS this organization is today known in many parts of the world for its integrity, its objectivity in examining usually over-emotionalized aspects of human sexuality, and its leadership in establishing a rational approach to sexual questions previously kept under cover by both society and its sexually troubled members.

In November 1972 the SIECUS Board adopted the position that freedom to exercise personal sexual choice is a fundamental human right. This statement was accompanied by a clearcut charge laid upon each person to exercise this autonomy in full responsibility to self, others and the society. (See *Speaking Out*, this issue.) Then, during 1973, the SIECUS Board developed a series of position statements on various sexual questions that have proved troublesome to individuals and society alike. The first three of these speak again to the subjects of the first Study Guides issued by SIECUS beginning in 1965, which were then looked upon as breaking new social ground. Today, Study Guides Numbers 1, 2 and 3 are consistently purchased in large numbers by several state health departments, for generalized distribution to health and education professionals.

Study Guide 1, *Sex Education*, by SIECUS co-founder Lester A. Kirkendall, has been quoted over and over again. In particular, its nine objectives for sex education have been adopted in many educational curricula. SIECUS' 1973 position statement on sex education addresses the issue simply:

"Free access to full and accurate information on all aspects of sexuality is a basic right for everyone, children as well as adults."

Study Guide 2, *Homosexuality*, was originally written in 1966 by the late Isadore Rubin, an early SIECUS Board member. Its 1973 edition, revised by Board member Alan P. Bell of the Institute for Sex Research, sold out its entire first printing of 5,000 in a short time indicating the continuing widespread need for sound information on its topic. The second SIECUS position statement on sexual orientation

and human rights relates to the broader framework:

"It is the right of all persons to enter into relationships with others regardless of their gender, and to engage in such sexual behaviors as are satisfying and non-exploitive. Discrimination based on sexual orientation is a violation of this right."

SIECUS Study Guide 3, *Masturbation*, by Warren R. Johnson, former SIECUS Board member, has consistently been the largest seller since 1968, bearing out the conviction that this topic remains one of the most troublesome of all. SIECUS' third position statement is that:

"Sexual self-pleasuring, or masturbation, is a natural part of sexual behavior for individuals of all ages. It can help to develop a sense of the body as belonging to the self, and an affirmative attitude toward the body as a legitimate source of enjoyment. It can also help in the release of tension in a way harmless to the self and to others, and provide an intense experience of the self as preparation for experiencing another. Masturbation, and the fantasies that frequently accompany it, can be important aids in maintaining or restoring the image of one's self as a fully functioning human being."

The seven remaining position statements (listed alphabetically in *Speaking Out*) deal specifically with currently unresolved sex-related problems. All ten statements are taking-off places for thought if not for action by SIECUS and others. All ten represent problem areas that require eventual resolution in some constructive way by the society. They are with us, they will for some time remain with us, they will not go away just by wishing, nor by fiat, nor by moralization, nor by legal action—nor by continuing to pretend that they do not exist.

A Long Look Forward—The Next Decade

In the next ten years SIECUS may well decide to modify some of these positions, undoubtedly also adopting stands on other issues as new needs are recognized. There are, for instance, tantalizing hints that understanding sexuality and recognizing and resolving some of its associated dilemmas may not turn out to be ends in themselves, but may simply be way-stations toward resolution of other apparently unrelated human dilemmas; in other words, the common thread

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SPEAKING OUT

SIECUS POSITION STATEMENTS

These statements reflect the position of a majority of the Board of Directors of SIECUS, and are an outgrowth of the philosophy expressed in 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.

1. Sex Education

It is the position of SIECUS that:

Free access to full and accurate information on all aspects of sexuality is a basic right for everyone, children as well as adults.

2. Sexual Orientation

It is the position of SIECUS that:

It is the right of all persons to enter into relationships with others regardless of their gender, and to engage in such sexual behaviors as are satisfying and non-exploitive. Discrimination based on sexual orientation is a violation of this right.

3. Masturbation

It is the position of SIECUS that:

Sexual self-pleasuring, or masturbation, is a natural part of sexual behavior for individuals of all ages.

It can help to develop a sense of the body as belonging to the self, and an affirmative attitude toward the body as a legitimate source of enjoyment.

It can also help in the release of tension in a way harmless to the self and to others, and provide an intense experience of the self as preparation for experiencing another.

Masturbation, and the fantasies that frequently accompany it, can be important aids in maintaining or restoring the image of one's self as a fully functioning human being.

4. Contraceptive Care for Minors

It is the position of SIECUS that:

Contraceptive services should be available to all—including minors who should enjoy the same rights of free and independent access to medical contraceptive care as do others.

5. Explicit Sexual Materials

It is the position of SIECUS that:

The use of explicit sexual materials (sometimes referred to as pornography) can serve a variety of important needs in the lives of countless individuals and should be available to adults who wish to have them.

In this regard we find ourselves in entire agreement with the Majority Report of the President's Commission on Obscenity and Pornography.

6. Sex and Aging

It is the position of SIECUS that:

Aging people are too often deprived of opportunities for sexual companionship and expression, which they need despite unscientific beliefs to the contrary.

Society has an obligation to create conditions conducive to the fulfillment of these needs.

7. Sex and Racism

It is the position of SIECUS that:

In any efforts aimed at identifying and improving a society's attitudes and understanding about racism, distortions of facts which are sexual in nature must be recognized and combatted as such.

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Racism is frequently manifested by distorted views of the sexuality of other ethnic groups, creating barriers to interpersonal relationships. Members of the stereotyped groups may themselves come to believe these racist sexual myths, so that the sexual self-concepts of both racist and victim are distorted, and they are denied the opportunity to understand, appreciate and enjoy the sexuality to which all human beings are entitled.

8. Sex and the Handicapped

It is the position of SIECUS that:

The sexual nature and needs of individuals with physical or mental handicapping conditions have rarely been considered in the past. Today their need for total human relationships is increasingly recognized.

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of sexuality running through all human life may actually serve as a linkage, a conduit, to other increasingly important aspects of that life. As the globe becomes ever more crowded and threatened, as elbows become sore from rubbing against other elbows and toes are stepped on by other infringing toes, the complexities of making it possible for human beings to establish relationships that are symbiotic rather than antibiotic, energy-renewing rather than energy-sapping, loving rather than hostile, fear-allaying rather than fear-producing, and ego-building rather than ego-destructive, are as strikingly clear as their solutions are urgent.

People fear or hate far too many things that are integral parts of life: death, aging, work, illness, sex. Work becomes something to be endured rather than lived. Increasing leisure time terrifies many into empty, stereotyped, money-spending activities to prove enjoyment of it. Children no longer play spontaneously so much as they consider play to be a purchasable item. Aging is to be dreaded; postponed at all costs, denied when it happens to the self, sequestered when it happens to others. Illness can be sought as a means of attention or escape, but is to be resolved instantly by some magic pill or potion.

When the capacity for enjoyment of one's body, for acceptance of sexual pleasure as legitimate, whether in the self or in others, has been stamped on and repressed from earliest childhood, then people can be driven to rely on substitute mechanical means for release and a sense of well-being. They may turn to compulsive use of alcohol, drugs or explicit sexual materials, as anodynes to the pain of emptiness, deprivation and sense of failure in basic human relationships that inevitably stem from a poor self-image. The heavy hand of fear when laid on childhood sexuality can thus exert its negative effects right into adult life, especially in marriage and, continuing the chain reaction into the next generation, in parenthood.

Two major hurdles to the positive use of sexuality to enhance, enrich and potentiate human energy are: insistence on an "either-or" differentiation between heterosexuality and homosexuality, when actually these sexual preference states are probably parts of a continuum, depending on biographical or life experiences in the earliest years. There is too a curious phenomenon observable today—the rejection by both hetero-

Parents, professionals and society in general have the obligation to make it possible for the handicapped to live responsible, rewarding and fulfilling sexual lives in accordance with their capacities.

9. Sex: The Law and the Citizen

It is the position of SIECUS that:

In agreement with the Model Penal Code of the American Law Institute, sexual behavior engaged in by consenting adults in private should not be the concern of the law.

10. Sexual Health Care

It is the position of SIECUS that:

Sexual health care is a valid concern of the total health care to which everyone is entitled, and therefore provision must be made for it in health care planning, with relation to mental and social as well as physical well-being.

sexually and homosexually oriented people of the state of bisexuality. The truth probably lies in the understanding that sexual preference orientation operates as a continuum, rather in the way a solid state switch can move from one stage to another, without interruptions of current.

A second bar is even more important: sex for pleasure as distinct from sex for reproduction must receive recognition as to its validity throughout the life span, but with appropriate emphases to relieve older people of the present over-accent on youth, and younger people of the compulsive need for frenetic search for that ultimate "great" orgasm.

The First Decade—Sexual Health

The societal movement begun, during SIECUS' first decade, with the concept of sexuality as integral to human health, has recently been signalized by the American Medical Association nationally in a policy declaration (see page 4), and internationally by the World Health Organization when it convened a meeting on the teaching of human sexuality to health professionals.

The Second Decade—Sexual Human Rights

On the basis of the ten SIECUS position statements, SIECUS' second decade may come to be known as the decade of sexual human rights, for the concept of the right to sexual autonomy is a logical next step. As with all rights it must carry with it the co-equal obligation of responsibility. Autonomy with responsibility in sexual matters could free human energies for other tasks in developing a more loving, more honest, more humane and therefore more humanly productive society. The SIECUS policy positions constitute some first steps in this direction. They will undoubtedly become as subject to attacks as were SIECUS' first concepts, which have now been accepted. We learn and progress by such attacks, which serve to identify the true nature and motives of the attackers, and therefore to polarize understanding of and support for the principles and ultimate goals involved.

Releasing energies from the yoke of fear, guilt and ignorance about sex, in order to rechannel these energies to productive purposes by people on behalf of people, is one such goal—a challenging one for all of us.

WHERE THE ACTION IS

AMA POLICY ON SEX EDUCATION FOR PHYSICIANS

It is now the official policy of the American Medical Association that the AMA "encourage formal instruction of physicians in human sexuality at all three levels of professional education: undergraduate, graduate, and continuing education."

This policy was adopted by the AMA's House of Delegates in December, 1973, following a report of the Board of Trustees which cited the continuing need for physician competence in dealing with problems of sexuality and family counseling.

ACCEPTANCE OF PREMARITAL SEX INCREASES

Forty-three percent of all Americans say that sex before marriage is *not* wrong, according to an August, 1973 Gallup poll. Only 48 percent of those polled by Gallup said that premarital sex is wrong, as compared with 68 percent of those polled in 1969.

Following the general trends of Gallup's 1969 survey, the 1973 poll revealed that women, older persons, the less educated, Southerners and married people were most likely to disapprove of premarital sex. A major change was found, however, among those with only a high school education. They registered the largest decline in disapproval, 24 percent, compared with 17 percent among those with grade school educations and 15 percent among the college educated.

UTAH DENIES MINORS' RIGHTS TO CONTRACEPTIVE INFORMATION

The Utah Supreme Court, overturning a lower court's decision, has ruled that refusal of contraceptives and birth control information to unmarried minors who lack parental consent is not a denial of equal protection of law. The court ruled on a class action suit brought against Planned Parenthood of Utah, a publicly-funded agency.

In its May, 1973 decision, the court cited both a state law making it a felony to have sexual relations with a girl under the age of 18 with or without her consent, and the court's belief that knowledge of contraception would contribute to the delinquency of minor girls by making them more likely to commit the crime of fornication and to contract venereal disease.

The court further stated, "The law which makes sexual relations lawful between spouses and unlawful between others has never been considered to deny equal protection of the law to single people who may want to satisfy their lusts on each other."

The plaintiffs have appealed the decision to the U.S. Supreme Court.

AMERICAN PUBLISHERS CHALLENGE SUPREME COURT'S OBSCENITY DECISION

Charging that the U.S. Supreme Court's June 21, 1973 decisions on obscenity have resulted in an alarming increase of "mischievous assaults" on First Amendment rights, the Association of American Publishers has called for the abandonment of any distinction between "hard core" and other materials, and for regulation only of the distribution of sexually-explicit materials to young people and to adults who do not wish to be exposed to them.

The Association stated, "While the AAP does not suggest that the Court is bound by the conclusions of the [President's] Commission [on Obscenity and Pornography], it is at a loss to understand why the Court has completely ignored the extensive research conducted by this group of distinguished and disinterested persons."

PROSECUTORS GET HELP ON PORNOGRAPHY CASES

The National Legal Data Center on the Law of Obscenity (see news item in *SIECUS Report*, Vol. 1, No. 6, July, 1973) in the past nine months has handled 1,000 requests for assistance in prosecution of obscenity laws. Funded by the

Federal Government, the Center supplies model pleadings, suggests trial tactics and supplies experts to testify.

STATES CONSIDER SEX EDUCATION LEGISLATION

The following bills relating to school sex education, with emphasis on controlling rather than promoting it, were introduced in five state legislatures last fall, and are under consideration:

California—A1177 specifies that violation of the provisions regarding teaching of sex education in the public schools is grounds for dismissal of certificated employees and for the revocation of their credentials.

Florida—S1266 establishes a comprehensive health education program in grades K-12, including a course on venereal disease, but specifies that the teaching of sex education is not a required part of the program.

Michigan—H4719 authorizes elective courses on birth control, sex hygiene and symptoms of sex disease.

New Jersey—A427 authorizes school districts to provide sex education in grades 7-12, and provides for public hearing and inspection of instructional materials, as well as the right of parents to prevent enrollment.

Texas—S343 permits parents to prevent enrollment in sex education classes, and provides for public inspection of instructional materials.

PUBLIC APPROVES PRESENT TV COVERAGE OF SEXUALITY

Fifty-seven percent of the American voting-age public feels that such subjects as sex relations, homosexuality and venereal disease are "usually handled responsibly and informatively," according to a 1973 survey of public attitudes toward the media conducted by the Roper Organization. Sixty-six percent of both the college-educated and the under-35-year-olds surveyed approved of TV's coverage in this area. Only 19% of those responding felt that TV coverage of sex was handled "sensationally or offensively."

HUMAN SEXUALITY: A SELECTED BOOKLIST FOR PROFESSIONALS

The 1970's are witnessing increasing involvement of members of the helping professions in their growing responsibilities in dealing with the sexual concerns and problems of their patients and clients. This booklist offers a basic selection of books which provide both information and guidance in meeting these challenges. It includes materials both for those whose professional education encompassed a study of sexuality, and those who have had relatively little

training in this field.

Please note that the books on this list are *not available from SIECUS*, but can be obtained through local public or professional libraries, or directly from the publishers whose addresses are included at the end of the list.

Copies of this reading list and a listing of SIECUS' publications are available free on request from SIECUS, upon receipt of a stamped, self-addressed, #10 envelope.

BASIC TEXTS IN HUMAN SEXUALITY

HUMAN SEXUALITY, Second Edition, revised *James L. McCary*

This revised edition of McCary's widely adopted college text includes the latest data and theories on the anatomy, physiology and sociology of human reproductive and sexual behavior. Provides detailed anatomical illustrations where necessary.
Van Nostrand Reinhold Books, 1973; \$8.50

HUMAN SEXUALITY, Second Edition *American Medical Association*

Prepared by the AMA's Committee on Human Sexuality, this book presents in lucid condensed form today's medical understanding of human sexuality, highlighting the significant findings of contemporary research.
American Medical Association, 1973; \$5.95

FUNDAMENTALS OF HUMAN SEXUALITY *Herant Katchadourian and Donald T. Lunde*

A college-level text in human sexuality with appeal to a wider audience, this book deals with the impact of the erotic, with psychosexual growth, fantasy, masturbation, physiology of orgasm, and sexuality throughout the life cycle.
Holt, Rinehart and Winston, 1972; \$15.00 cloth, \$9.95 paper

PERSPECTIVES ON SEXUALITY *James L. Malfetti and Elizabeth M. Eidlitz, Eds.*

Contains more than 200 readings drawn primarily from literature which are intended to deepen understanding of concepts in human sexuality.
Holt, Rinehart and Winston, 1972; \$8.00

SEXUAL MYTHS AND FALLACIES *James L. McCary*

This book offers remedial sex education by correcting common misconceptions about sex and sexuality. Interesting and scholarly, it is appropriate for lay readers as well as for professionals.
Van Nostrand Reinhold Books, 1971; \$6.95

SEXUALITY AND MAN *Sex Information and Education Council of the U.S. (SIECUS)*

A collection of the first 12 Study Guides issued by SIECUS, presenting overviews of selected topics in sex education and human sexuality.
Charles Scribner's Sons, 1970; \$2.65 (A Spanish-language edition is also available, distributed in the U.S.A. by Behavioral Publications; \$2.00)

COUNSELING: THEORY AND PRACTICE

ASSESSMENT OF SEXUAL FUNCTION: A GUIDE TO INTERVIEWING *Group for the Advancement of Psychiatry*

A handbook for physicians and other health professionals which discusses interviewing and describes typical sexual problems, reviewing the many types of sexual difficulty related to medical problems.
Group for the Advancement of Psychiatry, 1973; \$3.50

THE JOY OF SEX: A GOURMET GUIDE TO LOVE MAKING *Alexander Comfort, M.D.*

A finely illustrated, explicit guide to love making. Widely acclaimed by professionals in human sexuality, it emphasizes enjoyment of the total erotic relationship.
Crown Publishers, 1972; \$12.95 (Simon & Schuster, \$4.95 paper)

THE NEW SEX THERAPY *Helen Singer Kaplan, M.D., Ph.D.*

Dr. Kaplan offers an eclectic approach to the treatment of sexual dysfunction, integrating psychoanalytical and clinical techniques. A brief course of therapy is outlined, designed for treating couples on an out-patient basis in office practice. The book

includes an appendix of 39 illustrative case studies, and tables of the effects of various drugs on male and female sexual function. In addition, other current modes of sex therapy and their results are examined, and Dr. Kaplan explores the necessary qualifications for sex therapists.
Brunner/Mazel, Publishers, 1974; \$17.50

THE PROFESSIONAL TRAINING AND PREPARATION OF SEX COUNSELORS *American Association of Sex Educators and Counselors*

Following closely the recommendations and approach of AASEC's earlier guide on sex education, this booklet emphasizes counseling principles and procedures, and outlines the scope of sex counseling and the requisite training.
American Association of Sex Educators and Counselors, 1974; \$1.00

SEXUAL AND MARITAL HEALTH: THE PHYSICIAN AS CONSULTANT *Clark E. Vincent, Ph.D.*

Dr. Vincent emphasizes the physician's role and responsibility in improving and maintaining patients' marital and sexual health. Topics include marital communication, sex education, adolescent sexuality,

parenthood, marital and sexual problems, and a discussion of marital health as a new health specialty.
McGraw-Hill, 1973; \$7.95 cloth, \$5.95 paper

TEENAGE PREGNANCY: PREVENTION AND TREATMENT *Philip M. Sarrel, M.D.*

This pamphlet, SIECUS Study Guide No. 14, discusses the complex dimensions of the problem, including the inter- and intra-personal, medical and educational aspects. A number of existing programs designed to meet the needs of pregnant teenagers are described.
SIECUS, 1971; distributed by Behavioral Publications; \$1.00

TREATMENT OF SEXUAL DYSFUNCTION *William E. Hartman and Marilyn A. Fithian*

The authors describe and explain the treatment of sexual dysfunction used at their Center for Marital and Sexual Studies, and report on their findings and success. Based on Masters' and Johnson's procedures and findings, their program has a number of innovative aspects.
Center for Marital and Sexual Studies, 1972; \$11.25

FEMALE SEXUALITY

THE FEMALE ORGASM: PSYCHOLOGY, PHYSIOLOGY, FANTASY

Seymour Fisher, M.D.

A study reporting on the results of a five-year research project on female orgasm and women's attitudes toward sexuality. A review of the literature in the field is included, with 1200 annotated references.

Basic Books, 1973; \$15.00

THE NATURE AND EVOLUTION OF FEMALE SEXUALITY

Mary Jane Sherfey, M.D.

Citing embryological evidence, the author demonstrates that the primary or original human organism is female. Using data from ethology, anatomy, physiology and clinical practice, she explores and explains women's almost limitless capacity for sexual arousal and orgasm, and discusses the possible implications of women's sexual nature for society now and in the past.

Random House, 1972; \$5.95

OUR BODIES, OURSELVES

Boston Women's Health Book Collective

Written by nonprofessionals, but with professional competence, this book presents educational, personal and scientific material about human sexuality and health care. Professionals will find it valuable in deepening their understanding of women's needs and expectations in health care.

Simon & Schuster, 1973; \$8.95 cloth, \$2.95 paper

MARRIAGE AND FAMILY

HANDBOOK OF MARRIAGE COUNSELING

Ben N. Ard, Jr., and Constance C. Ard, Eds.

Fifty chapters by contributors in many disciplines discuss theory, techniques and subjects in marriage counseling.

Science and Behavior Books, 1969; \$12.95

PREMARITAL COUNSELING

Aaron L. Rutledge

A useful book for all professionals, including physicians, who do counseling to prepare a couple for marriage.

Schenkman Publishing Co., Inc., 1966; \$4.50

PROGRESS IN GROUP AND FAMILY THERAPY

Clifford J. Sager and Helen Singer Kaplan, Eds.

Fifty-two articles provide a comprehensive overview of significant theoretical and clinical innovations in group and family therapy.

Brunner/Mazel Publishers, 1972; \$25.00 cloth, \$9.95 paper

MARITAL THERAPY: MORAL, SOCIOLOGICAL AND PSYCHOLOGICAL FACTORS

Hirsch L. Silverman, Ed.

An anthology which describes the main points in marital therapy, and explores the influences which seem likely to shape the field in the immediate future.

Charles C Thomas, Publisher, 1972; \$24.75

SEXUAL DIFFICULTIES IN MARRIAGE

David Mace

A supplement to counseling written in nontechnical language, this book first considers carefully the physical and emotional health of the relationship before discussing the specific syndromes of sexual dysfunction.

Fortress Press, 1972; \$1.50

SEXUAL BARGAINING: POWER POLITICS IN THE AMERICAN MARRIAGE

John Scanzoni

An authoritative book which debunks the myth of marital disintegration and argues that the current disenchantment with monogamous marriage is reflective of the power struggle precipitated by the demands of women for equality.

Prentice-Hall, 1972; \$5.95

THERAPY WITH FAMILIES OF SEXUALLY-ACTING OUT GIRLS

Alfred S. Friedman, et al.

The underlying philosophy, methods of training therapists, and techniques of working with families presented are applicable to family therapy and counseling regardless of the presenting problem.

Springer Publishing Company, 1971; \$7.50

SEX EDUCATION

A CREATIVE APPROACH TO SEX EDUCATION AND COUNSELING

Patricia Schiller

An informed look at sex education and counseling in the context of human relations. Its group-centered techniques/outlines for teaching and for educator/counselor training reflect this approach. The book includes discussion of teaching techniques and model training programs, and guidelines on curriculum planning.

Association Press, 1973; \$12.00

FILM RESOURCES FOR SEX EDUCATION

Sex Information and Education Council of the U.S. (SIECUS)

An annotated guide to well over 100 films and other audio-visual materials for use in classroom and community group discussions of human sexuality and sex education. Supplements issued each September.

SIECUS, 1973; distributed by Behavioral Publications; \$3.95, Supplement \$1.00

GROWTH PATTERNS AND SEX EDUCATION: AN UPDATED BIBLIOGRAPHY

American School Health Association

A bibliographic storehouse of both printed and audiovisual materials. Annotated listings include materials for children, youth, teachers, parents and other adults, with

heaviest emphasis on elementary and secondary school levels.

American School Health Association, 1972; \$2.00

THE INDIVIDUAL, SEX AND SOCIETY: A SIECUS HANDBOOK FOR TEACHERS AND COUNSELORS

Carlfred B. Broderick and Jessie Bernard, Eds.

This comprehensive volume contains a series of papers dealing with the practical and programmatic aspects of sex education, the cultural and value context of sexuality, norms of sexual functioning and special educational problems posed by sexual anomalies and aberrant sexual behavior.

The Johns Hopkins University Press, 1969; \$4.50

THE PROFESSIONAL TRAINING AND PREPARATION OF SEX EDUCATORS

American Association of Sex Educators and Counselors

This booklet, prepared by AASEC's Training and Standards Committee, outlines the scope of knowledge, personal qualities, and professional skills essential for anyone working in this field.

American Association of Sex Educators and Counselors, 1972; \$1.00; bulk rates available.

SELECTIVE GUIDE TO MATERIALS FOR MENTAL HEALTH AND FAMILY LIFE EDUCATION

Mental Health Materials Center

An invaluable resource for the selection and evaluation of materials in the field of mental health and family life education. Updated every other year (the next edition will be ready January, 1975), it contains over 500 reviews of pamphlets, films, filmstrips and other materials.

Perennial Education, Inc., 1972; \$35.00

THE SEXUAL ADOLESCENT: COMMUNICATING WITH TEENAGERS ABOUT SEX

Sol Gordon

A book for professionals and concerned laymen which not only offers practical suggestions and techniques for communicating with adolescents, but also explains what to communicate and why. Originally prepared as a report to the Commission on Population Growth and the American Future, it includes the principal recommendations of that Commission and of the National Commission on Venereal Disease, and reviews most of the available literature on adolescent sexuality. The book includes a large and excellent list of resources.

Wadsworth Publishing Company, 1973; \$6.95 cloth, \$3.50 paper

SEX RESEARCH

AN ANALYSIS OF HUMAN SEXUAL RESPONSE

Ruth Brecher and Edward Brecher

A group of experts comment on and analyze aspects of the study by Masters and Johnson in terms of their own special fields. Little, Brown and Company, 1966; \$5.95

CONTEMPORARY SEXUAL BEHAVIOR: CRITICAL ISSUES IN THE 1970'S

Joseph Zubin and John Money, Eds.

Recommended for research scholars, educators and clinicians interested in the scope of sex research in the 1970's. Topic areas include the relation of neurology and endocrinology of subhuman species to human

sexual behavior; maternalism and women's sexuality; integration of clinical and behavioral approaches; the brain and sexual behavior; and sex education for the professional.

The Johns Hopkins University Press, 1973; \$15.00

HUMAN SEXUAL INADEQUACY

William H. Masters, M.D., and Virginia E. Johnson

On the basis of 11 years of careful clinical research, Masters and Johnson present findings for the treatment of impotency, ejaculatory disorders, inadequate female response, vaginismus, dyspareunia and prob-

lems of aging. The book is a basic and essential resource for all counselors, as well as for others seriously interested in human sexuality.

Little, Brown and Company, 1970; \$12.50

HUMAN SEXUAL RESPONSE

William H. Masters, M.D., and Virginia E. Johnson

The report of the laboratory research and clinical findings concerning sexual response of men and women during various types of sexual activity, during pregnancy, and in the later years. The volume contains the most important physiological data concerning sexual response so far discovered.

Little, Brown and Company, 1965; \$10.00

SEXUAL ORIENTATION AND GENDER IDENTITY

HOMOSEXUALITY

Alan P. Bell

This revised edition of SIECUS Study Guide No. 2 examines the nature, causes and expression of homosexuality, considering its place in the continuum of human sexuality, and posing the unresolved questions in this area.

SIECUS, 1973; distributed by Behavioral Publications; \$1.00

HOMOSEXUALITY: AN ANNOTATED BIBLIOGRAPHY

Martin S. Weinberg and Alan P. Bell, Eds.

This reference guide contains over 1200 annotated entries of books and articles relating to both male and female homosexuality. Entries are in three major areas: physiolog-

ical, psychological, and sociological.

Harper & Row, Publishers, 1972; \$15.00

MAN AND WOMAN, BOY AND GIRL

John Money and Anke A. Ehrhardt

Authoritative information on differentiation and dimorphism of gender identity from conception to maturity. Demonstrates the interaction between genetics and environment, and explains the development of gender identity as well as providing insights to homosexuality, transsexualism, sexual anomalies, and transvestism.

The Johns Hopkins University Press, 1972; \$12.50 cloth, \$3.50 paper

SEX ERRORS OF THE BODY

John Money

Discusses various types of anomalies in

development, explaining their causes, their psychosexual effects, and the necessary sex education to help the individual achieve successful sexual attitudes and functioning or to provide supportive counseling.

The Johns Hopkins University Press, 1968; \$4.95

SEXUAL IDENTITY CONFLICT IN CHILDREN AND ADULTS

Richard Green, M.D.

A full exposition of the theories, research strategies, and findings in the study of the development of gender identity. The book includes illuminating detailed interview material and verbatim transcripts of interviews with adults and children who discuss why they want to change their sex.

Basic Books, 1974; \$15.00

SOCIOLOGICAL, CROSS-CULTURAL AND HISTORICAL STUDIES

ADOLESCENT SEXUALITY IN CONTEMPORARY AMERICA

Robert C. Sorensen

This study of adolescent sexual behavior and attitudes contains data for the researcher and other professionals in human sexuality. It raises important questions about trends and meanings in contemporary adolescent sexual behavior.

World Publishing Co., 1973; \$20.00

ENCYCLOPEDIA OF SEXUAL BEHAVIOR

Albert Ellis and Albert Abarbanel, Eds.

A number of authorities from various fields contributed to this reference work. There are helpful bibliographies for each subject that make this a basic resource.

Hawthorne Books, 1967; \$17.50

HUMAN SEXUAL BEHAVIOR

Donald S. Marshall and Robert C. Sugges

A cross-cultural study of human sexual behavior which describes ten contemporary societies ranging from the sexually permissive to the highly repressive. Written by anthropologists and sociologists, the selections make a valuable ethnographic record. An

annotated bibliography of selected studies on cross-cultural sexual behavior and methodological guidance for such studies is included.

Basic Books, 1971; \$10.00 cloth; \$2.45 paper

PATTERNS OF SEXUAL BEHAVIOR

Clellan S. Ford and Frank A. Beach

A classic on sexual behavior which condenses a vast amount of anthropological, cross-cultural and biological information.

Harper & Row, Publishers, 1951; \$6.50

PHALLOS: A SYMBOL AND ITS HISTORY IN THE MALE WORLD

Thorkil Vangaard

A book which provides a valuable perspective on the cultural relativity of human sexual mores. It discusses the phallus as a symbol of masculine power and dominance, traces the growth of suppression of homosexual behavior in the West.

International University Press, 1972; \$9.00

SEXUAL BEHAVIOR IN THE HUMAN FEMALE

Alfred C. Kinsey, Wardell B. Pomeroy, Clyde E. Martin and Paul Gebhard

Companion study to the male volume done with more statistical sophistication. In addition to the findings on female sexual behavior, the book contrasts data on male and female sexual response.

W.B. Saunders Company, 1953; \$10.00

SEXUAL BEHAVIOR IN THE HUMAN MALE

Alfred C. Kinsey, Wardell B. Pomeroy and Clyde E. Martin

The first of the famous Kinsey Reports; a pioneering study of male sexual behavior. It demonstrated statistically for the first time how wide the gap had become between officially sanctioned and actual sexual behavior in our society.

W.B. Saunders Company, 1948; \$9.50

SEXUAL BEHAVIORS: SOCIAL, CLINICAL AND LEGAL ASPECTS

H.L.P. Resnik and Marvin E. Wolfgang, Eds.

Articles from a variety of disciplines focus on several aspects of evaluation and treatment of sex offenders and discuss current legal and psychiatric modalities.

Little, Brown and Company, 1972; \$15.00

SPECIAL CONCERNS: THE HANDICAPPED

HUMAN SEXUALITY AND THE MENTALLY RETARDED

Felix F. de la Cruz and Gerald D. Laveck, Eds.

The proceedings of a 1971 conference at which fifty authorities in medicine, genetics, law, religion and other disciplines met to examine the physical and psychological aspects of sexual behavior and relate them to the special needs of those with learning handicaps. The book presents a comprehensive overview of the field.

Brunner/Mazel, Publishers, 1973; \$8.95

A RESOURCE GUIDE IN SEX EDUCATION FOR THE MENTALLY RETARDED, Revised Edition

Sex Information and Education Council of the U.S.—American Association for Health, Physical Education and Recreation

An aid to educators, counselors and others working with the retarded, it includes sample lessons, an overview of curriculum concepts and content, and a detailed list of written and audio-visual resource material. SIECUS—AAHPER, 1971; distributed by Behavioral Publications and AAHPER, \$2.00

SEXUAL RIGHTS AND RESPONSIBILITIES OF THE MENTALLY RETARDED

Medora S. Bass, Ed.

The proceedings of a 1972 conference sponsored by the American Association on Mental Deficiency, this book comes to grips with social attitudes and institutional policy relating to the sexual rights of the retarded. Several community and institutional programs are described, and a bibliography and list of audio-visual resources are included.

Medora S. Bass, 1971; available from editor, \$2.00

CONCEPTION AND CONTRACEPTION

THE MANUAL OF FAMILY PLANNING AND CONTRACEPTIVE PRACTICE, Second Edition

Mary S. Calderone, M.D., Ed.

A comprehensive reference book for professionals in the family planning field. The second and greatly expanded edition contains several sections on the relationship of sexual attitudes and family planning behavior.

Williams & Wilkins Company, 1970; \$14.75

ATLAS OF HUMAN SEX ANATOMY

Robert Latou Dickinson, M.D.

The basic contribution of this pioneering volume is the vast number of detailed drawings of the range of variations in male and female anatomy. Drawings also include intercourse, contraception, and the process of fertilization and conception.

Williams & Wilkins Company, 1969; \$13.50

CONCEPTION, BIRTH AND CONTRACEPTION—A VISUAL PRESENTATION

Robert J. Demarest and John J. Sciarra

This atlas presents the basic facts about human reproduction, and is beautifully illustrated with sixty-one full color plates.

McGraw-Hill Book Company, 1969; \$8.95

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Chicago, IL 60610

American School Health Association
Kent, OH 44240

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Johns Hopkins University Press
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New York, NY 10001

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10 Davis Drive
Belmont, CA 94002

Williams & Wilkins Company
428 East Preston Street
Baltimore, MD 21202

World Publishing Company
110 East 59 Street
New York, NY 10022

BOOK REVIEWS

Human Sexuality and the Mentally Retarded. Felix F. de la Cruz and Gerald D. Laveck, Eds. New York, NY: Brunner/Mazel, Publishers, 1973. (347 pp.; \$8.95).

Reviewed by Winifred Kempton, MSW*

The recent trend to de-institutionalize the handicapped and give them more rights and responsibilities for normal living in the community sharply exposes their social-sexual naivete. Consequently, there is an almost desperate scurrying of professionals and parents to understand how to cope with this neglected part of their education and training. *Human Sexuality and the Mentally Retarded* consists of the proceedings of a November, 1971 conference in Hot Springs, Arkansas, at which fifty authorities in medicine, genetics, law, education, religion, and other disciplines met to examine the physical and psychological aspects of sexual behavior and relate them to the special needs of those with learning handicaps. Such "hot" issues as the effects of institutionalization, sex education programs, marriage and parenthood and methods of birth control were discussed, cautiously by most participants. (A significant pertinent issue completely ignored was abortion.)

The book, like the conference sessions, is divided into five main sections. The first, "Psychosocial Development and Sex Education," reveals a basic understanding of the topic by Murry Morgenstern and presents a research study by Paul Gebhard, which, because its population consists entirely of prisoners, is too biased to be valid. Also in this section the two most outstanding pioneers to write or speak on this subject, Sol Gordon and Warren Johnson, repeat what they have courageously been saying in behalf of the retarded for many years about sex education, masturbation, and sexual rights and responsibilities.

With the exception of Sheldon Reed's interesting report on his genetic studies,

information in the second section "Physical and Biological Aspects" is very superficial. Important problems encountered in the use of the intrauterine device are not covered. Barely mentioned is the controversial Depo-Provera (medroxy-progesterone acetate) injection, although those experienced in providing birth control for the retarded are finding it the only method short of sterilization that can successfully prevent pregnancy for some retarded women. Statements that mentally retarded men and women generally are able to use the same contraceptives as normal couples, that IUD appears to be the agent of choice for retarded women and the condom for retarded men, and that women of very low IQ's can be trained to take pills regularly, simply cannot be taken seriously without statistics to back them up.

Robert Deisher and Murry Morgenstern present some interesting opinions in the section on "Institutional and Community Attitudes, Practices and Policies." Janet Mattinson reports on her study, "Marriage and Mental Handicap," covered more fully in her book of the same title. Rabbi Narot admits lack of basic understanding of the retarded and Brian Scakly reveals a bias against marriage for them. Robert Burt offers some information for those who seek legal reassurances on some of these issues.

The fourth section, "New Directions for Research and Experimental Programs," highlights the book. Both Richard Whalon and Robert Eggerton present interesting, valuable material. Dr. Eggerton especially shows the results of his research and practical experience when he says "Heretofore, typically, the only professional persons who have known a great deal about the sexual behavior of the mentally retarded have been ward staff members and social workers, and even the most astute among these may have seen only a narrow range of the behavior of which the persons in their care were

capable."

Eggerton substantiates a main criticism of the book, that it sadly lacks enrichment of first hand, practical experiences of lesser-known but knowledgeable astute persons working with the retarded. For example, the fifth section, consisting of "Background Papers" by Ira Reiss and Henrik Hoffmeyer, although interesting, is quite irrelevant.

This book is, however, a noble pioneering effort; it can be considered a giant step in the field of retardation provided we do not look upon it as a last word authority. As the editors wisely point out themselves, "We hope this volume will give us a better understanding of one of the basic needs of the mentally retarded and guide us in developing programs to help the retarded in expressing those needs with a minimum of undesirable consequences." **PR**

*By invitation. Winifred Kempton, is Director of Education, Planned Parenthood of Southeastern Pennsylvania, Philadelphia, Pennsylvania.

Guidelines for Planning a Training Course on the Subject of Human Sexuality and the Retarded. Winifred Kempton. Planned Parenthood of Southeastern Pennsylvania (1402 Spruce St., Philadelphia, PA, 19102), 1973. (132 pp.; \$4.00).

Reviewed by Warren R. Johnson, Ph.D.

A couple of years ago, while giving a talk on sex and the mentally retarded, I felt the need to stop and hold up a new booklet which seemed to symbolize the almost unbelievably primitive level of sex education progress in this field. So far as I know, the booklet was the *first* effort on anyone's part to provide parents with some kind of guidance on a subject that has confused,

Audience Level Indicators. The bold type letter(s) following book reviews indicate the general audience level. Keys to categories are as follows: **C**—Children (elementary grades), **ET**—Early teens (junior high), **LT**—Late teens (senior high), **A**—College, general adult public, **P**—Parents, **PR**—Professionals (educators, physicians, clergy, public health workers, nurses, etc.).

worried, even terrified them for countless years: the sexuality of their mentally retarded children. The booklet was by the courageous, highly experienced Philadelphia Planned Parenthood group led by Winifred Kempton.*

It may be going a bit far to think of Philadelphia as a kind of St. Louis of the East when it comes to revolutionary steps forward in an aspect of human sexuality. But where else have people been bold as well as imaginative enough to confront the sexuality of the mentally retarded, accept it as a dimension of normal personality functioning of that group—as it is of nonretarded groups—undertake to work out helpful ways of dealing with it educationally, and produce a sizeable and useful literature and audio-visuals for the benefit of others?

Mrs. Kempton's new little book is typical of their other productions in that it is an outgrowth of considerable experience in the actual conduct of training courses. That is, the training courses themselves were in response to a manifest need, and systematic evaluation by participants has indicated that they worked well in terms of helping people to become more comfortable and competent in dealing with sexual aspects of educating the mentally retarded. The booklet therefore provides empirically tested guidelines for those who would institute such training programs elsewhere.

The booklet is simply and logically organized into eight step-by-step sessions, each designed to deal with a subject or subjects which is likely to be of special concern to participants. For example, attitudes towards sexuality, problems in the use of sexual language, and the question of objectives and techniques of presentation are included. Moreover some of the key considerations emphasized are: how to prepare trainees for effective participation in the program; how to help parents cope with sexuality of their children; how to deal with matters of dating, marriage, parenthood, birth control, the institutionalized mentally retarded; and such special problems as V.D., legal considerations and matters of religion.

Considerable emphasis is placed upon helping participants become effective workers in this area through experiences which encourage self-evaluation of attitudes and feelings. A basic goal is to help "prepare each participant to emerge from the course with enough enthusiasm, confidence, deter-

mination and direction to become a catalyst in his own setting for promoting and planning sex education programs." However, quite realistically, Mrs. Kempton warns that "none can expect to emerge from this course as an expert . . . totally prepared to work independently." She goes on to say that: "The main purpose of the course should be identified as preparing a base for further work, study, thought and discussion. . . ." Well and good. But the participant will be something of an authority on the subject upon finishing the course. When you know a little bit in this area, you know a lot in comparison with most people—and when you return home, you may find yourself virtually forced to function as something of an expert whether you want to or not.

The limited reference list, etc., accurately reflects the limited attention that this area has received so far. The "practice exercises," quizzes and tests are thoughtfully prepared and will prove useful to participants when they set up their own programs.

Hurrah for Winifred Kempton and Planned Parenthood of Southeast Pennsylvania. Their work is important right now and it will doubtless accelerate progress in this area. As one might expect, they have more goodies on the way. **PR**

*Kempton, W., Gordon, Sol, Bass, M., *Love, Sex and Birth Control for the Mentally Retarded: A Guide For Parents*. Philadelphia, PA: Planned Parenthood Assn. of Southeastern Pennsylvania.

My Secret Garden: Women's Sexual Fantasies. Nancy Friday. New York, NY: Trident Press, 1973. (361 pp.; \$7.95). *Reviewed by Mary S. Calderone, M.D.*

This book will undoubtedly come as a great shock to many men, for men traditionally have believed they had a monopoly on sexual fantasies. Now women have had their say, courtesy of Nancy Friday.

And such fantasies! I doubt if any male could beat them for richness, humor, wildness of imagination. Additionally, the women are for the most part full of candor about the value of these fantasies to them—not as substitutes

for sex experience, but as enrichers of it. Told in the women's own words, the fantasies are often commented on by the editor, briefly and with wisdom, humor and perceptivity.

It is evident that fantasies have value in and of themselves to the fantasizers. What is the value of the book itself? Specifically, it is a freeing book, a permission-giver. From the time they were little girls, women have been told "not to think about such things." By bringing women's sexual thoughts into the open the book gives them permission to fantasize and, in so doing, increases the possibility that women thereby also derive permission to experience real life sex more fully, more easily, more rewardingly.

This book and *Women and Sex*, by Leah Cahan Schaefer (reviewed in *SIECUS Report*, Vol II, No. 2, November 1973), should be read by both men and women. Men will be helped to understand women better, women will be helped to understand themselves better, and perhaps men may then be encouraged to produce similar books that tell women as much about themselves. **A**

Understanding the Female Orgasm. Seymour Fisher, M.D. New York, NY: Bantam Books, 1973. (266 pp.; \$1.95 paper). *Reviewed by Lorna B. Flynn, M.A.*

This book is an adaptation for the lay public of Dr. Fisher's extensive study, *The Female Orgasm: Psychology, Physiology, Fantasy* (see review by Harold I. Lief, M.D., *SIECUS Report* Vol. II, No. 4). Through interviews, psychological tests and writing samples, Dr. Fisher, a professor of Psychology at Upstate Medical Center of SUNY, has tried to determine what psychological factors are involved in the female orgasm. The book is divided into two parts: research findings and conclusions and interpretations. In the first part, he reviews existing theories and research, concluding that "Not a single one of the current and often widely accepted theories concerning the determinants of a woman's orgasm capacity seemed to be even slightly supported by what is scientifically known."

The 300 married women studied by Dr. Fisher and his wife, Dr. Rhoda Fisher, a clinical psychologist, volunteered in response to an advertisement in the

university newspaper. They ranged in age from 23 to 45, all except one were white, and were primarily Protestants. Dr. Fisher admits that the group was select, but privately believes "that the group will prove representative of the middle-class Western woman."

The results of the study make interesting reading. For example, no correlation was found between a husband's attitudes and behavior and his wife's ability to attain orgasm. Other noncorrelating factors included parental attitudes toward sex, early dating behavior and femininity. Dr. Fisher did find that low orgasm women tended to be afraid of losing their love object and also had had fathers who had treated them "casually." Regarding clitoral vs. vaginal stimulation preference in orgasm, Fisher found that vaginally-oriented women had greater anxiety levels, perceived their bodies in a "depersonalized manner," and generally viewed the world in a more muted way than did clitorally-oriented women. The study also reports on attitudes toward such factors as masturbation, the importance of fantasy, body image, menstruation and childbirth.

At face value, the study is informative for both men and women. However, little time has passed since the publication of the original research findings, and they have neither been digested nor replicated by other researchers. This reviewer thinks it essential that research of this nature and professional response to it be made available to the general public in a readable form. Countless individuals, including myself, would have welcomed popularized versions of Masters and Johnson's research by the authors themselves. It is a major problem for the lay public, which does not necessarily have access to the professional journals where criticism and replication of such studies appear, to place such a study as this in perspective. The publisher's description of this book leads one to believe that this research is on a par with the efforts of Kinsey and of Masters and Johnson. Other books about sexuality, especially about female sexuality (which seems to be a consuming interest of male researchers), also claim to be equally monumental. In other words, if Dr. Fisher's work is presented as a contribution to the expanding and relatively new discipline of sexuality but not as *the* definitive study, the popularization of such original research can be positive and beneficial. **A**

Sex is a Parent Affair. Letha Scanzoni. Glendale, CA: Regal Division, GL Publications, 1973. (254 pp.; \$1.95 paper). *Reviewed by the Rev. William H. Genné, M.A., B.D.*

This excellent book will help parents understand their own sexuality and give them real, practical guidelines for communicating with their children. It will be especially helpful to many parents because it sets the whole interpretation of sexuality within a Christian context as a gift of God. While challenging many traditional negative notions about sex, it uses Biblical scriptures to establish the values and goals for the ideal fulfillment of sex. In describing the Biblical ideal of joyous sexuality it quotes extensively from the more explicit passages of the Song of Solomon.

The author correlates the research findings of Masters and Johnson, Reiss, Kirkendall and others with the profound insights of the religious experience. Masturbation is discussed quite sympathetically as one of the gifts of God: not to take place of heterosexual intercourse but to be experienced when beneficial.

There are detailed discussions of twenty-five topics about which children may ask, from "abortion" to "venereal disease." In addition to a brief factual background on each topic there follows suggestions for answering questions from children of various ages.

Some will object because the author insists that coitus should be within the meaningful commitment of marriage, but most will rejoice at the openness and honesty of this book as it seeks to affirm the positive values of human sexuality. **P**

Freddy's Book. John Neufeld. New York, NY: Random House, 1973. (132 pp.; \$3.95). *Reviewed by Wardell B. Pomeroy, Ph.D.*

This delightful little book is an account of a small boy (probably age 11) who is searching for more sexual information. He sees the word "fuck" written on the wall of his grade school toilet and realizes there is something very special about the word. When he asks his peers about it, they give him much misinformation and serve only to confuse him further. A search in the library secures him nothing but an up-

set librarian. He asks his mother, who gives a most banal and sterile explanation of the act of intercourse which still leaves him with a very dim conception of what it is all about. He next turns to his father, who does somewhat better, but still avoids the concept of pleasure in sex. Finally, his football coach gives him direct and adequate explanations which serve to reassure him.

This poignant book describes very well what young children must go through really to understand what sex is all about, and the roadblocks that are put in their way. This is recommended reading for parents and teachers as well as young boys and girls who are caught up in the throes of our sexually euphemistic society. **C, P, PR**

The Beauty of Birth. Colette Portal. New York, NY: Alfred A. Knopf, 1971. (26 pp.; \$3.95).

Where Do Babies Come From? Margaret Sheffield, illustrated by Sheila Brewley. New York, NY: Alfred A. Knopf, 1973. (33 pp.; \$3.95).

Birth: The Story of How you Came to Be. Lionel Gendron, M.D., illustrated by Jack Tremblay. New York, NY: Grosset & Dunlap, Inc., 1972. (93 pp.; \$4.95).

Reviewed by Lorna Brown Flynn, M.A.

If I were planning to write a children's book about childbirth, the first thing I would do would be to check the already existing literature to determine if such a book would be a valuable addition to the field or merely a case of more paper pollution. The facts about childbirth are constant, so next I would spend a good deal of time deciding what societal values I wanted to convey to young people about birth and families. For example, today's families are smaller. Reliable methods of contraception mean that by choice, each act of sexual intercourse will not result in a baby. Babies can be planned and wanted.

My next task would be to identify my audience carefully and to spend some time with children who fit into it to learn not only the extent of their vocabulary and sophistication, but also just what information they really want. Finally, I would select an illustrator capable of supplying clear and accurate drawings which reflect my goals. For different reasons, the au-

thors of the above three books would have benefitted from this exercise.

Colette Portal is a French painter and illustrator who is known for her children's books about bees. The medium of watercolor may have worked extremely well with her other books, but when birds were added to the bees in *The Beauty of Birth*, the beautiful illustrations defeated their own purpose. With the exception of the drawings of fetal development, the illustrations are extremely confusing. As would be expected, the text revolves around the illustrations, each of which carries a title like "fertilization," "the egg," "the egg reaches the uterus," "the embryonic disc," "the mulberry." The mulberry? Yes, Ms. Portal mixes technical and not always correct or appropriate nontechnical terms.

Childbirth here is not viewed within a family context. In fact, after the very brief introductory deposition of the sperm, the parents are forgotten. The publisher notes that this book would have appeal for all ages. Perhaps that is its major problem. While adults may be intrigued and delighted with the illustrations and eight-year-olds might understand the sometimes complicated vocabulary, the younger child for whom this book seems to have been written would be confused by both.

Where Do Babies Come From? has been hailed by the women's movement as a book for liberated parents and children. For this reason it will probably sell well. It is an adaptation of a BBC program used in British schools, and it boasts of being neither too technical, too cute, nor too vague. The text is simple and calm, and the almost Gauguin-like illustrations are fairly clear and warm. However, I cannot recommend this book without reservation. The baby is not born into a family. It is born of its mother; its father's only role is to deposit the sperm. There is no mention of the baby being wanted or conceived out of love. These are not only values which this reviewer feels should be emphasized in childbirth books, but also they are things about which children need to be reassured. The illustrations do indicate love between a man and a woman, but the text reflects neither warmth nor human tenderness. One assumes that the total BBC program goes into family life, but unfortunately this segment on human reproduction

was abstracted in such a way as to make it seem mechanistic.

The baby in this book is literally delivered by its mother with a midwife standing by. Perhaps in England many babies are born at home without a physician, but even with our "return to nature" most babies in this country are born in hospitals, and today many fathers are present in the delivery room. The American editor of this book should have been sensitive to this as well as to the fact that children are anxious about their mothers' going to the hospital and would probably benefit from the exposure to a delivery room scene.

Finally, I see no reason to use the term "balls" to describe testes when no other slang terms are used. Many parents will find any use of slang offensive.

Lionel Gendron's book, *Birth: The Story of How You Came To Be*, is more difficult to describe.

Its major fault is that it tries to fill everyone's needs—even those of the mother. The book was originally written in French and published in Canada. Dr. Gendron, a sex educator, wants the book to be read by children and then discussed with their parents. Thus its primary audience is the older child. Unlike the other books reviewed here, this one discusses twins and a bit of genetics, and much of the detailed description will be welcomed by the curious child. Dr. Gendron devotes a section to what happens to the baby after it is born, including footprints and silver nitrate drops. He even has a happy waiting room father being told of the birth by the doctor and then telephoning relatives. However, I think that the discussion of a mother's anxiety over not feeling much fetal movement in the eighth month is unnecessary, as are the references to miscarriage.

The illustrations in this book are quite clear and Dr. Gendron makes effective reference to them in his text. One can only smile at the drawing of the nude woman whose breasts are shielded with a casual arm.

All three of these books were originally published in countries other than the United States. In this reviewer's opinion editors have the responsibility for seeing that all parts of such books—which are didactic in nature—fit into the social patterns of this country before they are marketed here. This is especially important with

children's books about sexuality, because many young people cannot make the necessary cross-cultural interpretations. If one could combine aspects of these books, perhaps the result would be useful. Individually, however, I cannot see that any of them adds significantly to the already existing library of books for young people about childbirth. **C**

Human Sexuality: Nursing Implications.

Compiled by Mary H. Browning and Edith P. Lewis, R.N. New York, NY: American Journal of Nursing Company, 1973. (276 pp.; \$5.00).

Reviewed by *Ethelrine Shaw, R.N., M.S.*

Human Sexuality: Nursing Implications is a compilation of articles selected and reprinted from the *American Journal of Nursing*, *Nursing Research* and *Nursing Outlook*. The 36 articles selected for this volume of the Contemporary Nursing Series were written from 1967 to 1973 and are divided into five sections according to specific subject areas.

The first section, consisting of five articles, is by far the most interesting because it deals with such subjects as homosexuality, masturbation, and transsexualism. The most controversial and traditional of the five articles in this section is Bieber's article on homosexuality in which he expresses the viewpoint that such orientation is "necessarily pathologic." Stephen's article expressing her psychobiologic perspective on human sexuality is most supportive of a humane approach to the whole area. Her conceptual framework is excellent. Brooks' article on masturbation reflects a certain inconsistency when in one instance she implies that masturbation in patients occurs primarily during stress and that nursing intervention can alleviate some of this stress, but she ends the article with the conclusion that masturbation "... is behavior that is useful for patients and should be understood by nurses."

The other sections of the book include articles related to sex education, fertility regulation, abortion and venereal disease. The content is good and most relevant for the professional nurse. The nine articles about abortion include information about counseling, education, techniques of abortion and the attitudes and perceptions of nursing personnel.

In summary, this series documents the interest of the nursing profession in the area of human sexuality. **PR**

AUDIO-VISUAL REVIEWS

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

About Conception and Contraception. 11 min., 16mm, 8mm, or video cassette, color, no sound. Perennial Education, Inc., 1825 Willow Road, P.O. Box 236, Northfield, IL 60093. Price: \$140; rental, \$14.

This animated film without sound has many advantages for those instructors who are looking for good visual materials, but wish to provide their own explanations and commentary. Many instructors feel that the omniscient but anonymous narrator often found in educational films really intrudes on the atmosphere that the instructor has nurtured in his/her own classroom. The animated sequences on conception cover sexual intercourse, ejaculation, fertilization, embryonic development and the birth process. The contraceptive sequences cover the condom, diaphragm, IUD, the "pill," and male and female sterilization. Possible uses for this film are: individual instruction on a one-to-one basis; with non-English speaking audiences; and with audiences for whom technical language would be a communications barrier. Naturally, anyone intending to use this film must be knowledgeable. For the instructor who likes to do his own thing, here is a very valuable teaching aid.

Hope Is Not a Method. 16 min., 16mm, sound/color. Perennial Education, Inc., 1825 Willow Road, P.O. Box 236, Northfield, IL 60093. Price: \$200; rental, \$20.

Here is a good straightforward informational film on seven methods of contraception, with a discussion on the advantages and disadvantages of each. The film's emphasis is on responsible loving, not family planning, which will certainly make it more effective with young single adults whose sexual activity is in no way motivated by traditional concerns of family planning.

The film opens with some hard statistical data: 50% of college women have had sexual intercourse; half of the women seeking abortion have not used birth control in any systematic fashion. Then

it demolishes some hard-to-kill myths: douching is useless as a contraceptive; sperm can stay alive several days, a fact which makes the idea of a "safe" period very problematical; and you can become pregnant on first intercourse and in any position. The information on the various methods of contraception is up-to-date and includes estimates of their effectiveness.

The forthrightness of this film is to be commended, especially when it confronts the widespread notion among young women that it is somehow unromantic to anticipate intercourse and to be prepared with contraceptives. It would have been even stronger if it confronted the young men who just can't be bothered. Without laboring the point, this film makes clear that responsible loving includes the regular use of reliable contraceptives. Hope really is not a method. Highly recommended for college audiences and youth programs serving older adolescents.

The Trying Time. 16mm sound/color, 19 min. Planned Parenthood Center of Seattle, 202 16th Ave. S., Seattle, WA 98144. Price: \$175; rental: \$20.

Coping with early adolescence is a trying experience for many parents. This film for parents strives to provide some insights that may ease the anxiety and turmoil. Using the same technique that was so effectively employed in the companion film, *Old Enough to Know* (reviewed in *SIECUS Report*, Vol. 1, No. 4), which dealt with childhood sexuality, this film follows three young adolescents through a typical day. Narration is carried by the voices of parents expressing their opinions and concerns about adolescence, and by the voices of young people reacting to their experiences of growing up in today's world.

There is a troubling inconsistency between the comments on the one hand of both parents and young people on such pressing issues as communication about sex, the need to conform, and striving for independence, and the vi-

sual imagery on screen that conveys an almost euphoric sense of youthful freedom as we watch the three attractive young people romp through the scenic streets, parks and waterways of Seattle. Early adolescence is simply not that carefree and joyful. The film does, however, provide a stimulus for serious discussion, and stands head and shoulders above most parent education A-V material currently on the market.

Becoming. 30 min., 16mm sound/color. Joseph T. Anzalone Foundation, P.O. Box 5206, Santa Cruz, CA 95061. Price: \$265; rental, \$35.

Childbirth is a total family experience, and this childbirth education film develops this concept in warm and sensitive fashion without becoming overly sentimental. Bob, MaryAnn, and their three-year-old son are preparing for the birth of a second child. The young parents involve the little boy in the preparations for the new baby in a natural low-key fashion which is especially effective. At the same time, the little boy learns about his own origins in a simple way suitable to his level of understanding.

Other scenes show the mother having her regular checkup; classes in natural childbirth, including relaxation and breathing exercises; labor room procedures where the husband is involved in massaging his wife and keeping track of her contractions; and the actual delivery. Explicit scenes of the birth process are now practically obligatory in childbirth films, and this one is no exception, but it is done with taste. While this couple have chosen natural childbirth, the film does not attempt to push this method zealously, but conveys the experience of childbirth as one in which total family involvement strengthens family bonds. Highly recommended for childbirth education classes, nursing schools and family life education at senior high and college levels.

JOURNAL REVIEWS

ARCHIVES OF SEXUAL BEHAVIOR

(Plenum Publishing Corporation, 227 West 17 Street, New York, NY 10011)
Reviewed by E. James Lieberman, M.D.

1972-73

This relatively new publication continues to entice and reward the serious student with a wide range of essays fulfilling the promise of an "interdisciplinary research journal." This volume, in addition to articles, translations, and book reviews, includes some rejoinders to research papers, making it a lively forum.

No. 1 presents Harlow on Freud, the former finding patterns of infantile sexuality in monkeys which support some of the analyst's ideas. Illustrated with nice photographs, the article tells about fecal finger painting, and toilet training: young simians may soil a surrogate, but never a real, mother. Pelvic thrusting rates are far higher in males: "Perhaps males are thrusting animals and females trusting." In conclusion, "we have demonstrated that there is a biological power that underlies the monkey's recreational and procreational ends. Drastic social interventions and deprivations are necessary to defy destiny."

Also in this issue M. Siegelman writes on the topical theme, "Adjustment of Male Homosexuals and Heterosexuals." Schmidt and Sigusch report on changing sexual behavior of German youth in the last decade (finding earlier and more positive sexual experience; love and fidelity are important with 70% wanting marriage and over 90% considering fidelity ideal; 90% want children). Stoller looks at the etiology of female transsexualism and finds a psychologically absent mother, e.g., depressed, and a nonsupportive father who thrusts daughter into a husband-surrogate role. McConaghy *et al.* from Australia report on aversion therapy for homosexuality and J. Money takes them to task on methodological and ethical grounds.

No. 2 presents a major review article on illegitimacy by Cutwright, who expects out-of-wedlock unwanted pregnancies to yield to the same forces that

reduce unwanted pregnancies in marriage: better access to better methods of birth control. There are articles on pedophilia; a Swedish social psychiatric study of impotence and premature ejaculation, "Influence of Sexual Hormones on the Differentiation of Neural Centers," and on a program which has never failed to teach inorgasmic women to masturbate successfully to orgasm.

No. 3 has a varied group of papers ranging from one on the effects of reading erotic stories, to surgical and chemical aspects of transsexualism, to prostitution in Mexico. Most remarkable to me was a careful study by Udry *et al.* on hormonal factors in changing sexual activity through the menstrual cycle. The conclusion: "The presence of endogenous progesterone during the natural cycles affects the male so that he does not desire coitus as frequently during the luteal phase." The same goes for rhesus monkeys, but not human couples where the pill "removes whatever restraint progesterone had on the male." It's not telepathy, it's olfactory.

No. 4 is the largest with ten articles, two on female homosexuality, one on pornography, two on male transsexuals, etc. There is an author and subject index as well as a full table of contents for the whole volume.

THE FAMILY COORDINATOR

(National Council on Family Relations, 1219 University Avenue, S.E., Minneapolis, MN 55414)
Reviewed by Lester A. Kirkendall, Ph.D.

October 1973

Sexism in the Treatment of Sexual Dysfunction. Gail Beaton Peterson and Larry R. Peterson.

Popular sex and marriage manuals seem definitely sexist in their portrayals of sexual roles. Large differences in responsibility for sexual dysfunction between the sexes are assessed, with females seen more frequently as the "cause" and "cure" for the most common sexual problems.

Sex Education Films: A Content Analysis. Louis Maslinoff.

Fifteen films, one filmstrip, were heavily weighted in terms of reproductive education and related biologic areas. There was a general avoidance of the coital relationship and the male's function in the sex act. Physical pleasure is not mentioned.

JOURNAL OF MARRIAGE AND FAMILY

(National Council on Family Relations, 1219 University Avenue, S.E., Minneapolis, MN 55414)
Reviewed by Diane B. Brashear, Ph.D.

August 1973

Toward a History of the Experiential Family: Sexual Incest in the 19th Century Family. Bryan Strong.

A Stanford University historian concludes that sexuality was not a source of pleasure in the nineteenth century, but rather of tension, conflict and guilt. In a psychoanalytic framework, the author describes the mother-son relationship which can lead to latent incestuous relationships. The author concludes that historians have failed to recognize the primary importance of the psychological dimensions of family life.

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Warren R. Johnson, Ph.D., Professor of Health Education, University of Maryland, College Park, Maryland.

SIECUS Report, May, 1974

1974 SUMMER WORKSHOPS: AN ADDENDUM

National Center for the Exploration of Human Potential. San Diego, CA.

- *Human Potential Workshops: Leadership and Group Facilitation Training.* Six workshops, June 17 to July 5; July 8 to July 26; and July 29 to August 16: 3 semester units of graduate extension credit for each workshop granted by California State University, San Diego.

Write to: Dr. Martin Seldman, Executive Director, National Center for the Exploration of Human Potential, 976 Chalcedony St., San Diego, CA 92109.

Maternal and Child Health Division, Kansas State Dept. of Health.

- *Human Sexuality—Grow for Dear Life.* June 3 to June 14. To be held simultaneously at Washburn University, Topeka, Wichita State University, and Fort Hays State College.

Write to: Mrs. Audry Switzer, Health Educator, Division of Maternal and Child Health, The Kansas State Dept. of Health, 535 Kansas Ave., Topeka, KS 66603.

Saint John's University. Collegeville, MN.

- *Workshop on Marriage and Family Life Education.* June 9 to June 21.

Write to: Dr. Paul Marx, Workshop Director, Saint John's University, Collegeville, MN 56321.

Maternity Center Association/Columbia University. New York, NY.

- *Workshops on Parent Education.* June 17 to June 28; primarily for nurses with background in maternal and child care.

Write to: Mrs. Janet Reinbrecht, Maternity Center Association, 48 East 92 St., New York, NY 10028.

The University of Tennessee. Knoxville, TN.

- *Workshop in the Teaching of Sex Education.* June 17 to June 28; 5 quarter hours.

Write to: Dr. Bill C. Wallace, Associate Professor of Health Education, Dept. of Health and Safety, The University of Tennessee, Knoxville, TN 37916.

Abilene Christian College. Abilene, TX.

- *Human Sexuality Seminar.* June 20 to July 10; 3 semester hours.
- *Mini Seminar in Human Sexuality.* June 24 to June 28; no credit.

Write to: Dr. Edward E. Coates, Director of Human Sexuality Seminar, Abilene Christian College, Abilene, TX 79601.

Old Dominion University. Norfolk, VA.

- *Seminar in Health (Human Sexuality).* June 17 to August 12; 3 semester hours.

Write to: Richard M. Eberst, Ph.D., Dept. of Health and Physical Education, Old Dominion University, Norfolk, VA 23508.

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- _____ #G07 *has been discontinued. It is replaced by #SP 4.*
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