

SOME IMPLICATIONS OF GENDER FOR EARLY CHILDHOOD SEXUALITY

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Mother is at the stove cooking supper while her three-year-old lingers nearby. Daddy comes in from work and plants a sustained kiss on the back of Mother's neck. Mother, ducking away, exclaims, "Not here! Not now!" This is one example of how the young child learns principles of sexual behavior. *A kiss, the back of the neck, mother, in the kitchen, no*, are all components which are processed into sexual learning.

The home is the first and most critical arena for these (largely unspoken) learning experiences. The network of conscious and unconscious parental attitudes is the central source of these early "lessons," and their nature may differ according to the gender of the parent and the gender of the child. From a framework of sex-role socialization, each parent conveys contrasting messages to the young child depending upon whether it is a son or a daughter. This results in situational variation in the sexual learning of both the young male and young female child.

In the preceding example, the mother's response to her husband's sexual gesture is negative because her background framework tells her that sexuality is not to be overtly expressed, whether verbally or nonverbally, in the presence of children, particularly young children. For the young child sexuality should not be seen as existing between the parents. It also does not exist as a developmental issue for the child. There is no need to be aware of it—it is a closed issue. Further secondary constrictions relate to time and place.

Human interactions within families are never static. There are often unplanned-for moments of spontaneous gestures which open up a closed issue. There are various possibilities when this happens. One can ignore the crack in the facade and maintain a pretense, creating a situation which by its very nature lends an air of suspicion to subsequent related interactions. The most constructive response to the opening up of a closed issue is to bring it to a conscious verbal level for all to participate in.

These variations in levels of awareness have significance in the different ways the young boy and the young girl integrate sexuality into the dimensions of the self within the family setting. Awareness of sex-related issues tends to differ for each gender because of anatomy-body image and subtle sex-role socialization nuances from both parents.

The Young Boy

For the boy, the penis performs both waste and sexual functions. It is a highly visible, easily accessible, erectile organ. It

is handled frequently and in the process of toilet training may be associated with pleasing the parent, especially the female parent. It is often joked about at bath time (implicitly or explicitly): "It floats!" It may acquire such humorous nicknames as "my ding dong." It exists as curiosity, toy, and pacifier. Its orgasmic potential is evident to the parents—they can see their male child as having a sexual future—and this visible presence of the male sex organ forces the parents to acknowledge the boy as a sexual being. Male sexuality in our society is intrinsically related to masculinity, so that harsh punishment regarding behavior relating to the penis may be minimized, particularly by paternal figures.

The visible nature of the penis more readily creates either the pretense or the suspicion level of awareness regarding sexual behavior. An unspoken dialogue between a male child and a parent might go something like this: "We both know, don't we, so there's no need to talk about it, but let's pretend it doesn't exist yet." In this kind of situation, when accidental discovery leads the child to equating penis with pleasure, the way this arousal-oriented activity is regarded will result in a specific rule of behavior. The visibility of this kind of behavior can create a more open level of awareness and more continuity in the young boy's sexual development than with a young girl.

The father (whether present in the household or not) is significant in this climate of awareness. Since it is difficult for the male in our society to learn to express tenderness, his nurturant behavior as a father often evolves slowly, depending on his age and priorities. A common mode of father-son relationship is the "Let's be buddies" approach. This is seen as facilitating the little boy's learning to be a man. Such an inability or reluctance to be nurturant is related to the father's perception of the sexual issues for the boy. In the Cleveland study (Gagnon, Roberts, & Kline, 1978), the fathers reported that their greatest fear for their sons was homosexuality. As a result, the father may unconsciously seek out opportunities to encourage aggressive genital heterosexuality. After all, "boys will be boys." There is no future issue of social control as with the female. It may be conjectured that one father-son message is: "I can accept your pleasure in sexual play. Just don't get caught."

The need to address the fear of homosexuality plays a critical role in father-son interaction. In three out of four subcultures investigated by the writer (Blackman, 1979), fathers touched their

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DO YOU KNOW THAT . . .

SIECUS Elects 1981 Board

At its October meeting, the SIECUS Board of Directors elected the following new members: Nancy L. Esibill, PhD; Shirley Everett-Clark, MA; Paul D. Feinstein; and Jane M. Quinn, MA. (For a complete listing of the 1981 Board of Directors, see page 16.)

Dr. Michael A. Carrera, board chairperson, expressed SIECUS's appreciation for the dedicated work done by the members of the board who have completed their terms of office. They are; Judith Falk, MMH; Evalyn S. Gendel, MD; and Richard Green, MD.

World Congress 1981

The 5th World Congress of Sexology will be held in Jerusalem, Israel, on June 21-26, 1981, under the patronage of the World Association for Sexology. The Congress theme is "Applied Sexology," and the program has been approved for 35 cognates, ACOG, and for 33.5 hours, Category 1, AMA. In recognition that 1981 has been designated the "International Year of Disabled Persons," a post-Congress symposium on "Applied Sexology and Disability" will take place in Haifa on June 28-30. For travel and accommodation arrangements, scientific information, and registration forms, contact the officially appointed U.S. travel agent, Medical Congress Coordinators, 1212 Avenue of the Americas, Dept. SR, New York, NY 10036.

Sex and Disability Unit Workshops

The Sex and Disability Unit of the Human Sexuality Program at the University of California has received funding to provide training in family life education and social skills development for teachers and parents of disabled students. Priority will be given to those individuals working with either visually or hearing impaired students. Applications from special educators and parents of students with other disabilities will be accepted as room permits. To be put on the mailing list for announcements of workshops as they occur, contact Carla Thornton, RN, MS, Sex and Disability Unit, 814 Mission Street, Second Floor, San Francisco, CA 94103.

Resources to Write for . . .

The Student's Guide to Marriage and Family Literature: An Aid to Individualized Study and Instruction by Lester A. Kirkendall, Wesley J. Adams, and John J. Reimer has recently been published in its eighth edition. The bulk of the book consists of a bibliography of 755 titles and a detailed subject index referring the reader to specific chapters and pages within these books. Also included are: A list of sources for further information; a section of 21 opinionnaires useful for values clarification; and 31 self-quizzes. The guide may be obtained for \$7.95 plus \$1.00 postage and handling from William C. Brown Company, 2460 Kerper Boulevard, Dubuque, IA 52001.

Sex Education for Adolescents: A Bibliography of Low-Cost Materials is the product of a collaborative effort by the American Academy of Pediatrics, the American Library Association Young Adult Services Division, and the Planned Parenthood Federation of America. Published in an attractive pamphlet format, this bibliography provides an annotated listing on such topics as "Sexuality, Decisions, and Values," "Contraception," and "Health Issues and Health Care." Among the criteria used to determine inclusion of materials were: cost of \$6.00 or less, appropriateness to adolescents, and responsible presentation of values perspective. To order this excellent new resource, send \$2.00 to ALA Order Department, 50 East Huron Street, Chicago, IL 60611.

Speaking about Sex and Reproduction: Decisions that Affect Your Life, written by Constance J. Malach and Gloria M. Montes and published by the Planned Parenthood Association/San Mateo County, is a unique, field-proven, "talking" resource. Small, transparent records are affixed to its 32 pages to be played with an easy-to-use, hand-held microphonograph. Available in both English and Spanish editions, and presented in clear, simple language along with excellent illustrations, it is especially useful for nonreaders. The book "speaks" about anatomy and physiology, reproduction, and the benefits and risks of all methods of contraception. It also includes a glossary of pertinent vocabulary. The book, in either language, costs \$30.00, and the Microsonics Player is \$36.00, plus \$2.50 for shipping and handling. Orders should be sent to: Planned Parenthood Association/San Mateo County, 2211 Palm Avenue, San Mateo, CA 94403.

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SPEAKING OUT

“Mommy, how did Columbus die?”

Lorna Brown

On Columbus Day, my seven-year-old daughter asked me how Christopher Columbus died—a seemingly simple question, quite in line with her usual barrage. But as I started telling her that Columbus is believed to have died of syphilis, I realized that this would be the first time I had talked with her about any of the overtly negative aspects of sex. It was as though her age of “innocence” was suddenly ending and I, her mother, was responsible.

I am by no means a “sexpert,” although my consciousness has perhaps been raised more than some other people’s by my 12-year link with SIECUS. My concerns as a parent responsible for the sex education of her children are fairly typical for a middle-class suburbanite with daughters age 5 and 7. What I want to say about the way in which I perceive my responsibilities is very personal, so I do not pretend to speak for my husband, although he too is inevitably involved. So far, I am not aware of having taken a systematic approach to their sex education. And yet, simply treating sex like manners, reading, or hygiene, and not abstracting it from the rest of their everyday existence seems to have allowed knowledge about it to become incorporated into their lives with little fanfare or discomfort. At the same time, I am very aware that my responsibilities must grow along with the children and necessarily evolve with their needs.

The questions my children ask seem to fall into two categories. The older child asks for facts. The younger (by two years) is still building a framework wherein the facts might fit, so her questions are more theoretical (e.g., “How will I know when I’m grown up?”). I have, on occasion, initiated conversations about sex-related topics as extensions of things we have seen or read about.

Unfortunately, I cannot look forward to the day when our public schools might supplement my efforts in this area, because our reputedly fine schools have only just begun to perceive the need for comprehensive sex education, and I predict that it will be many years before a program is developed. Therefore, my responsibilities as a parent are necessarily greater. For instance, I feel it is important that the girls not only understand menstruation before they reach puberty, but also that they have a positive attitude about it. Recently I was glad to observe that the casual comments made each month when I menstruate were being assimilated. I heard my older daughter quite correctly explaining menstruation to a peer who had discovered tampons in our bathroom and who must have reasoned that, if they were left out, then probably their purpose had been explained and maybe my daughter would *know*.

Presenting scientific facts is only a small part of a parent’s job. Our public library has plenty of books about sex for all of us, so I am not really worried that the girls won’t get the basic facts straight if they are reading what I know to be reliable books. But

as I listen to the girls’ questions, I have come to realize that more important to them than facts is my willingness to respond with a translation of *facts* into *concepts* that fit within the value structure operative in our family. That’s a job no school or book can do. Here is where our family’s collective and individual hopes, dreams, beliefs, and, yes, fears become most apparent to our children. Here is also where we have the opportunity to correct misconceptions. When our five-year-old recently asked, “Why do you have to be married to have a baby?” identifying the source of the faulty impression (in this case, incidentally, a teacher) was as important to me as providing an answer.

It’s the “gray areas” of my job as their primary sex educator which I find harder to deal with, because as I honestly confront my children’s sexuality, I have to confront my own as well. I know that my husband and I must create an environment in our home in which the girls will learn to appreciate themselves as sexual beings (and their parents as such, too). That’s easy to say, but making it a reality is more complicated. I think it is important to teach the girls the difference between public and private behavior and to help them learn to respect others’ privacy. Because we do not live in a vacuum, the children’s own censors need to be activated. For example, they need to know where and when they can appropriately talk about sex, and which adults are most likely to be comfortable with their sex questions and comments.

Learning to accept their sexuality is, for me, an ongoing process. How do I convey to them that it is not only OK but good for them to enjoy their bodies? Fortunately, they are teaching me. Because we live in New England in a very cold house, the girls wear one-piece “bunny warmers” to bed in the winter. I began to notice that the crotch seams of these garments were ripped open within a week of their purchase. Without analyzing the situation, I sewed up the seams, and then for several days I’d find the girls’ cold bodies out of the bunny warmers in the middle of the night. Ah ha! A good lesson for me to confine my mending to other seams. Silent acceptance, yes, but a step in the right direction.

Every day I seem to learn a little more. It has become obvious to me that the children are doing as much to educate me as I am to educate them. They are keeping the channels open because I am trying to listen and learn, just as they are. While I must admit that I am not yet ready to cope with their preadolescence, let alone their adolescence, somehow I know that we will survive if we can maintain already established patterns of verbal and nonverbal communication. My husband and I are fully determined to maintain that communication, for our own as well as for our daughters’ growth and benefit.

[Lorna Brown is a vice-chairperson of the SIECUS Board of Directors.—Ed.]

BOOK REVIEWS

Body Image, Self-Esteem, and Sexuality in Cancer Patients. Fourteenth Annual San Francisco Cancer Symposium, San Francisco, Calif., 1979. J. M. Vaeth, R. C. Blomberg, and L. Adler, eds. Basel, Switzerland: S. Karger, 1980 (133 pp.; \$53.50).

Reviewed by Richard H. Bernstein, MD, Assistant Professor of Clinical Medicine and Clinical Community Medicine, Mount Sinai School of Medicine, New York, N.Y.

This extraordinary work contains 17 papers from the 14th Annual San Francisco Cancer Symposium whose purpose was "to increase understanding of patient concerns and to enhance the counseling skills of health professionals who care for cancer patients." These two objectives are achieved by a blend of: (1) theoretical models, well-referenced research, and empirical studies relating body image, self-esteem, sexuality, and specific types of cancer; (2) descriptions of therapeutic and rehabilitative interventions for specific types of cancer that affect body image and sexuality and, (3) contributions from "patient perspective" discussants and other audience participants.

In the first paper, "Breast and Gynecologic Cancer: Their Unique Impact on Body Image and Sexual Identity in Women," Derogatis stresses the multiple threats posed by breast and gynecologic cancers. Not only are pain and fear of death present, but also a female's body image and sexual identity are jeopardized. Evidence is cited to support the idea that presurgical psychological adjustment, age, gender-role definition, and the patient's quality of attitudes and expectations about her disease treatment all mediate the final impact these two cancers have on a woman's self-concept and psychological integrity.

The Sewell and Edwards paper, "Pelvic Genital Cancer: Body Image and Sexuality," further documents the effects of pelvic surgery for cancer on body image, sexuality, and interpersonal relationships. It suggests that pre-operative counseling and information may prevent post-operative psychosexual maladjustment. In

"Primary Radiation Therapy for Early Breast Cancer," Harris, Levene, and Hellman describe a nonmutilating and hopefully effective alternative therapy for stage I and II carcinoma of the breast. In the subsequent chapter, Harvey describes the indications and contraindications for breast reconstruction following mastectomy. Capone, Westie, and Good describe their psychosexual counseling model for women with gynecologic cancer, and stress sexual rehabilitation as an integral part of a comprehensive gynecologic oncology program.

Von Eschenbach's chapter, "Sexual Dysfunction following Therapy for Cancer of the Prostate, Testis, and Penis," describes the effects of various therapeutic interventions on potency and fertility. He stresses the significant contribution of sexual rehabilitation and counseling, and highlights Annon's PLISSIT model. Furlow reviews the Mayo Clinic's favorable experience with the inflatable penile prosthesis and the critical role these devices can play in the rehabilitation of men with genito-urinary cancer.

Because of their impact on body image and sexual functioning, two types of nongenital cancers are also discussed. Kirkpatrick's chapter, "The Stoma Patient and His Return to Society," which reviews the neurologic damage that frequently results from extensive rectal and bladder surgery, notes that sexual dysfunction often results even when critical neural pathways are not disrupted. He postulates that this occurs because of the deleterious effect of the ostomy on body image and because of the emotional reaction to illness. The United Ostomy Association, a mutual help organization in North America, is mentioned as being particularly helpful in complementing the program of enterostomal therapists and psychosexual counselors.

In "Sexuality and Head and Neck Cancer," Curtis and Zlotolow emphasize the profound impact of these cancers on body image and interpersonal relationships because of their visible effects. This

concept becomes dramatically clear when a patient participant relates her experience in coping with radically altered eating habits and difficulty in articulating. Her struggle is contrasted with the many whose failure to overcome their loss of self-esteem results in suicide.

In addition to the above papers on specific organs and systems, an interesting perspective on "Sexual Development and Body Image in the Teenager with Cancer" is presented by Wilbur.

The remaining papers primarily discuss theoretical models relating self-esteem, body image, sexuality, and approaches to counseling. Schain's "Sexual Functioning, Self-Esteem, and Cancer Care" reviews Erikson's psychosexual stages of development and tries to relate these to her own conceptual framework of self-esteem and Annon's PLISSIT intervention strategy. Cantor's notion of self-esteem—"the reputation we have with ourselves"—brings into focus the essence of an otherwise abstract psychological construct. He divides self-esteem into two corollaries: worthiness (e.g., to live and love) and competence (e.g., to control our body functions). Both of these he feels are directly assaulted during the process of diagnosing and treating cancer. He ends by pointing out that the primary concern for many cancer patients is not so much physical devastation and pain as it is the fear of unacceptability, rejection, and isolation.

Bullard, Causey, Newman, et al. summarize pertinent literature and the results of their questionnaire to determine cancer patients' need for sexual health services. Their most important findings are that many cancer patients and their partners have important sexual concerns which they have difficulty verbalizing, and that they would be more comfortable discussing these concerns if their physicians would take the initiative in broaching the subject of sexuality. In three separate papers, Golden and Golden, Adams, and Stoklosa and Bullard make similar points and stress the need for better psychosexual curriculum development, and sen-

Audience Level Indicators: **C**—Children (elementary grades), **ET**—Early teens (junior high), **LT**—Late teens (senior high), **A**—College, general adult public, **P**—Parents, **PR**—Professionals.

sitization and training of health professionals. Mary Calderone's closing paper, "Doctor, Will It Leave a Scar?" re-emphasizes the resistance of many physicians to accepting the critical importance of sexuality to human beings in health and in sickness. She implies that a patient's question about a post-operative scar needs to be understood as reflecting insecurity about social and sexual acceptability, or about the capacity to resume previous roles and recreational activities. Health professionals thus need to appreciate the full meaning of sexual health.

Despite its many strengths and important content, this volume suffers from several shortcomings, such as numerous editorial oversights (e.g., "effect" instead of "affect" at least five times), and poor juxtaposition of papers (e.g., female GU cancers were discussed in chapters 1, 5, and 17; male GU cancers were reviewed in chapters 6 and 14). The topic of vaginal prostheses was not adequately addressed, and the impact of childhood cancer on later psychosexual development was omitted entirely. In addition, considering the paucity of photographs, the book's cost is exorbitant.

Acknowledging these weaknesses, the Symposium nevertheless achieves its stated objectives which, as mentioned, were to facilitate both understanding and skill acquisition by health care providers in treating the psychosexual problems latent in the broad spectrum of (if not in all) patients with cancer. In fact, I believe this book surpasses its objectives. The poignant comments of patient discussants and other participants "touched" me. Their commentary plays an invaluable role in the book and altered my attitude toward sexuality in people living with cancer. They firmly reject the notion that the cancer patient is a "victim" and that "to be sick is to be asexual," and also the idea that health professionals can make important diagnostic and treatment decisions for rather than with patients. Implicit in the patients' reaction is their rejection of "patienthood." It is not a denial of their illness as much as an affirmation of all that is still healthy and normal in them. Rejecting the labeling, segregating, and denigrating of their "personhood," they affirm their feeling of health despite limited areas of disease, and their human need for affiliation, closeness, love, and sexuality. Their message, and the book's, is a bolt of lightning illuminating the ground that too often has separated us health professionals from those for whom we care. **PR**

SIECUS Report, January 1981

Adolescent Sexuality in a Changing American Society: Social and Psychological Perspectives. Catherine S. Chilman, Bethesda, Md.: U.S. Department of Health, Education, and Welfare, Publication No. (NIH) 79-1426, 1978 (384 pp.; \$4.50). Distributed by Superintendent of Documents, U.S. Government Printing Office, Washington, D.C.

Reviewed by Frank Caparulo, MS, Family Life and Sex Educator, Family Counseling of Greater New Haven, Inc.; president, SIECCONN.

This book by Catherine S. Chilman, PhD, psychologist and specialist in research related to child development and the family, presents a theme usually given inadequate attention—the influence of psychosexual factors on sexual development. The text topically follows a chronological sequence, from the early 1950s through the 1970s. An analytic overview of major studies, from those of Kinsey and his colleagues in 1948 through those of Moore and Caldwell in 1977, is given in Chapter 2. Chapter 3 traces the progress, from the mid 1940s to the present, of our understanding of the biological aspects of adolescence, the determinants of gender, and differences between the sexes,

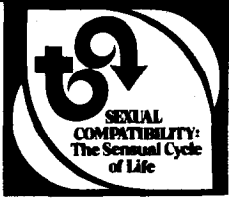
with sexual maturation surveyed through discussions of research investigation extending from Deutsch in the 1940s to Sheehy in 1976. The following chapter then presents a fascinating treatment of what it meant to be an adolescent during the 50s, 60s, and 70s.

Chilman's main theme then re-emerges in an informative discussion of the ways by which specific social and cultural environments influence human sexual development, particularly in the adolescent years when teenagers, impressionable and experiencing a major formation period of growth, are especially affected by the events and tenor of the times.

Chilman's review of research in adolescent sexuality clearly shows the heavy emphasis placed on investigation of the biological and technological factors of sex in adolescence, in contrast to the more limited amount of systematic inquiry concerning psychosocial, sociological, and purely psychological aspects of adolescent sexuality. A few national studies are treated with a dispassionate analysis, with the author's clear and persuasive criticism helping to place these studies in perspective. Similar evaluations of the research in premarital sexual behavior and attitudes, masturbation, longitudinal development, homosexuality, and adolescent pregnancy and marriage, among other critical topics, point the reader toward those areas which still remain essentially uncharted and/or misunderstood.

An invaluable annotated bibliography (39 pages) and a list of references (15 pages) confirm the overall impression that Chilman's book is a well-written summary and analysis of a topic the author considers highly important today. She ends by saying: "As society attempts to deal with the subject of sexuality in a more rational, objective fashion, more in keeping with changed life conditions, there is a tendency to reduce it to its purely physical and technical aspects. However, as the related social and psychological research shows, the physical and technical aspects of human sexuality are important but not all-important. Much more attention should be paid to the total, complex human equation of sexuality as it affects all of us, especially the young people who so urgently and poignantly deserve our enlightened consideration."

This thoughtful and thorough study deserves careful attention by any whose work brings them in contact with adolescents. It is important to keep constantly in the forefront of our minds certain ques-



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tions: Where has this troubled adolescent come from? What influences have borne in on this person since early childhood? What does he/she need from us now to compensate for, correct, or mitigate various adverse circumstances and get him/her back on the developmental track? Some thoughts leading to possible answers in given cases may be found in this study. **PR**

The Psychobiology of Sex Differences and Sex Roles. Jacquelynne E. Parsons, ed. New York, McGraw-Hill, 1980 (319 pp.; \$18.95).

Reviewed by Mary Sue Richardson, PhD, Associate Professor, Department of Counselor Education, New York University.

This book is based on a conference which was designed to provide professionals in women's studies programs with a critical assessment of biological research and theory on sexual dimorphism and women's life cycles. It fills a critical need in bringing to the attention of social scientists current knowledge concerning these issues in the biological sciences.

The book is organized into four sections. The first, on psychosexual neutrality, includes two fairly broad chapters which consider the evidence for biological influences on the development of male-female differences in cognition and personality. They provide an excellent introduction to the volume in that they point up the complexity of the questions to consider in examining biological influences on behavior, and they present a broad and integrative biopsychosocial model of development. Also welcome here is a brief and succinct update of Maccoby and Jacklin's volume on early sex differences (*The Psychology of Sex Differences*, 1974). The remaining two chapters in this section are more limited in scope, one detailing a specific line of psychological research on gonadal hormones and cognitive functioning, and the second reinterpreting some of the work of John Money in line with a model of androgyny.

The section on sexuality considers biochemical and neurophysiological influences on sexual behavior (including homosexuality), and presents a social-psychological model of human sexuality. The third section, which deals with the female reproductive system and life cycle, critically reviews American birth practices, the sources of maternal stress in the

postpartum period, and the influence of hormones and of role expectations in women's life cycle. Finally, section four focuses on cyclicity and menstruation, with two thorough reviews of the area and one reprinted study on the extent to which mood patterns are affected by the menstrual cycle.

Of particular value in many of the chapters is the sensitivity to bias in terms of the questions posed by researchers and in the interpretation of the data. In this light it is striking that the last two sections focus on biological influences on women only. The notion that women are affected by their biology more than are men could be an unfortunate conclusion drawn from this emphasis. Corollary chapters on the influence of biology vis-à-vis men's reproductive systems and what we are now learning about male cyclical processes would have been welcome. Despite this shortcoming, the material covered in these chapters is valuable and important.

One measure of the state of the field is the extent to which the contributions approximate the transactional biopsychosocial model postulated by Peterson in the first section of the book. On this basis it is notable that few contributions come close to integrating the work in diverse fields. This situation is most striking in the section on sexuality. The first two chapters, written respectively by a physiologist and a medical psychologist, are comprehensive reviews of physiological research with conclusions limited by the state of knowledge in these fields and caveats to the possible influence of social factors. Falbo's social psychological model of sexual development does an excellent job, in contrast, of integrating advances in psychological knowledge, but gives only passing attention to biological factors. Although the task of integrating these bodies of knowledge is clearly far from accomplished, this book can help further such integration by taking us beyond an outdated debate over biological versus social determinism.

Because of its range of topics and the scholarly quality of the contributions, this book is highly recommended as a basic reference for professionals teaching and conducting research in this area. Perhaps too sophisticated for a typical undergraduate audience, it could be used as a basic or supplementary textbook for graduate level courses. Although some background in biological sciences would be helpful at points in the readings, for the most part the clarity of writing and the presentation itself accomplish the pri-

mary task of making this information on biological research available to social scientists. **PR**

Women Discover Orgasm: A Therapist's Guide to a New Treatment Approach.

Lonnie Barbach. New York: The Free Press (Macmillan), 1980 (237 pp.; \$20.00).

Reviewed by Joan A. Levin, MSS, clinical social worker and psychotherapist, private practice; member, Women's Sexuality Collective, Philadelphia, Pa.

This impressive book is a valuable contribution to therapy literature concerning the treatment of orgasmic dysfunction in women. Whereas the author's first book, *For Yourself: The Fulfillment of Female Sexuality*, was written from a self-help perspective for the general public, *Women Discover Orgasm* is a training guide directed to a professional audience. The book is a rich and informative delineation of the preorgasmic group program developed by Dr. Barbach.

Barbach's treatment of sexual dysfunction utilizes group process and behavioral therapeutic techniques. The interaction of the women themselves, the therapist's role in directing that process, and the conditioning exercises are uniquely interwoven into a design that has been shown to be significantly successful. These major ingredients of the design are discussed in detail throughout the text, with relevance to each stage of the program.

According to Barbach, "the most important aspect of the preorgasmic group process is the format of a small group of women meeting to discuss the intimate details of their sex lives and sexual dissatisfactions and working together to overcome their orgasmic difficulties." Discovering that "you are not alone and you are normal" is dramatically freeing for a woman experiencing sexual problems.

By using a behavioral approach, the treatment model works directly to effect change within a limited time frame. With individualized homework assignments, which make primary use of masturbation exercises, a woman has the opportunity to try out new behavior. Safely in her home she can create the setting she desires; and with masturbation she can maintain a comfortable level of stimulation. More frequently than not this is a new and pleasurable experience that may provide for new insights as well, but its most important result will be the acquisition of new attitudes and behavior.

Continued on page 11

PROFESSIONAL SEXUALITY PERIODICALS: A BIBLIOGRAPHY

This annotated 1981 listing of professional sexuality periodicals was prepared by Leigh Hallingby, MSW, MS, SIECUS librarian. All of these periodicals are available for use at the SIECUS Resource Center and Library at New York University.

Alternative Lifestyles. Sage Publications, Inc., 275 South Beverly Drive, Beverly Hills, CA 90212. Annual subscription: \$16.50 individual, \$32 institutional.

This quarterly journal is edited by Roger W. Libby of the Center for the Family, University of Massachusetts at Amherst. It explores the sexual and social dynamics of intimacy both within and beyond traditional conceptions of marriage and the nuclear family.

Archives of Sexual Behavior: Plenum Publishing Corp., 227 West 17th Street, New York, NY 10011. Annual subscription: \$48 individual, \$95 institutional.

Richard Green, of the State University of New York at Stony Brook, edits this bimonthly journal of research studies on sexual behavior.

Australian Journal of Sex, Marriage, and Family. Family Life Movement of Australia, P.O. Box 143, Concord, N.S.W. 2137, Australia. Annual subscription outside Australia: \$17.50 individual, \$20 institutional.

John Robson is the editor of this new quarterly journal which is designed to meet the research and information needs of professionals working in the areas of marriage, family, and sexuality.

British Journal of Sexual Medicine. Medical News-Tribune Ltd., 359 Strand, London WC2R 0HP, England. Annual subscription outside Great Britain: £21.50 (approximately \$52).

A monthly publication for physicians, edited by Eric Trimmer, providing medical information on research and treatment in the sexual field.

Gay Books Bulletin. Gay Academic Union, Inc., Box 480, Lenox Hill Station, New York, NY 10021. Four issues: \$12.

Reviews a wide variety of books and provides brief reports on research, forthcoming books, and other gay scholarship activities. Edited by Wayne Dynes, it is published about twice a year.

Human Sexuality Update. Haworth Press, 149 Fifth Avenue, New York, NY 10010. Annual subscription: \$24 individual, \$42 institutional, \$48 library.

A new quarterly under the editorship of David A. Shore. Includes abstracts of sexuality articles from a wide range of periodicals, authors' reprint addresses, and a directory of new books, audiovisuals, pharmaceuticals, and other products in the sexuality field.

Impact. Institute for Family Research and Education, 760 Ostrum Avenue, Syracuse, NY 13210. Free.

Published annually in October in conjunction with National Family Sex Education Week, an event sponsored by the Institute for Family Research and Education which is directed by Sol Gordon at Syracuse University. Highlights activities and resources designed to prepare parents to be effective sex educators of their children.

Journal of Homosexuality. Haworth Press, 149 Fifth Avenue, New York, NY 10010. Annual subscription: \$24 individual, \$42 institutional, \$52 library.

John P. De Cecco, director of the Center for Homosexual Education, Evaluation, and Research (CHEER) at San Francisco State University, edits this quarterly journal. It presents empirical research and its clinical implications on homosexuality, gender identity, and alternative lifestyles.

Journal of Sex and Marital Therapy. Human Sciences Press, 72 Fifth Avenue, New York, NY 10011. Annual subscription: \$24 individual, \$52 institutional.

Emphasizes new therapeutic techniques, research on outcome, and special clinical problems, as well as the theoretical parameters of sexual functioning and marital relationships. Editors of this quarterly journal are Helen Singer Kaplan, Clifford J. Sager, and Raul C. Schiavi.

Journal of Sex Education and Therapy. American Association of Sex Educators, Counselors, and Therapists, One East Wacker Drive, Suite 2700, Chicago, IL 60601. Annual subscription for nonmembers: \$8.

A biannual journal edited by Ruth Hunt, it includes research reports on sexual attitudes and behaviors, as well as sex education and therapy.

Journal of Sex Research. Society for the Scientific Study of Sex, Inc., 208 Daffodil Road, Glen Burnie, MD 21061. Annual subscription for nonmembers: \$35 individual, \$50 institutional.

Clive M. Davis, of the Department of Psychology at Syracuse University, edits this quarterly publication. It serves as a forum for the interdisciplinary exchange of knowledge among professionals concerned with the scientific study of sexuality.

Medical Aspects of Human Sexuality. Hospital Publications, Inc., 360 Lexington Avenue, New York, NY 10017. Annual subscription: free to physicians on controlled circulation basis, \$25 other subscribers, \$12.50 students.

A journal covering the physical, psychological, and cultural components of human sexuality and related aspects of family life; published monthly.

Sex News. P. K. Houdek, 7140 Oak, Kansas City, MO 64114. Annual subscription: \$5.

P. K. Houdek's monthly digest of news, views, events, publications, and resources in the sexuality field.

Sex Problems Court Digest. Juridical Digests Institute, 1860 Broadway, New York, NY 10023. Annual subscription: \$20.

This is a monthly summary, edited by Tobias Bund, of state and federal civil and criminal court opinions concerning sexual issues.

Sex Roles. *Plenum Publishing Corp., 227 West 17th Street, New York, NY 10011. Annual subscription: \$35 individual, \$98 institutional.*

Phyllis A. Katz, of the Institute for Research on Social Problems in Boulder, Colorado, edits this bimonthly journal. Articles presented are concerned with the basic processes underlying gender role socialization in children and its consequences.

Sexual Medicine Today. *International Medical News Service, Inc., 600 New Hampshire Avenue NW, Suite 405, Washington, DC 20037. Annual subscription: \$25, \$7.50 students.*

This monthly publication, edited by Frank Murray, reports on medical developments and treatment within the sexuality field.

SexualLawReporter. *Thomas F. Coleman, 1800 North Highland Avenue, Suite 106, Los Angeles, CA 90028.*

Has been discontinued as a quarterly

periodical. Supplements on special subjects of interest will be published once or twice a year.

Sexuality and Disability. *Human Sciences Press, 72 Fifth Avenue, New York, NY 10011. Annual subscription: \$23 individual, \$50 institutional.*

Ami Sha'ked, of the Institute for Sex Therapy, Education, and Research in Tel-Ahshomer, Israel, and Susan M. Daniels, of Louisiana State University Medical Center, edit this quarterly journal. It presents clinical and research developments in the area of sexuality as they relate to a wide range of physical and mental illnesses and disabling conditions.

Sexuality Today. *ATCOM, Inc. 2315 Broadway, New York, NY 10024. Annual subscription: \$47 individual, \$55 institutional.*

A weekly newsletter under the editorship of Suzanne Prescod, summarizing all types of important developments within the sexuality field.

SIECUS Report. *Sex Information and Education Council of the U.S. Distributed by Human Sciences Press, 72 Fifth Avenue, New York, NY 10011. Annual subscription: \$12 individual, \$24 institutional.*

This bimonthly publication, edited by Mary S. Calderone, features articles, multimedia reviews, book reviews, specialized bibliographies, and resource listings in the field of human sexuality.

In Preparation

Journal of Social Work and Human Sexuality. *Haworth Press, 149 Fifth Avenue, New York, NY 10010. Annual subscription price not yet available.*

Will begin publication in fall 1981 as a biannual, with one issue a year devoted to a specialized theme and the second to material of generic interest to social workers involved with the broad range of issues pertaining to human sexuality and family planning. David A. Shore will be the editor.

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A Resource Guide for Sexuality Education, developed by the Family Planning Centers of Western Michigan, provides schools with guidelines, objectives, and basic factual material for developing their own sexuality education programs from grades K-12. Emphasis is on helping teachers, students, and parents to integrate the cognitive and affective aspects of sex education. Many techniques and activities for teaching responsible decision-making, communication skills, and self-awareness are presented. Three new sections have been added to the original 1978 edition: assessment and evaluation, parent programs, and sample student programs. To obtain this excellent resource, send \$40 to: Planned Parenthood Centers of Western Michigan, 425 Cherry Street SE, Grand Rapids, MI 49503. A copy of *Values in Sexuality*, by Eleanor Morrison and Mila Underhill Price, accompanies each order.

Bibliographies Available from the SIECUS Resource Center and Library at New York University is a listing (with order form) of 65 bibliographies compiled from the SIECUS collection. The 994 citations are listed, without evaluation, under three headings: General Topics of Interest; Sexuality and Illness, Disability, or Aging; and Curricula and Curriculum Guides. The price of each bibliography is based on the number of citations presented. To receive this listing, send a stamped, self-addressed envelope to SIECUS, 84 Fifth Avenue, Suite 407, New York, NY 10011.

The Male Sex Role: A Selected and Annotated Bibliography by Kathleen E. Grady, Robert Brannon, and Joseph H. Pleck was published in 1979 by the National Institute of Mental Health. It contains more than 250 entries and is organized around 14 major topics. Since the emphasis is on scientific and data-based literature, this bibliography should be especially useful to researchers. The annotations are detailed and evaluative, and for empirical articles, subjects, method, findings, and comments are included. Most of the listings should be readily accessible. Copies are available for \$5.50 each from: Superintendent of Documents, U.S. Government Printing Office, Washington, DC 20402.

Schools and Parents—Partners in Sex Education, by Sol Gordon and Irving R. Dickman, is a welcome new addition to the impressive list of Public Affairs Pamphlets. The authors succinctly cover the background of school-sponsored sex education programs in the country, and the need for parent involvement and cooperation in curriculum development. A model K-12 curriculum outlining topics and concepts for family life education programs is included. Single copies of this pamphlet (No. 581) cost 50¢ and may be ordered from the Public Affairs Committee, Inc., 381 Park Avenue South, New York, NY 10016.

Some Implications, Continued from page 1

sons less than they touched their daughters, and in fewer body areas. A related finding is that fathers tend to kiss their sons on the cheek rather than on the lips. The male subjects in this same study seemed to find it very awkward to discuss father-son touching. Furthermore, the boy's developing sexuality will be a more closed issue with the mother. This dissonance in the two parental messages can lay the foundation for future conflict in the child toward sexuality and women.

The Young Girl

Simone de Beauvoir has written eloquently of the diffuse eroticism of the young female which must remain forever unmentioned because the awareness level is held down below consciousness. Her sexuality is a secret imbedded in the parental psyche. It does not exist. Thus any erotic sensations the girl child has can never be acknowledged by either parent, although silent recognition of the sensitivity of the clitoris may arouse suspicion should the child's hand habitually linger in that area.

A fundamental contributing factor on a less conscious level of awareness is the invisible (relative to that of the male) nature of the female child's genitalia and the duality her anatomy represents sexually: pleasure and reproduction. There is no appendage to predict her role as lover. In toilet training, there is no special body part "down there" which earns mother's smiles; urine just goes from the inside to the outside. In contrast to the male, one central erotic area for her is near the anus where bowel movements emerge. Thus "dirty" may acquire very concrete associations for future sexual behavior principles. The confusion is also compounded for the female child since she has to fit birth fantasies into her understanding of her body.

The mother's role in maintaining the silence is crucial. The schizoid view our culture holds toward female sexuality (i.e., it is passive, it must be controlled and punished) pervades the female child's early socialization. The female parent in the role of moral teacher cannot sanction sexual exploration or arousal in her daughter. It is imperative that the young girl feel some guilt about her sexuality so that she will grow up to be a "good girl." The message of moral training is more direct than in the young boy's sexual learning. If stimulation is avoided, then promiscuity and premarital pregnancies will be also.

The mother as nurturant figure and moral authority, and also as of the gender labeled sexually passive, must confront complex issues. The mother, having grown up in a culture which makes synthesis of self and sexuality difficult, may both consciously and unconsciously keep her sexuality (birth control pills, tampons, etc.) hidden from her daughter. The closed awareness must be sustained.

The appropriate character of the mother's various roles is conveyed to the child in nurturant touching. Some of the touching patterns of the mother-daughter pair seem to reflect the dichotomy in the mother's identity. The child does not kiss the mother on the lips (although in most instances the mother kisses her there). The mother is never touched in highly sensitive areas such as ears, neck, or underarms (Blackman, 1979). It is almost as though an invisible screen is present that keeps the mother from reacting to a pleasurable sensation with the spontaneous exclamation, "Oh, that felt nice!" Interpersonal touching patterns stress her identity as a *good mother* for having raised a *good girl*. Being a caring mother is critical in our culture to a positive female identity. Being a responsive lover, less so. The functional role of the taboos on touching is recognized, but a mother's commitment to silence about sexuality is ultimately destructive to the young child. This rigidity predicts the daugh-

ter's reaction to peer information about intercourse: "My mother wouldn't do that!"

There can be incidents for the female child which force a change in the level of awareness to one of pretense. When she is "caught" masturbating on an armchair, a sexual principle is implied: intentional feeling of my genitals by me, for me, is not allowed. The nature of the situation and the need to maintain a front for morality's sake will discourage further open communication in the family. The nature of the sexual communication system and the mother's unresolved identity issues, unknowingly expressed in a myriad of ways, all tend to mitigate against any alteration of awareness about the young female child's sexuality.

Counselors and educators need to become more sensitized to the many and various psychosocial elements in the young child's sexual development. It is essential also that parents' own sexuality be considered. The conceptualization of levels of awareness can be useful in becoming familiar with the specific conscious and unconscious attitudes and behaviors which shape the young child's future sexual expression. The contradictions in these behavioral issues lead to the disorganized sexual selves we see in adolescence and adulthood. A useful way to begin teaching sexuality might be to sensitize parents to the young child's perception of what Mother is saying when she exclaims, "Not here! Not now!"

[Author's Note: It is obvious that there are different and unique dimensions in mother-son and father-daughter relationships and with divorced parent figures. The necessary space limitations for this article precluded lengthy analysis of these as variations of the main issues presented.]

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AUDIO-VISUAL REVIEWS

The following films were reviewed by Deryck D. Calderwood, PhD, Director, Human Sexuality Program, New York University; member, SIECUS Board of Directors.

Acquaintance Rape Curriculum Series: four 10-minute 16 mm color films, four teacher guides, student fact sheets (30 per film), seven discussion posters, and role-play cards. Films are available on free-loan basis from any of the Association Film, Inc. offices throughout the United States. Sale price for the curriculum is \$490, available from O.D.N. Productions, 114 Spring Street, New York, NY 10012.

Each of the four films in the series presents a basic concept in dramatic form. The concept of **The Party Game** is that acquaintance rape can result from ineffective communications following the end of an emotional relationship. Kathy, who has just broken up with her boyfriend, is self-conscious and lonely at a party without a date. Mark has crashed the party looking for girls. Kathy's need for reaffirmation of her attractiveness and Mark's desire for quick sex involve them in a confrontation resulting in violence.

The concept of **The Date** is that behavior associated with traditional sex roles increases the probability of acquaintance rape. Charlotte, at 16, is going out with Raymond who is 20. After their second date, when Ray learns that Charlotte's parents are not at home, he expects sexual intercourse in return for all the money he has spent on the date. Their misunderstanding of each other's feelings leads Ray to violence.

In **Just One of the Boys** the concept dramatized is that peer pressure and labeling contribute to acquaintance rape. Mike is sexually inexperienced and two teammates set him up with Josie for "easy sex." Josie has a crush on Mike but, as the situation evolves, she finds all three expect to have sex with her. Mike is then in a dilemma as to whether to join his buddies in sexually attacking her or to abstain and risk losing face with his friends.

The End of the Road presents a somewhat happier situation with the concept that assertiveness can prevent acquaintance rape. Jenny's car breaks down on a lonely road and Dan, who was in a class with her where she hardly noticed him, happens to drive by. He tries to use the opportunity of driving her home to persuade her to spend more time with him. When he forces himself on her, Jenny does not panic but reasons with Dan and insists on being taken home.

The films are professionally produced and the situations are believable. While the males are depicted as the aggressors, the curriculum is definitely not anti-male. The underlying philosophy of the program is that rape is a serious issue for both men and women and that a focus on blame or guilt is unproductive. The fact sheets, role-play cards, suggested optional activities, and comprehensive discussion guides give equal consideration to males as well as females. The emphasis is on prevention through development of better communication skills, and mutual respect and understanding of both sexes. The Acquaintance Rape Curriculum deals with this important social issue in a truly educational manner, without hostility or sensationalism. It is a program of exceptional value.

The Coming of the Clone. 16 mm or video cassette, color, 28 min. Price, \$325; rental, \$25. Association Films, Inc., 600 Grand Avenue, Ridgely, NJ 07657.

A young research scientist and his wife are selected to be the first parents of a test-tube baby whose genetic makeup is carefully predetermined. The scientist and his mentor are excited about the potential that the success of their experiment could have for a healthier future human race. His wife and her parents are opposed to the idea for moral reasons. The film is open-ended, which allows for serious discussion about what the future of the family would be if the reproductive role were no longer to be a basic aspect of relationships. It challenges the viewer to consider the role parenthood

plays in life, along with the values, and moral and ethical issues related to reproduction. It will also raise some questions. The reproductive technique described in the film in reality relates to artificial insemination and host mothers rather than actual cloning. This well-produced, professionally acted film presents concepts which are important to consider if we are to be sociologically and psychologically prepared for the problems and benefits accompanying technological advances.

Teenage Homosexuality. 16 mm, color, 11 min. Price, \$200; rental, inquire. Carousel Films, 1501 Broadway, Suite 1519, New York, NY 10036.

Originally a segment on CBS's *30 Minutes*, this film provides some insights into what it is like to be a gay adolescent. Five such Houston teenagers are interviewed about their lives, and excerpts from an interview with an understanding psychiatrist (Dr. Steven Coleman, who works with homosexual youth) are included. The camera follows Ann as she prepares to attend her senior prom with a gay male escort, and records scenes at the prom, her high school graduation, discussion with other gay teenagers, and an interview with Ann's mother. The difficulties these young people experience in accepting the fact that they are "different" from their friends, the problems involved in sharing their orientation with straight friends and with parents in particular, are clearly presented. The basic feeling expressed by these young people is one of isolation. The film does not make clear the prevailing view that sexual orientation is established early in life. The phrasing of some of the interviewer's questions suggests that perhaps the teenagers chose their lifestyle deliberately. If the film presentation is accompanied by some basic factual information on homosexuality, it can be a worthwhile resource in consciousness raising for heterosexual teenagers and a supportive resource for gay young people. Parents and teachers can benefit as well from this discussion-provoking film.

Book Reviews, Continued from page 6

Because the leader's role is central to the facilitation of this process, extensive discussion is devoted to describing the skill requirements and leadership characteristics needed for successful preorgasmic group experience. Barbach shares her mistakes along with her successes in using this treatment design, and her style in doing so is open and convincing. Specific treatment issues are examined with the help of well-chosen clinical illustrations, many from taped sessions. The clinical examples are diverse and numerous. They serve well in giving life to the groups, underscoring important points, demonstrating predictable pitfalls, and reducing therapeutic mystique.

As a therapist trained by Dr. Barbach, and now as a partner in a sex therapy group practice that conducts preorgasmic groups, I am sensitized to the complexities involved in this treatment approach. The author's ability to convey an enormous amount of detailed information, directly and simply, is an appreciable achievement. It would be a mistake, however, to interpret this as an indication that the treatment approach itself is simplistic or easy. It is not. Barbach clearly states how important and necessary it is that preorgasmic groups be led by therapists who have the appropriate skills. It is my hope that professionals in the field will give considerable attention to this prerequisite, and not embark on the use of this approach without adequate clinical training and skills.

In summation, *Women Discover Orgasm* is readable, well-written, concise, and comprehensive, and the author's ability to share her talents as clinician, trainer, and teacher is notable. **PR**

Sexual Confidence. Debora Phillips, with Robert Judd. Boston: Houghton Mifflin, 1980 (219 pp.; \$9.95).

Reviewed by Miriam Schneider, EdD, Assistant Professor of Health Education, York College, City University of New York.

In this book, Phillips, who believes that in relation to sex a large gap still exists between expectations and experiences, offers step-by-step behavior therapy techniques for overcoming sexual guilt and anxiety in order to restore love and intimacy in a relationship. She picks up on Rollo May's (and others') premise that the present-day emphasis on performance can be just as oppressive as the old

Victorian attitudes of shame and silence. She states that many men and women are sexually unhappy because they long for intimacy and affection and find, instead, empty and lonely sex. Her experience in teaching at a medical school and in her own practice of sex therapy has led her to conclude that a lack of open, easy communication is preventing couples from engaging in many pleasurable acts. She suggests that too many women are caught up in myths that overemphasize the importance of orgasm as the primary goal of lovemaking, and that too many men are confused about what is expected of them as lovers. The author advocates a new sexual revolution which would move away from a "performance-oriented" pattern toward one of "sexual confidence," in which the ability to laugh and share in sexual pleasure would be of prime concern. None of this, of course, is especially new.

The book is divided into three parts, Unlearning, Learning, and Sharing, reflecting the three-stage process of developing sexual confidence. Part one, Unlearning, reviews the common sexual myths and outlines ways to overcome the sexual guilt and anxiety that they often create. Specific behavior-modification

techniques such as "thought-stopping" and "silent ridicule" are described and exercises are included for the practicing of new behaviors. Part two, on Learning, offers some assertiveness techniques and discusses basic lovemaking skills. A chapter on the importance of laughter in the bedroom stresses the "play" in foreplay as a tonic for overcoming some common awkward moments. Also included in this section is a chapter entitled "Everybody Has a Problem Sometimes," which addresses itself to first aid for occasional problems relating to erection and female orgasm, and to the Semans technique for delaying ejaculation. The final section on Sharing offers some useful suggestions for planning a sensual holiday in order to put passion and romance back into a long-term relationship. A final chapter discusses how to maintain and share sexual confidence with young children and adolescents in the family.

Although it is unlikely that this book will "change the way America thinks and acts about sex" as quoted in the book jacket blurb, it is easy to read and does help to reinforce a healthy attitude toward sex and sexuality. A unique feature is the description of behavior modification techniques designed to reduce anxiety in a variety of situations, and this alone makes it worth reading. **A, PR**

Treat Yourself to a Better Sex Life. Harvey L. Gochros and Joel Fischer. Englewood Cliffs, N.J.: Spectrum, Prentice-Hall, 1980 (396 pp.; \$7.95).

Reviewed by Sam Julty, writer and lecturer in the field of human sexuality; author of Men's Bodies, Men's Selves (Dell, 1979).

To the average American, do-it-yourself projects are as tempting as apple pie—and the book publishers know it. Manuals on how to create anything from napkin rings to a solar engine "all in the comfort of your own home" are available in every bookstore. Their range of quality is from slick "hype" to realistic expectations, from skimpy instructions to clear programs. Unfortunately the reader often does not find out which is which until well into the project.

Human sexuality and its possible problems have not been overlooked as subject matter for the do-it-yourself market. One of the problems I have with a good number of the sex self-help manuals is their claim that they can propel anyone into the land of sexual happiness and ful-

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fillment in one reading. I am glad to say that Gochros and Fischer avoid such avowals. Instead, they carefully chart a trail-guide for those people who find themselves on a sexual terrain cluttered with unclear markers, false pathways, and hidden traps. Rather than play the part of know-it-all leaders who shout specific instructions from the sidelines, they walk along with you, pointing out the dangers and benefits of the various roads.

My favorable opinion of this book has little to do with its style or structure. Indeed, there is much room for improvement in those areas. My enthusiasm originates from my personal biases and the comfort I get from the fact that Gochros and Fischer share many of them. Some examples:

1. In a book with a focus on heterosexual relationships, it was refreshing to find a nonjudgmental, nonclinical acknowledgement of homosexual relationships, along with the suggestion that "many of the ideas presented can be applied to improving same-sex activities as well, whether or not one also engages in heterosexual activities."

2. There is repeated emphasis throughout the work that sexual expression, methods, adaptation, and maladaptation are learned responses rather than innate, and that "what is learned can be unlearned." Certainly this view is common, but in some other books I often get the feeling that the writer is not completely convinced, with the result that this critical point fails to be stressed often and hard enough.

3. When I wrote *Male Sexual Performance* in 1975, I proposed that the term *impotent* be dropped as a diagnostic label for a man suffering difficulties with erection. I argued that while we have come a long way toward understanding the destructive nature of the term *frigid* as applied to a nonorgasmic woman, a similar understanding should exist for *impotent* as applied to men. I was therefore especially pleased to find, in the section devoted to disorders with erections, the authors' explanation of why they avoided using *impotent*. Hopefully, others in the field will be similarly inclined.

4. I was also pleased by their acknowledgement that some (many?) sexually active people do not have steady sex partners. Too many other books ignore this lifestyle, and design sexual exercises based on ongoing dyadic structures. Here, the authors provide exercises and suggestions for those who are not involved with a steady partner.

Of course, this book is not the perfect answer for all people with sexual problems. The authors make this clear and remind the reader that certain problems will need third-party observation and assessment. However, this book does provide a solid starting point, a non-threatening introduction for people who want to learn to treat themselves so that they will find their sex life a treat for themselves and their partners. **A, PR**

Havelock Ellis: A Biography. Phyllis Grosskurth. New York: Alfred A. Knopf, 1980 (492 pp.; \$16.95).

Reviewed by Edward M. Brecher, author of The Sex Researchers (expanded edition, 1979).

The ideal biography should combine many apparently incompatible virtues: pervasive scholarship which does not intrude on the reader's enjoyment; a wealth of richly textured, verisimilitudinous details combined with a ruthless willingness to omit the irrelevant; and a deep empathy for and rapport with the subject along with sensitivity and skill in confronting unblinkingly his or her shortcomings. Phyllis Grosskurth's new biography of Havelock Ellis (1859-1939) exhibits these and other virtues in abundant quantity.

What a life Ellis led!—especially when contrasted with the lives of Freud and Krafft-Ebing, his two fellow-founders of modern sexology. At 30, Ellis was a shy, almost reclusive nonentity who had frittered away seven years in qualifying for a profession—medicine—which he never practiced. He was unknown and unpublished, and subject to severe sexual dysfunction, probably erectile impotence or premature ejaculation or both. He was still imbued with the inhibitions and taboos instilled in him by an evangelical mother, a woman remarkable for her narrowness even in Victoria's reign. Ellis's sexual arousability, moreover, was intricately involved with (and perhaps dependent upon) either the sight of or the fantasy of his beloved in the act of urinating, an idiosyncrasy he also owed to his mother, who sometimes flirted with him by urinating in his presence. Ellis was never "cured" of any of these sexual characteristics, ranging from shyness to urolagnia; instead, he succeeded in weaving them into a rewarding and fulfilling life.

In his thirties, Ellis carved a niche for himself as a literary critic and essayist. He

began the publication of his seven-volume masterwork, *Studies in the Psychology of Sex* (1897-1928). He married a manic-depressive lesbian of unlimited ambition and very limited talents—and he developed this potentially disastrous marriage into one of the most poignant love stories of his generation. His tolerance of Edith Ellis's extramarital lesbian affairs and her somewhat more limited tolerance of his extramarital heterosexual affairs throw fresh additional light on the difference between the surface and secret lives of eminent Victorians.

Shortly after Edith's death, when Ellis was 58, Françoise Lafitte fell in love with him. A vivacious Frenchwoman in her early thirties, she devoted herself to Ellis until his death at 80—and to his memory thereafter. In addition to Françoise, Ellis during his sixties and seventies enjoyed intimate and enduring affairs with some of the most eminent young women of the next generation, including Margaret Sanger, the poet H. D. (Hilda Doolittle), and many more. These affairs, though rarely or never involving coitus, were all intensely sexual. He made love, as one of them wrote, "with his hands and with his kisses." During these same years, Ellis became first a cult hero for a small coterie and later a world-renowned authority on sex. Even the Hearst press sought him out and for five years published a Havelock Ellis column.

Grosskurth brings all this, and much more, to life in her pages. When she notes Ellis's enjoyment of the fragrance of a partner in love, one can almost enjoy that fragrance with him—and with Grosskurth. The towering figure of Ellis, as it should, dominates the book; but Grosskurth also provides vibrant accounts of Margaret Sanger and of others in whose lives he played a significant role.

In his autobiography, *My Life* (1939), published after his death, Ellis told as much about himself and others as he wished to—and dared. Others who have written about him since then (including myself in *The Sex Researchers*, expanded edition 1979), were hampered by the unavailability of crucial facts unpublishable during his lifetime and for decades thereafter. Grosskurth has penetrated the Victorian veil with astonishing success. She has interviewed many who remember Ellis; and she has unearthed and perused Ellis's diaries plus an estimated 20,000 letters written by or to him, now scattered through private collections and libraries from Birmingham, England, to Indiana University and Texas. In particular, she

has had the enthusiastic cooperation—not easily won—of Professor François Lafitte-Cyon, the son of Françoise Lafitte, who spent his formative years in the Ellis-Lafitte household, inherited a substantial proportion of the key Ellis documents, and has for many years served as Ellis's literary executor.

Though deeply sympathetic to Ellis, Grosskurth is too conscientious a scholar to ignore his weaknesses. For example, she describes his courage in publishing a defense of homosexuality in 1897, when furor over the Oscar Wilde trial was still reverberating through England; yet she also describes his less-than-admirable behavior during the trial of a bookseller charged with a felony for selling a copy of Ellis's book. She takes a quite proper delight in comparing what Ellis wrote to one correspondent with the somewhat different account of the same events to be found in his letter to another correspondent, written at about the same time—perhaps even on the same day. The result is an Ellis no less impressive, but considerably more human.

This memorable book is, in my opinion, the definitive biography of Havelock Ellis. It is also one of the most enjoyable books I have encountered in recent years, with the 16 pages of well-chosen photographs of Ellis and those close to him contributing to the enjoyment. **A, PR**

Hidden Victims: The Sexual Abuse of Children. Robert L. Geiser. Boston: Beacon Press, 1979 (191 pp.; \$10.95).

Reviewed by James W. Ramey, EdD, Senior Research Associate, Center for Policy Research, New York City.

Hidden Victims is one more example of an attempt by a well-meaning clinician to extrapolate from his limited experience as a child psychologist to the universe of the sexual misuse of children by adults. The book is a waste of time for anyone seriously interested in the question of sexual abuse of children or of incest, which is the concern of 20% of the book. The author is not reporting the results of research on these subjects but rather presenting a hodgepodge of often contradictory notions and unsupported statements—in effect, a "wisdom" piece.

The book is organized into five sections. In the first, the focus is on rape, rather than on the sexual misuse of children which Geiser quite reasonably

defines as "the exposure of a child to sexual stimulation inappropriate for the child's age, level of psychosexual development, and role in the family." The author discusses rape as though all sexual misuse of children involved rape, so that it is impossible to decide from one sentence to the next whether he is really dealing with that small subset of misuse that involves actual rape or defining the entire range of activities involved in sexual misuse as rape.

The section on incest discusses father-daughter incest for three chapters and all other forms for five and a half pages. Here among other dubious claims we find that "incestuous behavior leads to serious crimes, drug abuse, juvenile delinquency and promiscuity." Perhaps the most outlandish statement is that "incest is responsible for the alarming increase of VD among children"!

The section on sexual misuse of boys focuses on the fairly recent realization in the professional community that boys are much more often subject to sexual misuse than is generally reported in the literature, and indeed may be at risk almost as much as girls. The author feels that the experience has different meanings for boys than for girls, and is therefore generally not traumatic for boys unless force is involved. He goes on to an unusual discussion of pederasty which leaves one with the feeling that he believes this kind of activity is acceptable as long as the boys receive something for their services in addition to sexual gratification! He suggests that perhaps the reason for much male homophobia in this country is the secret desire of men to have sex with boys. In this connection he makes an interesting and quite didactic observation: "The concern of adults is that the female victim will be repulsed by sex after the attack, for it was assumed to be unpleasant for her. But in the case of the male, the fear is that having lost his masculinity, the child will become a homosexual, as if the experience had been pleasant for the boy. Heterosexual rape of a female child will turn her against men and sex, but homosexual rape of a male child will turn the boy toward men and homosexuality" (pp. 76-77).

The section on pornography, obscenity, and prostitution repeats many of the same misconceptions about child sexual abuse that we constantly hear repeated, and such out-

rageous statements as that in Los Angeles alone 30,000 children pose for pornography!

The final section presents three case histories and a page and a half of bibliography for a subject area in which there are currently well over 500 references.

There is a consistent tendency toward unsupported statements and quotes from unreliable sources, which lead to such errors as the assertion that there is less trauma in sexual abuse if actual penetration or intercourse does not take place, or if it is a single attack rather than a repeated occurrence. Research has shown that both of these are the reverse of the truth. But Geiser also does make some interesting and useful observations. For example: "By helping to keep incest in the dark, the taboo encourages the very behavior it is supposed to prevent." "There are those who believe that any form of sexual contact for a child is abusive and harmful, especially same sex contacts. There is no supporting evidence that this is universally true. Many of the children discussed in this book did not consider their sexual contacts with adults to be abusive. . . . Any harm in sexual contacts depends upon the child's age, vulnerability, previous experiences, general adjustment, lack of violence or force in the sexual contact, what the child receives besides sex, and how the child deals with the experience. Contrary to popular opinion, a sexual experience is not upsetting to many children. Unfortunately, there is no way of knowing beforehand what the effect of a sexual experience will be on the child" (p. 86).

With respect to sex offenders and previous exposure to pornography, he correctly reminds us that: "Sex offenders on the whole seem to have had less adolescent experience with erotica than other adults. . . . This suggests a generally deprived environment with atypical and inadequate sexual socialization. Rather than being overexposed to sexual stimuli as children, they tended to be underexposed. Their early social environment was sexually repressed and deprived. There was usually a low family tolerance for nudity, an absence of sexual conversation in the home, and either punitive or indifferent parental responses to the child's sexual curiosity or interests" (p. 120). However, Geiser fails to speculate on the real possibility that this type of

sexually restrictive upbringing might relate to sexual misuse of children as well as to other sex crimes, and that dialogue about sexual matters in the home might be a specific way toward prevention just as other types of potentially traumatic situations can be defused by discussion.

Nevertheless, on the whole this book cannot be recommended because, despite a few insightful comments, it repeats and reinforces too many scare headlines, unsupported accusations, and courses of action contraindicated for helping professionals.

The Sex Researchers, expanded edition. Edward M. Brecher. San Francisco: Specific Press, 1979 (410 pp.; \$9.50).

Reviewed by Harvey L. Gochros, DSW, Director, Social Work Program for the Study of Sex, University of Hawaii at Manoa, Honolulu, Hawaii.

Perhaps it is a sign of the times that, like everyone else, sexologists are looking for their "roots." By bringing life to the story of our profession's ancestors, Ed Brecher has become our Alex Haley. Furthermore, Brecher has now given us our "Roots II" by adding as an epilogue to his basically unchanged 1968 volume a 46-page chapter which covers many of the significant sexual developments of the decade from 1968 to 1978. It is a testimony to Brecher's scholarship and writing skills that many of those who have paved the way for modern sex research, education, and therapy emerge from this book as real people with their personal, social, and professional biases, trying to understand this complex phenomenon we call sex within the context of their own lives and environments. They recall to us the apocryphal group of blind people who investigated different parts of an elephant with each then giving very different descriptions of the animal.

In reading this book, however, one is constantly most aware of the biases of one person, Edward Brecher, who acknowledges that this book is written from a personal perspective. Indeed, it is an interesting paradox that a report on such an ostensibly objective subject as sex research can be written in such a subjective manner. As a result, the book is certainly not a comprehensive history of sex research, for that would take considerably more than one volume, nor is it an organized compendium of sex researchers' biographies. Rather, it is a critical com-

mentary on the work of people who interest Brecher, pretty much leaving out those who do not. For example, he virtually ignores such significant non-American sex researchers as Magnus Hirshfield. But that perhaps reflects the major contribution of Brecher to the observation of sex. Although he has no particular professional bias as had the biologist Kinsey or the physician Masters, he does enthusiastically put his whole being into the study of sexuality. He has participated in probably the most popular sexually explicit educational film ever produced (*Ripple in Time*), has written for popular magazines from *Playboy* to *Consumers' Reports*, and in the present book, he has unabashedly observed that there certainly is female ejaculation because "in the 1950's, while performing cunnilingus, I noted a quite readily identifiable ejaculation in my partner."

However, Brecher's openness about his own personal sexual experience and perspective only underscores a pervasive problem in sex research which he hardly mentions. Brecher is a white, senior age, well-educated man as are almost all of the researchers whose work is reviewed in this book. While Brecher is to be congratulated for highlighting the works of such women researchers as Elizabeth Blackwell, Leah Schaefer, and Mary Jane Sherfey in a chapter entitled "Women Rediscover Their Own Sexuality," the fact remains that women's input into understanding their own sexuality and that of the other gender is a relatively recent phenomenon and can be described in only one chapter of this book (and once again when Brecher discusses the work of Shere Hite and Martha L. Stein in his 1978 epilogue). Such relatively brief spotlighting reflects the limited opportunity women have had until recently to influence our views of their own and others' sexuality. The discussion of women researchers here, however, still largely reflects the biases of the white, well-educated, aging, and heterosexual majority. Perhaps the day is not too distant when more young, female, nonheterosexual, or nonwhite observers will be able to have a greater impact on our overall sexual perspective.

As noted, this edition has been expanded rather than revised. Brecher states in his introduction that "the more I read and re-read those pages . . . the better I liked them as they were and the less willing I was to alter them in any significant respects." This is in some places unfortunate. Much of what he has essentially left unchanged (the first 336

pages) could well have been updated or at least rethought and given a fresher perspective. For example, in his chapter "Males, Females and Others," in which he reviews the works of John Money and other researchers concerned with gender, he offers some interpretations which may have seemed progressive in the '60s but could well be challenged and revised in any real 1980 revision of a book on sex research. He reports on an experiment observing the effects of prenatally administered androgens on guinea pigs, noting that their female offspring exhibited male mounting and thrusting behavior. On the basis of this data, Brecher concludes that these laboratory animals "were a close animal parallel to a particular type of human Lesbian—the "dyke"—who may also be completely feminine in appearance." Describing another experiment he states that "two months later the rats were completely bisexual." Such interpretations represent an unsupportable thesis that homosexuality is simply a matter of cross-sex behavior carried to extremes. Such translation from lower animal sexual behavior to human sexual behavior is a multidimensional variable of which copulation patterns are only one part. As the studies Brecher describes elsewhere have shown, overt sexual behavior is not always concordant with the complex of feelings, thoughts, and desires we call sexual orientation. A new edition of this book could have recognized this.

Indeed, if Brecher has any failing in this review of human sexuality it is his overemphasis on physiological sexual behavior at the expense of its emotional, interpersonal, and social significance. Brecher's original chapter on the "Falling in Love Experience" exemplifies this limitation, even when we take into account that in the 1960s (when, again, the bulk of this book was written) there was little interest among sexologists about love as a component of the sexual experience. It is disappointing that Brecher limits his coverage of this important area to Lorenz's imprinting experiments and Harlow's breeding of antisocial monkeys. His preoccupation with the physical and limited concern for the emotional is reflected in the 1978 epilogue wherein page after page reviews research on female masturbation and female ejaculation but offers little on the evolving role of sexuality in interpersonal life. Surely the emotional meaning of sexuality should be of as much interest in a review of sex research as its physical expression.

But, again, this is a personal review of

sex research. Brecher makes no claim to objectivity, nor does he shy away from taking what may well be unpopular stands. In the 1978 epilogue he staunchly defends the often criticized Hite Report: "Nothing I had read during the past decade had given me more enjoyment or a greater sense of insight into female sexuality." In the same discussion he uses the Hite Report to impugn the previously sacrosanct work of Masters and Johnson: "Hite's . . . emphasis on *individual variation* served as a much-needed corrective to the Masters-Johnson predilection for model-building and the public predilection for accepting models as truth."

Brecher certainly takes an enthusiastic, human, liberal approach to sexual behavior, presenting an optimistic view of the future of sex and anticipating a continuation of the "sexual convalescence" which he sees as the ongoing recovery from the repression of Victorianism. He believes that the growing knowledge and openness about sexuality can only lead to a healthier, saner society. His 1978 epilogue fairly bursts with excitement about the "evidence" of progress manifest not only in sex research but in the public acceptance of greater sexual options. I hope his 1988 epilogue will bear out this optimism. But in the meanwhile, we can only thank Ed Brecher for his wit, chutzpah, and total personal immersion in sexuality which make this book both enjoyable and valuable. His work reminds us—as does the research he describes—that sex is a very subjective experience and so is its study. **PR, A**

The Last Taboo: Sex and the Fear of Death. James Lewton Brain. Garden City, N.Y.: Anchor Press/Doubleday, 1979 (256 pp.; \$8.95).

Reviewed by Keith W. Jacobs, PhD, Department of Psychology, Loyola University, New Orleans, La.

The reader who expects *The Last Taboo* to be another incest book will be at least partially surprised. The intent of the book seems to be to tie together several human universals: fear of incest, anxiety over our sexuality, knowledge of our own mortality, and the connection between sex and death. These are all seen as being interrelated and dependent on language: "Without words we cannot be human . . . we cannot know death . . . discuss sex . . . comprehend the concept of incest."

In Brain's opinion, "all aspects of sexu-

ality prove to be anxiety-provoking because of the perpetual ability of males and females to engage in sex . . . the anxiety arises from a fear that incest might take place and thus disrupt and shatter the social structure we have erected . . . If sex reminds us of incest, it also reminds us of death because we connect sex with feces and feces with death." Interestingly, these conclusions do seem to follow from the wide variety of cross-cultural evidence provided in the book.

The author freely admits to including a number of ideas and conclusions which are still matters of debate among scholars, but this book is not intended for the serious scholars. A number of the speculations are thoughtprovoking: Men who collect swords or drive Corvettes are telling us something about their sexual anxieties and inadequacies, as are men who insist on crew-cut hair styles for themselves and for their sons. It is also an interesting idea that the head is a phallic symbol, but it is even more interesting to consider the repeated ritual of the military haircut as a form of symbolic castration. Notice that the sword and the car mentioned are emblematic of both sex and death, between which a number of other intriguing connections are made.

No doubt Professor Brain attaches more seriousness to these conclusions than I do. My interest in this book came largely from the originality of his extrapolations and ideas; some of his hypotheses are fascinating. His use of personal experiences contributed to the writing style and helped tie his ideas to the real world. The 15 chapters fit well together. I do hope, however, that the readers will enjoy the work for what it is, and recognize that many of the conclusions advanced are really only hypotheses, fascinating as they may be. **A**

The Aging Game: Success, Sanity and Sex after 60. Barbara Gallatin Anderson. New York: McGraw-Hill, 1979 (240 pp.; \$12.95).

Reviewed by Anne Backman, MA, SIECUS Publications Officer.

No one denies the joy and power of youth—we've all had our moments. But youth tends to deny the dignity and worth of age. As the author of this invigorating book warns older people, "Don't trust anyone *under sixty*."

Based on a project conducted at the Langley Porter Neuropsychiatric Institute that involved 1,200 elderly men and women, *The Aging Game* comes out fighting and urges older people to "confront your culture," and work out a sound personal plan for retaining control, based on five general tactics: accept yourself as old; develop a clear perspective on late life; replace lost satisfactions; develop the resources that count; and cultivate the alliances that count.

The section on love and sexuality strongly affirms the life-long need for affection. "Love and sanity go hand in hand after 60." But a nebulous conspiracy against sex and sexuality for the old tends to deny this emotional need. Says Anderson: "If men and women are to reach out for opportunities to relate to one another as men and women, they must find within themselves the confidence to do it. A confidence in their continuing masculinity and femininity and their right to affirm it. The conviction that their bodies like their minds are theirs, to enjoy as they—and no one else—dictate." Amen.

At the present time, one in nine Americans is over 65. It is projected that in 50 years the ratio will be one in six. This suggests that not only 65ers but *anyone* over 15 should start learning how to play "the aging game." **A**

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