

THE HITE REPORT: TWO PROFESSIONAL VIEWS

The Hite Report: A Nationwide Study of Female Sexuality. Shere Hite. New York: Macmillan Publishing Company, 1976 (438 pp.; \$12.50).

[The Hite Report has already generated much enthusiasm and much heated debate, not only for the type of study it is but for the insights it presents and the conclusions it draws. Because of the interest this book has aroused, we have asked two leading professionals—Wardell B. Pomeroy and Leah C. Schaefer, each both a sex researcher and a therapist—to comment upon it from their own perspectives. Their reviews follow. —Ed.]

by Wardell B. Pomeroy, Ph.D.
Psychotherapist, co-author of the Kinsey studies,
and SIECUS Chairperson

by Leah C. Schaefer, Ed.D.
Psychotherapist,
and author of *Women and Sex*

This is a remarkable book. There are several flaws in it, but I believe they are minor ones and the new information on female sexuality it gives opens new vistas and new insights into where females "are at" in the 1970s. Let me first deal with the flaws, as I see them, and then go on to the important information this book contains.

First, it is written with a decided women's lib slant. The author is director of the Feminist Sexuality Project and she was formerly connected with the National Organization for Women. Although I am very much in favor of women's lib in all its aspects, I do not favor biases or politics when they enter the portals of science. Although Hite states or infers that only women can understand female sexuality, she is now conducting a similar research project with males.

Second, the author has used four different questionnaires over several different years. Each one seems to be an improvement over the previous one, and it is certainly a commendable effort to improve one's instrument—but enough is enough! I feel results from all four questionnaires could have been combined without doing an injustice to the data. This is particularly true since differences were small among the four samples.

Third, statistics are treated in a cavalier fashion, as if to say they are not important. For this book I would agree that they are not important but, since they are used upon occasion, they should be used correctly. Most tables give a raw *N* for each of the first three questionnaire results without even using percentages, for an idea of which the reader must use a slide rule, a calculator, or even just plain guesswork. I can think of no justification for this omission, although I believe the author is trying to say that statistics are not important, only the individual is. Her many, many individual statements

Continued on page 14

The Hite Report is without a doubt the most important book on the subject of female sexuality since the publication of the Masters and Johnson findings. It presents the results of a five-year study done by Hite in conjunction with the National Organization for Women, New York. The work contains statements (nine-tenths of the book is quotations) of 3019 women (ages 14–78) who responded to an anonymous questionnaire containing over sixty profound and personal questions—questions which in large part have not been asked of women before. In a large sense, the book is an emancipation proclamation and a milestone: the first opportunity for women themselves to define their own sexuality—to describe how they really feel about the intimate, practical, and significant aspects of their sexual experiences, and how they feel about their physical sexual relations with men (and other women). Some women put in over twenty hours writing their answers. For many it was the first time they had ever voiced their most intimate sexual feelings, desires, fears, hopes, preferences. The result is an absolute wealth of information about women's reactions and responses to sex and sexuality—and a powerful emotional experience for anyone reading the book.

Dr. Hite's main findings are, first and foremost, that the majority of women do not orgasm as a result of intercourse (thrusting during vaginal penetration), and that this is an unrealistic expectation which has placed a great burden on women (and men). This is not to say that women do not enjoy engaging in intercourse for, on their own testimony, most do. It is simply that intercourse alone does not provide sufficient clitoral stimulation to lead to orgasm for most of them. Although 30% of the women in Hite's study did orgasm during intercourse, for the most part they had very specific

Continued on page 15

SPEAKING OUT

THE HUMAN SEXUALITY MOVEMENT

The Three Marias: New Portuguese Letters. Maria Isabel Barreño, Maria Theresa Horta, and Maria Fátima Velho da Costa. Translated by Helen R. Lane. Garden City, NY: Doubleday & Company, 1975 (432 pp.; \$10.00).

The Hite Report discussed in this issue has counterparts in other parts of the world with similar messages.

In 1972, the Portuguese government arrested three Portuguese women writers and brought them to trial for their joint authorship of a book of letter-essays, letter-stories, meditations, and observations in prose and poetry. The book was banned and all copies of it confiscated as an "abuse of freedom of the press" and an "outrage to public decency." The trial of the three women went on for so many months that it became an international *cause célèbre*. Then, in 1974, all charges were dropped and the judge proclaimed the *New Portuguese Letters* a work of literary merit.

The writings of these three women have their well-spring in the *Letters of a Portuguese Nun*, five letters first published in the seventeenth century as being from a convent nun to her deserting French lover. From that simple baseline the writers move backward and forward in time, writing now as the nun herself to her mother and friends, now as her sister, now as her nephew, now as various women who had known the nun, and now as themselves to each other about themselves and about each other. None of the pieces is signed, for the book is truly the joint production of the three. Each piece is dated however, the span running from March 1 to October 25, 1971. Thus these three women of today's world succeeded, in a little over seven months, in weaving a complex and vivid tapestry of word images that, gradually taking on an almost four-dimensional form, spreads before us and illuminates the struggles of women throughout the ages to become, and to be, *themselves* in relation to the men of their worlds. It was naturally the portions of the book that were, of necessity and truth, openly erotic that were the basis of the reaction of the Portuguese male world against it and what was so clearly said by the three Marias: Maria Isabel Barreño, Maria Teresa Horta, Maria Fátima Velho da Costa—each one in her early thirties, each one educated by nuns, each one married and the mother of sons, each one a working professional—meeting twice a week to examine and record their common problems and feelings as women, and in so doing revealing their giftedness as writers, as women, and as human beings.

The book is a crying-out, a lament, a call, from women on behalf of women—but equally on behalf of the men to whom the cries, the laments, the calls are directed, and who share the world with women. It is also cold and biting social commentary.

In the last of the original five letters of the seventeenth-century nun that are appended to the book, she finally appears to recognize the basis of her enslavement to the man who left her: "It seemed to me *that I owed you* the attractions and beauties which you discovered in me, and of which you first made me conscious" (emphasis mine). The three Marias from across the Atlantic recognized that women are still paying out on a nonexistent debt. Hite's women too are articulating in their own time and their own ways their need for freedom to be themselves and to owe to no man their own attractions and beauties.

In the September issue of the *SIECUS Report* it was the men who were speaking very similarly: "As you free yourselves, free us to be ourselves." The process of reaching toward a state of freedom in which both sexes can in fact and at last be themselves as persons may be long and painful, but it will continue as the most important element in today's human sexuality movement.

Mary S. Calderone, M.D.

SIECUS REPORT

Volume V, Number 2

November 1976

The *SIECUS Report* is published bi-monthly. Subscriptions are sold on a volume basis only, with volumes beginning in September.

Subscription rates: Individual, \$9.95 for one year; Canadian and foreign, £5. Institutional, \$15.00; Canadian and foreign, £9. Single copies of any issue, \$1.50.

Queries about subscriptions and delivery should be sent to Human Sciences Press, 72 Fifth Ave., New York, NY 10011. Editorial queries should be sent to SIECUS at the address below.

SIECUS Report is available on microfilm from University Microfilms, 300 North Zeeb Road, Ann Arbor, MI 48106.

Editor—Mary S. Calderone, M.D.

Associate Editor—Frederick E. Bidgood, M.A.

Copyright © 1976 by The Sex Information and Education Council of the U.S., Inc., 137-155 North Franklin, Hempstead, NY 11550.

Library of Congress catalog card number 72-627361

No part of the *SIECUS Report* may be reproduced in any form without written permission from the SIECUS Publications Office.

SPEAKING OUT

THE HITE REPORT: A LAYPERSON'S VIEW

—Did you know that more women experience orgasm from masturbation than from intercourse?

—Did you know that intercourse is not as important to most women as are closeness, intimacy, touch, and freedom to "be," and that the best technical proficiency between partners, however exciting per se, is only a means to that end?

—Did you know that intercourse has been "institutionalized" in our culture as the only permissible form of sexual activity?

—Did you know that lesbians often have the most sharing experiences, because they understand one another's sexual and emotional needs?

—Did you know that Freud was the founding father of the myth called the "vaginal orgasm," thus categorizing as "frigid" the masses of women who do not experience orgasm without clitoral stimulation?

—Did you know that the real "sexual revolution" may yet come, if we allow for more quality, less quantity?

—Did you know that . . . I could go on and on citing highlights of *The Hite Report*, but the main point of this study, which I salute with joy and reassurance, is that it is high time for us women to take the responsibility for our own sexuality. We must re- (or un-) define our sexual needs apart from the male interpretations which we have allowed for so long. As the study makes clear, "to orgasm" (a welcome verb) is something we should seek ourselves, rather than leave either to luck, or to his attitudes and needs. Hite says it simply, in summarizing responses to questions about intercourse: "You have to take care of yourself and want to please yourself, and you have to feel it is your *right*. You have to do it, whatever it is—or ask for it, very clearly and specifically."

It is sad that even in the "liberated seventies" this assertive statement is still contrary to stubborn myths, to our culture, to the upbringing of most of us, to "the old days and old ways," to most male attitudes (their loss!), and to the Judeo-Christian teaching that reproduction is the only *raison d'être* for sex and sexuality. This detailed and varied study brings out the tragedy of how most of us have been misinformed, as well as enslaved, by old dogmas. Those women who have managed to free themselves to be not only caring, but also sharing and daring, have been sadly few indeed, especially within the marriage setting.

Women have a clear obligation to be honest, outspoken, and assertive, even at the risk of what is said to be the "castration" of male egos, to provide for more personal involvement in *mutual* interaction. "Men too can profit by opening up and reexamining their conception of what sexuality is," Hite states optimistically—I say optimistically because, for the most part, the very gutsy and honest feedback given anonymously in the women's questionnaires was by far the

hardest for most women to act upon in their own relationships with their partners. A woman who had been married for twenty-six years, all the time timidly allowing for her husband's needs to be met, exclaims: "The guy shouldn't act like he's doing seven years of labor: he should be creative. It should be a gentle, loving and passionate contact."

The book tells us refreshingly how women really feel about what they like and don't like, and not how men, as partners or professionals, think we should. I agree with Hite that it is high time for female sexuality to emerge from the underground, but because it cannot do so in a vacuum, outside of a relationship, this study can help men as much as women in the invaluable sharing of basic needs and their fulfillment, for the respondents were speaking not just for themselves but for all women. As one of them said: "Anything that helps women define their own sexuality on their own terms, and thus have more control over their own lives, is something I want to be a part of."

At the outset the author states: "To us, in self-affirmation and celebration, I dedicate this book!" I concur, wholeheartedly and hopefully. And since nowhere in this revealing document do I find any malice against males, I welcome the next study: "How do men *really* feel about their own sexuality?"

Mette Strong

DO YOU KNOW THAT...

Fellowships Available with M & J

The Reproductive Biology Research Foundation has announced the availability of one-year fellowships in human sexuality and family planning, starting July 1, 1977. Physicians, nurses, and psychologists are eligible for these post-graduate positions. The deadline for application is January 1, 1977. Further information may be obtained from Dr. William H. Masters, Director, Reproductive Biology Research Foundation, 490 Forest Park Boulevard, St. Louis, MO 63108.

AASECT's Tenth National Sex Institute

The American Association of Sex Educators, Counselors, and Therapists will hold its tenth annual National Sex Institute on April 20–23, 1977, in San Francisco, California. Nationally known experts in the field of human sexuality will participate in the workshops and plenary sessions. For further information concerning the Institute, contact AASECT, 5010 Wisconsin Avenue, N.W., Suite 304, Washington, DC 20016.

BOOK REVIEWS

Learning About Sex—The Contemporary Guide for Young Adults. Gary F. Kelly. New York: Barron's Educational Series, Inc., 1976 (185 pp.; \$2.95).

Reviewed by Foster Q. Doan, B.D., Westtown School, Westtown, PA; member, SIECUS Advisory Panel.

With the publication of this book, Gary Kelly has secured a vital beachhead in the ongoing struggle for sexual sanity. Without resorting to cuteness or sensationalism he has produced an enlightened book which speaks truth in a calm, reassuring manner. It is very readable and, as Mary S. Calderone says in her Introduction, "There isn't a person picking up this book who won't find something of special help and meaning in it."

In the Preface, Kelly says, "This is a book which can provide accurate information about sex, as well as helping readers—particularly teenagers—clarify their needs and values relating to sex." And this is exactly what I believe this book can do. He writes accurately about basic sexual facts, but avoids the trap of being too technical. He writes as one who understands and who is still learning. He speaks of the confusion and worry which he has experienced about sex, and emphasizes that the matter of understanding one's own sexual identity must be an ongoing process.

Even more important is the way he places human sexuality in the total context of being human. One's sexuality is related very deeply to all other aspects of human personality. He discusses physiology carefully, but he makes clear that the other aspects of being a sexual person include the emotions, feelings, and attitudes toward relationships with other persons. In all of this he writes honestly and realistically, but with gentleness that conveys a sense of caring.

He is a good teacher: in making his

own values very clear he also makes clear that they may not be for everyone. Each person must find his or her own way, and thus the book becomes a fine basis for discussion and thinking, to help each person to discover just what his/her own sexual ideas and identity will be. Here the questions and exercises at the end of each chapter are helpful and provocative.

Summarized, the values which Kelly finds important are:

1. Our sexual feelings and behaviors are an important part of our lives with the potential for great pleasure and enjoyment. To have sexual feelings and fantasies is healthy and good. However, the potential for negative effects is also present and that is why decisions regarding sex should be made with careful thought.

2. Each individual must spend time discovering how sexuality is to fit into his or her life. That means learning to understand one's own sexual feelings, sexual behaviors, and sexual preferences. It also means that in making decisions about sex each individual must look at the sexual values of the people who are important in his life, the values of his religious preference and school, and the values of his society.

3. Each of us has a responsibility to show concern for other people who come into our lives, whether it be in a sexual encounter or any other way. Sex which involves exploiting or hurting someone surely loses some of its positive and pleasurable aspects.

4. People differ greatly in their preferences for various forms of sexual behavior. No one can judge the "rightness" or "wrongness" of any of these behaviors. Instead each of us must find the sexual lifestyle which is best for our own lives—one which will provide great pleasure for everyone involved; lead to happiness and satisfaction; feel

natural and spontaneous; and, of special importance, help us to feel good about the person we are.

Throughout the book Gary Kelly explodes scary myths about many aspects of human sexuality and emphasizes the constant search and examination that all of us must go through. The marvel here is that he includes so much in such a brief space. A look at the chapter headings shows that he covers many different areas, but all in a lucid and helpful way. There is a good glossary of slang and technical terms plus a list of organizations that can provide information and help. It is a book for which I, as a teacher of human sexuality at the secondary level, have been waiting. It is also a book that should be widely read by adults as well. It certainly gives me hope that in the not too distant future, sex need not be such a fearful, sensational, and over-mysterious matter as we make it today.

ET, LT, A, P

A Guide to Healthy Pregnancy, Birth, and Child Care: The Black Parents' Handbook. Clara J. McLaughlin. New York: Harcourt Brace Jovanovich, 1976 (220 pp.; \$3.95).

Reviewed jointly by Jacquelyn J. Jackson, Ph.D., Associate Professor of Medical Sociology, Department of Psychology, Duke University Medical Center, Durham, North Carolina; and two of her students at Duke, Bertram E. Walls, M.D. (specializing in Obstetrics and Gynecology), and Larry C. Harris (a senior medical student specializing in Pediatrics). All three reviewers are themselves black.

McLaughlin sees this *Handbook* as a comprehensive guide to rearing children, from conception through six years of age, for black parents. If followed, it indicates the children will

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.

develop self-esteem and reach their maximum potentials. The thirty-six relatively short chapters, developed with the assistance of largely medical collaborators and consultants, provide some helpful, and, on occasion, redundant information and advice about pregnancy and early child care.

The best portions deal with topics common to all races, although the photographic subjects are black only. The weakest portions are those directed specifically toward black parents, the reason for the work. The *Handbook* fails here because the author is too polemical. She asserts that mental and physical development among black infants is typically faster than the standardized rates for white infants. She states confidently that early infant development is unaffected by the educational and financial status of the parents. Further, she indicates that hypertension is a serious *genetic* disease common among blacks. Presumably surveys undertaken by her and/or her associates provided the data for these and other findings interspersed throughout the work. Yet, she provided no bibliographic or other information about those surveys or research endeavors within the *Handbook*. This was a serious omission since data about racial differences in infant development in the United States remain inconclusive. Parental socioeconomic status *does* affect infant development. The etiology of hypertension is *not* solely genetic. Knowledgeable readers may well question the legitimacy of the remaining content, or throw out the good with the bad. Less knowledgeable readers may become more confused and perplexed. Their parental anxiety could even be increased. The latter may also be misled unnecessarily by the author's occasionally inadequate definitions of common medical terms.

The *Handbook* is well-indexed, but a series of systematic flow charts, such as developmental and immunization charts, would have been useful to its users.

Cogent advice is offered about developing black pride, but many readers will not have ready access to pertinent resources. More alternatives should have been suggested. Also, the stress upon the roles of husbands and fathers in childrearing was good, but McLaughlin ignored unwed mothers or single parents who also need to de-

velop self-esteem and maximum potentials within their children.

The handling of sex education was generally adequate, but several behavioral proscriptions lacked explanatory follow-up. "Visiting the Doctor" was quite well-organized and written. It is likely to be extremely useful to many primiparae. But few primiparae could benefit from the inadequate description of labor and delivery.

McLaughlin pleads too much for black parents to use black obstetricians and pediatricians. Such specialists are simply unavailable in many geographical areas.

The purpose of this *Handbook* was noble indeed, but, unfortunately, it is far less useful for black parents than a combination of the Spock works (which are considerably more comprehensive and informative about infancy and childrearing common to all races) and Comer and Poussaint's *Black Child Care* (which is much more objective and comprehensive in covering topics of particular interest to black parents). McLaughlin's work is too racist and too sexist, as illustrated in the latter instance by her reliance upon the masculine gender as a generic concept. The work still needed is a primer about infancy and early childhood for low-income and single parents, including those who are black. **A, P**

Wind Rose. Crescent Dragonwagon. Pictures by Ronald Himler. New York: Harper and Row, 1976 (31 pp.; \$4.95).

Reviewed by Mary S. Calderone, M.D., President, SIECUS.

I am reviewing *Wind Rose* because, being a two-time great-grandmother, I have, over the years, gotten more than a little tired of the clinical viewpoint of reproduction, but still detest the sickly sentimental books about how babies are born. *Wind Rose* is neither.

It tells the simple story of love, conception, gestation, quickening, birth, and joyous welcome to a new life. The words flow along in just the kind of poetic rhythm loved by young children, in the "I-we-you" manner they cherish and want to hear again and again. In fact, they need to hear it in this way from their parents as applying to their own births, and parents can interpolate such personal details with each additional reading.

The strength of the story is captured in a description of the birth helper, for the birthing is attended by an earthy and warm-looking woman who could be a kind neighbor and who has

seen so many born—
she's helped the mothers
helped the fathers
and her smile was calm and clear
and she was here to help us.

The plain, simple illustrations take you into a plain, simple country kind of living with a daddy who carves statues but also sweeps floors and waters the fern, and a mother who writes stories, makes beds, and waters the begonias. Here is a just-right book whose spirit and information transcend such details (easily explained today) as to why some babies are born in hospitals with a doctor and nurse in attendance and others are born at home. Ecology-minded parents might even be willing to grant that it is worth "stripping the bark from two white pine trees" to weave a basket for a new baby to rock in. **C, P**

Confronting the Issues: Sex Roles, Marriage, and the Family. Kenneth C. W. Kammeyer, editor. Boston: Allyn and Bacon, 1975 (482 pp.; \$6.50, paper).

Reviewed by Gary F. Kelly, M.Ed., Director, Student Development Center, and Coordinator, Human Sexuality Program, Clarkson College, Potsdam, N.Y.; SIECUS Advisory Panel.

This book is designed to present some current major areas of controversy revolving around sex roles, marriage, and the family. There are forty-one reprinted readings by a distinguished list of authors, carefully grouped into seven sections. I always approach collections of reprinted articles with caution, since they are so often rather dull, outdated, or poorly organized bits and pieces of ideas. *Confronting the Issues* left me pleasantly surprised by its timely, interesting, and cohesive nature.

Section I takes a fascinating look at the defenses of, attacks on, and alternatives to what is loosely termed "traditional marriage." Section II follows with five readings on love and premarital partnerships. The next three sections concentrate on childbearing, abortion issues, parenthood, and

family interaction. Section VI presents four pro-feminist papers, another four by critics of the women's movement, and one about the liberation of men. The final selections focus on contemporary sexual behavior, especially the sex-related values of youth.

Kammeyer has skillfully edited a book with his sights set on people. His brief introductions to each section nicely tie together some of the concepts to be discussed and present good overviews of the controversial issues. In my opinion, he fulfills his stated purpose of remaining nonjudgmental in his organization and presentation of the articles, without innuendo. This should be a readable and stimulating book for professionals, students of sociology and psychology, and laypersons. **A, PR**

I Know It When I See It. Michael Leach. Philadelphia: Westminster Press, 1976 (153 pp.; \$5.95).

Reviewed by G. William Jones, Ph.D., Associate Professor of Film Art, Southern Methodist University, Dallas, TX; member, Commission on Obscenity and Pornography; and member, SIECUS Advisory Panel.

When I began reading this book, I was put off by its seemingly cavalier approach to the very serious issues of the behavioral effects of screen eroticism and violence, the legal problems of censorship thereof, and the history of these issues in America. It took me some pages to realize that Mr. Leach, an ex-priest, husband, and father of small children, was not posing as a media researcher or as a legal expert, but was simply trying to organize and analyze his own responses to sex and violence on the screen in an approach that combines "a gentle sense of humor with a little common sense."

The first task which Mr. Leach sets for himself in this book (which receives its title from the infamous statement of Supreme Court Justice Stewart Potter, "I can't define pornography, but I know it when I see it!") is to define pornography. He attempts to do this within a semi-historical perspective, pointing up for us many of the radical and ludicrous changes in the public's conception of what is pornographic from 1927 to the present, and comes up with the unsatisfying (as all such defini-

tions are): "Pornography is a frontier phenomenon, encompassing specific material considered out-of-bounds by a specific culture at a specific time." True enough, but it would be thrown out by the Supreme Court on the grounds of vagueness.

As the author gives us the benefits of his brief research into, and personal responses to, "Sex in the Movies," "Violence in the Movies," and "Censorship and the Movies," in succeeding chapters, by far the most valuable aspect of his book turns out to be his disarmingly confessional, tell-it-all openness about his own experiences from childhood to adulthood with sex and violence on the screen. Leach's thoughtful and articulate insights into his own and his family's responses to seeing and thinking about films and television help us to get somewhat closer to an answer of what, if anything, is really worthy of the title of "obscurity" in the mass arts. It is too bad that much of this short book is taken up in retelling the oft-told tales of classic censorship cases and the plots of successively more "explicit" movies, when what is good and fresh about the book is our chance to see how an enlightened member of the public reacts. **A**

Perversion. Robert J. Stoller. New York: Pantheon, 1975 (219 pp.; \$10.00).

Reviewed by Robert L. Arnstein, M.D., Psychiatrist-in-Chief, Yale University Health Service, New Haven, CT.

This is a difficult book to review. After reading it twice, I still find it confusing, and I am not certain whether the confusion results from my inability to understand or from a certain unclarity on the part of the author. In some sense the main thesis of the book is contained in the subtitle: *The Erotic Form of Hatred*. The author defines perversion on this basis and feels that it probably relates to disorders of gender identity. He states in the Introduction, however, that his conclusions are tentative and still need to be proved.

A good start is made with a section on definitions in which a distinction is made between "perversions" and "variants" as they apply to sexual aberrations. In so doing he rebuts various recent theories that have been advanced to explain such aberrations.

These theories generally invoke constitutional, conditioning, or cultural explanations and play down psychological factors, whereas Stoller believes strongly in the importance of early psychological experience and unconscious fantasy in determining such behavior. He describes certain aberrations that he feels are not based on unconscious fantasy, and these he does not classify as perversions. Perversions have as their basis hostility toward authority figures in the individual's childhood. These figures have victimized the individual, and the perversion is powered by a fantasy which relieves the trauma but in which the victim vanquishes the victimizer. In some instances the hostility is not conscious or readily observed, but Stoller feels that it always is there, embedded or hidden in the unconscious fantasy.

All the above is relatively understandable, but the argument becomes more complex when factors of risk and mystery are added as necessary components, and the whole is related to sexual excitement. At this point there is a suggestion that all sexual excitement is based on these elements, which raises the issue of what is perversion and what is "normal" (or at least non-perversion). Stoller seems to say that it is a matter of how much hostility is involved, which, if so, makes the definition of perversion as "the erotic form of hatred" less a useful psychological insight and more a catchy phrase without particular meaning. I say "seems" because the author's line of argument from there on became very unclear to me, and I found the last part of the book very confusing. I could not understand at all the relevance of the last section on social issues. Some of it is not uninteresting, but it did not seem well integrated.

Part of the difficulty may proceed from the fact that several of the chapters have appeared previously in journals as separate pieces. Although they appear to flow together, they may actually be less well joined than appears. The final chapter, for example, states that the society needs perversion in order to maintain the family as the primal unit. How this relates to the prior chapter about "sex as sin" was very unclear to me. These difficulties, for this reader at least, marred a book that has some excellent descriptions as well as a thoughtful approach to its subject. **A, PR**

HUMAN SEXUALITY:

A SELECTED BIBLIOGRAPHY FOR PROFESSIONALS

The decade of the 1970s is witnessing increasing involvement of members of the health and other helping professions in their growing responsibilities for dealing with the sexual concerns and problems of their patients, clients, and students. This bibliography 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, divided into general topic areas for ready reference.

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.

Single copies of this bibliography and/or a similar bibliography for laypersons, "Human Sexuality: Books for Everyone," 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

CLINICAL SEXUALITY

Third Edition

John S. Oliven

An immensely informative contribution to the literature of clinical sexuality, this edition provides up-to-date and detailed coverage of the broadest range of the sex life of human beings: its earliest manifestations in the child, through the pubertal phase of the teens, and during the ever-lengthening life span of the adult. It contains much specific information not easily found elsewhere.

J. B. Lippincott, 1974; \$24.00

FUNDAMENTALS OF HUMAN SEXUALITY

Second Edition

Herant Katchadourian and Donald T. Lunde

This revision of the widely used college-level text in human sexuality will have interest for a general adult audience as well as for professionals. Topics covered include psychosexual growth, fantasy, masturbation, the physiology of orgasm, sexuality throughout the life cycle, and the erotic in art and culture.

Holt, Rinehart and Winston, 1975; \$15.00 cloth, \$9.95 paper

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. It provides detailed anatomical illustrations where necessary.

Van Nostrand Reinhold Company, 1973; \$8.50

HUMAN SEXUALITY: A HEALTH PRACTITIONER'S TEXT

Richard Green, ed.

This valuable book will not only assist health practitioners, but also those in the related fields of counseling and referral in the helping professions. It is well edited to include much concise information for

health professionals.

Williams & Wilkins Company, 1975; \$14.50 cloth, \$9.50 paper

MEDICAL ASPECTS OF HUMAN SEXUALITY, QUESTIONS AND ANSWERS

Harold I. Lief, ed.

A compilation from the monthly journal *Medical Aspects of Human Sexuality* between 1969 and 1974, this work contains 750 questions answered by over 500 professionals representing a variety of fields. It includes a considerable amount of information especially useful to the office practitioner, offering a kind of guidance based on actual experience with patients that is not readily available elsewhere.

Williams & Wilkins, 1975; \$14.00

PERSPECTIVES ON HUMAN SEXUALITY

Nathaniel N. Wagner

This book of 23 readings provides original research materials in human sexuality, of interest to both college and medical students. The articles cover the anatomy of sex, sex role stereotypes, homosexuality, psychological factors in sexual behavior, sexual behavior in cross-cultural perspective, and studies of the sexuality of special populations (elderly, swinging singles, etc.).

Human Sciences Press, 1974; \$14.95 cloth, \$6.95 paper

PERSPECTIVES ON SEXUALITY

James L. Maffetti and Elizabeth M. Eidlitz, eds.

Drawn from a wide variety of both fiction and nonfiction, from Plato to *Playboy*, from Shakespeare to Rodgers and Hammerstein, the more than 200 readings in this collection were chosen to explore and deepen our understanding of concepts in human sexuality.

Holt, Rinehart and Winston, 1972; \$8.00 paper

THE SEXUAL EXPERIENCE

Benjamin J. Sadock, Harold I. Kaplan, and Alfred M. Freedman, eds.

Using portions of the section on human sexuality from their two-volume

Comprehensive Textbook of Psychiatry, the editors have added a number of new chapters especially written for this book, all by leaders in the field. The topics covered are wide-ranging, making it an excellent reference.

Williams & Wilkins Company, 1976; \$23.50

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 Company, 1971; \$6.95

ANATOMY AND PHYSIOLOGY

ATLAS OF HUMAN SEX ANATOMY

Robert Latou Dickinson

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

Revised Edition

Robert J. Demarest and John J. Sciarra

This atlas presents the basic facts about human reproduction, but it is the seventy beautiful and detailed illustrations, realistically portraying the fundamentals of conception, birth, and contraception, which give this volume its special value.

McGraw-Hill Book Company, 1976; \$12.00

HUMAN SEXUAL RESPONSE

William H. Masters 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 definitive physiological data concerning sexual response so far developed.
Little, Brown and Company, 1965; \$10.00

COUNSELING AND THERAPY: 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 the techniques of interviewing and describes typical sexual problems, reviewing the many types of sexual difficulties related to medical problems.

Group for the Advancement of Psychiatry, 1973; \$3.50

THE BEHAVIORAL TREATMENT OF SEXUAL PROBLEMS

Volume I: Brief Therapy

Volume II: Intensive Therapy

Jack S. Annon

Volume I outlines Dr. Annon's stages for attacking sexual problems, referred to as PLISSIT (permission, limited information, selected suggestions, and intensive therapy). Volume II is both a practical book with detailed explanations as to how various interpretations were made, and a theoretical book with explanations as to why the author took the routes he did in treating sexual problems. An informative appendix containing inventories and suggestions for the taking of sex histories is included.

Enabling Systems, Inc. Volume I: 1974; \$9.50; Volume II: 1975; \$13.50

THE COUNSELOR AND SEXUALITY

Marianne Mitchell

An excellent beginning resource for school counselors, this book calls upon them to recognize their responsibility for helping young people deal with their sexuality within the context of a healthy personality, and provides important suggestions for integrating sex education and sexuality counseling in schools.

Houghton Mifflin, 1973; \$2.40 paper

FOR YOURSELF: THE FULFILLMENT OF FEMALE SEXUALITY

Lonnie Garfield Barbach

In this book, Dr. Barbach describes the treatment program she has developed for "pre-orgasmic" women. Valuable to both therapists and women in general, it is a tightly woven tapestry of information and "how to's" on the development and enjoyment by women of their own sexuality.

Doubleday & Company, 1975; \$7.95

HUMAN SEXUAL INADEQUACY

William H. Masters and Virginia F. Johnson

On the basis of eleven years of careful clinical research, Masters and Johnson present findings for the treatment of impotency, ejaculatory disorders, inadequate female response, vaginismus, dyspareunia, and sexual problems of aging. The book is a basic and essential resource for all therapists and counselors, as well as for others seriously interested in human sexuality.

Little, Brown and Company, 1970; \$12.50

THE JOY OF SEX: A GOURMET GUIDE TO LOVE MAKING

Alex Comfort

A finely illustrated, explicit guide to lovemaking and widely acclaimed by professionals in human sexuality, it emphasizes enjoyment of the total erotic relationship.

Crown Publishers, 1972; \$12.95 cloth (Simon & Schuster, \$4.95 paper)

MORE JOY

Alex Comfort

Emphasis is placed on enrichment of relationships and on personal growth, rather than on the physical side of sexuality, pointing out that freedom in sexual life is not always compatible with lifestyles in the childbearing and childrearing periods, and stressing the importance of parental roles during the early childhood years in avoiding the "hang-ups" that tend to plague sexual expression later in life.

Crown Publishers, 1974; \$12.95 illustrated, \$7.95 nonillustrated

MARITAL AND SEXUAL COUNSELING IN MEDICAL PRACTICE

Second Edition

Wilfred Abse, Ethel M. Nash, and Lois M. R. Loudon

While the focus of this book is primarily on a physician and medical student readership, it will be of special value to counselors in other fields as well. Four chapters deal with essential counseling functions of the physician prior to and at the beginning of a marriage, with an extensive discussion of the premarital physical examination.

Harper & Row, Publishers, 1974; \$14.95

THE NEW SEX THERAPY

Helen Singer Kaplan

Dr. Kaplan offers a comprehensive and 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 PLEASURE BOND

William H. Masters and Virginia F. Johnson, with Robert Levin

This "how not to" book is offered as preventive medicine, and emphasizes themes of communication, trust, loyalty, feeling, commitment, and growth. Dialogues between several groups of couples and the authors provide a basis for discussion. It is a strong but gentle, considerate, and often profound book with a conservative tone.

Little, Brown and Company, 1975; \$8.95

THE PROFESSIONAL TRAINING AND PREPARATION OF SEX COUNSELORS

American Association of Sex Educators, Counselors, and Therapists

Following closely the recommendations and approach of AASECT's earlier guide on sex educators, this booklet emphasizes counseling principles and procedures, and outlines the scope of sex counseling and the requisite training.

American Association of Sex Educators, Counselors, and Therapists, 1974; \$1.00

SEXUAL AWARENESS: A PRACTICAL APPROACH

Barry W. McCarthy, Mary Ryan, and Fred A. Johnson

The authors have collected much of the best information about sexual functioning and communication, and then presented it with exercises designed to enhance or change sexual responses. Not only professionals but any adult, with or without genuine sexual problems, can benefit from reading this effective and well-organized book.

The Scrimshaw Press, Inc., 1975; \$8.95 cloth, \$5.95 paper

SEXUAL HEALTH SERVICES FOR ACADEMIC COMMUNITIES

National Liaison Committee (Clyde E. Rapp, M.D., Chairman)

Based on studies of a National Liaison Committee of representatives from the American College Health Association, the Planned Parenthood Federation of America, and SIECUS, this work provides an introduction to the problems and issues involved in establishing and administering sexual health services on a campus, containing straightforward, practical suggestions as to what students need and how to provide for those needs.

George F. Stickley Company, Publishers, 1976; \$4.50

SEXUAL AND MARITAL HEALTH: THE PHYSICIAN AS CONSULTANT

Clark E. Vincent

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 Book Company, 1973; \$7.95 cloth, \$5.95 paper

TEENAGE PREGNANCY: PREVENTION AND TREATMENT

Philip M. Sarrel

This pamphlet, SIECUS Study Guide No. 14, discusses the complex dimensions of the problem, including the inter- and intrapersonal, medical, and vocational aspects. A number of existing programs designed to meet the needs of pregnant teenagers are described.

SIECUS (distributed by Human Sciences Press), 1971; \$1.25

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

GENDER IDENTITY

MAN AND WOMAN, BOY AND GIRL

John Money and Anke A. Ehrhardt

An authoritative and technical treatment of the differentiation and dimorphism of gender identity from conception to maturity, the work clarifies the interaction between genetics and environment, discusses the research on the development of gender identity, and provides insights into 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

The author 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

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 as well as verbatim transcripts of interviews with adults and children who discuss why they want to change their sex.

Basic Books, 1974; \$15.00

SEXUAL SIGNATURES: ON BEING A MAN OR A WOMAN

John Money and Patricia Tucker

An interpretation of the more technical

Man and Woman, Boy and Girl, the book summarizes research on the process of gender identity differentiation in individuals, and the possible genetic, hormonal, or psychosocial influences that result in the taking of different pathways toward sexual identity. It provides a detailed account of just how we respond to the plethora of forces impinging on us from conception onward.

Little, Brown and Company, 1972; \$6.95

HOMOSEXUALITY

HOMOSEXUAL: OPPRESSION AND LIBERATION

Dennis Altman

A remarkably objective discussion of homosexuality from the inside, the book's "central concern is the question of identity, of why and how a movement for gay liberation has emerged at this particular point in American history." It also contains a critical evaluation of much of the literature about homosexuality, both within and outside of the gay liberation movement.

Outerbridge & Lazard (distributed by E. P. Dutton & Company), 1971; \$6.95

THE HOMOSEXUAL MATRIX

C. A. Tripp

Containing an extraordinary array of miscellanea about effeminacy and inversion, transvestism and transsexualism, heterosexuality and homosexuality, the book describes the variety of sexual behaviors practiced by homosexuals and the numerous ways people integrate homosexuality into their lives, concluding with a plea that differences in human beings should be respected.

McGraw-Hill Book Company, 1975; \$10.00

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 identifying the unresolved questions in this area.

SIECUS (distributed by Human Sciences Press), 1973; \$1.25

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: physiological, psychological, and sociological.

Harper & Row, Publishers, 1972; \$15.00

HOMOSEXUALITY AND PSYCHOLOGICAL FUNCTIONING

Mark Freedman

The book discusses the etiology of homosexuality, examines the various ways in which normality may be construed, and

reviews thirteen studies which indicate that homosexuality is not *ipso facto* pathological. It concludes that homosexuality and heterosexuality are per se poor predictors of psychological adjustment.

Brooks/Cole Publishing Company, 1971; \$2.95 paper

LESBIAN/WOMAN

Del Martin and Phyllis Lyon

This is a book by lesbians and about themselves and others they have known. It examines all the myths and stereotypes that don't quite fit, and stresses the need for the lesbian to forge a viable moral system which is more than a hand-me-down and which allows her to accept herself as a person, a woman, and a lesbian, in that order.

Glide Publications, 1972; \$7.95 cloth. Bantam Books, 1972; \$1.50 paper

THE LESBIAN MYTH

Bettie Wysor

A long and carefully researched treatise on various aspects of lesbianism, the book deals at length with religion and homosexuality and lesbianism in Western literature. The second half consists of extracts from taped sessions in which a group of articulate lesbians discuss their lives and viewpoints from a variety of backgrounds and perspectives.

Random House, 1974; \$8.95

MALE HOMOSEXUALS: THEIR PROBLEMS AND ADAPTATIONS

Martin S. Weinberg and Colin J. Williams

The authors look at homosexuals as individuals trying to cope with special problems of adaptation to a lifestyle that is scorned by the larger society. It is a temperate treatment of problems faced in occupation, religious background, legal status, and personal living situation, which are discussed from three perspectives: relating to the heterosexual world; relating to the homosexual world; and psychological problems.

Oxford University Press, 1974; \$10.95

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

MARITAL THERAPY: MORAL, SOCIOLOGICAL AND PSYCHOLOGICAL FACTORS

Hirsch L. Silverman, ed.

This anthology 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

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

SEXUAL BARGAINING: POWER POLITICS IN THE AMERICAN MARRIAGE

John Scanlon

This is 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

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

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 here 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, the 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

EDUCATION AND TREATMENT IN HUMAN SEXUALITY: THE TRAINING OF HEALTH PROFESSIONALS

Technical Report No. 572

World Health Organization

A breakthrough publication, this is the result of a Geneva conference of physicians from fourteen countries, emphasizing a positive approach to the need to involve basic workers in health education and family planning programs in different cultures. A definition of sexual health is offered, and a

number of very specific recommendations are made.

Q. Corporation, 1975; \$2.40

FAMILY LIFE AND SEX EDUCATION: CURRICULUM AND INSTRUCTION

Esther D. Schulz and Sally R. Williams

Useful in teacher-training and curriculum planning, it discusses the philosophy underlying sex education programs, teacher preparation, and methods of program evaluation. The bulk of the book is devoted to specific suggestions for program content at every grade level in a hypothetical school, and emphasizes the importance of the discussion-centered approach.

Harcourt Brace Jovanovich, 1968; \$3.95

FILM RESOURCES FOR SEX EDUCATION

SIECUS

This annotated guide to well over 150 films and other audio-visual materials for use in classroom and community group discussions of human sexuality and sex education is categorized by both topic and audience level.

SIECUS (distributed by Human Sciences Press), 1976; \$4.95

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

Carlfred B. Broderick and Jessic 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, Counselors, and Therapists

This booklet, prepared by AASECT'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, Counselors, and Therapists, 1972; \$1.00

A SELECTIVE GUIDE TO MATERIALS FOR MENTAL HEALTH AND FAMILY LIFE EDUCATION

Mental Health Materials Center

This is an invaluable resource for the selection and evaluation of materials in the fields of mental health and family life education. Each of the more than 500 pamphlets, films, filmstrips, and other materials is reviewed in depth, and the volume runs to more than 900 pages.

Mental Health Materials Center, 1976; \$65.00 cloth, \$52.50 paper

THE SEXUAL ADOLESCENT: COMMUNICATING WITH TEENAGERS ABOUT SEX

Sol Gordon

A book for professionals and concerned laypersons, it not only offers practical sug-

gestions 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

THEIR UNIVERSE: THE STORY OF A UNIQUE SEX EDUCATION PROGRAM FOR KIDS

Arlene Uslander, Caroline Weiss, Judith Telman, and Esona Wernick, in collaboration with James V. Higgins

A remarkable study in which four teachers followed first, second, and third graders for seven years in their free discussion periods, one hour each week. The broadening of the scope of these children's interests and comprehension over each three-year period, and their automatic inclusion of sexuality as a central topic of interest, are both made clear in verbatim transcripts. Their spontaneous development of a moral value system is also apparent.

Delacorte Press, 1973; \$6.95

SEX ROLE CONCEPTS

DILEMMAS OF MASCULINITY: A STUDY OF COLLEGE YOUTH

Mirra Komarovsky

Based on a study of college seniors in 1969-70, the book examines the role strains in the academic, vocational, social, and sexual lives of college males. While not generalized to the male population as a whole, it provides thought-provoking information about a male group perhaps most currently touched by the movement toward egalitarian relationships.

W. W. Norton & Company, 1976; \$9.95

THE FEMALE ORGASM: PSYCHOLOGY, PHYSIOLOGY, FANTASY

Seymour Fisher

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

Basic Books, 1973; \$15.00

THE HITE REPORT

Shere Hite

Based on responses to in-depth questionnaires returned by some 3000 women, this provocative and revealing study examines the subject of female sexuality from the inside—what women really think and feel about themselves sexually. More concerned with feelings and attitudes than statistics, it

makes extensive use of direct quotes to illustrate the various topics and concludes that women must define their own sexuality for themselves.

Macmillan Publishing Company, 1976; \$12.50

MEN AND MASCULINITY

Joseph H. Plock and Jack Sawyer, eds.

Each article in this volume discusses the meaning of masculinity from the individual perspective of the author. The contributors are an eclectic group, writing from many viewpoints—gay and straight, student and executive, black and white, married and single—and in many moods, providing a broad-range examination of the topic.

Spectrum Books (Prentice-Hall), 1974; \$2.95

THE NATURE AND EVOLUTION OF FEMALE SEXUALITY

Mary Jane Sherfey

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 Second Edition

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. The second edition contains much new material, while other chapters have been largely revised and updated. Professionals will find it valuable in deepening their understanding of women's needs and expectations in health care.

Simon & Schuster, 1975; \$4.95

PHALLOS: A SYMBOL AND ITS HISTORY IN THE MALE WORLD

Thorkil Vangaard

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

International Universities Press, 1972; \$9.00

THE PSYCHOLOGY OF SEX DIFFERENCES

Eleanor Maccoby and Carol Jacklin

The book reviews and evaluates the experimental and theoretical literature on psychological sex differences. After surveying studies dealing with intellectual, perceptual, learning and memory, achievement, sexual, emotional, and activity differences between females and males, the authors discuss the theories offered to explain these differences.

Stanford University Press, 1974; \$18.95

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, and raises important questions about trends and meanings in contemporary adolescent sexual behavior.

World Publishing Company, 1973; \$20.00

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 early 1970s, this work'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

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 S. Sugges

This is a cross-cultural study of human sexual behavior which describes ten contemporary societies ranging from sexually permissive to 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, it condenses a vast amount of anthropological, cross-cultural, and biological information.

Harper & Row, Publishers, 1951; \$6.50

SEX OFFENDERS—AN ANALYSIS OF TYPES

Paul H. Gebhard, John Gagnon, Wardell B. Pomeroy, and Cornelia V. Christenson

This study from the Institute for Sex Research contrasts the case histories of men in prison for sex offenses with a control group of males.

Harper & Row, Publishers, 1965; \$15.00

SEXUAL BEHAVIOR IN THE HUMAN FEMALE

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

The companion study to the male volume but done with more statistical sophistication, the book contrasts data on male and female sexual response in addition to the findings on female sexual behavior.

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 and 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

SEXUALITY AND HUMAN VALUES

Mary S. Calderone, ed.

This book is the result of a unique conference sponsored by SIECUS in 1971 that brought together religious leaders and leading sex researchers. The latter sought to present to the religious communities current research data about how various aspects of sexuality and values develop in the human being, while the religionists in turn discussed the moral and theological implications of these findings.

Association Press, 1975; \$7.95

SPECIAL CONCERNS

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

LOVE IN THE LATER YEARS

James A. Peterson and Barbara Payne

Written by two well-known gerontologists, this book for both professionals and persons approaching their later years reports ample research to demolish the myths about sex and aging, and describes through case studies how older adults can have a rewarding sex life in their later years.

Association Press, 1975; \$7.95

A RESOURCE GUIDE IN SEX EDUCATION FOR THE MENTALLY RETARDED

Revised Edition

SIECUS and the American Alliance for Health, Physical Education and Recreation (AAHPER)

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 (distributed by Human Sciences Press and AAHPER), 1971; \$3.50

SEX EDUCATION AND COUNSELING OF SPECIAL GROUPS: THE MENTALLY AND PHYSICALLY HANDICAPPED AND THE ELDERLY

Warren R. Johnson

This book deals with problem areas in sex education and counseling of handicapped persons, and points out the danger of losing the individual behind group labels. It offers suggestions for dealing with sex-related topics ranging from masturbation to abortion.

Charles C Thomas, Publisher, 1975; \$12.50

SEX EDUCATION AND FAMILY LIFE FOR VISUALLY HANDICAPPED CHILDREN AND YOUTH: A RESOURCE GUIDE

SIECUS and the American Foundation for the Blind (AFB)

Designed to help persons working with visually handicapped children and youth to understand basic concepts and problems with curriculum development, parental involvement, and teacher training, it also includes an extensive list of instructional materials for teaching the visually handicapped.

SIECUS—AFB (distributed by Human Sciences Press and AFB), 1975; \$4.00

SEXUAL OPTIONS FOR PARAPLEGICS AND QUADRIPLEGICS

Thomas O. Mooney, Theodore M. Cole, and Richard A. Chilgren

This brief and explicit book provides readily accessible information on the sexuality of spinal cord-injured persons. An excellent teaching and counseling tool, it emphasizes the importance of communication, sexual awareness, sharing, and the enjoyment of being a sexual person.

Little, Brown and Company, 1975; \$13.50

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 educational 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 (available from the editor), 1971; \$2.00

SOUND SEX AND THE AGING HEART

Lee D. Scheingold and Nathaniel N. Wagner

Sexual activity and the consequences of aging, with an emphasis on the effects on the heart, are explained. Resuming sexual activity after a coronary is advocated, with an explanation of the risks involved, and suggestions are offered to the spouse of the heart attack victim. Myths are discussed and shown up for what they are.

Human Sciences Press, 1974; \$7.95

PUBLISHERS

American Association of Sex Educators, Counselors, and Therapists

5010 Wisconsin Avenue, N.W.
Washington, DC 20016

American Alliance for Health, Physical Education, and Recreation
1201 16th Street, N.W.
Washington, DC 20036

Association Press
291 Broadway
New York, NY 10007

Basic Books, Inc.
10 East 53rd Street
New York, NY 10022

Medora S. Bass
449 Montgomery Avenue, #401
Haverford, PA 19041

Brooks/Cole Publishing Company
A Division of Wadsworth Publishing Company
Monterey, CA 93940

Brunner/Mazel, Publishers
64 University Place
New York, NY 10003

Center for Marital and Sexual Studies
5199 East Pacific Coast Highway
Long Beach, CA 90804

Crown Publishers, Inc.
491 Park Avenue South
New York, NY 10016

Delacorte Press
1 Dag Hammarskjöld Plaza
New York, NY 10017

Doubleday & Company
245 Park Avenue
New York, NY 10017

E. P. Dutton & Company
201 Park Avenue South
New York, NY 10003

Enabling Systems, Inc.
444 Hobron Lane, Suite 311
Honolulu, HI 96815

Fortress Press
2900 Queen Lane
Philadelphia, PA 19129

Glide Publications
330 Ellis Street
San Francisco, CA 94102

Group for the Advancement of Psychiatry
419 Park Avenue South
New York, NY 10016

Harcourt Brace Jovanovich
757 Third Avenue
New York, NY 10017

Harper & Row, Publishers
10 East 53rd Street
New York, NY 10022

Hawthorne Books, Inc.
260 Madison Avenue
New York, NY 10016

Holt, Rinehart and Winston
383 Madison Avenue
New York, NY 10017

Houghton Mifflin
1 Beacon Street
Boston, MA 02107

Human Sciences Press
72 Fifth Avenue
New York, NY 10011

International Universities Press
239 Park Avenue South
New York, NY 10003

The Johns Hopkins University Press
Baltimore, MD 21218

J. B. Lippincott Company
East Washington Square
Philadelphia, PA 19105

Little, Brown and Company
34 Beacon Street
Boston, MA 02106

Macmillan, Inc.
866 Third Avenue
New York, NY 10022

McGraw-Hill Book Company
1211 Avenue of the Americas
New York, NY 10020

Mental Health Materials Center
419 Park Avenue South
New York, NY 10016

W. W. Norton & Company
500 Fifth Avenue
New York, NY 10036

Oxford University Press
200 Madison Avenue
New York, NY 10016
Prentice-Hall, Inc.
Englewood Cliffs, NJ 07632

Q. Corporation
49 Sheridan Avenue
Albany, NY 12210

Random House
210 East 50th Street
New York, NY 10022

W. B. Saunders Company
West Washington Square
Philadelphia, PA 19105

Science and Behavior Books, Inc.
Welch Road
Palo Alto, CA 94306

The Scrimshaw Press
149 Ninth Street
San Francisco, CA 94103

Simon & Schuster, Inc.
630 Fifth Avenue
New York, NY 10020

Spectrum Books/Prentice-Hall, Inc.
Englewood Cliffs, NJ 07632

Springer Publishing Company, Inc.
200 Park Avenue South
New York, NY 10003

Stanford University Press
Stanford, CA 94305

George F. Stickley Company, Publishers
210 West Washington Square
Philadelphia, PA 19106

Charles C Thomas, Publisher
301-27 East Lawrence Avenue
Springfield, IL 62717

Van Nostrand Reinhold Company
450 West 33rd Street
New York, NY 10001

Wadsworth Publishing Company
10 Davis Drive
Belmont, CA 94002

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

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

AUDIO-VISUAL REVIEWS

All audio-visual materials are reviewed by Derek L. Burtleson, Ed.D., Managing Editor, Medical Aspects of Human Sexuality

To Be Afraid. 16mm, sound/color, 14 min. Billy Budd Films, 235 East 57th St., New York, NY 10022. Purchase, \$200; rental, \$20.

This short film examines the emotion of fear as experienced by young people. It uses an interview technique wherein young people share their fears of failure, rejection, intimacy, violence, the future, and others. Interspersed with the reality of these candid interviews is a talented young mime who fancifully acts out some of these emotions. He concludes by washing off his makeup, symbolically expressing that we must all take off our masks and be ourselves in order to deal with our fears.

When used with small discussion groups this film has the potential of helping young people to go beyond a superficial understanding of themselves and their peers, and it should encourage much sharing and thoughtful discussion.

A superfluous sequence at the end of the film presents a "morality play" on the theme of "Keeping up with the Joneses." It is totally out of context with the mood and style of the rest of the film and can only be considered padding.

Getting Married. 16mm, sound/color, 16 min. BFA Educational Media, 2211 Michigan Ave., Santa Monica, CA 90904. Purchase, \$230; rental, \$18.

This film for older adolescents in high school or college provides a realistic overview of the factors involved in choosing a partner for life (maybe). It strikes an appropriate balance between completely romantic notions of marriage and outright debunking of the institution, which is currently in vogue. For a short film it covers a lot of material, including motivations for marriage, romantic myths about marriage, historical factors affecting the institution, and contemporary factors influencing lifestyles.

The film is even audacious enough to attempt a definition of love, which

won't satisfy everyone but will serve as a starting point for many hours of heated discussion.

Young married couples are interviewed throughout the film commenting on their experiences and feelings, positive and negative, about marriage. The film also examines through a case study some of the factors operating which create tension and eventual dissolution of a marriage.

Because of its comprehensiveness, this film might well serve as an introduction or a summary for a unit on marriage today in a family life or sociology class.

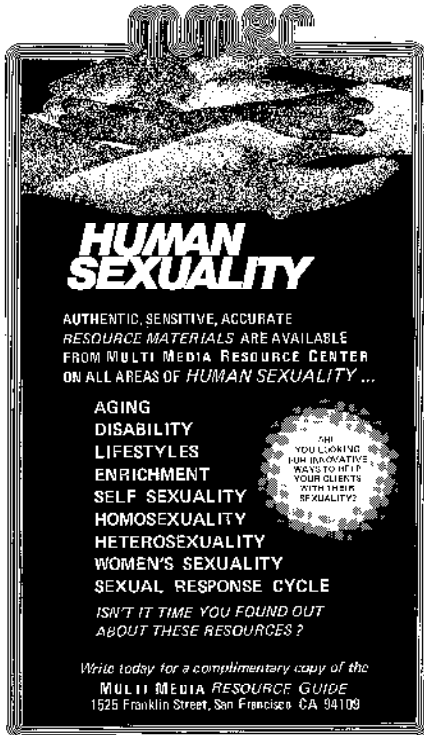
Men's Lives. 16mm, sound/color, 43 min. New Day Films, P.O. Box 315, Franklin Lakes, NJ 07417. Purchase, \$500; rental, \$59.

Masculinity in America is the subject of this documentary by two student filmmakers from the Midwest, Josh Havig and Will Roberts. They have taken their camera and microphone into the classroom, the playfield, the fraternity house, and the factory, shooting footage and interviewing the young and the old about what it means to be a male in America. They never really answer that question, but they do succeed in documenting in devastating ways that the rearing of males in America is as awful as some feminists have been telling us for some time. It remains to be seen whether men and boys themselves are as unhappy about their condition as this film would like us to think they should be.

Historically, this film has an important place in the current social movement which is attempting to redefine male-female relationships on more equitable grounds. It is probably the first educational use of the film media to look at the other half of the problem. The women's movement has come up with some solutions; all this film does is raise some issues (which is admittedly a legitimate use of the media). For the most part the film makes its case with a series of clichés—men have to

be the breadwinners, male ballet dancing is sissified, Superfly must have his baby-blue Cadillac, driving a hot rod makes girls like you, play it cool always, etc., etc. Only in a lengthy interview with a young married man who works on the assembly line in a factory does the film succeed in uncovering some of the subtler but more pervasive factors of our culture and our economic system that perpetuate the rigid role definitions which separate the sexes.

This film is skillfully edited to make its points in a compelling fashion. By no means, however, can it be said to be a definitive statement on men's liberation. Nevertheless, it is a welcome program resource to balance the many excellent audio-visual materials available on women's liberation.



HUMAN SEXUALITY

AUTHENTIC, SENSITIVE, ACCURATE
RESOURCE MATERIALS ARE AVAILABLE
FROM MULTI MEDIA RESOURCE CENTER
ON ALL AREAS OF HUMAN SEXUALITY ...

- AGING
- DISABILITY
- LIFESTYLES
- ENRICHMENT
- SELF SEXUALITY
- HOMOSEXUALITY
- HETEROSEXUALITY
- WOMEN'S SEXUALITY
- SEXUAL RESPONSE CYCLE

DO YOU WANT TO FIND OUT HOW TO
IMPROVE YOUR CLIENTS' SEXUALITY?

ISN'T IT TIME YOU FOUND OUT
ABOUT THESE RESOURCES?

Write today for a complimentary copy of the
MULTI MEDIA RESOURCE GUIDE
1525 Franklin Street, San Francisco, CA 94109

**MULTI MEDIA RESOURCE CENTER
HAS RESOURCE MATERIALS OF
ALL KINDS: • FILMS • VIDEO •
BOOKS • SLIDES • AUDIO TAPES
plus the training in how to use them.**

DO YOU KNOW THAT...

New SIECUS Topical Packets

Because certain subject areas within the broad field of sexuality are of particular interest or concern to large groups of individuals, both professionals and laypersons, SIECUS has prepared five new Topical Packets, each centered around a specific subject area. Each packet contains relevant SIECUS publications, pertinent back issues of the *SIECUS Report*, and reprints of articles drawn from the professional literature. The five new packets are: Sex Education and Moral Values (price: \$15.95), Parents as Sex Educators (price: \$18.95), Sex and Aging (price: \$10.95), Homosexuality (price: \$14.95), and Sex and the Handicapped (price: \$17.95). To order these packets, or to receive a copy of SIECUS' complete publications list, write to our distributor: Human Sciences Press, 72 Fifth Avenue, New York, NY 10011.

Graduate Degrees in Sexuality Offered

The Institute for Advanced Study of Human Sexuality, Inc., a new professional graduate school, has announced five graduate degree programs of professional training in the field of human sexuality. The programs are designed specifically for persons who intend to make human sexuality a major focus of their professional careers, and permit individuals to work at their own speed and continue their professional education without leaving their present employment.

Located in San Francisco, the Institute is qualified under California law to grant the following degrees: Instructor of Human Sexuality, Master of Human Sexuality, Doctor of Human Sexuality, Doctor of Arts in Human Sexuality, and Doctor of Philosophy in Human Sexuality. The faculty, drawn from a variety of disciplines, includes individuals well known in the field of sexuality for their innovative programs, and the curriculum centers around five topical areas: sex education, sex research, sex counseling/therapy, sex and society, and instructional media.

For further information about the Institute's degree programs, and application forms, write to: Director of Admissions, The Institute for Advanced Study of Human Sexuality, 1523 Franklin Street, San Francisco, CA 94109.

Family Planning Institute Scholarship

The Family Planning Training Institute of the Planned Parenthood Association of Maryland has obtained a grant from the Jessie Smith Noyes Foundation to permit the award of full and partial tuition scholarships to health professionals working in family planning or related areas to attend family planning workshops at the Institute during 1976-77. Workshops will be offered for all levels of family planning workers, including some specially designed for nurses and social workers. For additional information, application materials, and a 1976-77 training calendar for the Institute, write to: Mrs. Mary L. Craig, Director, Family Planning Training Institute, 610 North Howard Street, Baltimore, MD 21201.

Pomeroy, *The Hite Report*, Cont'd. from page 1

attest to this, but either all tables should have been omitted or else they should have been presented in a usable form. On page 134 she writes, "It was found that only approximately 30 percent of the women in this study could orgasm [I like her innovative use of this word as a much-needed verb, "to orgasm"] regularly from intercourse." Two paragraphs later she writes, "Although a small minority of women could orgasm more or less regularly from intercourse itself. . . ." Thirty percent is a small minority? What would a large minority be? This sort of error makes me leery when she generalizes without presenting the backup data.

Fourth, her many quotes from respondents are one of the best parts of the book (more on this later), but without a statistical base one wonders how selective these quotes are or how self-serving they are to the author's biases.

Fifth, the abovementioned quotes seem too highly edited. Although they give many different viewpoints, in style they seem to have been written by the same person, and hence a certain flavor is lost. (In a personal conversation with the author she confirmed this observation and blamed her editor for it.)

Sixth, the author sent out 100,000 questionnaires and received 3000 back. A three-percent return leaves something to be desired. The questionnaires were distributed through the National Organization for Women, abortion rights groups, the *Village Voice*, and *Bride's*, *Oui*, and *MS* magazines, among other outlets. This is a strong women's lib bias. However, the very poor sampling is not as serious as it first seems as the study concerns itself more with individual feelings and attitudes than with overall statistics. For the same reason I do not feel that Masters and Johnson should be taken to task for their inadequate sampling methods.

Seventh, the author claims that a questionnaire elicits more honest information from her respondents, and that several of them mentioned this in their replies. But how many of them did so, and how many said they would have preferred a face-to-face interview? On page 210 the author cites one example where many women misunderstood the question and hence gave faulty answers. One wonders how many more such examples there might be. These misunderstandings can be ironed out much more readily via the interview.

Eighth, there is no index—a pity.

I hope that by this time the reader is not turned off to this book because I am filled with praise for it and would recommend it highly to 1) women with sexual problems, 2) women without sexual problems, 3) men with sexual problems, 4) men without sexual problems, and 5) therapists (men and women) with or without sexual problems!

The extensive use of direct quotes from the questionnaires to illustrate women's feelings on a particular topic shows a very wide range of variation—knowledge that has been largely overlooked and has been badly needed. For example, to say that *X* percent of females masturbate by clitoral stimulation is only the beginning. The many specific descriptions of clitoral masturbation, given in great detail, allow one to *know* what female masturbation is really like for these women, and do it better than any other source I know.

Similarly, the many descriptions of what orgasm feels like are, again, the best and most comprehensive source in the literature. Previous reports have stated that orgasm can range from nothing more than a sigh to an epileptoid seizure, but here one is exposed to minute descriptions of many types

of orgasms along this continuum. Almost all women will be able to find themselves in this book, and this can be a very reassuring thing for them.

One of the most important points this book makes is the value women put on process rather than goals. If one thinks of a continuum with A representing the beginning of sexual activity, such as a kiss, a hug, or even a thought of engaging in sex, and Z as the culmination of sex in orgasm and (for the male) in ejaculation, then most of the women in this book find enjoyment in the process of getting from A to Z, or from A to M, or even from A to B, whereas men mostly enjoy the goal, Z. This is an important point which I often make to my patients, and I would certainly agree that more women are process-oriented and more males are goal-oriented, but I would not agree (as the author implies) that this is universal, for I also find the reverse, with a given male being more process-oriented than his wife or lover, and this can cause just as much havoc in a sexual relationship.

An all-too-brief chapter on lesbianism (20 pages) develops the same point mentioned above—that sex with another woman lasts longer and is less goal-oriented, and that two members of the same sex can know better what is pleasing to the partner. This same advantage can be said of male homosexuality.

Also, a brief chapter on older women (13 pages) can give comfort to women who fear that growing old is the end of their sex lives. The quotes show the many different ways that older women employ in dealing with their sexual lives, and many of their responses are both poignant and reassuring.

In the book, women point out that the new sex freedom for women should include the freedom to say no. Many of them have not yet reached this point. The new sex freedom also gives them an equal right to say how, when, and with whom. The sexual revolution has probably only just begun to develop a single standard of equality between the sexes.

I would highly recommend this book as a thought-provoking and insight-giving treatise on female sexuality. **A, PR**

Schaefer, *The Hite Report*, Cont'd. from page 1

ways of doing so, most usually involving their ensuring some form of clitoral contact with appropriate parts of the man's body during intercourse.

Second is the emphasis of this study on masturbation—perhaps the most important key to understanding women's sexuality. Significantly, what first interested Hite to do this study about women and sex is also what first interested me to do a study about women and sex in 1964: we both questioned why it is that women can orgasm so relatively quickly in masturbation and yet are so slow—or erratic—in having orgasm during intercourse. Such a logical question, is it not? Do women do something different with partners? Could the reason be that women have always been discouraged from self-stimulation, and although many of them have engaged in it, and still do so, they still feel ashamed and guilt-ridden about it? Could it be that, just as women are not encouraged to make their own money, they are not encouraged to make their own orgasms?

The taboo against women's touching themselves (or taking care of themselves sexually) is so powerful that it affects almost every facet of the way we choose to live our lives. Women wait to be touched, or wait for men to touch

them. Women wait for men to read their minds—and are often angry and frustrated when they don't. Yet women are left feeling too uncomfortable or guilty to stimulate themselves while with men.

Here Hite makes another point—that there is no word for clitoral stimulation. *Cunnilingus*, although unwieldy, is at least a word for oral clitoral stimulation. Masturbation, of course, in popular language, means clitoral stimulation, but is usually done by the individual to herself, and *alone*. Why is there no word for the stimulation of a woman by her lover for orgasm? Many of the women in *The Hite Report* spoke of feelings of shame and repulsion at the need for such stimulation. (And many women in my practice say with shame and embarrassment, "I can *only* have orgasm from clitoral stimulation or oral sex, but not during intercourse.")

It is also of interest that even so-called liberated young girls of *this* generation react similarly to the idea of masturbation—that most singular, private, and useful act—that is, with anxiety. In Kinsey's study of the female in the 1950s, this seminal researcher noted that "no other type of sexual activity has worried so many women as masturbation." All the women I studied felt anxious about thoughts and experiences having to do with masturbation, and that anxiety was there whether the female did, or did not, masturbate. Sorensen's study in the 1970s about adolescents in America reported masturbation also in terms of anxiety. (The young girls now call it "discomfort" rather than guilt—girls of today feel guilty about feeling guilty!)

Hite's study highlights the taboo against women's touching themselves in still another way. When asked whether they would consider stimulating *themselves* to orgasm after a nonorgasmic intercourse, in the presence of the man, many women reported their feelings in such negative terms as "I've never dared!" "I would like to but I am afraid of embarrassing and revolting my partner," "I'm afraid I'll be caught doing it," "I would feel self-conscious," "I feel it's insulting him"—or finally, "I would scream and yell and break things from frustration . . . but *not* masturbate."

An important issue is why women haven't told how they experience orgasm. Why are women so reluctant to tell men—and even each other—how they can and do feel stimulated? If they *know* how to have orgasms (as they do during masturbation), why don't they tell their partners? Women often say that men don't listen—and perhaps they don't. But perhaps sometimes women want to keep their sexuality a secret—perhaps some feel it is the one thing they can withhold from the man to keep from being totally possessed. Or perhaps the answer is more complicated—much more complicated.

In concluding this significant section, Hite writes:

Why can't we touch ourselves? Why can't we do whatever we need to make orgasm happen? Although sharing sex with a man can be wonderful, why does "sharing" for a woman mean that the man must "give" her the orgasm? Why can't a woman use her own hand to bring herself to orgasm? . . . We have the power to make our own orgasms, if we want. You can get control of your own stimulation by moving against the other person, or by stimulating yourself directly in the same way as you do during masturbation. Although this suggestion may sound strange at first, . . . there is no reason why making your own orgasms should not be as beautiful

or as deeply shared as any other form of sex with another person—perhaps even more so. The taboo against touching yourself says essentially that you should not use your own body for your own pleasure, that your body is not your own to enjoy. But . . . controlling your own stimulation symbolizes owning your own body, and is a very important step toward freedom.

Not only is the definition of sex sexist, according to Hite, in that the man has responsibility for both his *and* the woman's orgasm, while she, supposedly, should wait to be provided for—but also to define sex as *intercourse*, and to say that only orgasm during intercourse is "normal," is a cultural definition of physical relations. It seems to me that intercourse as the only acceptable form of sexual exchange is something which has been foisted on all people—men, too—undoubtedly due to the pressures of religion and society for procreation. Men and women both seem to accept the idea that if you don't have sex with intercourse, then you really haven't "done it." In fact, the common acceptance of the term sex is automatically taken to mean "intercourse"—and not any other kind of sexual physical interchange. Other kinds of sexual exchange may be termed necking, or petting, or soul-kissing, or oral sex, but *it's not the real thing!* Obviously, only sex (intercourse!) is *really* sex!

Hite suggests that sex as intercourse is a cultural form based on a male-dominated social structure. In our society, male orgasm during intercourse is made the highlight, climax, and end of all "sexual" activity. When the women in her study were asked who *ends* the sex act, almost invariably the answer was "*he does—when he ejaculates!*" The author, in a lengthy analysis which builds carefully through many chapters, explains that limiting the definition of sex only to sexual intercourse is an absurdly confining concept. She suggests that sex be called, instead, *physical relations*, which would have a much broader implication, and could include all the kinds of physical communicating that human beings can do with each other, from touching to cuddling, friendly kissing, passionate kissing, and intercourse of *all* kinds!

Everyone must read this book—because it is more than a book about sex. It is a way of looking at life, a way of seeing sex in a context that involves the *whole* of life, and a new way which affects everybody—women, certainly, and men, espe-

cially. And parents, absolutely. And professionals, hopefully . . . social scientists and educators, and writers and psychotherapists. Anyone involved in teaching and enlightening for a better and more humane way to make sexual and social relationships. For example, the main problem for which women seek sex therapy is their feeling of failure at not having orgasm in intercourse. Yet, is it not a kind of madness to be forcing women (or for women to be forcing themselves) to orgasm in intercourse when it's not all that easy—or natural, or normal? I'm not suggesting that those who want to shouldn't, anymore than I think that those who really don't want to, should! But I wonder how much of the pressure on women to orgasm during intercourse comes from genuine lack of satisfaction—and how much comes from reading or being told about how "*it*" should be!

Specifically, the insights of this book will also encourage therapists to teach women to touch themselves, and to teach partners to communicate more meaningfully with each other. Through using the questionnaire as a way of sharing insights, couples could learn to tell each other how they feel. Mainly, if we could stop worrying about whether Sally, Mary, or John was having the "right" kind of orgasm in the "right" kind of way, then maybe we could get down to the *real* issues of communication! Finally!

There are those who will quibble about many points in this remarkable book—about the methodology, or the sample, or the biases, or other points. But that kind of quibbling—which goes on a great deal in research—will cause us to deprive ourselves of a huge hunk of knowledge about human beings which is absolutely *free* (nothing to buy, nothing to sell, no coupons to collect). It might appear that what researcher Hite is pointing out is *radical*—but in reality it is *natural*! To most women—and even to some men—these are all such obvious facts as to be almost truisms! This is indeed a phenomenal study, about a natural and obvious phenomenon.

Women have kept silent—and men brag—but neither has been telling the truth to the other. Ironically, we make assumptions that we know what men really feel like—but we really don't. We know what some men writers like and fantasize about but that's about it. Shere Hite has taken a giant step for women; may the step she is presently embarking on with her questionnaire for men prove just as giant a one, for then both men and women will win! **A, PR**

SEOUS REPORT

Sex Information and Education Council of the U.S.
137-155 North Franklin St., Hempstead, NY 11550

Address correction requested
Forwarding and return postage guaranteed.

NON-PROFIT ORG.
U. S. POSTAGE
PAID
NEW YORK, N. Y.
PERMIT No. 3696