
Book Review:

Sexual Wisdom: A Guide for Parents, Young Adults, Educators and Physicians

(by Richard Wetzel, M.D.; Ann Arbor, MI: Proctor Publishing, 1998)

Most non-religious approaches to sex education follow a "sex-positive" philosophy which values all (or nearly all) non-coerced sexual behaviors equally. There is little discussion of what is good; a person's sexual choices are often assumed to *be* good, simply because he has chosen them. This approach is often assumed by the layman to be scientific and values-neutral.

Sexual Wisdom takes a new direction within this cultural trajectory by approaching sexuality from a traditionalist, but not specifically religious perspective. Dr. Wetzel offers practical wisdom, grounded in scientific fact, on sexual lifestyle choices.

He defends an ethic of self-restraint, valuing fidelity in marriage and chastity in singleness. He sees homosexuality as a disordered expression of sexuality, and he boldly lays out the considerable health risks inherent in a gay male lifestyle.

His view is defended with scientific evidence which points to the psychological, social and medical costs of all non-

marital and promiscuous sexuality. The book is written in a simple and readable style directed at the layman.

For too long, the scientific establishment has "proven its claim" through a framework of ethics which are thought to represent the scientific view, while refusing to acknowledge the existence of a bias. The issue of healthy sexuality is thought to be a purely scientific question, understandable through empirical data and the positions proclaimed by experts such as researcher Albert Kinsey and the popular sexologist, Dr. Ruth Westheimer.

One might wish that from this point forward, all books on critical social matters would bear labels clarifying the authors' foundational principles—i.e., "sexuality from a traditionalist perspective," "from a feminist perspective," "from a gay-positive perspective," and so on. This way, the layman would better understand the reality that philosophy—not unaided science—must inevitably shape his understanding of human sexual behavior.

—Linda Nicolosi