The Joy of Sex:
A Distinct Help

Title: The Joy of Sex
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Staying awake is not a problem when reading The Joy of Sex.

Two hundred and fifty pages of detailed description, evaluation, and some explanations, tell us how humans make love. Each page of written description is accompanied by an explicit drawing that clearly illustrates the text.

To this upright, Anglo-Saxon Canadian family doctor, self educated in the past in these matters, the book has been a distinct help. Without exaggeration, parts of it are also up-setting, and make the reader look at sexual behavior more frankly than some of us will like.

The basic philosophy is that whatever is happening is happening, and should be described and known. The only attempts at condemning any form of sexual behavior are in such criminal acts as rape, abuse of children, and conduct likely to cause injury. Effectiveness in providing sexual satisfaction both superficially, and as a measure of people’s love for one another, is the basis of the evaluation.

As I read on, the initial shock effect wore off, and I became more clinical, and less judgemental, in evaluating the contents. This was perhaps most severely tested in the section on group sexual activity.

As a book for a family doctor’s use, it provides excellent information, is well written and illustrated, and should help us all, personally and professionally. It greatly increases awareness of sexual life as aid and an obstruction to health. The author is very reassuring about what is ‘normal’. This book should make us all better family doctors, and will be helpful as a reference book for patients with sexual troubles. To some, it will appear as scientific pornography. If that is one’s attitude, at least enjoy it.

Reviewed by James A. Collyer, MD.
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