

# Cool Stuff About Love and Sex

*Hey, kids. Want to read some cool stuff about love and sex that you might never hear from your folks? Hey, parents. Want to learn how to communicate with your kids about these important topics? Read on!*

*This article is also available in [Spanish](#).*



## Cool Stuff

Psst! Hey, kids! Want to hear some really cool stuff about love and sex that you might never hear from your parents? Listen up! (But . . . how about closing your ears for the next few seconds?)

Hey, parents! Want to learn how to talk to your kids about sex in a way they will understand and relate to? Keep listening.[{1}](#)

OK, kids. You can listen again.

“A fulfilling love life. How can I have one? How can I get the most out of sex?” University students worldwide ask these questions. As I’ve spoken on their campuses, I’ve tried to offer some practical principles because I believe both pleasure and emotional fulfillment are important facets of sex. These principles relate to teens, too. Teens of all ages.

Sex is often on our minds. According to two psychologists at the universities of Vermont and South Carolina, 95% of people think about sex at least once each day.[{2}](#) You might wonder, “You mean that 5% of the people *don’t*?”

Why does sex exist? One of the main purposes of sex is pleasure. Consider what one wise man named Solomon wrote. Writing sometimes in “PG” (but not “R-rated”) terms, he said:

Drink water from your own cistern  
And fresh water from your own well.  
Should your springs be dispersed abroad,  
Streams of water in the streets?  
Let them be yours alone  
And not for strangers with you.  
Let your fountain be blessed,  
And rejoice in the wife of your youth.  
As a loving hind and a graceful doe,  
Let her breasts satisfy you at all times;  
Be exhilarated always with her love.{3}

Solomon's ancient love sonnet, the "Song of Solomon," is one of the best sex manuals ever written. It traces the beauty of a sexual relationship in marriage and is an openly frank description of marital sexual intimacy. You might want to read it yourself. (Would it surprise you to know that it's in the Bible? You can dog-ear the good parts.)

Another purpose of sex is to develop oneness or unity. Fifteen hundred years before Christ, Moses, the great Israeli liberator, wrote, "For this reason a man shall leave his father and his mother, and be joined to his wife; and they shall become one flesh." {4} When two people unite sexually, they "become one flesh."

A third purpose for sex is procreation. That, of course, is how we all got here. You learn that in first year biology, right?

OK, so sex is for pleasure, unity, and procreation. But how can people get the most out of love and sex?

## **How to Have a Most Fulfilling Love Life**

One way not to have a fulfilling love life in marriage is to concentrate solely on sexual technique. There is certainly nothing wrong with learning sexual technique—especially the

basics—but technique by itself is not the answer.

The qualities that contribute to a successful sex life are the same ones that contribute to a successful interpersonal relationship. Qualities like love, commitment, and communication.

Consider love. As popular speaker and author Josh McDowell points out, those romantic words, “I love you,” can be interpreted several different ways. One meaning is “I love you *if*—If you go out with me . . . if you are lighthearted . . . if you sleep with me.” Another meaning is “I love you *because*—because you are attractive . . . strong . . . intelligent.” Both types of love must be earned.

The best kind of love is unconditional. It says, “I love you, *period*. I love you even if someone better looking comes along, even if you change, even if you have zoo breath in the morning. I place your needs above my own.”

One young engaged couple had popularity, intelligence, good looks, and athletic success that seemed to portend a bright future. Then the young woman suffered a skiing accident that left her paralyzed for life. Her fiancé deserted her.

This true story—portrayed in the popular film, “The Other Side of the Mountain”—was certainly complex. But was his love for her “love, period”? Or was it love “if” or love “because”? Unconditional love (or “less-conditional”, because none of us is perfect) is an essential building block for a lasting relationship.

Unconditional love with caring and acceptance can help a sexual relationship in a marriage. Sex, viewed in this manner, becomes not a self-centered performance but a significant expression of mutual love.

Commitment is also important for a strong relationship and fulfilling sex. Without mutual commitment, neither spouse will

be able to have the maximum confidence that the relationship is secure.

Good communication is essential. If a problem arises, couples need to talk it out and forgive rather than stew in their juices. As one sociology professor expressed it, "Sexual foreplay involves the 'round-the-clock relationship.'" [\[5\]](#)

## Why Wait?

After I'd spoken in a human sexuality class at Arizona State University, one student said, "You're talking about sex within marriage. What about premarital sex?" He was right. I was saying that sexual intercourse is designed to work best in a happy marriage and recommending waiting until marriage before experiencing sex.

This view is, of course, very controversial. You may agree with me. Or you may think I am from another planet, and I respect your right to feel that way. Here's why I waited.

First is a moral reason. According to the perspective I represent, the biblical God clearly says to wait. [\[6\]](#) Some people think that God wants to make them miserable. Actually, He loves us and wants our best. There are practical reasons for waiting.

Premarital sex can detract from a strong relationship and a fulfilling love life. Too often, it's merely a self-gratifying experience. After an intimate sexual encounter, one partner might be saying, "I love you" while the other is thinking, "I love it."

Very often premarital sex lacks total, permanent commitment. This can create insecurity. For instance, while the couple is unmarried, the nagging thought can persist, "If he or she has slept with me, whom else have they slept with?" After they marry, one might think, "If they were willing to break a

standard with me before we married, will they with someone else after we marry?" Doubt can chip away at their relationship.

Premarital sex can also inhibit communication. Each might wonder, "How do I compare with my lover's other partners? Does he or she tell them how I perform in bed?" Each may become less open; communication can deteriorate and so can the relationship. Premarital sex can lessen people's chances to experience maximum oneness and pleasure. I'm not claiming that premarital sex eliminates your chances for great sex in marriage. But I am saying that it can introduce factors that can be difficult to overcome.

A recently married young woman told me her perspective after a lecture at Sydney University in Australia. She said, "I really like what you said about waiting. My fiancé and I had to make the decision and we decided to wait." (Each had been sexually active in other previous relationships.) She continued: "With all the other tensions, decisions and stress of engagement, sex would have been just another worry. Waiting 'till our marriage before we had sex was the best decision we ever made."

Wise words. I waited because God said to, because there were many practical advantages, and because none of the arguments I heard for not waiting were strong enough.[\[7\]](#)

## **The Vital Dimension**

So far we've looked at "Why sex?", "How to have a most fulfilling love life," and "Why wait?". Consider now the vital dimension in any relationship.

Powerful emotional factors can make it difficult for teens to wait until marriage for sexual intercourse or to stop having sex. A longing to be close to someone or a yearning to express love can generate intense desires for physical intimacy. Many

singles today want to wait but lack the inner strength or self esteem. They may fear losing love if they postpone sex.

Often sex brings emptiness rather than the wholeness people seek through it. As one TV producer told me, "Frankly, I think the sexual revolution has backfired in our faces. It's degrading to be treated like a piece of meat." The previous night her lover had justified his decision to sleep around by telling her, "There's plenty of me for everyone." What I suspect he meant was, "There's plenty of everyone for me." She felt betrayed and alone.

I explained to her and to her TV audience that sexuality also involves the spiritual. One wise spiritual teacher understood our loneliness and longings for love. He recognized human emotional needs for esteem, acceptance, and wholeness and offered a plan to meet them. His plan has helped people to become brand "new persons" inside.[{8}](#) He promised unconditional love to all who ask.[{9}](#) Once we know we're loved and accepted, we can have greater security to be vulnerable in relationships and new inner strength to make wise choices for safe living.[{10}](#)

This teacher said, "You will know the truth, and the truth will make you free."[{11}](#) Millions attest to the safety and security He can provide in relationships. His name, of course, is Jesus of Nazareth. Though I had been a skeptic, I placed my faith in Him personally my freshman year in college. Through a simple heart attitude, I said, "Jesus, I believe you died and rose again for me. I ask you to enter my life, forgive me, and give me the new life you promised." He forgave all my flaws—and there were (and are) many of those. He said His own death and resurrection—once I accepted His pardon—erased my guilt.[{12}](#) That was great news!

Marriage with Jesus involved can be like triangle with God at the apex and the two spouses at the bottom corners. As each partner grows closer to God, they also grow closer to each

other. Life doesn't become perfect, but God's friendship can bring a vital dimension to any relationship.

## Parents and Kids

A nationwide survey of teens asked the question, "When it comes to your decisions about sex, who is most influential?" Forty-nine percent of teens responding said it was their parents. The next closest response was "Friends" (16 percent). Eleven percent said the media influenced their decisions about sex the most. Only 5 percent said it was their romantic partner.[\[13\]](#) Kids, lots of your peers think that it is important to consider how their parents feel about sex.

And teens feel that talking with their parents about sex can make important sexual decisions easier. In a subsequent national survey, teens overwhelmingly expressed that they could more easily postpone sexual activity and avoid getting pregnant if they could only talk about these matters more openly with their folks.[\[14\]](#)

But there's a problem. Too many parents are unaware how important what they think about sex is to their teens. Parents often think that their teenagers' friends are the strongest influence on their teen's decisions about sex. Yet teens don't consider their friends as being nearly as influential as parents think they are.[\[15\]](#)

And mom, you are really, really important!

A major report based on two University of Minnesota studies involving national data found that teens having close relationships with their mothers are more likely than teens lacking close relationships with their mothers to delay first intercourse. The report authors note, "previous studies have shown that mothers tend to have a greater influence than fathers on teens' sexual decision-making."[\[16\]](#)

What can a parent do to help their teens develop positive,

healthy sexual attitudes and behavior? Here are some ideas:

- Develop close, loving relationships with your kids from the time they are young.
- Model the types of behavior and attitudes you wish them to emulate.
- Listen to them and treat them with respect.
- Talk about sex, your own values, and why you hold them.
- Help your teen think through their life goals, including education, and how teenage sexual activity might affect their dreams.
- Discuss what types of media are appropriate for your son or daughter to consume.

Making sexual decisions can be hard for teens today. Parents and teens can help each other by becoming close friends and by communicating. It's not always easy, but the rewards can be significant.

## Notes

1. Parts of this article are adapted from Rusty Wright, ["Dynamic Sex: Unlocking the Secret to Love,"](#) Every Student's Choice, 1996 and Rusty Wright, ["Safe Sex?"](#), Cross & Crescent LXXXI:4, Winter 1994-95, pp. 19-21.
2. Kathleen Kelleher, "Entertaining Fantasies? Don't Worry, Everyone's Doing It," *Los Angeles Times*, August 15, 1995, E1. She cites Harold Leitenberg of the University of Vermont and Kris Henning, "now at the University of South Carolina Medical School".
3. Proverbs 5:15-19 NASB.
4. Genesis 2:24 NASB.
5. Emily Dale, Ph.D., Department of Sociology and Anthropology, Illinois Wesleyan University, Bloomington, Illinois, 1975.
6. 1 Corinthians 6:18; 1 Thessalonians 4:3.
7. For a summary of arguments for premarital sex, with responses, see Wright, "Dynamic Sex: Unlocking the Secret to



Love," op. cit.

8. 2 Corinthians 5:17 NLT.

9. John 3:16; 13:34-35; 17:20, 23, 26; 1 John 4:7-21, 5:14-15.

10. Acts 1:8; Ephesians 5:18; Galatians 5:16-24; 1 Corinthians 6:18-20.

11. John 8:32 NASB.

12. Luke 24:44-47; Colossians 2:12-14.

13. "Faithful Nation: What American Adults and Teens Think About Faith, Morals, Religion, and Teen Pregnancy," The National Campaign to Prevent Teen Pregnancy, September 2001, p. 5;

<http://www.teenpregnancy.org/resources/data/pdf/keeping.pdf>.

14. "With One Voice 2002: America's Adults and Teens Sound Off About Teen Pregnancy," The National Campaign to Prevent Teen Pregnancy, December 2002, pp. 2, 26, 27;

[http://www.teenpregnancy.org/resources/data/pdf/WOV2002\\_fulltext.pdf](http://www.teenpregnancy.org/resources/data/pdf/WOV2002_fulltext.pdf).

15. Ibid., pp. 2, 22-23.

16. "Teens' Closeness With Their Mothers Linked to Delay in Initiation of Sexual Activity, Study Says," Kaiser Daily Reproductive Health Report, September 5, 2002,

[http://www.kaisernetwork.org/daily\\_reports/print\\_report.cfm?DR\\_ID=13275&dr\\_cat=2](http://www.kaisernetwork.org/daily_reports/print_report.cfm?DR_ID=13275&dr_cat=2). The words quoted are those of the Kaiser Report summary of what the University of Minnesota research authors communicated.

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# Safe Sex?

Starlight dances off the sparkling water as the waves gently lap the shore. A cool breeze brushes across your face as you stroll hand in hand along the moonlit beach.

The party was getting crowded and the two of you decided to take a walk on the deserted waterfront. You've only known each other a short while but things seem so right. You laugh together and sense a longing to know this person in a deeper way.

You pause and tenderly gaze into each other's eyes, blood rushing throughout your body as your heart beats faster. Soon you are in each other's arms kissing softly at first, then fervently. You tug at each other's clothes and both kneel to the sand. The condom comes on. You join in passionate lovemaking, then relax, hearing only the gentle waves and each other's breathing, grateful that you are comfortable in mutual care and that all is safe.

Or is it?

Was the condom you used enough to keep you safe? Aside from the emotional and psychological implications of your romantic encounter, realize that the condom is not a 100% guarantee of safety against AIDS for the same reason the condom is not a 100% guarantee of safety against pregnancy. There's always the possibility of human or mechanical error. Condoms can slip and break. They also can leak. Even the experts aren't certain condoms can guarantee against sexual transmission of the HIV virus.

Theresa Crenshaw, M.D., has been a member of the President's Commission on HIV. She is past president of the American Association of Sex Educators, Counselors, and Therapists<sup>{1}</sup> and once asked this question to 500 marriage and family therapists in Chicago: "How many of you recommend condoms for

AIDS protection?"

A majority of the hands went up. Then she asked how many in the room would have sex with an AIDS infected partner using a condom. Not one hand went up.

These were marriage and family therapists, the "experts" who advise others. Dr. Crenshaw admonished them that, "It is irresponsible to give students, clients, patients advice that you would not live by yourself because they may die by it."[\[2\]](#) What does this tell you about the confidence experts have in condoms to protect persons against AIDS?

Not too long ago herpes caught the public's attention. Now, of course, the focus is on AIDS. As with herpes, it is very difficult to be absolutely certain that your partner in premarital sex does not have AIDS and there is no known cure. But, of course, there's a big difference between herpes and AIDS: herpes will make you sick; AIDS will kill you.

## Assessing the Risk

After I had made these remarks at a university in California, one young man asked me to explain what I meant when I said that condoms aren't safe. Consider this:

Condoms have an 85% (annual) success rate in protecting against pregnancy. That's 15% a failure rate.[\[3\]](#) But remember, a women can get pregnant only about six days per month.[\[4\]](#) HIV can infect a person 31 days per month.

Latex rubber, from which latex gloves and condoms are made, has tiny, naturally occurring voids or capillaries measuring on the order of one micron in diameter. Pores or holes five microns in diameter have been detected in cross sections of latex gloves.[\[5\]](#) ( A micron is one thousandth of a millimeter.) Latex condoms will generally block the human sperm, which is much larger than the HIV virus. (A human sperm is about 60 microns long and three to five microns in diameter

at the head.{6} But the HIV virus is only 0.1 micron in diameter.{7} A five- micron hole is 50 times larger than the HIV virus. A one-micron hole is 10 times larger. The virus can easily fit through. It's kind of like running a football play with no defense on the field to stop you or shooting a soccer ball into an open goal. The hole is huge!

In other words, many of the tiny pores in the latex condom are large enough to pass the HIV virus (that causes AIDS) in its fluid medium.

One study focused on married couples in which one partner was HIV positive. When couples used condoms for protection, after one and one-half years, 17% of the healthy partners had become infected.{8} That' s about one in six, the same odds as Russian roulette.

One U.S. Food and Drug Administration (FDA) study tested condoms in the laboratory for leakage of HIV-sized particles. Almost 33% leaked.{9} One in three.

One analysis of 11 studies on condom effectiveness found that condoms had a 31% estimated failure rate in protecting against HIV transmission. In other words, as the report stated, "These results indicate that exposed condom users will be about a third as likely to become infected as exposed individuals practicing "unprotected" sex.... The public at large may not understand the difference between "condoms may reduce risk of" and "condoms will prevent" HIV transmission. It is a disservice to encourage the belief that condoms will prevent sexual transmission of HIV. Condoms will not eliminate risk of sexual transmission and, in fact, may only lower risk somewhat."{10} Burlington County, New Jersey, banned condom distribution at its own county AIDS counseling center. Officials feared the legal liabilities if people contracted AIDS or died after using the condoms the county distributed. They were afraid the county would be held legally responsible for the deaths. {11}

## Over Easy Please

Latex condoms are sensitive to heat, cold, light, and pressure. The FDA recommends they be stored in “a cool, dry place, out of direct sunlight, perhaps in a drawer or closet.”[{12}](#) Yet they are often shipped in metal truck trailers without climate control. In winter the trailers are like freezers. In summer they’re like ovens. Some have reached 185F (85C) inside. A worker once fried eggs in a skillet next to the condoms, using the heat that had accumulated inside the trailer.[{13}](#) Are you thinking of entrusting you life to this little piece of rubber?

Is the condom safe? Is it safer? Safer than what?

Look at it this way: If you decide to drive the wrong way down a divided highway, is it safer if you use a seat belt?[{14}](#) You wouldn’t call the process “safe.” To call it “safer” completely misses the point. It’s still a very risky and a very foolish thing to do.

Remember that a national study found that condoms have a 15% failure rate with pregnancy. Perhaps you have flown in airplanes. Suppose only 15 crashes occurred for every 100 plane flights. Would you say airline travel was safe? Safer?[{15}](#) Would you still fly?

AIDS expert Dr. Redfield of the Walter Reed Hospital put it like this at an AIDS briefing in Washington, DC: If my teenage son realizes it’s foolish to drink a fifth of bourbon before he drives to the party, do I tell him to go ahead and drink a six pack of beer first, instead? [{16}](#) According to Dr. Redfield, when you’re considering AIDS, “Condoms aren’t safe; they’re dangerous.”[{17}](#)

## The Test

You might say, “We’ve both been tested for AIDS. Neither of us

has it.”

The time span between HIV infection and detection of HIV antibodies has been found to be anywhere from three to six months, sometimes longer. [{18}](#) In rare cases it can even take years for signs of the virus to appear. [{19}](#) Dr. Redfield says that after he was exposed to HIV in his work, he waited 14 months before having sex with his wife. [{20}](#) Suppose you meet someone who says, “I had an HIV test a year ago; it was negative. I haven’t had sex for a year. I just had another test; it was negative. I’m safe.” You see the test results in writing. Is it safe to sleep with that person?

We all know how hormones can influence honesty. It comes down to this: Are they telling the truth about not being sexually active in the interim? Is there even a chance that person might twist the truth even slightly in order to get into bed with you? Even with the tests, it all boils down to trust. That’s why I say, “It’s very difficult to be absolutely certain that your partner in premarital sex does not have AIDS.”

“Condom sense” is very, very risky. Common sense says, “If you want to be safe, wait.”

## **The Total You**

There are many other benefits to waiting (or to stopping until marriage, if you’re a sexually active single). By “waiting,” I mean reserving sex for marriage.

Sex involves your total personality—body, mind, and spirit. Besides being physically risky, premarital sex can hurt you emotionally and relationally. While you are single, sex can breed insecurity (“Am I the only one they’ve slept with? Have there been, or will there be, others?”). It can generate performance fears that can dampen sexual response. (If you fear even slightly that your acceptance by your partner hinges

on your sexual performance, that fear can hamper your performance.) It can cloud the issue, confusing you into mistaking sexually charged sensations for genuine love.

After you marry, you might wonder, "If they slept with me before we married, how do I know that they won't sleep with someone else now that we are married?" (Marital faithfulness in the age of AIDS is, of course, important both emotionally and physically.) When disagreements crop up with your mate, will you be tempted to ask yourself, "Did we just marry on a wave of passion?" Don't forget flashbacks, those mental images of previous sexual encounters that have a nasty way of creeping back into your mind during arousal. Who wants to be thinking of previous sex partners while making love with their spouse? Worse, who wants their spouse to be thinking of previous sex partners?

Waiting until marriage can help you both have the confidence, security, trust, and self respect that a solid, intimate relationship needs. "I really like what you said about waiting," said a recently married young woman after a lecture at Sydney University in Australia. "My fianc and I had to make the decision and we decided to wait." (Each had been sexually active in other previous relationships.) "With all the other tensions, decisions, and stress of engagement, sex would have been just another worry. Waiting 'till our marriage before we had sex was the best decision we ever made."[\[21\]](#)

## **Why Is It Hard to Wait?**

Apart from the obvious physical power of one's sex drive, there are other equally powerful emotional factors that can make it difficult to wait. A longing to be close to someone or a yearning to express love can generate intense desires for physical intimacy. Many singles today want to wait but lack the inner strength or self-esteem They want to be loved as we all do and may fear losing love if they postpone sex. They are frustrated when unable to control their sexual drives or when

relationships prove unfulfilling.

Often sex brings an emptiness rather than the wholeness people seek through it. As one TV producer told me, "Frankly, I think the sexual revolution has backfired in our faces. It's degrading to be treated like a piece of meat." The previous night her lover had justified his decision to sleep around by telling her, "There's plenty of me for everyone." What I suspect he meant was, "There's plenty of everyone for me." She felt betrayed and alone.

I explained to her and to her TV audience that sexuality also involves the spiritual. One wise spiritual teacher understood our loneliness and longings for love. He recognized human emotional needs for esteem, acceptance, and wholeness and offered a plan to meet them. His plan has helped people to become whole "new creatures,"[{22}](#) that is, "brand new person(s) inside."[{23}](#) He taught that we can be accepted just as we are, even with our faults.[{24}](#) We can enjoy the self-esteem that comes from knowing who we are and that our lives can count for something significant.[{25}](#) He promised unconditional love to all who ask.[{26}](#) Once we know we're loved and accepted, we can have greater security to be vulnerable in relationships and new inner strength to make wise choices for safe living.[{27}](#) This teacher said, "You shall know the truth, and the truth shall make you free."[{28}](#) "My peace I give to you," He explained. "Do not let your hearts be troubled and do not be afraid."[{29}](#) Millions attest to the safety and security He can provide in relationships. His name, of course, is Jesus of Nazareth. I placed my faith in Him personally my freshman year at Duke, Two Lambda Chi's influenced me in that direction. Though I was skeptical at first, it "has made all the difference," as Robert Frost would say.

Sex and spirituality are, of course, quite controversial topics. I realize that our International Fraternity contains a wide spectrum of beliefs on these issues. I offer these



perspectives not to preach but to stimulate healthy thinking.

Diversity was one of the things that attracted me to our chapter at Duke. Politically, philosophically, and spiritually we ran the gamut. There were liberals, conservatives, Christians, Jews, atheists, and agnostics. We tried to respect one another and learn from each other even when we differed on issues like these. That is the spirit in which I offer these remarks; may I encourage you to consider them in the same way.

To summarize, the only truly safe sex is the lovemaking that occurs in a faithful monogamous relationship where both partners are HIV negative. Condoms may reduce the risk of HIV transmission somewhat, but they can't guarantee prevention. Please, don't entrust your life to something as risky as a condom.

## Notes

1. Richard W. Smith, "Parent's HIV Prevention Information Package:" n.d., p. 48. (Smith is "a public health professional with more than 20 years of experience in the epidemiology of Sexually Transmitted Diseases and HIV/AIDS prevention and control." He resides in Trenton, NJ.)
2. Theresa Crenshaw, M.D., "The Psychology of AIDS Prevention: Implementing Effective Strategies," Transcript: National Conference on HIV, Washington, DC, November 1987, p. 4.1
3. Elise F. Jones and Jacqueline Darroch Forrest, "Contraceptive Failure Rates Based on the 1988 NSFG (National Survey of Family I Growth):" *Family Planning Perspectives* 24:1 (January/February 1992), pp. 12, 18. (Jones is senior research associate and Forrest is vice president for research for Planned Parenthood's Alan Guttmacher Institute.) See also R. Gordon, *Journal of Sex and Marital Therapy* (1989), 15, pp. 5-30; in David G. Collart is affiliated with the Emory University Department of Biology. His doctorate is from the University of Florida in biochemistry and molecular biology.)
4. Richard W. Smith, "Is the Condom Really Safe Sex?", n.d.,

p. I; see also Collart, loc. cit.

5. C.M. Roland, "Barrier Performance of Latex Rubber," *Rubber World: The Technical Service Magazine for Rubber Industry*, 208:3, June 1993, pp. 1-518; and personal conversation, September 24, 1993. (Roland, who holds a Ph.D., is editor of *Rubber Chemistry and Technology* and also head of the Polymer Properties Section, Naval Research Laboratory, Washington, DC.)

6. William R. Hensyl, ed., *Stedman's Medical Dictionary*, 25th Ed. (Baltimore: Williams & Wilkins, 1990), p. 1445; Macdonald Critchley, ed., *Butterworth's Medical Dictionary*, 2nd Ed. (Boston: Butterworth & Co., 1978), p. 1577; Marcia F. Goldsmith, "Sex in the Age of AIDS Calls for Common Sense and 'Condom Sense,'" *JAMA* (Journal of the American Medical Association) 257:17, May 1, 1987, p. 2262.

7. James Kettering, Ph.D., "Efficacy of Thermoplastic Elastomers and Latex Condoms as Viral Barriers," *Contraception*, vol. 47, June 1993, pp. 563-564; and personal conversation, September 20, 1993. (Kettering is with the Department of Microbiology, Loma Linda University School of Medicine, Loma Linda, CA.)

8. Margaret A. Fischl, et al, "Heterosexual Transmission of Human Immunodeficiency Virus (HIV): Relationship of Sexual Practices to Seroconversion," III International Conference on AIDS, June 15, 1987, Abstracts Volume, p. 178; in "In Defense of a Little Virginity, Focus on the Family," *USA Today*, April 14, 1992, 11A.

9. Ronald F. Carey, Ph.D., et al, "Effectiveness of Latex Condoms as a Barrier to Human Immunodeficiency Virus-sized Particles Under conditions of Simulated Use," *Sexually Transmitted Diseases* 19:4 (July-August 1992), pp. 230-234. (Carey works for the US Food and Drug Administration.)

10. Susan C. Weller, "A Meta-Analysis of Condom Effectiveness in Reducing Sexually Transmitted HIV," *Soc Sci Med* 36:12 (1993), pp. 1635-1644, emphasis hers. (Weller is with the Department of Preventive Medicine and Community Health, University of Texas Medical Branch, Galveston, TX. *Soc Sci Med*

is published in Great Britain.)

11. Douglas A. Campbell, "Burlco Stops Distribution of Condoms," *The Philadelphia Inquirer*, April 11, 1991. IB, 4B.

12. Condoms and Sexually Transmitted Diseases .... Especially AIDS," *HHS Publication FDA* (90-4239), in Smith, op. cit., P. 2.

13. William B. Vesey, "Condom Failure," *HLI Reports* (the newsletter of Human Life International, Gaithersburg, MD) 9:7 (July 1991); see also Collart, op. cit., p. 3.

14. "Condoms Fail," *Staying Current* (the newsletter of AIDS Information Ministries), iv: III (May-June 1992), p. 4.

15. George V. Corwell, "When simple solutions yield deadly results," *Trenton Times* (NJ), February 5, 1993. (Corwell is associate director for education, New Jersey Catholic Conference, Trenton, NJ.)

16. Robert Redfield, Jr., M.D., "Why Wait? Capital Briefing; AIDS: What You're Not Hearing Could Kill Your Youth," oral presentation), Washington, DC, May 8, 1992. (Dr. Redfield is chief of the Department of Retroviral Research at Walter Reed Army Institute of Research.)

17. Ibid.

18. Ibid.

19. Ibid. Redfield says that some people with hypogammaglobulinemia do not make antibodies, hence it takes years for them to show signs of HIV infection. (Current HIV tests detect not the virus itself, but rather the antibodies that the human body manufactures to attempt to fight the virus.)

20. Ibid.

21. Space limits extensive development here of the practical, psychological, and emotional advantages of waiting. These have been more adequately discussed in Rusty Wright and Linda Raney Wright, *How to Unlock the Secrets of Love, Sex, and Marriage*, Barbour Books, 1981; Rusty Wright, "Dynamic Sex: Beyond Technique and Experience," Campus Crusade for Christ, 1977.

22. 2 Corinthians 5:17, New American Standard Bible.

23. 2 Corinthians, 5:17, Living Bible.

24. Luke 15:10-32.
25. John 1:12; II Corinthians 5:20.
26. John 3:16; 13:34-35; 17:20, 23, 26; I John 4:7-21.
27. Acts I :8; Ephesians 5: 18; Galatians 5: 16-24; I Corinthians 6:18-20.
28. John 8:32.
29. John 14:27, NIV.

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