



First Friday News & Views

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The Monthly Newsletter
of the First Friday
Breakfast Club, Inc.

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▼ The next FFBC Meeting is 7:00am,
Friday, March 6, 2015, at Hoyt
Sherman Place, 15th & Woodland,
Des Moines, IA

▼ RSVP by March 4 to
JonathanWilson@davisbrownlaw.com,
or phone 515-288-2500

Singing For An Unsung Hero By Jonathan Wilson

Frequently we hear gay activists of today throw out an acknowledgment that we have gotten where we are in seeking civil equality thanks to those who have gone before and courageously "fought the good fight" against odds much more challenging than we face today.

As recently as about 40 years ago, people who identified as homosexual were deemed mentally ill. Same-gender intimacy was a crime in every state in the United States and, as far as I know, a crime in virtually every country in the world. It was a sin in every church. So, yes, the challenges faced 40 years ago and before were certainly more challenging. Come out back then and you could find yourself in the nuthouse or in prison, and pretty much universally condemned by the church, the family, you-name-it.

As often as not the acknowledgments of those who have gone before us leave out their names. The acknowledgments are a lot like the proverbial Hollywood invitation, "Let's do lunch sometime;" and it never happens. The acknowledgments are well enough intentioned, but the lack of specifics fails to carry much punch or evoke much real appreciation.

Some of our forbearers did higher profile things and their names will occasionally be mentioned. Harvey Milk comes to mind, and his contribution and sacrifice have even been recognized with a commemorative first-class US postage stamp. Fitting, because he was definitely first-class.

Recently I learned for the first time the name and contribution of one of our forbearers who did a remarkable, pivotal thing to advance our cause. Someone who is not even gay, making him, in my mind, an unsung hero times two. It's one thing to do something courageous that happens to be in your self-interest; it's another thing entirely to do something courageous for the sake of others in the belief that the ultimate self-interest is achieved by moving closer to a society that is fair to all.

I learned of the contribution of Eric Julber whose name is hardly a household word in any American household, straight or gay.

Julber, now in his 90s and living in Carmel, California, is a retired attorney. What is generally not known, and therefore, not appreciated, was his role in handling at no charge, the case of *ONE vs. Olesen*. Still not ringing a bell?

Back in 1953 (I was eight years old), *ONE* magazine was launched. It was a gay-themed magazine that offered substantive articles and confrontational editorials -- and the US Post Office decided that its contents were "obscene" and refused to allow it to be sent in the US mail. I'm not making this up.

Julber took the case to federal court seeking an injunction against the Postmaster. And he lost. Federal Judge Thurmond Clarke refused to enjoin the Postmaster, writing, "The suggestion advanced that homosexuals should be recognized as a segment of our people and be accorded special privilege as a class is rejected." Then our hero brought an appeal to the 9th Circuit Court of appeals. And he (read: we) lost again. Injunction denied.

But then our hero sought review by the United States Supreme Court, and on January 13, 1958 (I was 13 years of age), the Supreme Court both accepted the case and, without even hearing oral argument, issued a terse one-liner, "The petition is

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Singing For An Unsung Hero

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granted and the judgment of the United States Court of Appeals for the Ninth Circuit is reversed.” Period. End of sentence. Drop voice. And that also overruled federal judge Clarke who died in 1971 (may he rest in peace).

The result was a turning point, if not THE turning point. Our community was given voice. Our community could coalesce as a community. Our community could share our stories with each other and with the larger community. Our community could end the isolation. Our community could challenge the false stereotypes about gay citizens -- gay children of God. When prejudicial discrimination happened, our community could call it out, and could demand justice. No longer did members of the community have to communicate one-on-one and only by word of mouth. After January 13, 1958 (57 years ago) we could do all this with the help of the US Post Office.

That ruling let the education begin. Bigotry is just prideful ignorance. Education attacks bigotry at its core.

And today, we can educate using the US Post Office with a Harvey Milk commemorative stamp. I sing the praises of Eric Julber, an unsung hero, times two.

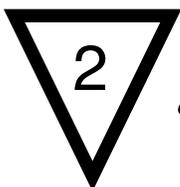
Why do they put Braille dots on the keypad of the drive-up ATM?

Why do we drive on parkways and park on driveways?

Why do psychics have to ask you for your name?

How do you tell when you run out of invisible ink?

What happens if you get scared half-to-death twice?



Dancing is a perpendicular expression of a horizontal desire.

More Penis Than I Thought Possible

Continued from P. 6

Freud’s controversial invention of psychoanalysis and unrestrained talk of sex unsettled many a scientist and theologian. Most interesting was the psychoanalysis he did of himself and his relation to his own penis. Interesting stuff!

Chapter Five, “The Battering Ram,” explores the penis and politics with emphasis on feminism and Women’s Liberation. Friedman interviewed many women who espoused the penis as an enemy and who concluded it is not a necessary component to a female’s happiness.

The final chapter, “The Puncture Proof Balloon,” explores the penis in the modern world, the introduction of erectile dysfunction drugs such as Viagra, and the presence and easy availability of such stimulants as pornography in making the penis an organ appreciated in a manner similar to that held by the ancient Romans. All in all, it was a fascinating read.

Briefs & Shorts

- Be sure to RSVP for the March 6 meeting no later than March 4. Contact Jonathan at 288-2500 or email him at JonathanWilson@DavisBrownLaw.com.
- Our scheduled speaker will be Dr. Richard Deming, founder of the Beyond + Cancer Foundation.
- Thanks to Rick Miller for his introduction of our February speaker, Dr. Frank Filippeli, Medical Director at MECCA Services.
- **Consider a tax-deductible contribution to the FFBC Scholarship Fund, or a tax exempt testamentary gift, or both.** Contact Jonathan Wilson for details.
- Be sure to peruse the front table for a book you might like to read. Book donations are always welcome. Thanks to Scott Kuknyo for coordinating the book exchange.





Self-medication vs. Self-acceptance

By Bruce Carr

Our speaker on Friday morning, February 6, was Des Moines Gay Men's Chorus member Dr. Frank Filippelli, Medical Director at United Community Services. Frank offered us a powerful slide presentation on substance abuse, its effects and treatments, with particular reference to the LGBTQ community.

It's estimated, he said, that substance abuse currently affects about 15 percent of the US population – but about three times that in the LGBTQ community. Drug use is calculated to cost society a whopping \$54 billion annually in criminal damage, court costs, and lost production-time, to cite only the dollars. In our community, substance abuse is a ready facilitator of unsafe sex, greatly increasing the incidence not only of HIV but also of a host of other STDs; Dr. Filippelli mentioned the recent rise in diagnoses of Hepatitis C, which can take years to become openly symptomatic. [An incidental feature of his frank discussion of drug culture was a sudden increase in the size of my vocabulary: “Molly” (Ecstasy), “slammed” (injected), “PNP” (a social-media txt for party'n'play = drugging).]

Discussing treatment options for managing addiction, Dr. Filippelli emphasized that it's Not Easy, and it takes long and serious work. “First Lady Nancy Reagan did us no favor,” he noted, when she tried to promote “Just Say No” as a solution to the problem. He admires twelve-step programs (such as AA), which achieve about a 15% success rate. But much more successful, he said, is medication-assisted treatment (MAT), whose successes number about twice those of 12-stepping. MAT works better overall because it treats addicts with individualized programs that include counseling, therapy, and monitored administration of drugs, especially Methadone, which is now used for treatment of all opioid (such as hydrocodone, Vicodin, oxycodone, OxyContin, Percocet, and morphine) addictions. Dr. Filippelli countered prevalent objection to methadone from some legislators and judges on the ground that it is “just another addiction.” the “harm reduction” achieved by turning a population of criminal crack-addicts into one of methadone-addicts in treatment is practically incalculable.

Frank Filippelli, DO, PhD, is a native of Des Moines and attended Lincoln High School and the University of Iowa. He received his undergraduate degree in Pharmacy and then completed his Master's degree and PhD in Medicinal Chemistry at the UI College of Pharmacy. He worked as a pharmacist in various pharmacies in Des Moines, Iowa City, and Cedar Rapids, and took post-graduate training at the Dalton Research Center at the University of Missouri, Columbia. After his post-doctoral studies he pursued an academic career at Drake University College of Pharmacy and Health Sciences from January 1986 through May 1995. There he was recognized by the Iowa Pharmacy Association and was a participant in the Young Pharmacist's Leadership Conference. After leaving Drake, Filippelli attended medical school at Des Moines University, graduating in June 1999; he completed his residency in Family Medicine in 2002 at the Cedar Rapids Medical Education Foundation in Cedar Rapids.

Dr. Filippelli began working as a physician in July 2003 with the Iowa Department of Corrections and continues as primary care provider for the Newton Correctional Facility. He joined United Community Services in November 2010 as medical director, supervising the care of clients undergoing medication assisted treatment for opioid addiction. In July 2011, he was asked to serve as medical director for the Des Moines facility for MECCA Services, Inc., (now Prelude Behavioral Services), which provides short-term inpatient care for treatment of addictions and continues providing medical care to clients with addictions at these facilities.

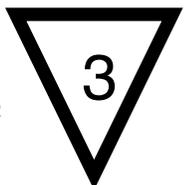
Dr. Filippelli makes his home in Des Moines and loves racquetball and raises and shows Rhodesian Ridgebacks. He sings in various local musical groups in Des Moines including the Des Moines Gay Men's Chorus, and loves to garden, read, and do genealogic research in his spare time. He can be reached at <frank.filippelli@iowa.gov> or through his office at Franklin Family Practice, 4908 Franklin Avenue, 515-280-3860; www.franklinfamilypractice.net.

Friendship between women:

A woman didn't come home one night. The next day, she told her husband that she had slept over at her friend's house. The man called his wife's 10 best friends. None of them knew about it.

Friendship between men:

A man didn't come home one night. The next day, he told his wife that he had slept over at a friend's house. The woman called her husband's 10 best friends. Eight of them confirmed that he had slept over, and two claimed that he was still there.





STAYING IN TOUCH THIS SESSION

It was an honor to sign my name in the official register after being re-elected as senator for the people of Senate District 21, which includes the west part of Des Moines, portions of West Des Moines and northwest Warren County.

Throughout the session, I want to make sure you know what's happening at the Statehouse. I'll send out an e-mail newsletter on the key issues we address from week-to-week in the Senate. I'll also participate in local forums, where we'll have a chance to talk face-to-face. There are several online resources to help you stay informed as well.

Please check out my Senate Web page at www.senate.iowa.gov/senator/mccoy, and share this site with others who might be interested in signing up for my newsletter, connecting with me on Facebook or checking out my Senate photos.

At our caucus Web site, www.senate.iowa.gov/democrats, you'll find:

- Articles on legislation, current events, grant opportunities and state resources.
- Summaries of bills voted on in Senate committees and in the chamber.
- Social media links to connect with Senate Democrats via Facebook, Twitter and YouTube.

At www.legis.iowa.gov, the Iowa Legislature's official site, you can watch live debate in the Senate and House, track bills of interest, review what's happening in legislative committees, and even arrange a free tour of the Statehouse if you plan to visit.

Most important, I want you to know that I am here to listen and represent the people in my district. When you share your concerns and ideas, you're helping me do my job. I especially look forward to input related to the committees I serve on.

This session, I once again will serve as an Assistant Senate Majority Leader and as chair of the Transportation & Infrastructure Budget Subcommittee. I am vice-chair of the Commerce Committee and am a member of the Appropriations, State Government, Transportation, and Ways & Means committees.

To contact me during the week, call the Senate Switchboard at 515-281-3371. Otherwise, I can be reached at 515-274-0561. E-mail me at matt.mccoy@legis.iowa.gov.

Additional information

This is a legislative update from Senator Matt McCoy, representing the west part of Des Moines, portions of West Des Moines and northwest Warren County. For newsletters, photos and further information, go to www.senate.iowa.gov/senator/mccoy.

To contact Senator McCoy during the week, call the Senate Switchboard at 515-281-3371. Otherwise he can be reached at home at 515-274-0561. E-mail him at matt.mccoy@legis.iowa.gov.



Senator McCoy is an Assistant Senate Majority Leader, chair of the Transportation & Infrastructure Budget Subcommittee, and vice-chair of the Commerce Committee. He also serves on the Appropriations, State Government, Transportation and Ways & Means committees.

A Bill to Ban Conversion “Therapy”

By Iowa Senator Matt McCoy

[Senate File 31](#) is a bill that has been on my mind over the past several months. I had been in contact with a few people on Facebook who had written to me describing the torture they had endured undergoing conversion “therapy” and dealing with the psychological effects after the conversion “therapy” did not work.

Then a senior high school student named Aditi Rao from Cedar Falls brought legislation to my office. She is a member of SIYAC, the State of Iowa Youth Advisory Council. I knew then it was the right time to introduce this legislation in the Iowa Senate.

We met with One Iowa and discussed the bill with the National Center of Lesbian Rights. NCLR is making a nationwide initiative through their BornPerfect campaign that seeks to end conversion therapy state-by-state. They are working to end the shame, self-doubt, self-loathing, and suicide that are common among those who undergo conversion “therapy.”

The bill is currently in the Senate Human Resources Committee, which is chaired by Senator Liz Mathis. She assigned the bill to Senator Joe Bolckom, who scheduled a subcommittee meeting for February 17 at 4 p.m. in the Senate Lounge.

The bill is simple. It does not allow a mental health provider, as defined by Iowa statute, from engaging in conversion “therapy” efforts and attaches a disciplinary action. The preface of the bill is long, as it is a listing of national and international psychological associations that have condemned conversion therapy and do not endorse its practice.

The Iowa bill mirrors legislation passed in California and New Jersey. Gov. Chris Christie of New Jersey signed the legislation in his state. The

California and New Jersey cases have gone to court, and they have been upheld as long as freedom of speech is not constricted. The courts have upheld the law in the face of claims of infringement on parental rights.

This week a judge in New Jersey, in a case brought by the Southern Poverty Law Center, agreed with a motion by the SPLC and blocked five of six defense “experts” that were called by the conversion therapy group to testify on their behalf. In this case, the conversion therapy group violated New Jersey’s Consumer Fraud Act because they sold their services to the public.

I will work to move this important legislation through the legislature and keep you informed of progress. Currently, I am looking for GLBTQ Iowans who are willing to tell their stories related to conversion therapy. Many who have experienced this trauma are simply unable or unwilling to tell their stories publicly. One Iowa has been reaching out to Iowans who are able to talk about their experience. If you have experienced conversion therapy in your own life and are willing to talk about it, please contact me at 515-681-9327 (my private cell phone), and I will protect your identity and personal circumstance."

For further information, check out the Born Perfect campaign at:

www.nclrights.org/explore-the-issues/bornperfect.

You can read the text of my bill at <http://coolice.legis.iowa.gov/Cool-ICE/default.asp?Category=billinfo&Service=Billbook&menu=false&ga=86&hbill=SF31>

*Sunlight is said to be the best of disinfectants;
electric light the most efficient policeman.* Justice
Louis Brandeis

*Too many so-called Christians treat the Bible like
the Terms and Conditions of a new web app
they're about to download: they don't bother
reading it and merely scroll down and click I Agree*

When you do it in the rain no one will see you cry.

*Ever notice how others do what they
believe to be wonderful things? And you
find that you're the one that's suffering
their "generosity."*



Born Too Soon, But in the Nick of Time

Reflections by Charles Carnes

I was born in 1935 and was between 10 to 14 years of age when I began noticing that I had a completely different attitude than my male childhood friends. The primary difference had to do with our interest in the naked bodies of others. We shared the interest, but they expressed interest in girls and I was feeling more interest in boys.

In general, I was finding my childhood friends to be very boring. I worked in my parents' country grocery store most of the time that I was not in school. I found adults to be much more interesting. Many people in the rural Iowa town (population around 100) would gather in the store to socialize as much as to shop until 10:00 pm each evening. I learned a lot while being around the store. TV really did not arrive until after I started taking a bus to a nearby town during my sophomore year in school. So, extreme isolation characterized my early childhood as a gay youngster.

I attended and did learn a lot in my one room elementary school. We usually did not have all 8 grades; often one or two grade levels were not represented. That created a fairly wide range of ages and experience levels in a single room. Slowly -- very slowly -- I began learning about the gay world. I struggled to identify as a gay person, and to figure out exactly what that meant. I certainly had no one that I could talk to about my feelings, and I was left very confused.

From my "research" I came up with some conclusions that were very wrong. For example, I was raised as a devout Methodist child and I decided that the reason I was gay was because God made me that way in punishment for something I had done as a younger child. I expended considerable thought and energy seeking an answer to that question. I never could figure out with confidence what I had done to deserve this punishment.

In addition, I concluded that the world did not have very many gays in it. Little did I know; certainly, regardless of number, there were no gay role models available for me to emulate. I decided that, because the world had very few gay persons and no positive images of gay people, we were

wicked people.

What a disaster. I could not talk to anyone about being a homosexual. I believed, wrongly, that I was a very wicked person and that if anyone else knew, I would be rejected by virtually everyone who knew me. On reflection, I was scarred by my experience growing up and, in multiple ways, was denied -- denied myself -- a life that could have been more productive and satisfying.

To this day, when I am with a group of gay people, I still feel some anxiety about being gay. Intellectually, I know better, but emotionally, those scars linger, and I feel I am not gay enough. And, at the same time, when I am with a group of people who are not gay, I feel that I cannot be straight enough to make them and me comfortable.

I never talked with anyone else about all this stuff. At the age of 27 I went to Iowa City for therapy with a psychologist for about 3 years. Then I moved to Des Moines to begin my teaching career. I was in my third year of teaching before I told anyone in the entire world that I am gay. I retired from teaching in 1961 and started a highly successful dinner theater.

As I look back on the progress that has been made since my childhood, I am thrilled to know that young people today are much more likely to know that they are not alone. They have remarkably public role models. They have knowledgeable people to talk to about their feelings. They have accurate, basic information. They often have supportive families and there are a growing number of supportive religious institutions, although the Methodists still have a ways to go. They have civil rights protections. They have the right to serve in the US military and, in more and more states, the right to legally marry. Incredible, given the environment of my upbringing and my early period of self-realization.

Sadly, for me, is the fact that I was born too soon to have taken fullest advantage personally of these advances. Happily, for me, I have been privileged to witness these advances and know that a gay child born today will have the greatest opportunity to realize their full potential as a productive citizen than has ever before existed.

Investing in Schools Keeps Iowans Competitive

by Sen. Matt McCoy

Iowa schools are crucial to a world-class education that prepares students for good jobs and strengthens our middle class.

Business leaders say Iowa's shortage of skilled workers hurts their ability to grow and operate competitively. That means our state's continued success depends on support for Iowa students and schools at all levels.

Other states have figured out that high-wage, high-skill economies are built on a foundation of great local schools, and they've committed to supporting those schools. While other states are investing more in student achievement, Iowa is failing to commit enough dollars to ensure each student's success. On average, we invest \$1,612 less per student than the national average. We are currently 35th in the nation.

The Legislature needs to increase its commitment to great schools, higher student achievement and increased teacher quality. Local parents, teachers and school administrators say our schools increasingly are forced to choose between providing a good education or just the bare minimum.

The problem has emerged as support for our local schools has become an increasingly partisan issue, and it could get worse. Governor Branstad and the Iowa House have released their proposals for school funding for the next two years. Their proposals provide little support to help our schools keep up with inflation, let alone compete with other states.

A new survey of Iowa school superintendents reports that the Governor's budget would send our schools in the wrong direction, resulting in fired teachers, overcrowded classrooms, outdated textbooks and fewer choices for Iowa students. In fact, almost all survey respondents said they oppose the Governor's plan to provide less than 1 percent in additional state aid to schools for the 2015-16 school year.

When asked what the impact would be on their students, 75 percent said they would increase class sizes, 74 percent said they would fire teachers, 71 percent said they would delay buying new classroom materials, and 70 percent said they would reduce course offerings.

School superintendents believe the Branstad budget would limit the opportunities of tens of thousands of Iowa students. Iowa is competing with the world for high-skill, high-wage jobs. That means great local schools have never been more important to our families and our state's economic future.

Pondering Education . . .

1. A little pain is good for you.

Psychologist K. Anders Ericsson gained fame for his research showing that true expertise requires about 10,000 hours of practice.

2. Drill, baby, drill.

Rote learning, long discredited, is now recognized as one reason that children whose families come from India (where memorization is still prized) are creaming their peers in the National Spelling Bee Championship.

3. Failure is an option.

Kids who understand that failure is a necessary aspect of learning actually perform better. The fear is that failure will traumatize our kids. In the moment, maybe. But not in the long term.

4. Strict is better than nice.

"When I was in first grade and second grade and third grade, when I cried my teachers coddled me. When I got to Mrs. T's room, she told me to suck it up and get to work. I think she's right. I need to work harder."

5. Creativity can be learned.

"...there is no such thing as a born genius. Most creative giants work ferociously hard and, through a series of incremental steps, achieve things that appear (to the outside world) like epiphanies and breakthroughs.

6. Grit trumps talent

grit—defined as passion and perseverance for long-term goals—is the best predictor of success. In fact, grit is usually unrelated or even negatively correlated with talent.

7. Praise makes you weak...

10-year-olds praised for being "smart" became less confident. But kids told that they were "hard workers" became more confident and better performers.

8. ... while stress makes you strong.

Psychology professor Mark D. Seery gave healthy undergraduates a stress assessment based on their exposure to 37 different kinds of significant negative events, such as death or illness of a family member. Then he plunged their hands into ice water. The students who had experienced a moderate number of stressful events actually felt less pain than those who had experienced no stress at all.

Excerpted from "The Paradox of Stress" by Rein Polis. The full article may be found by searching in your web browser for "Paradox of Stress Rein Polis"

FFBC

First Friday
News & Views
Des Moines, Iowa

March, 2015

First Friday
Breakfast Club

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More Penis Than I Thought Possible

A Book Review by Steve Person

In the last newsletter, I reviewed David M. Friedman's **Wilde in America**. Another book of his is **A Mind of Its Own: A Cultural History of the Penis**. Originally published in 2008, the book is out of print, but I was able to find a used copy on the Internet and set about discovering more about the male organ than I ever thought possible.

Friedman takes a scholarly approach to his subject and divides the book into six chapters. Each chapter represents a unique view of that part of the male anatomy that is sometimes loathed, often misused, and always, it seems, misunderstood.

Chapter one presents "The Demon Rod" as espoused by Saint Augustine, the Bishop of Hippo. Before Augustine, the penis during the Roman Empire was, in Friedman's words, "an instrument of pleasure." It was revered in Roman households as depicted in murals featuring Priapus, a god with an enormous erect penis. Naturally, it took Christianity to deflate that philosophy. "But for Augustine the cause *and* the effect of original sin is lust, the symptom *and* the disease is erection. With this one stroke, this one man transformed the penis more than any man who had yet lived: the sacred staff became the demon rod."

Enter Leonardo da Vinci in Chapter Two's "The Gear Shift." "Often a man is asleep and it is awake," he wrote, "and many times a man is awake and it is asleep." Da Vinci dissected many corpses—and penises in particular—making clear in his journal and detailed sketches that the penis is a mystery. Other researchers of the Renaissance, often at great risk to themselves, built on da Vinci's work and advanced the cause of science over religion. It was during this time that the microscope was invented and spermatozoa were observed first hand. It was also during this period that masturbation—or onanism—became a popular topic of revulsion, indicating an unhealthy practice that interfered with sperm production.

Chapter Three, "The Measuring Stick," reveals a disturbing history of the penis and race, namely Africans. "All penises are ultimately tools of the Devil, taught Augustine, the Church's most influential theologian. But now some of them—those on Africans—were declared more satanic than the rest. The proof was in their size and color, each a punishment from God. It was not long before other experts, using the secular language of science, reached a similar conclusion." Of the six chapters in this book, I found this one to be the most disturbing. The horrid acts committed in so-called civilized societies against men of color sickened me as a reader, but history cannot be ignored.

Perhaps the most interesting part of the book is Chapter Four, "The Cigar." Sigmund Freud dominates here with his theories of penis envy, castration fears, and the Oedipus Complex.

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