

..THIRD EDITION..

# *Understanding Sexuality*

HAAS & HAAS



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**M Mosby**

St. Louis Baltimore Boston Chicago London Philadelphia Sydney Toronto



Dedicated to Publishing Excellence

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*Designer:* Julie Taugner

*Cover Art:* Marc Chagall, *The Lovers*, 1954-1955, Collection the Israel Museum, Jerusalem, gift of Jan Mitchell through the America-Israel Cultural Foundation

### THIRD EDITION

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Printed in the United States of America

Mosby–Year Book, Inc.  
11830 Westline Industrial Drive  
St. Louis, Missouri 63146

Library of Congress Cataloging in Publication Data  
Haas, Kurt.

Understanding sexuality / Kurt Haas, Adelaide Haas. — 3rd ed.  
p. cm.

Adelaide Haas's name appears first on the second edition.

Includes bibliographical references and index.

ISBN 0-8016-6748-8

1. Sex 2. Sex customs—United States. I. Haas, Adelaide.

II. Title

HQ21.H24 1993

306.7—dc20

92-34970  
CIP

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## ABOUT THE AUTHORS

**Kurt Haas** received his Ph.D. in clinical psychology from Pennsylvania State University. He has taught at Bowling Green State University and is currently a professor at the State University of New York, College at New Paltz. Dr. Haas has been a U.S. Public Health Service Fellow, holds the Diplomate in Clinical Psychology, has received numerous research grants, and is consultant to several mental health and treatment facilities. His previous books and publications reflect his interest and work in abnormal behavior, counseling, and psychological and sexual adjustment.

**Adelaide Haas** is professor and chair of the department of communication at the State University of New York, College at New Paltz. Her doctoral work at Columbia University on sex differences in the language of children was cited for its distinction. Dr. Haas's research in female/male communication, sex roles, and relationships has been published in a variety of professional journals, including *Psychological Bulletin* and *Sex Roles: A Journal of Research*. Her work on conversations and interactions of women and men has been reported in popular newspapers and magazines. Dr. Haas has received several research grants and has been a consultant in many clinical studies.

*To our children, Ruth and Joseph, and to all  
children. May they grow and live in a wiser, more  
loving, and peaceful world.*

# Foreword

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EDWARD M. BRECHER

(1912-1989)

Sex education did not exist in the United States at either the school or the college level until 1937, when Dr. Alfred C. Kinsey taught his first course in human sexuality at Indiana University. He found no textbooks he could use; indeed, he could find very little information available to pass along to students. So he launched his own study of sexual behavior, using his students themselves as his first informants. The massive Kinsey reports—among the three or four most important contributions to the study of sex—were the outcome.

Students and instructors no longer have to begin virtually from scratch in their study of human sexuality. Dr. Adelaide Haas and Dr. Kurt Haas provide a clear, easily understood textbook that moves from a description of ancient sexual practices, beliefs, and restrictions in Chapter 1 to an informative analysis of early and current research. Along the way, they provide useful information to help readers better understand and enjoy their own sexuality.

This knowledge must not be taken for granted. As recently as 1941 the Supreme Court of Connecticut officially held that it was illegal for a physician to reveal to a married patient the facts about pregnancy prevention, even if the patient has a life-threatening condition in which childbearing probably would prove fatal. If the patient did not want to die in childbirth, the court ruled, she and her husband should abstain from sex altogether. In contrast, today, in Chapter 7 students will find practical, consumer-oriented information. They can read about the advantages and disadvantages of nearly a dozen reliable birth control techniques and then make a decision that is both informed and personally comfortable.

Students should recognize, too, that for many children and young people of college age as recently as a few decades ago, the wall of sexual secrecy was impenetrable. Many unmarried teenagers became pregnant, for example, because the relationship between sexual intercourse and pregnancy (see Chapters 8 and 22) had been kept a secret from them. Some brides went to bed on their wedding night in utter ignorance of what was about to happen to them. The kind of information the authors present in Chapter 6 concerning the means to satisfying sexual arousal, intercourse, and orgasm was either unavailable or suppressed.

Some young men of the pre-Kinsey generation were able to secure some of the sexual information they needed from their peers, but it was typically tainted with vast quantities of *misinformation*, especially misinformation about women (see Chapter 3). They learned nothing, for example, about the role of

the clitoris in female sexual response and very little about the fact that women, as well as men, experience orgasm. Thus young women suffered from a double dose of ignorance: the ignorance (mistakenly labeled “innocence”) in which they themselves were being kept and the mixture of ignorance and misinformation with which their future lovers and husbands were reared.

Well aware of this heritage of potential ignorance and misinformation, the authors take great care in Chapters 3, 4, 5, 6, and 10 to teach and encourage women and men to learn their own and their partners’ sexual needs, anatomy, and physiology. Couples are helped to communicate so that they can better understand their own motives and attitudes and appreciate those of their partner (see Chapters 12 and 13).

The tide began to turn when in 1930 an English gynecologist, Dr. Helena Wright, wrote *The Sex Factor in Marriage*. She told women readers two simple facts that had long been kept secret: how they could teach themselves to reach an orgasm and how they could thereafter teach their husbands to bring them to orgasm.

“The publisher and I expected the whole edition to be seized, banned, and destroyed,” Dr. Wright later recalled, “so we grabbed the first copies off the press and buried them in secret places—two in England and one in France.” Thanks in good part to the courage of pioneers like Dr. Wright, such precautions are no longer needed. *Understanding Sexuality* is filled with factual and practical information that need not be hidden but should be shared by all women and men.

Consider also the information concerning homosexuality contained in Chapter 14. Thirty years ago, state legislatures dared not use the *word* homosexuality when passing laws making homosexual acts a cause for imprisonment—in some cases lifelong imprisonment. To protect the innocence of those who might read the law, they frequently called homosexuality “the crime against nature.” Writers who wanted to avoid mentioning the term used derogative phrases such as “the sin that dares not speak its name.”

In this text the authors present an enlightened and sensitive discussion of homosexuality and of heterosexual alternatives. They examine timely issues such as “coming out,” the impact of AIDS, erotica, and nonmarital sexuality. They rationally describe and discuss the variety of choices that are part of human sexual need and expression.

The authors explore, too, the growth and evolution of sexual awareness. They show the development of sexuality in children and adolescents in Chapter 9. In Chapters 10 and 11 they portray the experiences and concerns associated with sexuality during the adult years through old age. Special attention is given also to sexuality among those who are single. This focus spans the entire spectrum from young unattached college students, to separated or divorced adults, to people who in their older years lose the person with whom they have shared most of their life.

A generation or two ago the nouns *syphilis* and *gonorrhea* were rarely printed in newspapers or magazines; the vaguer term *venereal disease* (VD) was coined to help keep readers ignorant of this aspect of sexuality. In at least one state during the 1950s, moreover, it remained a criminal offense for anyone to tell how to protect against VD when having sexual intercourse. In Chapter 15 readers will find, spelled out in useful detail, all the information they are likely



to want or need concerning HIV, herpes, syphilis, gonorrhea, and other sexually transmitted diseases, including practical ways to minimize the risk of infection.

*Understanding Sexuality* presents a comprehensive overview of complex and technical scientific topics in a practical and highly readable style that students will find not only comprehensible but enjoyable. While the text can and should be studied, it can also be read much as a novel is read *by those eager to learn what is going to happen on the pages ahead*. Having just read the textbook myself, continuously, from cover to cover, I came away with a deep respect for the authors' achievement and with a sober, almost poetic, remark by the late comedian, W.C. Fields, fresh in my mind:

*Sex isn't the best  
thing in the world, or  
the worst thing in  
the world—but there's  
nothing else  
quite like it.*

# *Preface to the Instructor*

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Sex is a serious topic. The well-being of individuals, couples, families, and even entire societies can depend on matters that are fundamentally sexual. This does not mean that the tone of a human sexuality textbook needs to be somber. We are fully aware of the importance of sexual matters but also recognize their joyful potential. In this edition we continue our tradition of writing with a gentle touch, warmth, and even a bit of humor to ease tension and facilitate learning.

Both of us at different times have written about sexuality. Adelaide approached her task from the perspective of her specialties, female/male communication and interpersonal relations. Kurt wrote as a psychologist. Although a few years went by before the obvious became apparent, we finally realized we could have a far better, more integrated text if we worked together. As a team we bring the complementary skills of a woman and a man, a communications specialist and a clinician, parents of grown children, and over 25 years of college teaching. Our aim, through this blending of backgrounds, is to write a book that is informative, balanced, lively, and useful.

The third edition of *Understanding Sexuality* retains its emphasis on practical, current, solid information. Kept, too, are valued features such as the pedagogy and the ancillaries. Every chapter also has been carefully analyzed by reviewers, editors, and the authors and revised for clarity, completeness, and currency. Four new chapters have been added, and most other chapters have new topics or have been reorganized, enlarged, or made more comprehensive.

## **AUDIENCE**

Students come to human sexuality courses from all academic areas. A typical class may include people majoring in nursing, business, psychology, women's studies, education, biology, health, sociology, engineering, and many other disciplines. Further, while most will likely be young college students, older men and women have become an increasing and important part of every classroom.

With such a varied audience, we have written the textbook so that it can stand on its own. Students can come from any college discipline and need not have any special prerequisite course. Readers may be in 2- or 4-year college

programs. In most instances too the book will prove equally suitable for college women and men in their beginning years or those further advanced in their programs. The material included and the level of presentation are intended to be understandable and useful to the widest number of students regardless of their background, preparation, and goals.

## ORGANIZATION

*Understanding Sexuality* is organized into seven parts; each includes topics that are related or congruent. Instructors may choose to follow the numerical succession of parts and chapters. There is, however, enough flexibility to allow alternative arrangements or to omit particular chapters. We begin with *Understanding Sexuality: Perspectives*, which is an examination of our origins and a brief report of basic sex research. Both history and scientific sex investigation have helped shape current thinking. The second part of the textbook, *Female and Male: Sex and Gender*, explains the anatomical, physiological, and gender function of both sexes, as well as sexual intercourse.

Part Three, *Reproduction*, is a comprehensive, consumer-oriented presentation of pregnancy, family planning, fertility, abortion, and adoption. We want readers to be informed and aware of alternatives and options so that they can make reasoned decisions.

The *Seasons of Life*, Part Four, presents human sexuality in a developmental context. We report on childhood and adolescence and focus, too, on single people from youth through old age. Part Five, *Relating to Others*, provides substantive coverage of the many ways human beings form friendships and partnerships. In this section we also give practical pointers showing how relationships may be improved.

The same theme of helping students to be knowledgeable and judicious carries over to Part Six, *Sexual Health*. We present a realistic yet sympathetic discussion of sexually transmitted diseases and problems in sexual function. We also emphasize disease prevention and are reassuring about dysfunction and disability. We hope to allay some of the hysteria and misinformation conveyed by the media. Finally, Part Seven, *Sex and Society*, includes several contemporary topics: exploitation, commercial sex, victimization, abuse, religion and ethics, and sex education. These issues are of growing concern. An increasing wealth of research and writing is clarifying their social and personal impact.

## CONTENT HIGHLIGHTS

### Approach

Every student is a potential (or current) spouse, parent, lover, and professional. Each is a consumer and user of knowledge. For this reason *Understanding Sexuality*, whenever appropriate, includes information that is instructive, practical, and useful. We want to help enrich our readers' sexuality, health, and life.

**Consumer oriented and practical** A major objective is to present a personally useful book. To achieve this goal we have made the text as relevant and accu-

rate as possible. Whether we are discussing pregnancy or contraception, we present sound suggestions, alternatives, advantages, and disadvantages. Some additional examples: maintaining sexual health; communicating with and understanding the other sex; handling obscene telephone calls; how to help yourself or seek professional treatment; overcoming shyness; understanding childhood sexuality; deciding if it's love or infatuation and so on.

**Information, not anxiety** Too much that is written about sexuality reinforces fear or is prejudicial. Although serious and sensitive issues need to be discussed in a human sexuality textbook, triggering anxiety or indicating disapproval is not likely to result in effective learning. For this reason our descriptions of sexually transmitted diseases are realistic but reassuring. We point out, for example, that although herpes is a common, often annoying infection, it is rarely dangerous. Also, although HIV/AIDS is extremely serious, it can be prevented by measures we explain in clear detail. The topic of sexual abuse is similarly treated. Victims may be traumatized by sexual assault, but prevention is possible and professional help is available to assist a full recovery. Accurate information, much more than fear, brings about responsible behavior.

**Currency** Several chapters and sections in *Understanding Sexuality* discuss new and current material that is covered in few other texts. These unique topics include the role of stress and fitness in sexual function and a thorough coverage of attraction and love, integrating physical, social, and psychological factors. Other contemporary concerns brought up-to-date include the sexuality of the physically and developmentally challenged and the visually or hearing disabled; the latest developments in the epidemiology and management of HIV/AIDS; and the effects of court decisions on abortion.

**Sexual signals** Communication is the means by which people come to know and relate to one another. It is at the core of every relationship and more often than not determines sexual and affectional satisfaction. Unlike many texts, we devote an entire chapter to spoken and unspoken communication (Chapter 12). We want students to learn the words, body signs, and signals that play such an important role in sexual communication. The last section of the chapter gives specific advice so that readers can better understand others and improve their own clarity.

**Single adults** Recognizing that one in every five Americans is now single persuaded us to discuss their needs, interests, life-styles, and sexuality in detail. We cover the never married, the divorced, and the widowed and pay particular attention to college students. In addition to presenting the issues in and the advantages and disadvantages of being single, we also discuss the numerous singles' groups and services (Chapters 9 and 10).

**Gender similarities and differences** The social, psychological, and biological determinants of gender, as well as the resultant differences between women and men, are the focus of Chapter 5. But unlike most texts, we pay careful attention to gender similarities. Whether we discuss physical strength, intellec-

tual aptitudes, or emotional needs, we demonstrate that while some differences exist between men and women, more often than not their attributes considerably overlap. Women and men are far more similar than they are different. It is this recognition that can bring about better communication between the sexes and add immeasurably to relationships.

**Conversational writing style** Written in a personal, conversational style, our goal is to make this text as relevant and clear as possible. Information is drawn from laboratories, surveys, investigations, and the views of other writers. We avoid excessive citation and, while remaining nonjudgmental, select and synthesize information so that students can understand and apply research and data.

## SUCCESSFUL FEATURES

Several features set *Understanding Sexuality* apart from other human sexuality texts and are responsible for the success of the first two editions. Following is a list of some features of *Understanding Sexuality* that provide you with thorough coverage of and an excellent introduction to the realities of human sexuality expression:

- Chapter 16, Health: Ability and Challenge, examines a topic not often included in other sexuality texts and provides a progressive, detailed discussion of the unique sexual, affectional, and physical challenges faced by the disabled, as well as coping techniques that can allow the physically challenged to fully experience and enjoy their sexuality.
- Chapter 18, The Business of Sex, examines how sex has been commercialized by the media and business and includes a thorough discussion of prostitution, erotica versus pornography, and other timely issues.

Other important topics and issues include:

- Consideration of the advantages of chorionic villus sampling over amniocentesis
- A complete description of female circumcision
- An expanded discussion of hysterectomy
- A review of the influences of the media on teenage sexuality
- New research on gender-related behaviors such as aggression and nurturance
- Updated reports on teenage pregnancy and runaways
- Closer examination of the varieties of rape, psychological and physical sexual coercion and abuse, and means of prevention
- New birth control methods, abortion technology, and legal considerations
- Reexamination of homophobia and its consequences
- Discussion of the bisexual spouse
- Description of the new climate of sexual conservatism
- Consideration of pornography, erotica, and adult videotapes
- The role of attractiveness in marriage, and marital and partnership alternatives

While we have added a substantial amount that is new, we have retained all first and second edition materials and features that were favorably received and particularly valued.

## NEW AND EXPANDED FEATURES

### New Chapters, New Topics

Every chapter of *Understanding Sexuality* has been extensively updated. In addition, listed below are some new materials highlighting vital sexuality issues that reflect today's social, political, and individual life-styles:

- Chapter 15, Sexually Transmitted Diseases: Symptoms and Prevention, includes current information on HIV infection, AIDS treatments, and the effects of AIDS on society. Updates on treatments and demographics are provided for human papillomavirus (HPV), chlamydia, giardiasis, and several other infections not usually included in other sexuality texts. A survey of student needs has resulted in coverage in this chapter on How to Live Comfortably with Herpes.
- Chapter 19, Paraphilias: The Sexual Continuum, provides nonjudgmental coverage and contemporary research on a variety of paraphilias. The approach helps students get beyond preconceptions of paraphilia to a knowledgeable outlook.
- Chapter 20, Sexual Coercion and Violence, devoted to recent demographics and issues, discusses sexual assault, "fraternity" and acquaintance rape, treatments for victims, and how to avoid victimization.
- Chapter 21, Religious Concepts: Shaping Values and Ethics, provides an overview of the world's major religions, covers the controversy and conflict over reproductive technologies, and discusses how values and ethics influence sexual behavior and expectations.
- Chapter 22, Sexuality Education, explores how people are taught about sex and how adults and children acquire knowledge about their sexuality. Emphasis is placed on the special role education plays in helping to prevent teen pregnancy and sexually transmitted diseases, as well as on the methods of teaching socially and culturally diverse populations.
- Recent data, research, and information from **Canada**, and frequently from other nations, permit readers to see sexuality in a more universal context.
- The text's currency is based on more than 800 new citations, three fourths from this decade.
- The full range of sexual-affectional relationships are covered including cohabitation, monogamy, lesbian and gay couples, friendships, polygamy, and other intimate and companionate arrangements.
- Up-to-the-minute information is provided on silicone breast implants, Norplant, other new contraceptives, and court rulings on consenting adult sexual behavior and abortion.
- Other topics that have been substantially revised or updated include the following:
  - Abstinence
  - Androgyny
  - Aphrodisiacs
  - Birth control/contraceptive technologies
  - Male and female circumcision
  - de Clerambault syndrome
  - Hysterectomy
  - Erotica
  - Nudism
  - Premenstrual syndrome
  - Psychotherapy
  - Self-blame in sexual abuse survivors
  - Sexual harassment
  - Teenage pregnancy, runaways
  - Sexual assault on males

- Fantasy
- Sibling and parent incest
- Law and sexuality
- Communication
- Television violence and its influence on behavior
- Homophobia

## NEW PEDAGOGY

Creating a learning atmosphere that encourages discussion and critical thinking is a constant challenge. Several new pedagogical features aid the student in comprehending difficult concepts, understanding other viewpoints, and scrutinizing personal beliefs, assumptions, and values:

- New to every chapter, *People, Places, Points of View* discusses cross-cultural and global subjects such as Sexual Services in Nevada and Thailand, and illustrates the effects of differing ethnic, historical, and social customs.
- The *Cutting Edge*, new to each chapter, highlights recent published studies of issues in sexuality. Summaries of thought-provoking articles are designed to challenge and teach the student to evaluate scientific literature and apply new concepts to daily life. Critical thinking questions at the end of each summary provide students with the opportunity to explore pertinent issues and their personal values.
- The number of vocabulary definitions has doubled, and the words and pronunciations appear both in a glossary at the end of the text and in the margin on the pages on which they are used.
- A new chapter feature, *Concept Check*, assists students in evaluating what they have learned and also encourages thought about future chapters.
- A section, *Tips for Better Living*, has been added to most chapters to highlight information that will make readers better consumers of sexual knowledge.
- Two popular features, *Ask Yourself* (self-appraisals of attitudes) and *Test Yourself* (mini information quizzes), have been sharpened and upgraded.

## PEDAGOGICAL FEATURES

*Understanding Sexuality* contains a variety of learning aids to assist instructors and to enhance student learning.

### ***New! The Cutting Edge***

Each chapter highlights pertinent, current topics in human sexuality.

### ***New! People, Places, Points of View***

Discusses global and ethnic concerns from a cross-cultural perspective—one in every chapter.

### **Chapter Objectives**

Each chapter opens with the identification of four to six objectives. These help label and reinforce the goals of the chapter.

### **Margin Notes and Definitions**

Margins are often used to provide additional information such as pronunciation guides, sidelights, tips, and cross-references to discussions within the text.

These aids are designed to assist comprehension, help apply the content learned, and enhance visual appeal.

### **Focus Boxes**

In each chapter, Focus boxes provide topics to stimulate student involvement. Some selected topics include the naked Jesus, women's and men's health care, the ethics of HIV/AIDS, surrogate parenthood, and systematic desensitization.

### **Self-Assessments**

Two types of self-assessments appear in the text and actively involve the reader. Test Yourself briefly quizzes knowledge of pertinent topics such as sexual intercourse and behaviors and marriage and other relationships. Ask Yourself challenges students to identify their beliefs and attitudes on more personal topics such as nonmarital intercourse, partner compatibility, readiness for marriage, parenting, birth planning, stress, and fitness. Interpretations are provided to make the scores meaningful, and suggestions are made for increasing awareness.

### **Authors' Files**

Direct quotations and case histories illustrate how others perceive and cope with sexuality issues.

### **Chapter Summaries**

A summary of the major points and their significance to students concludes each chapter.

### **For Thought and Discussion**

Four to eight study questions are presented at the end of each chapter as additional learning aids. These can be used to stimulate classroom discussion.

### **Documentation**

Up-to-date professional sources provide students and instructors with confidence in the accuracy and relevance of the material. The creation of the end-of-text bibliography provides a quick reference for term papers and a valuable resource for further study.

### **Suggested Readings**

For those who want to obtain more information about a particular topic, additional annotated sources have been included.

### **Appendix**

Correct answers to the Test Yourself assessments are arranged in one location at the end of the text. Score interpretations can be found within each assessment box.

### **Comprehensive Glossary**

At the end of the text, all terms defined in the margins, as well as other pertinent ones, are gathered into a comprehensive glossary. The glossary also provides the page locations where each term is described.



## Resources

Listed within the front and back cover are the names, addresses, and phone numbers of numerous sexuality information sources, conveniently divided into the following sections: Conditions and Diseases, Sexuality, The Family, Fertility Control, and The Maturing Adult.

## FULL-COLOR SECTIONS

To enhance the visual appeal and liveliness of the text, full-color sections have been added to the discussions of female anatomy, male anatomy, and pregnancy. In addition, the use of a second color has been retained elsewhere to accentuate the illustrations and design.

The illustration program draws heavily from the excellent biological expertise of Mosby–Year Book. In addition, William C. Andrea, a member of the Association of Medical Illustrators, Midwest Medical Illustrators, St. Louis Artists Guild, and the Biological Photographers Association, brings his experience and talents to much of the new art of the third edition. Of special interest is his work depicting sex hormone interactions and human sexual arousal.

*Understanding Sexuality* also boasts what we consider the best photographic program found among human sexuality texts. Our photographs are researched and selected to mirror an accurate representation of important sexuality aspects and issues, reflecting the multicultural diversity of the United States, Canada, and around the world.

## ANCILLARIES

A carefully prepared and tested ancillary package is available to instructors who adopt *Understanding Sexuality*. These materials can significantly assist teaching and learning. Each of the ancillaries has been reviewed by several instructors and subsequently refined to ensure clarity and accuracy. Complete information about the ancillaries is available from the publisher.

## Instructor's Manual and Test Bank

Prepared by Donald M. Stanley, Ph.D., of North Harris College, the instructor's manual begins with a conversion chart. The chart describes how the content of chapters in *Understanding Sexuality* correlates with coverage of similar material in several other leading human sexuality textbooks. Instructors using textbooks other than those reviewed will find the conversion chart useful in gaining an overall understanding of the content and thrust of each chapter.

The instructional portion of the manual features: chapter overviews, objectives, lecture outlines, notes and activities for teaching, assessments, media resources (including software), and full-page transparency masters of illustrations and charts. The manual is perforated and three-hole punched for convenience. An extensive test bank is included. It contains over 2000 multiple choice, true-false, matching, and essay questions. Test questions have been evaluated by reviewers for clarity, accuracy, and level of difficulty.