

**As a Swallowed Bait  
How Pornography Addicts and Changes the Brain  
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Stand for the Family Symposium  
Brigham Young University Law School  
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What a singular privilege it is add my voice to the others have spoken and will speak. I can think of no other institution which stands more effectively for the family that Brigham Young University. As I consider that this impressive forum was initiated and planned by these talented and motivated students I look to the future with hope. To you we say with McCrae, "Take up our quarrel with the foe; to you from failing hands we throw the torch; be yours to hold it high."<sup>1</sup> Four hundred and one years ago William Shakespeare published his sonnets, and in Sonnet 129 describes the madness of sexual compulsion. These verses are particularly applicable to the phenomenon of Internet pornography addiction.

The expense of spirit in a waste of shame  
Is lust in action: and till action, lust  
Is perjured, murderous, bloody, full of blame,  
Savage, extreme, rude, cruel, not to trust;  
Enjoyed no sooner but despised straight;  
Past reason hunted; and no sooner had,  
Past reason hated, as a swallowed bait,  
On purpose laid to make the taker mad.  
Mad in pursuit and in possession so;  
Had, having, and in quest to have extreme;  
A bliss in proof, and proved, a very woe;  
Before, a joy proposed; behind a dream.

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<sup>1</sup>John McCrae, In Flanders Fields

All this the world well knows; yet none knows well  
 To shun the heaven that leads men to this hell.

While some have avoided using the term “addiction” in the context of natural compulsions such as uncontrolled and unbonded sexuality, overeating, or uncontrolled gambling, let us consider current scientific evidence regarding the brain and addiction. Biologically, is the brain affected by pornography and other sexual addictions, and if so and such addictions are widespread, can this primary biological drive have a societal effect as well?

In 1869 the gypsy moth was brought to America to attempt to jump start a silk industry. Rarely have good intentions gone so wrong, as the unforeseen appetite of the moth for deciduous trees such as oaks, maples, and elms has devastated forests for the last 150 years. Numerous strategies have been employed to destroy this pest. However, in the 60’s scientists noted that the gypsy moth male finds the female to mate with her by following her scent. This scent is called a pheromone, and is extremely attractive to the male. In 1971 a paper was published in the journal *Nature* which used pheromones to prevent the moths from mating. The scientists mass-produced the pheromone and permeated the moth’s environment with it. This unnaturally strong scent overpowered the normal females ability to attract the male, and the confused males were unable to find the females. Note the title of the paper, “Insect population control by the use of sex pheromones to inhibit orientation between the sexes.”<sup>2</sup> Also pertinent is this summary from the abstract of the paper: “We have for the first time obtained experimental confirmation that pre-mating communication between the sexes can be disrupted by permeating the atmosphere with an insect pheromone.”<sup>3</sup> A follow up paper in 1971 describes population control of the moths by

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<sup>2</sup> L.K. Gaston, H. H. Shorey, and C. A. Saario, “Insect Population Control by the Use of Sex Pheromones to inhibit Orientation between the Sexes,” *Nature* 213, 1155, March 18, 1967.

<sup>3</sup> Ibid

“preventing male gypsy moths from finding mates.”<sup>4</sup> The gypsy moth was the first insect to be controlled by the use of pheromones, which work by two methods. One is called the confusion method. An airplane scatters an environmentally insignificant number of very small plastic pellets imbedded with the scent of the pheromone, and only a few of these pellets per acre are enough to overpower the male’s ability to find the female. He is thus desensitized to the natural scent of the female by this artificially produced pheromone. An Australian article describes the confusion method as follows, “The male either becomes confused and doesn’t know which direction to turn for the female, or he becomes desensitized to the lower levels of pheromones naturally given out by the female and has no incentive to mate with her.”<sup>5</sup> The other method is called the trapping method, in which the male moths enter traps from which they cannot exit looking for the female, only to find a fatal substitute.

Pornography is a *visual pheromone*, a powerful 100 billion dollar per year brain drug that is changing sexuality even more rapidly through the cyber-acceleration of the Internet. It is “inhibiting orientation” and “disrupting pre-mating communication between the sexes by permeating the atmosphere”<sup>6</sup> and Internet.

I believe we are currently struggling in the war against pornography because many continue to believe two key fallacies.

Fallacy #1. Pornography is not a drug, and

Fallacy #2. Pornography is therefore not a real addiction.

To illustrate Fallacy #1, listen to the following statement given by a Wall Street executive whose mainstream company discreetly profits from pornography: “I’m not a weirdo or a pervert, it’s

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<sup>4</sup> M. Beroza, E.F. Knipling, Gypsy Moth Control with the Sex Attractant Pheromone, *Science* 7 (177) no. 4043, 19-27.

<sup>55</sup> Anna Salleh, “Sex Pheromones Cut Pesticide Use,” ABC Science Online, October 16, 2000.

<sup>6</sup> L.K. Gaston, H. H. Shorey, and C. A. Saario, “Insect Population Control by the Use of Sex Pheromones to inhibit Orientation between the Sexes,” *Nature* 213, 1155, March 18, 1967.

not my deal. I've got kids and a family. But if I can see as an underwriter going out and making bucks on people being weird, hey, dollars are dollars. *I'm not selling drugs.* It's Wall Street."<sup>7</sup>

Now consider both fallacies as elucidated in the following statement from an executive in the pornography industry:

While much has been written and said about pornography being addictive, on par with drugs, booze and cigarettes, it's important to consider that this misinformation has been based upon questionable "science" and the opinions of anti-porn activists -- not upon any legitimate, unbiased research. Consider also the fact that "drugs, booze and cigarettes" are all physical, chemical agents that are ingested and can indeed have measurable, harmful, addictive effects. The mere viewing of any type of subject matter hardly falls into this category and, in fact, belittles the very real battles that addicts face over drugs, booze and cigarettes -- all of which can be lethal. No one ever died from looking at porn. While some compulsive types can be "addicted" to anything, such as watching a favorite television show, eating ice cream or going to the gym, nobody suggests that ice cream is akin to crack cocaine (remember that statement ) and should be regulated to protect...people from themselves -- instead, these compulsive actions are rightfully viewed by society as personality defects in the individual...<sup>8</sup>

Today we will review some of the science he refers to, and also discuss whether sexuality is a "physical, chemical" agent, i.e., "a drug," and also consider the latest research on natural brain rewards in deciding whether it is a true brain addiction.

. I would like to share an experience our family had a few years ago on a safari in Africa. On the way to our camp on the Zambezi River, we stayed at Victoria Falls. The beauty of the falls was captivating as the Zambezi plunged 360 feet into the gorge below. At our camp on the river, we were cautioned that while beautiful, the river held dangers. Hippos and crocodiles were plentiful, and we were told to exercise caution around the water. While on a game drive along the river our ranger commented on the adrenaline grass growing along the banks. I asked him why he used the word adrenaline, and he began to drive slowly through the grass. Abruptly he stopped the Land Rover and said "There! Do you see it?" "See what?" I

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<sup>7</sup> Brendon I. Koerner, "A Lust for Profits," *U.S. News & World Report*, March 27, 2000, 44.

<sup>8</sup> Interview with Stephen Yagielowicz, senior editor of XBIZ, <http://www.postregister.com/special/pandorasboxxx/story.php?accession=1013-08292007>

asked. He drove closer and this also changed the angle of the light. Then I understood. The lion was hiding in the grass watching the river, just waiting for some “fast food” to come get a drink. We were told that if we stayed in our seat and remained still, the lion would look at the Land Rover as a whole and not see us as individuals, and fortunately this was the case for us.

As far as the word adrenaline, we were sitting in open air Land Rovers with no doors and no windows. I then understood why it was called *adrenaline grass* as I felt my heart pound. My cerebral cortex saw and defined the danger, which registered in the autonomic, or automatic, part of the nervous system. The brain, which is a very efficient pharmaceutical lab, produced the chemical adrenaline. This brain drug caused my heart to pound and race in preparation for survival. I was ready to run if needed, not that it would have done any good with the lion. Interestingly, adrenaline, also called epinephrine, is a *drug* we physicians use in surgery and in emergencies to start the heart again when it beats too slow, or even stops. So is epinephrine *not* a drug if the brain makes it and it causes the heart to pound and race, yet *is* a drug if the same epinephrine is given by a physician? What about dopamine? This chemical is a close cousin to epinephrine, and for you chemists out there, it differs from epinephrine only by a methyl group. They are excitatory neurotransmitters which tell the brain to GO! Dopamine is important in the parts of our brain that allow us to move, and when the dopamine producing parts of the brain are damaged, Parkinson’s Disease results. To treat Parkinson’s Disease, physicians prescribe dopamine as a drug, and it helps the person to move again. So is it a drug only if the pharmaceutical lab makes it, and not if the brain makes the same chemical for the same purpose?

Of course both are drugs in every sense of the word, regardless of where they are produced. Pertinent to our subject, it happens that both of these brain drugs are very important in human sexuality and in pornography and sexual addiction. Dopamine, in addition to its role in movement, is an integral neurotransmitter, or brain drug, in the pleasure/reward systems in the brain. Let us take a moment and review some of the important components of the reward system of the brain. On the outside of our brain is the cerebral cortex, a layer of nerve cells that

carries conscious volitional thought. In the front, over the eyes, are the *frontal lobes*. These areas are important in judgment, and if the brain were a car the frontal lobe would be the brake. The frontal lobes have important connections to the pleasure pathways, so pleasure can be controlled. In the center of the brain is the *nucleus accumbens*. This almond sized area is a key pleasure reward center, and when activated by dopamine and other neurotransmitters it causes us to value and desire pleasure rewards. Dopamine is essential for humans to desire and value appropriate pleasure in life. Without dopamine, we would not be as incentivized to eat, procreate, or even to try to win a game. It's the overuse of the dopamine reward system that causes addiction. When the pathways are used compulsively, a downgrading occurs which actually decreases the amount of dopamine in the pleasure areas available for use, and causes the dopamine cells themselves to atrophy, or shrink. The reward cells in the nucleus accumbens are now starved for dopamine, and exist in a state of dopamine craving, as a downgrading of dopamine receptors on the pleasure cells occurs as well. This resetting of the pleasure thermostat produces a 'new normal.' In this addictive state, the person must act out in addiction to boost the dopamine to levels sufficient just to feel normal. As the desensitization of the reward circuits continues, stronger and stronger stimuli are required to boost the dopamine. In the case of narcotic addiction, the addicted person must increase the amount of the drug to get the same high. In pornography addiction, hard core replaces soft core, and progressively more shocking images are required to stimulate the person. As a feedback of sorts, the frontal lobes also atrophy, or shrink. Think of it as a 'wearing out of the brake pads.' This physical and functional decline in the judgment center of the brain causes the person to become impaired in the ability to process consequences of acting out in addiction. Addiction scientists have called this condition hypofrontality, and have noted the similarity in behavior in the addicted to the behavior of patients with frontal brain damage.

As neurosurgeons, we frequently treat people with frontal lobe damage. In a car wreck, for instance, even with an airbag the brain decelerates into the back of the forehead inside the skull, bruising the frontal lobes. Patients with frontal lobe damage exhibit a constellation of

behaviors we call frontal lobe syndrome. First, they are *impulsive*, in that they will thoughtlessly engage in activities with little regard as to consequence. Second, they are *compulsive*. They become fixated or focused on certain objects or behaviors, and *have* to have it, no matter what. Third, they become *emotionally labile*, and have sudden and unpredictable mood swings, and fourth, they exhibit *impaired judgment*.

So cortical hypofrontality, or shrinkage of the frontal lobes causes these four behaviors, and can result *from a car wreck or from addiction!*

Lets look at studies examining drug addiction and the effect on frontal lobes. This is a study on cocaine addiction published in 2002,<sup>9</sup> and it shows volume loss, or shrinkage, in several areas of the brain, particularly the frontal control areas. What about methamphetamine? This study from 2004 shows very similar results<sup>10</sup> Of course, we expect drugs to damage the brain, so these studies don't really surprise us. Consider, though, a natural addiction such as overeating leading to obesity. You might be surprised to know that a study published in 2006 showed shrinkage in the frontal lobes in obesity which was very similar to the cocaine and methamphetamine studies!<sup>11</sup> And pertinent to our subject, a study published in 2007 imaging the brains of persons exhibiting severe sexual addiction looked almost identical to the cocaine, methamphetamine, and obesity studies.<sup>12</sup> Encouragingly, two studies, one drug addiction

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<sup>9</sup> Teresa R. Franklin, Paul D. Acton, Joseph A Maldjian, Jason D. Gray, Jason R. Croft, Charles A. Dackis, Charles P. O'Brien, and Anna Rose Childress, "Decreased Gray Matter Concentration in the Insular, Orbitofrontal, Cingulate, and Temporal Cortices of Cocaine Patients," *Biological Psychiatry* (51)2, January 15, 2002, 134-142.

<sup>10</sup> Paul M. Thompson, Kikralee M. Hayashi, Sara L. Simon, Jennifer A. Geaga, Michael S. Hong, Yihong Sui, Jessica Y. Lee, Arthur W. Toga, Walter Ling, and Edythe D. London, "Structural Abnormalities in the Brains of Human Subjects Who Use Methamphetamine," *The Journal of Neuroscience*, 24(26) June 30 2004;6028-6036.

<sup>11</sup> Nicola Pannacciulli, Angelo Del Parigi, Kewei Chen, Dec Son N.T. Le, Eric M. Reiman and Pietro A. Tataranni, "Brain abnormalities in human obesity: A voxel-based morphometry study." *Neuroimage* 31(4) July 15 2006, 1419-1425.

<sup>12</sup> Boris Schiffer, Thomas Peschel, Thomas Paul, Elke Gizewshi, Michael Forshing, Norbert Leygraf, Manfred Schedlowske, and Tillmann H.C. Krueger, "Structural Brain

(methamphetamine)<sup>13</sup> and the other natural addiction (obesity)<sup>14</sup> show return to more normal volumes with time in recovery.

Let's pause and consider the import of these four studies. We have two drug and two natural addiction studies, all done in different academic institutions by different research teams, and published over a five year period in four different peer-reviewed scientific journals all showing similar results. These are powerful rewards, and they affect the mesolimbic dopaminergic reward systems in chemical, physical ways.

I mentioned that the dopamine systems don't work well in addiction, that they become damaged. This can also be scanned with brain scans such a functional MRI, PET, and SPECT scans. While we would expect a brain scan study to show abnormalities in metabolism in cocaine addiction,<sup>15</sup> we might be surprised to find that a recent study also shows damage in the function of these same pleasure centers with pathologic gambling.<sup>16</sup> Overeating leading to obesity, another natural addiction, also shows similar dysfunction.<sup>17</sup>

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Abnormalities in the Frontostriatal System and Cerebellum in Pedophilia," *Journal of Psychiatric Research* (41)9, November 2007, 754-762.

<sup>13</sup> Seog Ju Kim, In Kyoon Lyoo, Jaek Hwang, Ain Chung, Young Hoon Sung, Jihyun Kim, Do-Hoon Kwon, Kee Hyun Chang, and Perry Renshaw, "Prefrontal Grey-matter Changes in Short-term and Long-term Abstinent Methamphetamine Abusers," *The International Journal of Neuropsychopharmacology*, (2006), 9, 221-228.

<sup>14</sup> Lauri T. Haltia, Antti Viljanen, Riitta Parkkola, Nina Kemppainen, Juha O. Rinne, Pirjo Nuutila and Valtteri Kaasinen, "Brain White Matter Expansion in Human Obesity and the Recovering Effect of Dieting," *The Journal of Clinical Endocrinology & Metabolism*, 92(8) 2007, 3278-3284.

<sup>15</sup> Bruce E. Wexler, Christopher H. Gottschalk, Robert K. Fulbright, Isak Prohovnik, Cheryl M. Lacadie, Bruce J. Rounsaville, and John C. Gore, "Functional Magnetic Resonance Imaging of Cocaine Craving," *American Journal of Psychiatry*, 158, 2001, 86-95.

<sup>16</sup> Jan Reuter, Thomas Raedler, Michael Rose, Iver Hand, Jan Glascher, and Christian Buchel, "Pathological gambling is linked to reduced activation of the mesolimbic reward system," *Nature Neuroscience* 8, January 2005, 147-148.

<sup>17</sup> Gene-Jack Wang, Nora D. Volkow, Jean Logan, Naomi R. Pappas, Christopher T. Wong, Wei Zhu, Noelwah Netusil, Joanna S Fowler, "Brain dopamine and obesity," *Lancet* 357(9253) February 3 2001, 354-357.



So non-biased science is telling us that addiction is present when there is continued destructive behavior in spite of adverse consequence, as stated in the journal *Science*, "...as far as the brains concerned, a reward's a reward, regardless of whether it comes from a chemical or an experience."<sup>18</sup>

What about pornography and sexual addiction? Dr. Eric Nestler, head of research at Mount Cedar Sinai in New York and one of the most respected addiction scientists in the world, published a paper in the journal *Nature Neuroscience* in 2005 titled "Is there a common pathway for addiction?" In this paper he said that the dopamine reward systems mediate not only drug addiction, but also "natural addictions (that is, compulsive consumption of natural rewards) such as pathological overeating, pathological gambling, and sexual addictions."<sup>19</sup> Dr. Nora Volkow, head of the National Institute on Drug Abuse (NIDA) is quoted in the journal *Science* in 2007 as calling for changing the name of the institute to the National Institute on Diseases of Addiction. "NIDA director Nora Volkow also felt that her institute's name should encompass addictions such as pornography, gambling, and food, says NIDA adviser Glen Hanson. 'She would like to send the message that [we should] look at the whole field.'"<sup>20</sup>

The prestigious Royal Society of London was founded in the 1660's, and publishes the longest running scientific journal in the world. In a recent issue of the *Philosophical Transactions of the Royal Society*, the current state of the understanding of addiction was reported as it was discussed by some of the world's leading addiction scientists at a meeting of the Society. The title of the journal issue reporting the meeting was "The neurobiology of addiction – new vistas." Interestingly, of the 17 articles, two were specifically concerned with natural addiction

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<sup>18</sup> Constance Holden, "Behavioral Addictions: Do They Exist?" *Science*, 294 (5544) 2 November 2001, 980.

<sup>19</sup> Nestler EJ, "Is there a common molecular pathway for addiction?" *Nature Neuroscience* 9(11):1445-9, Nov 2005

<sup>20</sup> *Science* 6 July 2007:Vol. 317. no. 5834, p. 23

(pathologic gambling<sup>21</sup> and a paper by Dr. Volkow on similarities in brain dysfunction in drug addiction and in overeating<sup>22</sup>). A third paper by Dr. Nestler addressed animal models of natural addiction as well with regard to  $\Delta$ FosB.<sup>23</sup>

$\Delta$ FosB is a chemical which Dr. Nestler has studied, and appears to be found exclusively in the neurons of addicted subjects. Think of it as a chemical marker of true brain addiction. Interestingly, it was first found in the brain cells of animals studied in drug addiction, but has now been found in brain cells in the nucleus accumbens related to over-consumption of natural rewards.<sup>i</sup> A recent paper investigating  $\Delta$ FosB and its role in over-consumption of two natural rewards, eating and sexuality, concludes:

In summary, the work presented here provides evidence that, in addition to drugs of abuse, natural rewards induce  $\Delta$ FosB levels in the Nac...our results raise the possibility that  $\Delta$ FosB induction in the NAc may mediate not only key aspects of drug addiction, but also aspects of so-called natural addictions involving compulsive consumption of natural rewards.<sup>24</sup>

Drs. Malenka and Kauer, in their landmark paper on mechanisms of the physical and chemical changes which occur in the brain cells of addicted individuals said, “addiction represents a pathological, yet powerful form of learning and memory.”<sup>25</sup> We now call these changes in brain cells “long term potentiation” and “long term depression,” and speak of the brain as being *plastic*, or subject to change and re-wiring. . . Dr. Norman Doidge, a neurologist at

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<sup>21</sup> Marc N. Potenza, “The neurobiology of pathologic gambling and drug addiction: an overview and new findings,” *Philosophical Transactions of the Royal Society*, 363, 2008, 3181-3190..

<sup>22</sup> Nora D. Volkow, Gene-Jack Wang, Joanna S. Fowler, Frank Telang, “Overlapping neuronal circuits in addiction and obesity: evidence of systems pathology,” *Philosophical Transactions of the Royal Society*, 363, 2008, 3191-3200.

<sup>23</sup> Eric J. Nestler, “Transcriptional mechanisms of addiction: role of  $\Delta$ FosB,” *Philosophical Transactions of the Royal Society*, 363, 2008, 3245-3256.

<sup>24</sup> D.L. Wallace, et al, The Influence of  $\Delta$ FosB in the Nucleus Accumbens on Natural reward-Related Behavior, *The Journal of Neuroscience*, 28(4): October 8, 2008, 10272-10277,

<sup>25</sup> Julie A. Kauer, Robert C. Malenka, “Synaptic Plasticity and Addiction,” *Nature Reviews Neuroscience*, 8, 844-858 November 2007, 844-858.

Columbia, in his book *The Brain That Changes Itself* describes how pornography causes re-wiring of the neural circuits. He notes a study on men viewing Internet pornography in which they looked “uncannily” like rats pushing the lever to receive cocaine in the experimental Skinner boxes. Like the addicted rat, they are desperately seeking the next fix, clicking the mouse just as the rat pushes the lever. Pornography addiction is *frantic* learning, and perhaps this is why many who have struggled with multiple addictions report that it was the hardest for them to overcome. Drug addictions, while powerful, are more passive in a “thinking” kind of way, whereas pornography viewing, especially on the Internet, is a much more active process neurologically. The constant searching and evaluating each image or video clip produced for potency and effect is an exercise in neuronal learning, limited only by the progressively rewired brain. Curiosities are thus fused into compulsions, and the need for a larger dopamine fix can drive the person from soft core to hard core to child pornography, from struggling with same sex attraction to acting addictively in homosexual relationships. As sexual pleasure is fused with progressively risky behavior, unwanted consequences of the behavior are inevitable. Many are imprinted by early experiences and interests, and the conditioned neuronal re-enforcement of pornography leads them into increasingly risky behavior. One man who adult pornography lead into child pornography and then child abuse wrote the following to me after reading my book:

I am in prison for aggravated sexual assault with an 80 year sentence with no hope for any treatment in my lifetime for a disease I never wanted, after committing a crime I never wanted to commit...I couldn't make it in a wonderful, loving environment and now I am expected to make it here desperately alone.

This person never wanted the consequences of the craving, yet the power of the addiction chained him to a tragic outcome. The Bourke/Hernandez paper published in the *Journal of*

*Family Violence* in 2009 revealed that 85% of men arrested for child pornography had also physically abused children.<sup>26</sup>

The strong tie between homosexual behavior and pornography was further documented in the recent report in the *Journal of Public Health*, where 77.2% of men actively practicing a homosexual lifestyle reported viewing homosexual pornography within the previous 3 months.<sup>27</sup> While a full discussion of the etiology of same sex attraction is not within the scope of our time, the effects of acting out on those attractions and living in a homosexual lifestyle are immutable and beyond the power of political correctness and radical activism to temper. One study revealed that the average number of lifetime sexual partners of homosexual men in New York was 308,<sup>28</sup> with another study of 2583 male homosexuals showing the mode of sexual partners to be between 101-500, with up to 15% reporting up to 1000 sexual partners.<sup>29</sup> The physical and social pathology caused by such excess is well documented. The life expectancy of homosexual men in a Canadian study was shortened by 8 to 20 years,<sup>30</sup> and numerous studies confirm an increase in mental illness and suicide rates in those living in a homosexual lifestyle. Some blame religious mores for this, but even in sexually liberal countries such as the Netherlands<sup>31</sup> and Denmark<sup>32</sup> we

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<sup>26</sup> M. Bourke, A. Hernandez, The 'Butner Study' Redux: A Report of the Incidence of Hands-on Child Victimization by Child Pornography Offenders. *Journal of Family Violence* 24(3) 2009, 183-191.

<sup>27</sup> Silvera, et. al., Condom use and Male Homosexual Pornography, *American Journal of Public Health* Vol 99, No. 10, October 2009, 1732-1733.

<sup>28</sup> H. Meyer-Balburg, et. al., Sexual Risk Behavior, Sexual Functioning and HIV-Disease Progression in Gay Men, *Journal of Sex Research* 28, 1 (1991):3-27.

<sup>29</sup> P. Van de Ven, et.al., A Comparative Demographic and Sexual Profile of Older Homosexually Active Men, *Journal of Sex Research* 34 (1997):354.

<sup>30</sup> R.S. Hogg, et. al., Modeling the Impact of HIV Disease on Mortality in Gay and Bisexual Men, *International Journal of Epidemiology* 26 (1997):657-661.

<sup>31</sup> T.G.M. Sandfort, et. al., Same-Sex Sexual Behavior and Psychiatric Disorders, Findings from the Netherlands Mental Health Survey and Incidence Study, *Archives of General Psychiatry*. 2001; 58:85-91.

<sup>32</sup> P. Qin, et. al., Suicide Risk in Relation to Socioeconomic, Demographic, Psychiatric, and Familial Factors: A National Register-Based Study of All Suicides in Denmark, 1981-1997. *American Journal of Psychiatry*, 160 (2003): 765-772.

see this elevated suicide rate. Pornography is an integral component in the neural networking cementing cravings in both pedophilia and homosexuality.

There is some evidence that one neural mechanisms involved in pornography addiction may be the function of mirror systems in the brain. In 1996 a study of individual cells in the brains of monkeys showed that certain cells activated when the monkey picked up a peanut. Importantly, these same cells activated when the monkey saw another monkey or human pick up a peanut. These cells were called mirror cells, and many studies have subsequently supported the existence of mirror cell systems in humans. To quote Dr Rizzolatti, a pioneer in the study of mirror neurons:

How do mirror neurons mediate understanding of actions done by others? The proposed mechanism is rather simple. Each time an individual sees an action done by another individual, neurons that represent that action are activated in the observer's premotor cortex... *Thus, the mirror system transforms visual information into knowledge.*<sup>33</sup> (emphasis added)

In other words, this suggests that viewing other humans experience sexuality *is* sexuality to the viewer. This is supported by a recent study from France showing activation of areas associated with mirror neurons in the human brain in males viewing pornography. The authors conclude, "We suggest that... the mirror-neuron system prompts the observers to resonate with the motivational state of other individuals appearing in visual depictions of sexual interactions."<sup>34</sup> How might addiction affect mirror systems? A paper published in 2006 demonstrates that appetites *potentiate* mirror systems,<sup>35</sup> which better defines the neurochemical rut of pornography addiction. In other words, addiction helps mirror systems work better, which isn't good if the mirror/memory system is a pornography pathway.

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<sup>33</sup> Giacomo Rizzolatti and Laila Craighero, The Mirror – Neuron System, *Annual Reviews Neuroscience*, 2004 27:169-92.

<sup>34</sup> H. Mouras, S. Stole4ru, V. Moulrier, M Pelegrini-Issac, R. rouxel, B Grandjean, D. Glutron, J Bittoun, Activation of mirror-neuron system by erotic video clips predicts degree of induced erection: an fMRI study. *NeuroImage* 42 (2008) 1142-1150.

<sup>35</sup> Yawei Cheng, Andrew N. Meltzoff, and Jean Decety, Motivation Modulates the Activity of the Human Mirror- Neuron System. *Cerebral Cortex* 2007 17(8):1979-1986.

In addition to cortical hypofrontality and downgrading of the mesolimbic dopaminergic systems, a third hook appears to be important in pornography and sexual addiction. Oxytocin and vasopressin are important hormones in the brain with regard to physically performing sexually. Oxytocin has other important roles, such as uterine contractions during childbirth, and stimulating lactation during nursing.

Studies show that oxytocin is important in increasing trust in humans,<sup>36</sup> and also in emotional bonding between sexual mates,<sup>37</sup> and in parental bonding.<sup>38</sup> We are wired to bond to the object of our sexuality. This is a good thing when this bonding occurs in a committed marriage relationship, but there is a dark side. When sexual gratification occurs in the context of pornography use, it can result in the formation of a virtual mistress of sorts. Dr. Victor Cline describes this process as follows:

*In my experience as a sexual therapist, any individual who regularly masturbates to pornography is at risk of becoming, in time, a sexual addict, as well as conditioning himself into having a sexual deviancy and/or disturbing a bonded relationship with a spouse or girlfriend. A frequent side effect is that it also dramatically reduces their capacity to love (e.g., it results in a marked dissociation of sex from friendship, affection, caring, and other normal healthy emotions and traits which help marital relationships). Their sexual side becomes in a sense dehumanized. Many of them develop an "alien ego state" (or dark side), whose core is antisocial lust devoid of most values. In time, the "high" obtained from masturbating to pornography becomes more important than real life relationships.... It makes no difference if one is an eminent physician, attorney, minister, athlete, corporate executive, college president, unskilled laborer, or an average 15-year-old boy. All can be conditioned into deviancy. The process of masturbatory conditioning is inexorable and does not spontaneously remiss. The course of this illness may be slow and is nearly always hidden from view. It is usually a secret part of the man's life, and like a cancer, it keeps growing and spreading. It rarely ever reverses itself, and it is also very difficult to treat and heal. Denial on the part of the male addict and refusal to confront the*

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<sup>36</sup>Michael Kosfeld, Markus Heinrichs, Paul J. Zak, Urs Fischbacher and Ernst Fehr, "Oxytocin Increases Trust in Humans," *Nature*, 435, 2 June 2005, 673-676.

<sup>37</sup> Larry J. Young, Zuoxin Wang, "The neurobiology of pair bonding," *Nature Neuroscience* 7, 2004, 1048-1054

<sup>38</sup> Karen L. Bales, Julie A. Westerhuyzen, Antoniah D. Lewis-Reese, Nathaniel D. Grotte, Jalene A. Lanter, C.Sue Carter, "Oxytocin has Dose-dependent Developmental Effects on Pair-bonding and Alloparental Care in Female Prairie Voles," *Hormones and Behavior* 52(2), August 2007, 274-279

*problem are typical and predictable*, and this almost always leads to marital or couple disharmony, sometimes divorce and sometimes the breaking up of other intimate relationships.<sup>39</sup>

Women are increasingly targeted by pornographers for addiction as well. Many are drawn in initially through verbal pornography and chat room formats, but more and more are being entrapped by visual pornography. Oxytocin may work against many women lured into the shallow world of pornography, chat rooms, and hooking up. Dr. Miriam Grossman, a campus psychiatrist at UCLA wrote in the book *Unprotected* of the epidemic of depression in college women emotionally scarred through unbonded sexuality:

In the world I inhabit, there are plenty of consequences. On my campus, sexually active students are much more likely to seek counseling and to rate their relationships as stressful. Almost daily, I prescribe medication to help students, mostly women, cope with loss and heartbreak. Like it or not, hard science supports that intimacy initiates a trusting bond. Ask Heather and Olivia, two girls woefully unprotected: there is no condom for the heart.<sup>40</sup>

Let me use a fishing analogy to illustrate some of these concepts. In August, if at all possible, I try to be on the Unalakleet River in Alaska fishing for silver salmon. Our goal is to find the fish while avoiding the bears. We use this lure, a triple hook Blue Fox pixie, my preference being the lure with the orange center. As you fisherman know, it is important to keep the drag loose just after hooking the fish, when it still has a lot of fight. As the fish tires, though, we tighten the drag and increase the resistance. In this way the fish is reeled in to the boat and netted. Similarly, pornography is a triple hook, consisting of cortical hypofrontality, dopaminergic downgrading, and oxytocin/vasopressin bonding. Each of these hooks is powerful, and they are synergistic. Pornography sets its hooks very quickly and deeply, and as the addiction progresses

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<sup>39</sup> Victor B. Cline, *Pornography's Effects on Adult and Child*, <http://mentalhealthlibrary.info/library/porn/pornlds/pornldsauthor/links/victorcline/porneffect.htm>.

<sup>40</sup> Dr. Miriam Grossman, psychiatrist at UCLA, quoted in *Unprotected*, Sentinel, 2006, pg 12.

it progressively tightens the dopamine drag until there is no more play in the line. The person is drawn ever closer to the boat, and the waiting net.

Why is it essential to understand the addictive nature of pornography? Because if we view it as merely a bad habit, and do not afford those seeking healing the full support needed to overcome any true addiction, we will continue to be disappointed individually and societally. Pornography is the fabric used to weave a tapestry of sexual permissiveness which undermines the very foundation of society. Biologically, it destroys the ability of a population to sustain itself. It is a demographic disaster.

The author Tom Wolfe said, “The bigger pornography gets, the lower the birthrate becomes.”<sup>41</sup> Does he have a point? It is interesting that in the 1950’s every country now in the European Union had a fertility rate above the 2.1 needed to sustain a population. Now none of them do, and several are at or near the 1.3 rate called the “lowest low fertility,” from which it is virtually impossible to recover. As one German government official said, if the birth rate didn’t pick up, the country would be “turning the light out.”<sup>42</sup> It was in the late 60’s, early 70’s that this decline began, which corresponds precisely with the dawning of the sexual revolution. There is a direct correlation between the growing cultural dominance of the sexual revolution and the diminishing birth rate, and while causation may not be proven, it is strongly supported by the pheromone effect of pornography.

We are talking about standing for the family today, so let us consider how this addiction affects the family. Pornography produces a powerful cocktail of emotion, experience, and neurotransmitters, called erototoxins by my friend Dr. Judith Reisman, causing the human brain to fixate on fantasy more than actual relationships. Dr. Doidge describes his experience with

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<sup>41</sup> Talking With Tom Wolfe, *Rolling Stones* 40<sup>th</sup> Anniversary Interview, posted 5/2/07, <http://www.rollingstone.com/rockdaily/index.php/2007/05/02/rolling-stones-40th-anniversary-talking-with-tom-wolfe/>

<sup>42</sup> The EU’s Baby Blues,” BBC, [news.bbc.co.uk/1/hi/world/europe/4768644.stm](http://news.bbc.co.uk/1/hi/world/europe/4768644.stm) March 27, 2006.



men who preferred pornography to people: “They reported increasing difficulty in being turned on by their actual sexual partners, spouses or girlfriends, though they still considered them objectively attractive. When I asked if this phenomenon had any relationship to viewing pornography, they answered that it initially helped them get more excited during sex but over time had the opposite effect. Now, instead of using their senses to enjoy being in bed, in the present, with their partners, lovemaking increasingly required them to fantasize that they were part of a porn script...”<sup>43</sup> Pornographers promise healthy pleasure and a release from sexual tension, but what they often deliver is an addiction, tolerance, and an eventual decrease in pleasure. Paradoxically, the male patients I worked with often craved pornography but didn’t like it.”<sup>44</sup> In the book *Pornified*, Pamela Paul given numerous examples of this, and describes one person who decided to limit his pornography use, not from a moralist or guilt-based perspective, but out of a desire to again experience pleasure in actual physical relationships with women. “Porn impotence,” where the man experiences sexuality preferentially with porn in lieu of a human, is a real and growing phenomenon.<sup>45</sup>

In describing the effect on marriage, Dr. Victor Cline says,

*Being married or being in a relationship with a willing sexual partner did not solve their problem. Their addiction and escalation were mainly due to the powerful sexual imagery in their minds, implanted there by the exposure to pornography. They often preferred this sexual imagery, accompanied by masturbation, to sexual intercourse itself. This nearly always diminished their capacity to love and express affection to their partner in their intimate relations. The fantasy was all-powerful, much to the chagrin and disappointment of their partner. Their sex drive had been diverted to a degree away from their spouse. And the spouse could easily sense this, and often felt very lonely and rejected. I have had a number of couple-clients where the wife tearfully reported that her husband preferred to masturbate to pornography than to make love to her.*<sup>46</sup>

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<sup>43</sup> Norman Doidge, *The Brain That Changes Itself*, Penguin Books, 2007, 104.

<sup>44</sup> Norman Doidge, *The Brain That Changes Itself*, Penguin Books, 2007, 107.

<sup>45</sup> Pamela Paul, *Pornified*, Time Books, 2005, 70-71, and numerous other pages in this book.

<sup>46</sup> Ibid.

How do spouses feel about pornography in a marriage? Note the following from the *Journal of Sex and Marital Therapy*:

Although their partners were not in actual contact with other females, *these women clearly viewed the pornographic activities as a form of infidelity*. The theme that runs through their letters is that *the man has taken the most intimate aspect of the relationship, sexuality, which is supposed to express the bond of love between the couple and be confined exclusively to the relationship, and shared it with countless fantasy women*. The vast majority of women in this study used words such as “betrayal,” “cheating,” and “affair ” to describe the significance that their partner’s involvement in pornography had for them.<sup>47</sup>

In my opinion, there is no greater threat to the family today than the calculated saturation of society by pornography, “on purpose laid to make the taker mad.” The lie that sex is only another appetite to be satisfied; that no emotional or societal harm will come from sexual unrestraint is now fueled by the Internet and media. Pornography proponents are big on first amendment rights, but soft on social responsibility for the devastation pornography causes. The pheromone of pornography is a crucial cog in the destruction of the family, and like other civilizations before us, we may learn too late that unrestrained pleasure is only pain. Will Durant, in his historical work *The Story of Civilization*, discusses the fall of Rome:

Biological factors were more fundamental. A serious decline of population appears in the West after Hadrian...Aurleius, to replenish his army, enrolled slaves, gladiators, policemen, criminals...So many farms had been abandoned...that Pertinax offered them gratis to anyone who would till them. A law of Septimius Serverus speaks of ...a shortage of men. Bishop Dionysius said the population had halved during his time, and mourned to “see the human race diminishing and constantly wasting away.” Only the barbarians and the Orientals were increasing, outside the Empire and within.

What had caused this fall in population? Above all, *family limitation*. Practiced first by the educated classes, it had now seeped down to a proletariat named for its fertility: by AD 100 it had reached the agricultural classes ...*Sexual excesses may have reduced human fertility: the avoidance or deferment of marriage had a like effect...Moral decay contributed to the dissolution...men had now, in the middle and upper classes, the means to yield to temptation...Moral and esthetic standards were lowered by the magnetism of the mass: and sex ran riot in freedom while political liberty decayed.*<sup>48</sup> (emphasis added)

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<sup>47</sup> Raymond M. Bergner, Ana J. Bridges, “The Significance of Heavy Pornography Involvement for Romantic Partners: Research and Clinical Implications,” *Journal of Sex and Marital Therapy*, Vol 28, 2002, 193-206.

<sup>48</sup> Will Durant, *The Story of Civilization, Caesar and Christ, Volume 3*, Simon and Shuster, Inc., 1944, 665-666.

Demographic decline, or a shrinking population, is multifactorial. Urbanization, women in the workplace, gender role adaptation and other reasons are often given. It is interesting that biologists will note that the slightest change in the mating habits of a species can affect populations, yet balk from any suggestion that demographic decline can be associated with pornography and how that might affect sexual behavior in humans. Increasing life expectancy is also an important factor in the inverted population pyramids seen in the dying demographics of Europe and Japan, but aging populations will find the social safety nets evaporating as tax paying younger generations are “unborn.” The primordial, or biologic factor of human sexuality and family stability are primary, and in my opinion haven’t been appropriately weighted. In 1934 Cambridge anthropologist Dr. J.D. Unwin published *Sex and Culture*. In it he examined 86 cultures spanning 5000 years with regard to the effects of both sexual restraint and abandon. His perspective was strictly secular, and his findings were not based in moralistic dogma. He found, without exception, that cultures which practiced strict monogamy in marital bonds exhibited what he called creative social energy, and reached the zenith of production. Cultures that had no restraint on sexuality, without exception, deteriorated into mediocrity and chaos. In *Houposia, The Sexual and Economic Foundations of a New Society*, published posthumously, he summarized:

In human records, there is no instance of a society retaining its energy after a complete new generation has inherited a tradition which does not insist on pre-nuptial and post-nuptial continence...The evidence is that in the past a class has risen to a position of political dominance because of its great energy and that at the period of its rising, its sexual regulations have always been strict. It has retained its energy and dominated the society so long as its sexual regulations have demanded both pre-nuptial and post-nuptial continence... I know of no exceptions to these rules.<sup>49</sup>

Unwin described what may be called “dopaminergic distraction,” where pleasure seeking dominates and productivity is diminished.

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<sup>49</sup> *Houposia, The Sexual and Economic Foundations of a New Society*, George Allen and J.D. Unwin, London, 1940, pgs 82, 84,85,89.

With regard to today's progressive thinkers telling us to dissolve traditional marriage in lieu of same-sex marriage, accept pornography as harmless, and abortion as a necessary evil, Durant's words are again most pertinent:

Intellect is therefore a vital force in history, but it can also be a dissolvent and destructive power. Out of every hundred new ideas ninety-nine or more will probably be inferior to the traditional responses which they propose to replace. No one man, however brilliant or well-informed, can come in one lifetime to such fullness of understanding as to safely judge and dismiss the customs or institutions of his society, for these are the wisdom of generations after centuries of experiment in the laboratory of history. A youth boiling with hormones will wonder why he should not give full freedom to his sexual desires; and if he is unchecked by custom, morals, or laws, he may ruin his life before he matures sufficiently to understand that sex is a river of fire that must be banked and cooled by a hundred restraints if it is not to consume in chaos both the individual and the group.<sup>50</sup>

If "sex is a river of fire," dopamine and other brain drugs are the fuel. Like the exhaust of Apollo 11, we can ride this energy to the heavens, or be consumed in its exhaust, depending on whether we are above the engines in the command module or underneath them, thus exposed to the heat. Dr. Henry A. Bowman said, "No really intelligent person will burn a cathedral to fry an egg, even to satisfy a ravenous appetite,"<sup>51</sup> yet the flamethrower of pornography is torching many cathedrals of marital, parental, and familial love today.

I applaud ongoing efforts to strengthen laws, but in our current legal and social environment, we cannot depend upon the government for restraint. We must face the reality that pornography will affect virtually every family in some way. Dr. Jason Carroll here at BYU, and his colleagues, published a widely cited paper in the *Journal of Adolescent Research* which brings to light the scope of this problem.<sup>52</sup> According to this paper, which reviewed data from 5 universities, 87% of college males and 31% of females view pornography. This data crosses all religious, educational, and social barriers. Pornography has become the sex education venue for

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<sup>50</sup>Will and Ariel Durant, *The Lessons of History*, Simon and Schuster, 1968, 35-36.

<sup>51</sup>Dr. Henry A. Bowman, as cited in Hugh B. Brown, *The Abundant Life*, 67

<sup>52</sup>Jason S. Carroll, Laura M. Padilla-Walker, Larry J. Nelson, Chad D. Olson, Carolyn McNamara Barry, Stephanie D. Madsen, "Generation XXX: Pornography Acceptance and Use Among Emerging Adults," *Journal of Adolescent Research*, Vol. 23(1) 2008, 6-30.

the majority of the next generation, an Internet candy store, and it teaches that sex is harmless, physically and emotionally, with no negative consequence. Men and women are mere visual drugs to be used and discarded, and sex is solely for personal pleasure. The truth, of course, is that those who actually perform sexually to make the pornography are consumed and discarded by pornographers; “throwaway people,”<sup>53</sup> as Dr. C. Everett Koop called them. Shelly Lubben, a former pornography actress who is now a minister said:

Many actresses admit they've experienced sexual abuse, physical abuse, verbal abuse and neglect by parents. Some were raped by relatives and molested by neighbors...So we were taught at a young age that sex made us valuable. The same horrible violations we experienced then, we relive...in front of the camera. And we hate every minute of it.<sup>54</sup>

Dr. John Mark Chaney’s description of teenage pornography addiction is equally true for adults when he said “professionals sometimes fail to understand the power of the compulsion youth are facing, and it is not uncommon for school, *religious*, or private-sector professionals to advocate a simple treatment plan that is based upon willpower or moral character. Since pornography can be an addiction, *these “just say no” types of approaches are likely to only create more frustration and self-defeating ideation...* the intervention and treatment modality must *recognize the problem as a full addiction*, and treat it with the *same consideration given to alcohol or chemical substances*.”<sup>55</sup>

Regarding healing, Dr Victor Cline said,

I have found that there are four major factors that most predict success in recovery. *First*, the individual must be personally motivated to be free of his addiction and possess a willingness to do whatever it takes to achieve success... You can never force a person to get well if he doesn’t want to...*Second*, it is necessary to create a safe environment, which drastically reduces access to

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<sup>53</sup> Porn Profits: Corporate America’s Secret, ABCNews.com, Jan 29,2003.

<sup>54</sup> www.shelleylubben.com/articles/TheTruth.doc

<sup>55</sup> John Mark Haney, Article 10, “Teenagers and Pornography Addiction: Treating the Silent Epidemic,” <http://counselingoutfitters.com/vistas/vistas06/vistas06>.

porn and other sexual triggers...*Third*, he should affiliate with a twelve-step support group...*Fourth*, the individual needs to select a counselor/therapist who has had special training and success in treating sexual addictions.<sup>56</sup>

Let us reach out with understanding to those already trapped, who live in shame and secrecy. Shaming them will not heal them. As Elder Jeffery R. Holland said when he was president of this institution, “When a battered, weary swimmer tries valiantly to get back to shore, after having fought strong winds and rough waves which he should never have challenged in the first place, those of us who might have had better judgment, or perhaps just better luck, ought not to row out to his side, beat him with our oars, and shove his head back underwater.”<sup>57</sup> Secular philosophy will not heal them either, and the government can’t save them. Step 2 of the Twelve Steps as written in the SA White Book says, those healed “came to believe that a Power greater than ourselves could restore us to sanity.”<sup>58</sup> Interestingly, peer-reviewed studies support the success of 12 Step programs, which are based on a Higher Power.<sup>59</sup> Indeed, Unwin’s secular

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<sup>56</sup> Victor Cline, Brad Wilcox, “The Pornography Trap,” *Marriage and Families Magazine*, September 2002,  
<http://marriageandfamilies.byu.edu/issues/2002/September/trap.aspx>.

<sup>57</sup> Jeffrey R. Holland, “A Robe, a Ring, and a Fatted Calf,” *BYU Devotional*, January 31, 1984.

<sup>58</sup> Sexaholics Anonymous, *White Book*, 2008. Pg 6.

<sup>59</sup> The following are references for 12 Step in peer-reviewed literature:

The influence of spirituality on recovery is independent of religiosity.

Kaskutas, L.A., Turk, N., Bond, J., & Weisner, C. (2003).

The role of religion, spirituality and Alcoholics Anonymous in sustained sobriety. *Alcoholism Treatment Quarter*, 21(1), 1-16.

Clients in treatment speak of spirituality in terms of a turning point in their lives, protection and support from a higher power, guidance of an inner voice, life meaning, gratitude and service work with others seeking recovery.

Arnold, R., Avants, S., Margolin, A., & Marcotte, D. (2002). Patient attitudes concerning the inclusion of spirituality in addiction treatment. *Journal of Substance Abuse Treatment*, 23(4), 319-326.

The depth of spirituality increases with length of recovery.

Arnold, R., Avants, S., Margolin, A., & Marcotte, D. (2002). Patient attitudes concerning the inclusion of spirituality in addiction treatment. *Journal of Substance Abuse Treatment*, 23(4), 319-326.

perspective demonstrated that all advanced societies studied, when at their cultural and productive apices, built temples to whatever gods they worshiped. It was in this subjugation of the secular to the sacred, of the limbic to the lobe, that they peaked in their self control, and therefore, their self determination. Interestingly, Will Durant, who described himself as agnostic, also found that “there is no moral substitute”<sup>60</sup> for religion in providing this tempering of the limbic. I believe from their anthropologic and historical perspectives Unwin and Durant were saying the same thing a Darwinian biologist might say in describing how natural selection “selects” some species for survival and some for extinction. As dopamine dominates rather than motivates, reason and productivity attenuate, and humans, individually, and societally, disintegrate. A study published in the *Journal of Neuroscience* found that sexual climax rivals a heroin rush in the intensity of its pleasure reward in the brain.<sup>61</sup> It is naïve and irresponsible to trivialize such power.

Pornography *is* a drug which produces an addictive neurochemical trap, “past reason hunted, and no sooner had, past reason hated.” And yes, as we have seen, ice cream and sexuality *can be* akin to crack cocaine. While we must continue to fight the good fight legally and societally, we are way beyond avoidance as our only defense. Pornography wants you, it wants your husband or wife, it wants your son and daughter, your grandchildren, and your in-laws. It doesn’t share well,

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Spirituality reduces the risk of relapse by serving as a protective buffer against the stress of early recovery.

Laudet, A. & White, W. (2005). The role of spirituality, faith and life meaning in the addiction recovery process. Presented at 28th Congress of the World Federation for Mental Health (WFMH) Cairo, Egypt, September, 2005

A spiritual orientation toward recovery increases as recovery progresses.

Laudet, A, Morgen, K. & White, W. (in press) The role of social supports, spirituality, religiousness, life meaning and affiliation with 12-step fellowships in quality of life satisfaction among individuals in recovery from alcohol and drug use. *Alcoholism Treatment Quarterly*.

<sup>60</sup> Will and Ariel Durant, *The Lessons of History*, Chapter VII; Religion and History; Page 45.

<sup>61</sup> Gert Holstege, Janniko R. Georgiadis, Anne M.J. Paans, Linda C. Meiners, Ferdinand H.C. E. van der Graaf, and A.A.T. Simone Reinders, “ Brain activation during human male ejaculation,” *The Journal of Neuroscience* 23 (27), 2003, 9185-9193

and it doesn't leave easily. It is a cruel master, and seeks more slaves. Abraham Lincoln, when he faced a similar war over freedom, said; "If all do not join now to save the good old ship of the Union this voyage nobody will have a chance to pilot her on another voyage."<sup>62</sup> All hands on deck. The battle is on. We need you. We need your time, your energy, your effort, your interest. Please join us in this fight for sanity and serenity, for peace and prosperity, for today, and for all our tomorrows. May God bless us in this effort. Thank you.

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<sup>62</sup> *The Collected Works of Abraham Lincoln* edited by Roy P. Basler, Volume IV, "Speech at Cleveland, Ohio" (February 15, 1861), p. 216.