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## [Book Review of] *Love and Family*, by Mercedes Arzu-Wilson

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guilds as a premium to be distributed to new and old members at the time of payment of annual dues. This is precisely the kind of educational publication which can be used to establish lines of communication between Catholic physicians and those students, residents, and fellows with whom they come in contact.

- **Eugene F. Diamond, M.D.**  
**Loyola University**

### *Love and Family*

by  
**Mercedes Arzu-Wilson**

Ignatius Press, San Francisco, 373 pages (paperback), \$19.95, 1996

What is the basic unit of society? Is it the classroom? No! Is it the workplace? No! Is it the village? No! It is the family. It is love that binds the family together.

Mrs. Wilson has subtitled her book, "Raising a traditional family in a secular world."

She is probably closer to the Pope than anyone in this country. Her brother has been elected president of Guatemala.

Her book is divided into four parts, each of which is a book in itself. They are: I. The Family, the Center of Life; II. Raising Responsible Adults; III. Educational Warfare; IV. Natural vs. Unnatural Family Planning.

The United States not only leads other developed countries in divorce rate, abortion rate, teenage pregnancy rate, but also in percentage of violent deaths among teenagers. With five percent of the world's population, the United States consumes half of the world's illegal drugs.

The chapters on raising responsible adults include tips for good listening, tips for developing friendships, the importance of self-discipline and development of responsibility and self-worth.

Values are taught by word and example. Without love generously supplied by parents, children may seek love from the first person who offers any type of attention. Parents must be prepared to refute propaganda that outside "experts" may offer their children.

Nothing has a greater impact on a child's development than his family experience. Parents must realize this fact. This book teaches them how to make proper use of it.

*Love and Family* has many charts and other forms of visual aids which illustrate how the rise in Title X funding has accompanied both the rise in teen abortions and in unwed teen births, how the sex lobby has lied about population growth, and how the present "birth dearth" will affect the economy in the twenty-first century. Hundreds of millions of couples throughout the world still believe in chastity, marital fidelity, self-discipline, and self control.

No one is better at describing the signs of fertility - the clear, slippery, and stretchy mucus that precedes release of the egg. "Peak" is the last day of fertile mucus which favors sperm survival. For those who have been teaching or practicing Natural Family Planning, there is nothing new in this section. "When she is wet, a baby she may get." Dr. John Billings says that fifty million couples are in NFP. For those who are to learn there is no better teacher than Mercedes Arzu-Wilson. She dispels all the myths and combines the scientific facts with the simple applications.

All the facts and faults of artificial contraception and abortion are enumerated with visual aids. Venereal diseases, pelvic infections, and AIDS are included.

The book ends with a description of the "Culture of Death" contrasted with the "Culture of Life." The future of humanity is in our hands. We must rescue the family from the claws of darkness. Natural family planning unites the couple, increases communication, and contributes to the disappearance of divorce. A twenty-page glossary defines medical terms in simple words.

Sterilization rates among married couples, world population growth charts are included, as well as charts of economy rates of low income, middle income and high income nations.

*Love and Family* belongs in every doctor's waiting room. It is indispensable to those couples who are home schooling. No home should be without it. It makes a great gift for a husband to give a wife or for a wife to give a husband.

**- John J. Brennan, M.D.  
Milwaukee, WI**