

The Scientific Truth

about Their Work, Play, Health & Passions

7

I DEFINING MEN Measures of Man

New insights from psychology, neuroscience and molecular biology may help males understand themselves better and maybe even lead longer, happier lives.

8 Darwinism and the Roots of Machismo

Martin Daly and Margo Wilson

Traits that once assisted our ancestors in winning mates and dominating social groups may be at the root of modern men's aggression and risk taking.

16 Men, Honor and Murder

Richard E. Nisbett and Dov Cohen

Culture as much as biology shapes a man's predisposition to violence. Men are more likely to kill in a society that requires them to protect their honor.

20 The Key to Masculinity

Bruce T. Lahn and Karin Jegalian

Molecular biologists know what it takes to make a real man: a small set of genes on the Y chromosome that trigger male development and the production of sperm.

26 Sex Differences in the Brain

Doreen Kimura

Even before birth, sex hormones start wiring the brains of boys and girls differently, shaping their abilities for a lifetime.

32 Lessons Learned from Living

George E. Vaillant

Successful adaptation to life may not be in the genes or in the stars but in choices we make as we age.

II WORK, HOME & PLAY

38 Balancing Work and Family

Joseph H. Pleck

Dads in two-parent families now spend more time with the kids, but many divorced men have not seen their children in at least a year.

44 Can Work Kill?

Harvey B. Simon

Death from overwork, what the Japanese call *karoshi*, may be a common phenomenon in the U.S., too.

plus: The Most Dangerous
Occupations

. Kate Wong, staff writer



48 The Mystery of Muscle

Glenn Zorpette, staff writer

Revelations about the biology of skeletal muscle may lead to drugs that reverse age-related muscle deterioration—and perhaps fill out the biceps of bodybuilders.

plus: Sports Supplements: Bigger Muscles without the Acne and You See Brawny, I See Scrawny

56 Extreme Sports, Sensation Seeking and the Brain

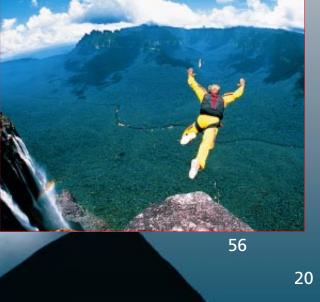
Glenn Zorpette, staff writer

Men, disproportionately more than women, risk their lives in new sports whose common denominator is defiance of injury and death.

60 Spokes Man for a Hard Problem

Steve Mirsky, staff writer

Can riding a bicycle too much cause impotence? An examination of what it takes to keep men in the saddle.









48

III SEX & FATHERHOOD

62 Impotence in the Age of Viagra

Arnold Melman

The little blue pill that has become the primary treatment for men with erectile dysfunction may eventually be supplanted by gene therapy.

68 The Circumcision Dilemma

Edward O. Laumann

New parents must decide on the procedure despite conflicting evidence of any medical benefit and the contention of men's groups that removal of the foreskin diminishes sexual pleasure.

plus: Anticircumcisionists Decry a Male's First Sacrifice by Mia Schmiedeskamp, contributing writer

74 Of Babies and the Barren Man

Marc Goldstein

Microsurgery for repairing testicular varicose veins or blockages can help many of the 10 percent of American men who want to become fathers but can't.



80 Beyond the Condom: The Future of Male Contraception

Nancy J. Alexander

The physiology of sperm production complicates the development of the male Pill, but research and even clinical trials continue on this vital new method of birth control.

IV LIFELONG HEALTH

86 Teenage American Males: Growing Up with Risks

Freya Lund Sonenstein

Adolescent boys are more likely than girls to be shot dead, have promiscuous sex or go on drinking sprees. Intervention programs that redefine the image of manhood may remedy this behavior.

92 Grappling with ADHD

Tim Beardsley, staff writer

Use of stimulants to treat this disruptive condition common among boys has been controversial, but most doctors now support it.

94 Treating Men Who Batter Women

Marguerite Holloway, staff writer

Domestic violence research is leading to a better understanding of the types of men who assault their partners—and generating hope that interventions can become more effective.

plus: The Hidden Violence against Men

100 Combating Prostate Cancer

Marc B. Garnick and William R. Fair

Advances in diagnosis, treatment and prevention may aid in reducing the toll from the second most lethal cancer among men.

106 Longevity: The Ultimate Gender Gap

Harvey B. Simon

Women live longer than men by an average of six years. Understanding the reasons for the difference in life span could help men age more successfully.



Scientific American Presents (ISSN 1048-0943), Volume 10, Number 2, Summer 1999, published quarterly by Scientific American, Inc., 415 Madison Avenue, New York, NY 10017-1111. Copyright ©1999 by Scientific American, Inc. All rights reserved. No part of this issue may be reproduced by any mechanical, photographic or electronic process, or in the form of a phonographic recording, nor may it be stored in a retrieval system, transmitted or otherwise copied for public or private use without written permission of the publisher. Periodicals rate postage paid at New York, N.Y., and at additional mailing offices. Canadian BN No. 127387652RT; QST No. Q1015332537. Subscription rates: one year \$19.80 (outside U.S. \$23.80). To purchase additional quantities: 1 to 9 copies: U.S. \$5.05 each plus \$2.00 per copy for postage and handling (outside U.S. \$5.00 P&H); 10 to 49 copies: U.S. \$5.35 each, postpaid; 50 copies or more: U.S. \$4.75 each, postpaid. Send payment to Scientific American, Dept. SAQ, 415 Madison Avenue, New York, NY 10017-1111. Postmaster: Send address changes to Scientific American, Dept. SAQ, 31 Shadison Avenue, New York, NY 10017-1111.