Why Homosexuality is Abnormal

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1 Introduction

This essay defends the view that homosexuality is abnormal and hence undesirable – not because it is immoral or sinful, or because it weakens society or hampers evolutionary development, but for a purely mechanical reason. It is a misuse of bodily parts. Clear empirical sense attaches to the idea of the use of such bodily parts as genitals, the idea that they are for something, and consequently to the idea of their misuse. I argue on grounds involving natural selection that misuse of bodily parts can with high probability be connected to unhappiness. I regard these matters as prolegomena to such policy issues as the rights of homosexuals, the rights of those desiring not to associate with homosexuals, and legislation concerning homosexuality, issues which I shall not discuss systematically here. However, I do in the last section draw a seemingly evident corollary from my view that homosexuality is abnormal and likely to lead to unhappiness.

2 On “Function”

To bring into relief the point of the idea that homosexuality involves a misuse of bodily parts, I will begin with an uncontroversial case of misuse, a case in which the clarity of our intuitions is not obscured by the conviction that they are untrustworthy. Mr Jones pulls all his teeth and strings them around his neck because he thinks his teeth look nice as a necklace. He takes puréed liquids supplemented by intravenous solutions for nourishment. It is surely natural to say that Jones is misusing his teeth, that he is not using them for what they are for, that indeed the way he is using them is incompatible with what they are for. Pedants might argue that Jones’s teeth are no longer part of him and hence that he is not misusing any bodily parts. To them I offer Mr Smith, who likes to play “Old MacDonald” on his teeth. So devoted is he to this amusement, in fact, that he never uses his teeth for chewing – like Jones, he takes nourishment intravenously. Now, not only do we find it perfectly plain that Smith and Jones are misusing their teeth, we predict a dim future for them on purely physiological grounds; we expect the muscles of Jones’s jaw that are used for – that are for – chewing to lose their tone, and we expect this to affect Jones’s gums. Those parts of Jones’s digestive tract that are for processing solids will also suffer from disuse. The net result will be deteriorating health and perhaps a shortened life. Nor is this all. Human beings enjoy chewing. Not only has natural selection selected in muscles for chewing and favored creatures with such muscles, it has selected in a tendency to find the use of those muscles reinforcing. Creatures who do not enjoy using such parts of their bodies as deteri-
orate with disuse will tend to be selected out. Jones, product of natural selection that he is, descended from creatures who at least tended to enjoy the use of such parts. Competitors who didn’t simply had fewer descendants. So we expect Jones sooner or later to experience vague yearnings to chew something, just as we find people who take no exercise to experience a general listlessness. Even waiving for now my apparent reification of the evolutionary process, let me emphasize how little anyone is tempted to say “each to his own” about Jones or to regard Jones’s disposition of his teeth as simply a deviation from a statistical norm. This sort of case is my paradigm when discussing homosexuality.

3 Applications to Homosexuality

The application of this general picture to homosexuality should be obvious. There can be no reasonable doubt that one of the functions of the penis is to introduce semen into the vagina. It does this, and it has been selected in because it does this. ... Nature has consequently made this use of the penis rewarding. It is clear enough that any proto-human males who found unrewarding the insertion of penis into vagina have left no descendants. In particular, proto-human males who enjoyed inserting their penises into each other’s anuses have left no descendants. This is why homosexuality is abnormal, and why its abnormality counts prudentially against it. Homosexuality is likely to cause unhappiness because it leaves unfulfilled an innate and innately rewarding desire. And should the reader’s environmentalism threaten to get the upper hand, let me remind him again of an unproblematic case. Lack of exercise is bad and even abnormal not only because it is unhealthy but also because one feels poorly without regular exercise. Nature made exercise rewarding because, until recently, we had to exercise to survive. Creatures who found running after game unrewarding were eliminated. Laziness leaves unreaped the rewards nature has planted in exercise, even if the lazy man cannot tell this introspectively. If this is a correct description of the place of exercise in human life, it is by the same token a correct description of the place of heterosexuality.

It hardly needs saying, but perhaps I should say it anyway, that this argument concerns tendencies and probabilities. Generalizations about human affairs being notoriously “true by and large and for the most part” only, saying that homosexuals are bound to be less happy than heterosexuals must be understood as short for “Not coincidentally, a larger proportion of homosexuals will be unhappy than a corresponding selection of the heterosexual population.” There are, after all, genuinely jolly fat men. To say that laziness leads to adverse affective consequences means that, because of our evolutionary history, the odds are relatively good that a man who takes no exercise will suffer adverse affective consequences. Obviously, some people will get away with misusing their bodily parts. Thus, when evaluating the empirical evidence that bears on this account, it will be pointless to cite cases of well-adjusted homosexuals. I do not say they are non-existent; my claim is that, of biological necessity, they are rare.

My argument might seem to show at most that heterosexual behavior is (self-)reinforcing, not that homosexuality is self-extinguishing—that homosexuals go without the built-in rewards of heterosexuality, but not that homosexuality has a built-in punishment. This distinction, however, is merely verbal. They are two different ways of saying that homosexuals will find their lives less rewarding than will heterosexuals. Even if some line demarcated happiness from unhappiness absolutely, it would be irrelevant if homosexuals were all happily above the line. It is the comparison with the heterosexual life that is at issue. A lazy man might count as happy by some mythic absolute standard, but he is likely to be less happy than someone otherwise like him who exercises. . . .

Talk of what is “in the genes” inevitably provokes the observation that we should not blame homosexuals for their homosexuality if it is “in their genes.” True enough. Indeed, since nobody decides what he is going to find sexually arousing, the moral appraisal of sexual object “choice” is entirely absurd. However, so
saying is quite consistent with regarding homosexuality as a misfortune, and taking steps — this being within the realm of the will — to minimize its incidence, especially among children. Calling homosexuality involuntary does not place it outside the scope of evaluation. Victims of sickle-cell anemia are not blameworthy, but it is absurd to pretend that there is nothing wrong with them. Homosexual activists are partial to genetic explanations and hostile to Freudian environmentalism in part because they see a genetic cause as exempting homosexuals from blame. But surely people are equally blameless for indelible traits acquired in early childhood. And anyway, a blameless condition may still be worth trying to prevent. (Defenders of homosexuality fear Freud at another level, because his account removes homosexuality from the biological realm altogether and deprives it of whatever legitimacy adheres to what is “in the genes.”)

My sociobiological scenario also finds no place for the fashionable remark that homosexuality has become fitness-enhancing in our supposedly overpopulated world. Homosexuality is said to increase our species’ chances by easing the population pressure. This observation, however correct, is irrelevant. Even if homosexuality has lately come to favor species survival, this is no part of how homosexuality is created. Salvation of the human species would be at best a fortuitous byproduct of behavior having other causes. It is not easy, moreover, to see how this feature of homosexuality could get it selected in. If homosexuality enhances inclusive fitness precisely because homosexuals don’t reproduce, the tendency to homosexuality cannot get selected for by a filtering process when it is passed to the next generation — it doesn’t get passed to the next generation at all. The same applies, of course, to any tendency to find homosexuality rewarding.

The whole matter of the survival advantage of homosexuality is in any case beside the point. Our organs have the functions and rewards they do because of the way the world was, and what favored survival, many millions of years ago. Then, homosexuality decreased fitness and heterosexuality increased it; an innate tendency to homosexuality would have gotten selected out if anything did. We today have the tendencies transmitted to us by those other ancestors, whether or not the race is going to pay a price for this. That 50 years ago certain self-reinforcing behavior began to threaten the race’s future is quite consistent with the behavior remaining self-reinforcing. Similarly, widespread obesity and the patent enjoyment many people experience in gorging themselves just show that our appetites were shaped in conditions of food scarcity under which gorging oneself when one had the chance was a good policy. Anyway, the instability created by abundance is, presumably, temporary. If the current abundance continues for 5,000 generations, natural gluttons will almost certainly disappear through early heart disease and unattractiveness to the opposite sex. The ways in which the populous human herd will be trimmed are best left to speculation.

I should also note that nothing I have said shows bisexuality or sheer polymorphous sexuality to be unnatural or self-punishing. One might cite the Greeks to show that only exclusive homosexuality conflicts with our evolved reinforcement mechanism. But in point of fact bisexuality seems to be a quite rare phenomenon — and animals, who receive no cultural conditioning, seem instinctively heterosexual in the vast majority of cases. Clinicians evidently agree that it is possible for a person to be homosexual at one period of his life and heterosexual at another, but not at the same time...
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toted up on the felicific scoreboard. Utilitarians have to reckon with the inevitable consequences of pain-causing pleasure.

Similar remarks apply to the question of whether homosexuality is a “disease.” A widely-quoted pronouncement of the American Psychiatric Association runs:

Surely the time has come for psychiatry to give up the archaic practice of classifying the millions of men and women who accept or prefer homosexual object choices as being, by virtue of that fact alone, mentally ill. The fact that their alternative life-style happens to be out of favor with current cultural conventions must not be a basis in itself for a diagnosis.

Apart from some question-begging turns of phrase, this is right. One’s taste for mutual anal intercourse is nothing “in itself” for one’s psychiatrist to worry about, any more than a life of indolence is anything “in itself” for one’s doctor to worry about. In fact, in itself there is nothing wrong with a broken arm or an occluded artery. The fact that my right ulna is now in two pieces is just a fact of nature, not a “basis for diagnosis.” But this condition is a matter for medical science anyway, because it will lead to pain. Permitted to persist, my fracture will provoke increasingly punishing states. So if homosexuality is a reliable sign of present or future misery, it is beside the point that homosexuality is not “by virtue of that fact alone” a mental illness. High rates of drug addiction, divorce and illegitimacy are in themselves no basis for diagnosing social pathology. They support this diagnosis because of what else they signify about a society which exhibits them. Part of the problem here is the presence of germs in paradigm diseases, and the lack of a germ for homosexuality (or psychosis). . . . Whether homosexuality is a disease is a largely verbal issue. If homosexuality is a self-punishing maladaptation, it hardly matters what it is called.

4 Evidence and Further Clarification

I have argued that homosexuality is “abnormal” in both a descriptive and a normative sense because – for evolutionary reasons – homosexuals are bound to be unhappy. In Kantian terms, I have explained how it is possible for homosexuality to be unnatural even if it violates no cosmic purpose or such purposes as we retrospectively impose on nature. What is the evidence for my view? For one thing, by emphasizing homosexual unhappiness, my view explains a ubiquitous fact in a simple way. The fact is the universally acknowledged unhappiness of homosexuals. Even the staunchest defenders of homosexuality admit that, as of now, homosexuals are not happy . . . .

The usual environmentalist explanation for homosexuals’ unhappiness is the misunderstanding, contempt and abuse that society heaps on them. But this not only leaves unexplained why society has this attitude, it sins against parsimony by explaining a nearly universal phenomenon in terms of variable circumstances that have, by coincidence, the same upshot. Parsimony urges that we seek the explanation of homosexual unhappiness in the nature of homosexuality itself, as my explanation does. Having to “stay in the closet” may be a great strain, but it does not account for all the miseries that writers on homosexuality say are the homosexual’s lot . . . .

One crucial test of my account is its prediction that homosexuals will continue to be unhappy even if people altogether abandon their “prejudice” against homosexuality. This prediction, that homosexuality being unnatural homosexuals will still find their behavior self-punishing, coheres with available evidence. It is consistent with the failure of other oppressed groups, such as American Negroes and European Jews, to become warped in the direction of “cruising,” sado-masochism and other practices common in homosexual life. It is consistent as well with the admission by even so sympathetic an observer of homosexuality as Rechy that the immediate cause of homosexual unhappiness is a taste for promiscuity, anonymous encounters and humiliation. It is hard to see how such tastes are related to the dim view society takes of them. Such a relation would be plausible only if homosexuals courted multiple anonymous encounters faute de mieux, longing all the while to settle down to some sort of domesticity. But, again, Europeans abhorred Jews for centuries,
but this did not create in Jews a special weakness for anonymous, promiscuous sex. Whatever drives a man away from women, to be fellated by as many different men as possible, seems independent of what society thinks of such behavior. It is this behavior that occasions misery, and we may expect the misery of homosexuals to continue.

In a 1974 study, Weinberg and Williams found no difference in the distress experienced by homosexuals in Denmark and the Netherlands, and in the US, where they found public tolerance of homosexuality to be lower. This would confirm rather strikingly that homosexual unhappiness is endogenous, unless one says that Weinberg’s and Williams’s indices for public tolerance and distress – chiefly homosexuals’ self-reports of “unhappiness” and “lack of faith in others” – are unreliable. Such complaints, however, push the social causation theory toward untestability. Weinberg and Williams themselves cleave to the hypothesis that homosexual unhappiness is entirely a reaction to society’s attitudes, and suggest that a condition of homosexual happiness is positive endorsement by the surrounding society. It is hard to imagine a more flagrantly ad hoc hypothesis. Neither a Catholic living among Protestants nor a copywriter working on the great American novel in his off hours asks more of a society than tolerance in order to be happy in his pursuits.

It is interesting to reflect on a natural experiment that has gotten under way in the decade since the Weinberg–Williams study. A remarkable change in public opinion, if not private sentiment, has occurred in America. For whatever reason – the prodding of homosexual activists, the desire not to seem like a fuddy-dudee – various organs of opinion are now hard at work providing a “positive image” for homosexuals. Judges allow homosexuals to adopt their lovers. The Unitarian Church now performs homosexual marriages. Hollywood produces highly sanitized movies like Making Love and Personal Best about homosexuality. Macmillan strongly urges its authors to show little boys using cosmetics. Homosexuals no longer fear revealing themselves, as is shown by the prevalence of the “clone look.” Certain products run advertising obviously directed at

the homosexual market. On the societal reaction theory, there ought to be an enormous rise in homosexual happiness. I know of no systematic study to determine if this is so, but anecdotal evidence suggests it may not be. The homosexual press has been just as strident in denouncing pro-homosexual movies as in denouncing Doris Day movies. Especially virulent venereal diseases have very recently appeared in homosexual communities, evidently spread in epidemic proportions by unabating homosexual promiscuity. One selling point for a presumably serious “gay rights” rally in Washington, DC, was an “all-night disco train” from New York to Washington. What is perhaps most salient is that, even if the changed public mood results in decreased homosexual unhappiness, the question remains of why homosexuals in the recent past, who suffered greatly for being homosexuals, persisted in being homosexuals.

But does not my position also predict – contrary to fact – that any sexual activity not aimed at procreation or at least sexual intercourse leads to unhappiness? First, I am not sure this conclusion is contrary to the facts properly understood. It is universally recognized that, for humans and the higher animals, sex is more than the insertion of the penis into the vagina. Foreplay is necessary to prepare the female and, to a lesser extent, the male. Ethologists have studied the elaborate mating rituals of even relatively simple animals. Sexual intercourse must therefore be understood to include the kisses and caresses that necessarily precede copulation, behaviors that nature has made rewarding. What my view does predict is that exclusive preoccupation with behaviors normally preparatory for intercourse is highly correlated with unhappiness. And, so far as I know, psychologists do agree that such preoccupation or “fixation” with, e.g., cunnilingus is associated with personality traits independently recognized as disorders. In this sense, sexual intercourse really is virtually necessary for well-being. Only if one is antecedently convinced that “nothing is more natural than anything else” will one confound foreplay as a prelude to intercourse with “foreplay” that leads nowhere at all. One might speculate on the evolutionary advantages of foreplay, at least
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for humans; by increasing the intensity and complexity of the pleasures of intercourse, it binds the partners more firmly and makes them more fit for child-rearing. In fact, such analyses of sexual perversion as Nagel's, which correctly focus on the interruption of mutuality as central to perversion, go wrong by ignoring the evolutionary role and built-in rewards of mutuality. They fail to explain why the interruption of mutuality is disturbing.

It should also be clear that my argument permits gradations in abnormality. Behavior is the more abnormal, and the less likely to be rewarding, the more its emission tends to extinguish a genetic cohort that practices it. The less likely a behavior is to get selected out, the less abnormal it is. Those of our ancestors who found certain aspects of foreplay reinforcing might have managed to reproduce themselves sufficiently to implant this strain in us. There might be an equilibrium between intercourse and such not directly reproductive behavior. It is not required that any behavior not directly linked to heterosexual intercourse lead to maximum dissatisfaction. But the existence of these gradations provides no entering wedge for homosexuality. As no behavior is more likely to get selected out than rewarding homosexuality – except perhaps an innate tendency to suicide at the onset of puberty – it is extremely unlikely that homosexuality can now be unconditionally reinforcing in humans to any extent.

Nor does my position predict, again contrary to fact, that celibate priests will be unhappy. My view is compatible with the existence of happy celibates who deny themselves as part of a higher calling which yields compensating satisfactions. Indeed, the very fact that one needs to explain how the priesthood can compensate for the lack of family means that people do regard heterosexual mating as the natural or "inertial" state of human relations. The comparison between priests and homosexuals is in any case inapt. Priests do not simply give up sexual activity without ill-effect; they give it up for a reason. Homosexuals have hardly given up the use of their sexual organs, for a higher calling or anything else. Homosexuals continue to use them, but, unlike priests, they use them for what they are not for. . . .

5 On Policy Issues

Homosexuality is intrinsically bad only in a prudential sense. It makes for unhappiness. However, this does not exempt homosexuality from the larger categories of ethics – rights, duties, liabilities. Deontic categories apply to acts which increase or decrease happiness or expose the helpless to the risk of unhappiness.

If homosexuality is unnatural, legislation which raises the odds that a given child will become homosexual raises the odds that he will be unhappy. The only gap in the syllogism is whether legislation which legitimates, endorses or protects homosexuality does increase the chances that a child will become homosexual. If so, such legislation is prima facie objectionable. The question is not whether homosexual elementary school teachers will molest their charges. Pro-homosexual legislation might increase the incidence of homosexuality in subtler ways. If it does, and if the protection of children is a fundamental obligation of society, legislation which legitimates homosexuality is a dereliction of duty. I am reluctant to deploy the language of "children's rights," which usually serves as one more excuse to interfere with the prerogatives of parents. But we do have obligations to our children, and one of them is to protect them from harm. If, as some have suggested, children have a right to protection from a religious education, they surely have a right to protection from homosexuality. So protecting them limits somebody else's freedom, but we are often willing to protect quite obscure children's rights at the expense of the freedom of others. There is a movement to ban TV commercials for sugar-coated cereals, to protect children from the relatively trivial harm of tooth decay. Such a ban would restrict the freedom of advertisers, and restrict it even though the last clear chance of avoiding the harm, and thus the responsibility, lies with the parents who control the TV set. I cannot see how one can consistently support such legislation and also urge homosexual rights, which risk much graver damage to children, in exchange for increased freedom for homosexuals. (If homosexual behavior is largely compulsive, it is falsifying the issue to present it as
balancing risks to children against the freedom of homosexuals.) The right of a homosexual to work for the Fire Department is not a negligible good. Neither is fostering a legal atmosphere in which as many people as possible grow up heterosexual.

It is commonly asserted that legislation granting homosexuals the privilege or right to be firemen endorses not homosexuality, but an expanded conception of human liberation. It is conjectural how sincerely this can be said in a legal order that forbids employers to hire whom they please and demands hours of paperwork for an interstate shipment of hamburgers. But in any case legislation “legalizing homosexuality” cannot be neutral because passing it would have an inexpungeable speech-act dimension. Society cannot grant unaccustomed rights and privileges to homosexuals while remaining neutral about the value of homosexuality. Working from the assumption that society rests on the family and its consequences, the Judaeo-Christian tradition has deemed homosexuality a sin and withheld many privileges from homosexuals. Whether or not such denial was right, for our society to grant these privileges to homosexuals now would amount to declaring that it has rethought the matter and decided that homosexuality is not as bad as it had previously supposed. And unless such rethinking is a direct response to new empirical findings about homosexuality, it can only be a revaluing. Someone who suddenly accepts a policy he has previously opposed is open to the same interpretation: he has come to think better of the policy. And if he embraces the policy while knowing that this interpretation will be put on his behavior, and if he knows that others know that he knows they will so interpret it, he is acquiescing in this interpretation. He can be held to have intended, meant, this interpretation. A society that grants privileges to homosexuals while recognizing that, in the light of generally known history, this act can be interpreted as a positive reevaluation of homosexuality, is signalling that it now thinks homosexuality is all right. Many commentators in the popular press have observed that homosexuals, unlike members of racial minorities, can always “stay in the closet” when applying for jobs. What homosexual rights activists really want, therefore, is not access to jobs but legitimation of their homosexuality. Since this is known, giving them what they want will be seen as conceding their claim to legitimacy. And since legislators know their actions will support this interpretation, and know that their constituencies know they know this, the Gricean effect or symbolic meaning of passing anti-discrimination ordinances is to declare homosexuality legitimate.

Legislation permitting frisbees in the park does not imply approval of frisbees for the simple reason that frisbees are new; there is no tradition of banning them from parks. The legislature’s action in permitting frisbees is not interpretable, known to be interpretable and so on, as the reversal of long-standing disapproval. It is because these Gricean conditions are met in the case of abortion that legislation – or rather judicial fiat – permitting abortions and mandating their public funding are widely interpreted as tacit approval. Up to now, society has deemed homosexuality so harmful that restricting it outweighs putative homosexual rights. If society reverses itself, it will in effect be deciding that homosexuality is not as bad as it once thought.

Postscript Added 1995

I now see the foregoing argument as defective in two ways.

First, it is biased toward environmental explanations of homosexuality. Recent evidence from neuroanatomy and behavioral genetics has confirmed a significant biological factor in sexual orientation. The region of the hypothalamus which controls sexual arousal has been found to be twice as large in heterosexual as homosexual males. Identical twins reared apart are more concordant for homosexuality than fraternal twins reared apart or together, and, within families, concordance for homosexuality is greater than chance for males related on the mother’s side but not the father’s, suggesting sex-linkage.

However, a genetic basis for homosexuality does not imply that homosexuality is normal, for it does not imply that homosexuality has an adaptive function. The ostensible maladaptive-
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ness of homosexuality suggests, rather, that the (poly)gene for homosexuality survives through pleiotropy, expression in more than one phenotype. The (poly)gene that codes for homosexuality presumably also codes for some other trait(s) that strongly enhance(s) fitness, although no one now knows what that trait might be. But whatever version of the pleiotropy hypothesis may prove correct, it still counts homosexuality itself as abnormal, or at least non-normal. If the homosexual phenotype survives through an adaptive correlate, homosexuality would not explain the survival of the gene that codes for it—the gene would survive by expressing the correlate—and would therefore serve no function. Homosexuality would be a side-effect fatal to any gene that coded for it alone, resembling genetic diseases like sickle-cell anemia, which has survived because its gene also confers immunity to malaria. Homosexuality would also retain its negative aspect, on the pleiotropy hypothesis, since maladaptive side-effects are not expected to be reinforcing. Enjoyment of homosexuality would not increase fitness, so there would not have been selection for its being reinforcing.

My second error was to misconstrue the normative issues involved in the homosexuality debate. In effect I attacked an Equal Rights Amendment for homosexuals, defending some legal classifications based on sexual orientation on the grounds that overturning them would signal social acceptance of homosexuality and increase its prevalence. On one hand, emphasizing genes undercuts this argument; if homosexuality is largely biological in origin, this worry is empty. (I should add, however, that, if the central role of reproduction in society's continued existence gives the state a say in sexual relations, the state may and should re-serve the privileges of marriage for heterosexuals.)

Ironically, the more ambitious goals of current homosexual liberationists make a biology more relevant than it was fifteen years ago. What is now being demanded is civil rights for homosexuals, that is, a legal ban on private discrimination based on sexual object choice.

This demand is often based upon the idea that it is wrong to discriminate on the basis of immutable traits, and homosexuality is involuntary and immutable if genetic. I contest the major premise: we discriminate every day on the basis of immutable traits. Reflex speed is unchosen, but the quickest shortstop makes the team. Going on the offensive, civil rights for homosexuals violates freedom of association, which, it seems to me, is an immediate corollary of the categorical imperative. It will be replied that, on my view, civil rights for blacks and women are also illicit; that indeed is my view, although, because others will find it a reductio, it is important to stress the difference between blacks and women, on one hand, and homosexuals on the other. There is nothing abnormal about being a black or a woman, and no one is made as profoundly uncomfortable by members of the opposite sex or other races as many people are made by homosexuals. This antipathy to homosexuals—which is not "hate," a desire to harm, but merely a desire to avoid—may itself have a biological basis. This being so, it strikes me as profoundly wrong to force association with homosexuals on anyone who does not want it.

These views are developed at length in "Homosexuality, Abnormality, and Civil Rights," Public Affairs Quarterly 10 (1996): 31-48, which expresses my current thinking on the subject.