Men, Women, Sex And Darwin

By Natalie Angier

Life is short but jingles are forever. none more so, it seems, than the familiar ditty, variously attributed to William James, Ogden Nash and Dorothy Parker: "Hoggamus, higgamus, Men are polygamous, Higgamus, hoggamus, Women monogamous."

Lately the pith of that jingle has found new fodder and new fans, through the explosive growth of a field known as evolutionary psychology. Evolutionary psychology professes to have discovered the fundamental modules of human nature, most notably the essential nature of man and of woman. It makes sense to be curious about the evolutionary roots of human behavior. It's reasonable to try to understand our impulses and actions by applying Darwinian logic to the problem. We're animals. We're not above the rude little prods and jests of natural and sexual selection. But evolutionary psychology as it has been disseminated across mainstream consciousness is a cranky and despotic Cyclops, its single eye glaring through an overwhelmingly masculinist lens. I say "masculinist" rather than "male" because the view of male behavior promulgated by hard-core evolutionary psychologists is as narrow and inflexible as their view of womanhood is.

I'm not interested in explaining to men what they really want or how they should behave. If a fellow chooses to tell himself that his yen for the fetching young assistant in his office and his concomitant disgruntlement with his aging wife make perfect Darwinian sense, who am I to argue with him? I'm only proposing here that the hard-core evolutionary psychologists have got a lot about women wrong -- about some of us, anyway -- and that women want more and deserve better than the cartoon Olive Oyl handed down for popular consumption.

The cardinal premises of evolutionary psychology of interest to this discussion are as follows: 1. Men are more promiscuous and less sexually reserved than women are. 2. Women are inherently more interested in a stable relationship than men are. 3. Women are naturally attracted to high-status men with resources. 4. Men are naturally attracted to youth and beauty. 5. Humankind's core preferences and desires were hammered out long, long ago, a hundred thousand years or more, in the legendary Environment of Evolutionary Adaptation, or E.E.A., also known as the ancestral environment, also known as the Stone Age, and they have not changed appreciably since then, nor are they likely to change in the future.

In sum: Hoggamus, higgamus, Pygmalionus, Playboy magazine, eternitas. Amen.

Hard-core evolutionary psychology types go to extremes to argue in favor of the yawning chasm that separates the innate desires of women and men. They declare ringing confirmation for their theories
even in the face of feeble and amusingly contradictory data. For example: Among the cardinal principles of the evo-psycho set is that men are by nature more polygamous than women are, and much more accepting of casual, even anonymous, sex. Men can't help themselves, they say: they are always hungry for sex, bodies, novelty and nubility. Granted, men needn't act on such desires, but the drive to sow seed is there nonetheless, satyric and relentless, and women cannot fully understand its force. David Buss, a professor of psychology at the University of Texas at Austin and one of the most outspoken of the evolutionary psychologists, says that asking a man not to lust after a pretty young woman is like telling a carnivore not to like meat.

At the same time, they recognize that the overwhelming majority of men and women get married, and so their theories must extend to different innate mate preferences among men and women. Men look for the hallmarks of youth, like smooth skin, full lips and perky breasts; they want a mate who has a long childbearing career ahead of her. Men also want women who are virginal and who seem as though they'll be faithful and not make cuckolds of them. The sexy, vampy types are fine for a Saturday romp, but when it comes to choosing a marital partner, men want modesty and fidelity.

Women want a provider, the theory goes. They want a man who seems rich, stable and ambitious. They want to know that they and their children will be cared for. They want a man who can take charge, maybe dominate them just a little, enough to reassure them that the man is genotypically, phenotypically, eternally, a king. Women's innate preference for a well-to-do man continues to this day, the evolutionary psychologists insist, even among financially independent and professionally successful women who don't need a man as a provider. It was adaptive in the past to look for the most resourceful man, they say, and adaptations can't be willed away in a generation or two of putative cultural change.

And what is the evidence for these male-female verities? For the difference in promiscuity quotas, the hard-core love to raise the example of the differences between gay men and lesbians. Homosexuals are seen as a revealing population because they supposedly can behave according to the innermost impulses of their sex, untempered by the need to adjust to the demands and wishes of the opposite sex, as heterosexuals theoretically are. What do we see in this ideal study group? Just look at how gay men carry on! They are perfectly happy to have hundreds, thousands, of sexual partners, to have sex in bathhouses, in bathrooms, in Central Park. By contrast, lesbians are sexually sedate. They don't cruise sex clubs. They couple up and stay coupled, and they like cuddling and hugging more than they do serious, genitally based sex.

In the hard-core rendering of inherent male-female discrepancies in promiscuity, gay men are offered up as true men, real men, men set free to be men, while lesbians are real women, ultrawomen, acting out every woman's fantasy of love and commitment. Interestingly, though, in many neurobiology studies gay men are said to have somewhat feminized brains, with hypothalamic nuclei that are closer in size to a woman's than to a straight man's, and spatial-reasoning skills that are modest and ladylike rather than manfully robust. For their part, lesbians are posited to have somewhat masculinized brains and skills -- to be sportier, more mechanically inclined, less likely to have played with dolls or tea sets when young -- all as an ostensible result of exposure to prenatal androgens. And so gay men are sissy boys in some contexts and Stone Age manly men in others, while lesbians are battering rams one day and flower into the softest and most sexually divested girlish girls the next.
On the question of mate preferences, evo-psychos rely on surveys, most of them compiled by David Buss. His surveys are celebrated by some, derided by others, but in any event they are ambitious -- performed in 37 countries, he says, on six continents. His surveys, and others emulating them, consistently find that men rate youth and beauty as important traits in a mate, while women give comparatively greater weight to ambition and financial success. Surveys show that surveys never lie. Lest you think that women's mate preferences change with their own mounting economic clout, surveys assure us that they do not. Surveys of female medical students, according to John Marshall Townsend, of Syracuse University, indicate that they hope to marry men with an earning power and social status at least equal to and preferably greater than their own.

Perhaps all this means is that men can earn a living wage better, even now, than women can. Men make up about half the world's population, but they still own the vast majority of the world's wealth -- the currency, the minerals, the timber, the gold, the stocks, the amber fields of grain. In her superb book "Why So Slow?" Virginia Valian, a professor of psychology at Hunter College, lays out the extent of lingering economic discrepancies between men and women in the United States. In 1978 there were two women heading Fortune 1000 companies; in 1994, there were still two; in 1996, the number had jumped all the way to four. In 1985, 2 percent of the Fortune 1000's senior-level executives were women; by 1992, that number had hardly budged, to 3 percent. A 1990 salary and compensation survey of 799 major companies showed that of the highest-paid officers and directors, less than one-half of 1 percent were women. Ask, and he shall receive. In the United States the possession of a bachelor's degree adds $28,000 to a man's salary but only $9,000 to a woman's. A degree from a high-prestige school contributes $11,500 to a man's income but subtracts $2,400 from a woman's. If women continue to worry that they need a man's money, because the playing field remains about as level as the surface of Mars, then we can't conclude anything about innate preferences. If women continue to suffer from bag-lady syndrome even as they become prosperous, if they still see their wealth as provisional and capsizable, and if they still hope to find a man with a dependable income to supplement their own, then we can credit women with intelligence and acumen, for inequities abound.

There's another reason that smart, professional women might respond on surveys that they'd like a mate of their socioeconomic status or better. Smart, professional women are smart enough to know that men can be tender of ego -- is it genetic? -- and that it hurts a man to earn less money than his wife, and that resentment is a noxious chemical in a marriage and best avoided at any price. "A woman who is more successful than her mate threatens his position in the male hierarchy," Elizabeth Cashdan, of the University of Utah, has written. If women could be persuaded that men didn't mind their being high achievers, were in fact pleased and proud to be affiliated with them, we might predict that the women would stop caring about the particulars of their mates' income. The anthropologist Sarah Blaffer Hrdy writes that "when female status and access to resources do not depend on her mate's status, women will likely use a range of criteria, not primarily or even necessarily prestige and wealth, for mate selection." She cites a 1996 New York Times story about women from a wide range of professions -- bankers, judges, teachers, journalists -- who marry male convicts. The allure of such men is not their income, for you can't earn much when you make license plates for a living. Instead, it is the men's gratitude that proves irresistible. The women also like the fact that their husbands' fidelity is guaranteed. "Peculiar as it is," Hrdy writes, "this vignette of sex-reversed claustration makes a serious point about just how little we know about female choice in breeding systems where male interests are
not paramount and patrilines are not making the rules."

Do women love older men? Do women find gray hair and wrinkles attractive on men -- as attractive, that is, as a fine, full head of pigmented hair and a vigorous, firm complexion? The evolutionary psychologists suggest yes. They believe that women look for the signs of maturity in men because a mature man is likely to be a comparatively wealthy and resourceful man. That should logically include baldness, which generally comes with age and the higher status that it often confers. Yet, as Desmond Morris points out, a thinning hairline is not considered a particularly attractive state.

Assuming that women find older men attractive, is it the men's alpha status? Or could it be something less complimentary to the male, something like the following -- that an older man is appealing not because he is powerful but because in his maturity he has lost some of his power, has become less marketable and desirable and potentially more grateful and gracious, more likely to make a younger woman feel that there is a balance of power in the relationship? The rude little calculation is simple: He is male, I am female -- advantage, man. He is older, I am younger -- advantage, woman. By the same token, a woman may place little value on a man's appearance because she values something else far more: room to breathe. Who can breathe in the presence of a handsome young man, whose ego, if expressed as a vapor, would fill Biosphere II? Not even, I'm afraid, a beautiful young woman.

In the end, what is important to question, and to hold to the fire of alternative interpretation, is the immutability and adaptive logic of the discrepancy, its basis in our genome rather than in the ecological circumstances in which a genome manages to express itself. Evolutionary psychologists insist on the essential discordance between the strength of the sex drive in males and females. They admit that many nonhuman female primates gallivant about rather more than we might have predicted before primatologists began observing their behavior in the field -- more, far more, than is necessary for the sake of reproduction. Nonetheless, the credo of the coy female persists. It is garlanded with qualifications and is admitted to be an imperfect portrayal of female mating strategies, but then, that little matter of etiquette attended to, the credo is stated once again.

"Amid the great variety of social structure in these species, the basic theme . . . stands out, at least in minimal form: males seem very eager for sex and work hard to find it; females work less hard," Robert Wright says in "The Moral Animal." "This isn't to say the females don't like sex. They love it, and may initiate it. And, intriguingly, the females of the species most closely related to humans -- chimpanzees and bonobos -- seem particularly amenable to a wild sex life, including a variety of partners. Still, female apes don't do what male apes do: search high and low, risking life and limb, to find sex, and to find as much of it, with as many different partners, as possible; it has a way of finding them." In fact female chimpanzees do search high and low and take great risks to find sex with partners other than the partners who have a way of finding them. DNA studies of chimpanzees in West Africa show that half the offspring in a group of closely scrutinized chimpanzees turned out not to be the offspring of the resident males. The females of the group didn't rely on sex "finding" its way to them; they proactively left the local environs, under such conditions of secrecy that not even their vigilant human observers knew they had gone, and became impregnated by outside males. They did so even at the risk of life and limb -- their own and those of their offspring. Male chimpanzees try to control the movements of fertile females. They'll scream at them and hit them if they think the females aren't

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listening. They may even kill an infant they think is not their own. We don't know why the females take such risks to philander, but they do, and to say that female chimpanzees "work less hard" than males do at finding sex does not appear to be supported by the data.

Evo-psychos pull us back and forth until we might want to sue for whiplash. On the one hand we are told that women have a lower sex drive than men do. On the other hand we are told that the madonna-whore dichotomy is a universal stereotype. In every culture, there is a tendency among both men and women to adjudge women as either chaste or trampy. The chaste ones are accorded esteem. The trampy ones are consigned to the basement, a notch or two below goats in social status. A woman can't sleep around without risking terrible retribution, to her reputation, to her prospects, to her life. "Can anyone find a single culture in which women with unrestrained sexual appetites aren't viewed as more aberrant than comparably libidinous men?" Wright asks rhetorically.

Women are said to have lower sex drives than men, yet they are universally punished if they display evidence to the contrary -- if they disobey their "natural" inclination toward a stifled libido. Women supposedly have a lower sex drive than men do, yet it is not low enough. There is still just enough of a lingering female infidelity impulse that cultures everywhere have had to gird against it by articulating a rigid dichotomy with menacing implications for those who fall on the wrong side of it. There is still enough lingering female infidelity to justify infibulation, purdah, claustration. Men have the naturally higher sex drive, yet all the laws, customs, punishments, shame, strictures, mystiques and antimystiques are aimed with full hominid fury at that tepid, sleepy, hypoactive creature, the female libido.

"It seems premature . . . to attribute the relative lack of female interest in sexual variety to women's biological nature alone in the face of overwhelming evidence that women are consistently beaten for promiscuity and adultery," the primatologist Barbara Smuts has written. "If female sexuality is muted compared to that of men, then why must men the world over go to extreme lengths to control and contain it?"

Why indeed? Consider a brief evolutionary apologia for President Clinton's adulteries written by Steven Pinker, of the Massachusetts Institute of Technology. "Most human drives have ancient Darwinian rationales," he wrote. "A prehistoric man who slept with 50 women could have sired 50 children, and would have been more likely to have descendants who inherited his tastes. A woman who slept with fifty men would have no more descendants than a woman who slept with one. Thus, men should seek quantity in sexual partners; women, quality." And isn't it so, he says, everywhere and always so? "In our society," he continues, "most young men tell researchers that they would like eight sexual partners in the next two years; most women say that they would like one." Yet would a man find the prospect of a string of partners so appealing if the following rules were applied: that no matter how much he may like a particular woman and be pleased by her performance and want to sleep with her again, he will have no say in the matter and will be dependent on her mood and good graces for all future contact; that each act of casual sex will cheapen his status and make him increasingly less attractive to other women; and that society will not wink at his randiness but rather sneer at him and think him pathetic, sullied, smaller than life? Until men are subjected to the same severe standards and threat of censure as women are, and until they are given the lower hand in a so-called casual encounter from the start, it
is hard to insist with such self-satisfaction that, hey, it's natural, men like a lot of sex with a lot of people and women don't.

Reflect for a moment on Pinker's philandering caveman who slept with 50 women. Just how good a reproductive strategy is this chronic, random shooting of the gun? A woman is fertile only five or six days a month. Her ovulation is concealed. The man doesn't know when she's fertile. She might be in the early stages of pregnancy when he gets to her; she might still be lactating and thus not ovulating. Moreover, even if our hypothetical Don Juan hits a day on which a woman is ovulating, the chances are around 65 percent that his sperm will fail to fertilize her egg; human reproduction is complicated, and most eggs and sperm are not up to the demands of proper fusion. Even if conception occurs, the resulting embryo has about a 30 percent chance of miscarrying at some point in gestation. In sum, each episode of fleeting sex has a remarkably small probability of yielding a baby -- no more than 1 or 2 percent at best.

And because the man is trysting and running, he isn't able to prevent any of his casual contacts from turning around and mating with other men. The poor fellow. He has to mate with many scores of women for his wham-bam strategy to pay off. And where are all these women to be found, anyway? Population densities during that purportedly all-powerful psyche shaper the "ancestral environment" were quite low, and long-distance travel was dangerous and difficult.

There are alternatives to wantonness, as a number of theorists have emphasized. If, for example, a man were to spend more time with one woman rather than dashing breathlessly from sheet to sheet, if he were to feel compelled to engage in what animal behaviorists call mate guarding, he might be better off, reproductively speaking, than the wild Lothario, both because the odds of impregnating the woman would increase and because he'd be monopolizing her energy and keeping her from the advances of other sperm bearers. It takes the average couple three to four months of regular sexual intercourse to become pregnant. That number of days is approximately equal to the number of partners our hypothetical libertine needs to sleep with to have one encounter result in a "fertility unit," that is, a baby. The two strategies, then, shake out about the same. A man can sleep with a lot of women -- the quantitative approach -- or he can sleep with one woman for months at a time, and be madly in love with her -- the qualitative tactic.

It's possible that these two reproductive strategies are distributed in discrete packets among the male population, with a result that some men are born philanderers and can never attach, while others are born romantics and perpetually in love with love; but it's also possible that men teeter back and forth from one impulse to the other, suffering an internal struggle between the desire to bond and the desire to retreat, with the circuits of attachment ever there to be toyed with, and their needs and desires difficult to understand, paradoxical, fickle, treacherous and glorious. It is possible, then, and for perfectly good Darwinian reason, that casual sex for men is rarely as casual as it is billed.

It needn't be argued that men and women are exactly the same, or that humans are meta-evolutionary beings, removed from nature and slaves to culture, to reject the perpetually regurgitated model of the coy female and the ardent male. Conflicts of interest are always among us, and the outcomes of those conflicts are interesting, more interesting by far than what the ultra-evolutionary psychology line has handed us. Patricia Gowaty, of the University of Georgia, sees conflict between males and females as
inevitable and pervasive. She calls it sexual dialectics. Her thesis is that females and males vie for control over the means of reproduction. Those means are the female body, for there is as yet no such beast as the parthenogenetic man.

Women are under selective pressure to maintain control over their reproduction, to choose with whom they will mate and with whom they will not -- to exercise female choice. Men are under selective pressure to make sure they're chosen or, barring that, to subvert female choice and coerce the female to mate against her will. "But once you have this basic dialectic set in motion, it's going to be a constant push-me, pull-you," Gowaty says. That dynamism cannot possibly result in a unitary response, the caricatured coy woman and ardent man. Instead there are going to be some coy, reluctantly mating males and some ardent females, and any number of variations in between.

"A female will choose to mate with a male whom she believes, consciously or otherwise, will confer some advantage on her and her offspring. If that's the case, then her decision is contingent on what she brings to the equation." For example, she says, "the good genes' model leads to oversimplified notions that there is a 'best male' out there, a top-of-the-line hunk whom all females would prefer to mate with if they had the wherewithal. But in the viability model, a female brings her own genetic complement to the equation, with the result that what looks good genetically to one woman might be a clash of colors for another."

Maybe the man's immune system doesn't complement her own, for example, Gowaty proposes. There's evidence that the search for immune variation is one of the subtle factors driving mate selection, which may be why we care about how our lovers smell; immune molecules may be volatilized and released in sweat, hair, the oil on our skin. We are each of us a chemistry set, and each of us has a distinctive mix of reagents. "What pleases me might not please somebody else," Gowaty says. "There is no one-brand great male out there. We're not all programmed to look for the alpha male and only willing to mate with the little guy or the less aggressive guy because we can't do any better. But the propaganda gives us a picture of the right man and the ideal woman, and the effect of the propaganda is insidious. It becomes self-reinforcing. People who don't fit the model think, I'm weird, I'll have to change my behavior." It is this danger, that the ostensible "discoveries" of evolutionary psychology will be used as propaganda, that makes the enterprise so disturbing.

Variation and flexibility are the key themes that get set aside in the breathless dissemination of evolutionary psychology. "The variation is tremendous, and is rooted in biology," Barbara Smuts said to me. "Flexibility itself is the adaptation." Smuts has studied olive baboons, and she has seen males pursuing all sorts of mating strategies. "There are some whose primary strategy is dominating other males, and being able to gain access to more females because of their fighting ability," she says. "Then there is the type of male who avoids competition and cultivates long-term relationships with females and their infants. These are the nice, affiliative guys. There's a third type, who focuses on sexual relationships. He's the consorter. . . . And as far as we can tell, no one reproductive strategy has advantages over the others."

Women are said to need an investing male. We think we know the reason. Human babies are difficult and time consuming to raise. Stone Age mothers needed husbands to bring home the bison. Yet the age-old assumption that male parental investment lies at the heart of human evolution is now open to
serious question. Men in traditional foraging cultures do not necessarily invest resources in their offspring. Among the Hadza of Africa, for example, the men hunt, but they share the bounty of that hunting widely, politically, strategically. They don't deliver it straight to the mouths of their progeny. Women rely on their senior female kin to help feed their children. The women and their children in a gathering-hunting society clearly benefit from the meat that hunters bring back to the group. But they benefit as a group, not as a collection of nuclear family units, each beholden to the father's personal pound of wildeburger.

This is a startling revelation, which upends many of our presumptions about the origins of marriage and what women want from men and men from women. If the environment of evolutionary adaptation is not defined primarily by male parental investment, the bedrock of so much of evolutionary psychology's theories, then we can throw the door wide open and ask new questions, rather than endlessly repeating ditties and calling the female coy long after she has run her petticoats through the Presidential paper shredder.

For example: Nicholas Blurton Jones, of the University of California at Los Angeles, and others have proposed that marriage developed as an extension of men's efforts at mate guarding. If the cost of philandering becomes ludicrously high, the man might be better off trying to claim rights to one woman at a time. Regular sex with a fertile woman is at least likely to yield offspring at comparatively little risk to his life, particularly if sexual access to the woman is formalized through a public ceremony -- a wedding. Looked at from this perspective, one must wonder why an ancestral woman bothered to get married, particularly if she and her female relatives did most of the work of keeping the family fed from year to year. Perhaps, Blurton Jones suggests, to limit the degree to which she was harassed. The cost of chronic male harassment may be too high to bear. Better to agree to a ritualized bond with a male and to benefit from whatever hands-off policy that marriage may bring, than to spend all of her time locked in one sexual dialectic or another.

Thus marriage may have arisen as a multifaceted social pact: between man and woman, between male and male and between the couple and the tribe. It is a reasonable solution to a series of cultural challenges that arose in concert with the expansion of the human neocortex. But its roots may not be what we think they are, nor may our contemporary mating behaviors stem from the pressures of an ancestral environment as it is commonly portrayed, in which a woman needed a mate to help feed and clothe her young. Instead, our "deep" feelings about marriage may be more pragmatic, more contextual and, dare I say it, more egalitarian than we give them credit for being.

If marriage is a social compact, a mutual bid between man and woman to contrive a reasonably stable and agreeable microhabitat in a community of shrewd and well-armed members, then we can understand why, despite rhetoric to the contrary, men are as eager to marry as women are. A raft of epidemiological studies have shown that marriage adds more years to the life of a man than it does to that of a woman. Why should that be, if men are so "naturally" ill suited to matrimony?

What do women want? None of us can speak for all women, or for more than one woman, really, but we can hazard a mad guess that a desire for emotional parity is widespread and profound. It doesn't go away, although it often hibernates under duress, and it may be perverted by the restrictions of habitat or culture into something that looks like its opposite. The impulse for liberty is congenital. It is the
ultimate manifestation of selfishness, which is why we can count on its endurance.

Illustrations: What Men Want; What Women Want. (pg. 49); Theory: Even financially successful women want a rich man. Reality: Women need a man's money because they'll never make as much. (pg. 50); Theory: Women prefer older men with high status. Reality: Maybe it's just a matter of space. Who can breathe in the presence of a handsome young ego? (pg. 51); Theory: Women's sex drive is lower than men's. Reality: Laws and customs everywhere aim at curbing the female libido. (pg. 52); Theory: Women go for the virile alpha male. Reality: Even some female baboons prefer the nice, little guy. (Illustrations by Bonnie Timmons)(pg. 53)