

# LISTEN

A  
JOURNAL  
OF  
BETTER  
LIVING



*Johnston Murray*

GOVERNOR OF OKLAHOMA

# Do You Know?



● The nation's 1949 \$8,550,000,000 outlay for alcoholic beverages represents approximately \$57.50 for each man, woman, and child of the population, or nearly \$90 for each person over twenty-one years of age.

● Pabst Breweries Foundation has made the University of Wisconsin indebted to it by a contribution of \$50,000.

● As of November last, there were a reported 827 licensed retail liquor stores operating in the State of Kansas.

● In the revised edition of "Little Red Riding Hood," five more pages of alcoholic-beverage propaganda have made their way into the educational program for grade schools. Colored pictures of a bottle of wine artistically placed between a piece of cake and a pat of butter subtly give the impression that wine drinking is a socially established custom.

● Michigan as a whole has 136,700 alcoholics, and of these Detroit has 86,000, of which over 40 per cent are employed in Detroit industries, according to the report of George W. Hood, member of the Metropolitan Detroit Committee on Education in Alcoholism. He asserts that alcoholism costs Detroit factories nearly \$2,250,000 per year.

● The American Business Men's Foundation estimates that beverage alcohol may be largely responsible for from one half to nine tenths of the nation's sex crimes.

● Probe of California's ace liquor lobbyist before the Kefauver Investigating committee reveals that Mr. Samish during the past six years had nearly one million dollars placed at his disposal, with no strings attached, by eleven of California's fourteen brewers who comprise the California Brewers Institute. Chief interest in the San Francisco session of the Kefauver Committee hearings centered in the apparently non-existent records of the \$935,943 brewer's "Samish Fund" spent by their legislative and political lobbyist for purposes that Senator Kefauver intimated might

## The Dangers of "TEMPERATE" DRINKING

### (AUTO CASUALTIES)

It is our belief that the public does not realize fully the dangers inherent in even the "temperate" drinking of alcoholic beverages when coupled with the use of the automobile. In studying the vehicular deaths in Baltimore, routine examinations for ethyl alcohol were made in all traffic fatalities if the period which elapsed from the time of injury until death was less than twenty-four hours. Table No. 12 shows the distribution of these cases in Baltimore City according to the concentration of alcohol found in the brain or spinal fluid at death. It may be seen that 51, or 63 per cent, of the total of 81 fatalities were persons whose vital fluids did not reveal alcohol at the time of death. However, 17, or 21 per cent, of these persons showed alcohol in the range which may be defined as being "under the influence of alcohol" while 4, or 4.9 per cent, were definitely drunk. Of the drivers of passenger cars, almost half, 7 out of 15 tested, had been drinking prior to the accident. As a corollary to the above it seems justifiable to assume that the 10 pedestrians

whose alcohol levels were in excess of 0.10 per cent may well owe their death to their imbibition rather than to negligence on the part of the operators of the cars which struck them. The importance of these chemical findings in helping to protect the innocent operator in such cases reflects another service to the public which automatically results from a well-organized medical examiner system.

### (HOMICIDES)

Another important factor in homicides is alcoholism. Obviously our data, portraying as it does the condition of the victim rather than the assailant, is of limited significance. Table No. 18 presents the data on the three most important categories of homicide victims who died within twenty-four hours after sustaining the fatal injury. Of 68 such cases, only 31 per cent were found to have no alcohol, while the remaining 69 per cent had alcohol in their bodies at the time of death. Twenty-three, or 34 per cent, of the positive cases were in the range defined as "under the influence of alcohol," while 16, or 23.5 per cent, were "drunk."—Eleventh Annual Report of the Department of Post Mortem Examiners for the State of Maryland, pages 13, 16.

be highly "political." A previous ruling had exempted half the fund from income taxes, charged off as legitimate expense. Senator Kefauver, declaring the total absence of records "fantastic," recommended further investigation by the Internal Revenue Department. He stated, "I think the larger part is being used for purposes that cannot be deducted."

● The Pacific Northwest will take a new look at the alcohol problem with the inauguration of the Northwest Institute for the Scientific Study of Alcohol at the University of Washington, Seattle, June 11-15.

Among outstanding scientists to lecture at the Institute will be Dr. Haven

Emerson of Columbia University; Dr. Andrew C. Ivy, vice-president of the University of Illinois; Dr. E. M. Jellinek of Texas Christian University; Dr. Leon Greenberg of Yale University; as well as Judge William R. McKay of the superior court of Los Angeles.

● The First Presbyterian Church of Hollywood has organized a group known as the "Sobriety Fellowship," headed by a converted former alcoholic. Dr. Lewis H. Evans says the group supplements Alcoholics Anonymous techniques with spiritual teaching on the vital power of prayer and personal experience to provide any individual seeking release from liquor congenial Christian fellowship and guidance.

# LISTEN

A JOURNAL OF  
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JULY-SEPTEMBER, 1951  
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## OUR COVER

With pleasure we present our cover study of Johnston Murray, Oklahoma's fourteenth governor. This striking picture of this capable and affable administrator, the son of "Alfalfa Bill," was taken especially for *Listen* by Three Lions, Inc. Governor Murray, in the true Murray tradition of that illustrious name, adds another to the growing list of total-abstaining governors among our state executives.

LISTEN, published quarterly, is the voice of the AMERICAN TEMPERANCE SOCIETY—H. L. Rudy, president; W. A. Scharffenberg, vice-president and executive secretary; J. A. Buckwalter, associate secretary; C. L. Torrey, treasurer. Membership in the Society is open to all who are interested in its objectives. Junior membership, \$.25; regular membership, \$1.00 (Canada, \$1.25; other countries, \$1.50); contributing membership, \$5.00; sustaining membership, \$10.00; life membership, \$100.00. Yearly subscription, \$1.00. Single copy, \$.25. All but junior members will receive LISTEN included in their membership fee.

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## THE GUILT WE SHARE

**T**HE door to the interviewing room in a great Western penitentiary swung open. A stalwart, muscular young man stepped briskly to the chair opposite mine. His keen eye, noble brow, and fine appearance bespoke a youth of quality and character, the type you would expect to find in a theological seminary training for the ministry. Conspicuously absent were the tell-tale marks of criminal characteristics. The only lines on his face were those of suffering.

"Surely," I thought, "this man does not belong here!" Yet I had just finished reading his record—the slash of a knife, the stab of a blade, a young woman shoved out of his car, which sped on its way, leaving her to bleed to death by the roadside. I was about to interview another American youth doing time for murder. "I loved that girl and wanted to marry her!" My reply to these moving words with which the subject introduced his problem was, "Friend, tell me how it happened."

He then spoke of how he and his fiancée, desirous of finding some place where they might visit together and plan their future marriage, selected a highly reputed (?) cocktail parlor. Apparently after several alcoholic drinks of their choice, they continued their drive, but before returning home, having decided to stop for one more cocktail, they visited another luxurious tavern.

"I knew I had too much to drink, and I suppose she did, too, but I was too far under the influence to know," was his rueful comment. As they neared the outskirts of the city, headed for home long after midnight, these two lovers, under the influence of liquor, found themselves quarreling.

As his tortured mind recalled naught of the liquor-engendered quarrel but only its fatal consequences, the young man folded his arms on the desk, bowed his head, and with quivering lips and trembling voice spoke three piercing sentences. "*I was blacked out completely at the time. I can faintly remember grappling with the girl in the car. . . . I cut her up, but I don't remember. Drink put me here.*"

My heart ached at the sight of that suffering-stricken face. Surely it was another face for the liquor ads. And my soul stirred with the inward cry, "O God, how long ere the heart of the nation is touched, and Christendom is moved to action?"

I would that all Americans might have seen, and been humbled, by that agonized face of a frustrated lover whose soul the liquor bottle had stained with the lifeblood of the woman of his choice.

But that young murderer was not alone in his guilt. As long as the churches of America acquiesce in the current attempt of the alcoholic beverage industry to utilize every possible medium to glamourize the social glass, those piercing sentences of the condemned: "I cut her up, but I don't remember. Drink put me here!" are an expression of *the guilt we share!*

*J. H. Buckwalter*



**Think for yourself,  
YOUNG MAN!**

**GOVERNOR JOHNSTON MURRAY**



**U**OUNG or old, good or bad, we humans all have one important ability which *should* place us above the lesser animals. That is the ability to reason, to take any set of facts and arrive, we hope, at a logical conclusion.

To you who are just now starting to make your own way along life's road, I say the most important lesson you can learn is to *make up your own mind*. Until you are able to do that, freely and without fear, your life will surely lack purpose.

Many a seemingly wise man has stumbled and fallen flat on his face because he leaned too heavily on the ideas and beliefs of others. Look about you. There are many examples in your own crowd.

It's so easy, unless we think for ourselves, to confuse the accomplishments of the "Man of Distinction" with the highball he holds in his hand. It's so easy to make the mistake of assuming that life has but one path, the path pursued by those with whom we are, for the moment, most closely associated.

But to make that mistake is fatal. Those who do become nothing more than walking, talking, eating, sleeping bits of a rudderless mob. They have no purpose, are going nowhere. There is not a leader among them.



STATE OF OKLAHOMA  
OFFICE OF THE GOVERNOR  
OKLAHOMA CITY

JOHNSTON MURRAY  
GOVERNOR

March 1, 1951

Many times I have been asked why I insist that employees of the State of Oklahoma be instructed not to appear at the State Capitol while under the influence of alcohol. There are two reasons I consider most important.

First, the State of Oklahoma has laws prohibiting the sale of intoxicants. The people of our state reaffirmed those laws recently. They are entitled to have them obeyed.

Second, I have yet to find the man who can work effectively when his mind is clouded with alcohol. We want state employees with clear minds and stable emotions.

That is the only way to honest, efficient government.

*Johnston Murray*  
GOVERNOR

crowd approval by boasting his willingness to "try anything once." He tried marijuana first, then cocaine, and now heroin. Soon he'll try a coffin on for size.

Not so long ago those two pitiful creatures were intelligent young men with a choice of *thinking for themselves*. No one forced them to take the first drink, to "try anything once."

They might have said, "No, I don't want that from life." Instead, they said, "I'll do what I see others do."

They failed to use their God-given *ability to reason*. Failing that, they failed in all things.

The world has little time or patience with those failures. They are relegated to the hovels, kicked and cuffed at every turn. True, a few strong men manage to rise again before being sucked under. But most are destined to float with the current once they set sail in the polluted stream of vice. Finally they are swept with a rush into the open sea of despair, from which there is no return.

As has been so since time began, two roads still diverge ahead of our youth. Each is marked with the same signpost, "Your Future." For as far as the eye can see, both look equally pleasant.

But the eye sees only to the first bend in the road. It is beyond that point that the arduous journey of

life begins. Pause and look back before striking out. Consider well what has happened to those who took the less-traveled road. Then resolutely make your own choice.

Choose wisely. *Think for yourself, young man!*

What is it, then, that causes so many to accept whatever is put before them as the proper food of life? Do they come less ably equipped than the men who rise above the mob? Not a bit.

Their failing is a kindly one. They have the natural desire of wanting their efforts recognized and applauded by those about them. They want crowd approval. They want to be popular.

But young people who place too much emphasis on popularity overlook some grave dangers. Today's popularity is small recompense for the total loss of tomorrow's greatness.

No man becomes great in any field except by his own efforts, *thinking for himself*.

Consider the battered alcoholic who stumbles along between endless flophouses and reeking tins of canned heat. He represents a bright youth from yesterday, a youth taking his first drink to gain a brief smile of approval from his cronies of the moment. Now he can tell you what a high price was paid for popularity.

Think for a minute about that sniveling, hunched-over creature to be found moaning with the screaming-meemies in nearly every big city jail. He represents a falsely courageous youth from yesterday who sought



MELTON  
Johnstone Murray, governor of Oklahoma, signs the Bone Dry Bill. This bill is the result of the active interest of the seventy-seven county units of the United Dry Association in recent state elections.

# As Viewed From the Bench—

by J. A. BUCKWALTER

\*This article is an expression of judiciary opinion consisting of a compilation of statements sent to the editor of "Listen" by judges all over the United States in response to a poll conducted by "Listen" to determine the judiciary estimate of the influence of beverage

alcohol in felonies and criminal practices, as seen from the bench. Printed questionnaires were sent to 3,500 judges. At this writing 412 replies have been received. A statistical analysis of the findings of the poll will be published in the next issue of "Listen."

**W. M. POTTS**  
County Judge  
Mobridge  
South Dakota

"If the present 'rate of increase' in consumption of alcohol continues coincident with our mechanized, industrialized, pleasure-seeking economy, the result will be such a demoralization of our homes and our religious and educational institutions that our democracy, as we know it now, will be destroyed before A.D. 2000.

"No need for communists to wage other than 'cold war' to gain their objectives. May your picture bring to thoughtful citizens a realization that 'It's later than you think.'"



**A. A. DAWSON**  
Judge, Eighty-sixth  
District of Texas  
Canton, Texas

"If the drinking of intoxicating liquors were to cease, two thirds of our courts could be abolished. Eighty-five per cent of law-enforcement costs would be saved.

"I have made inquiry in many cases and in most cases the record itself reveals liquor as the cause of the action at bar."

*A. A. Dawson*

**A**S VIEWED from the bench, whisky is a far greater enemy to society than communism," declares Judge Charles H. Manning of Williamstown, North Carolina, while the Honorable John Gee Clark of the superior court of Los Angeles observes: "I consider the use of liquor one of the most serious problems we face in America."

Judicial opinion so strongly expressed is indicative of the importance of the matter under consideration. If liquor is indeed one of the "most serious problems we

face" and a "greater enemy" to American society "than communism," it is obviously imperative that all the socially stabilizing forces of the nation lend their combined effort and wisdom to some adequate solution to the problem.

No other group of men are in a more advantageous position to discuss intelligently the implications of the increasing consumption of alcoholic beverages in American society than those who are privileged to sit on the bench and come into daily contact with its varied reper-



cussions in human action, so a printed questionnaire was sent out to 3,500 judges throughout the United States. More than 400 of these questionnaires have been returned to date, and they give some indication of the cross section of judiciary opinion relative to the influence of beverage alcohol upon civil and criminal problems coming before our courts.

In addition to the statistical information gleaned, the questionnaire provided opportunity for personal statements by these distinguished men of the bench, expressing their views on the subject. The following paragraphs of this report are based on those written statements received prior to this writing.

One cannot read these judicial testimonials without instantly coming to the conclusion that the majority of those answering the questionnaire viewed the problem as an acute one, with deep social implications for the future welfare of our society.

*"My experience and investigation,"* writes the Honorable Hardin E. Hanks, city court judge of Beardstown, Illinois, *"discloses that liquor is gradually becoming a more important factor in contributing to the breakdown of society. This applies equally in domestic and criminal cases. If excessive drinking by both the parents and the children continues to increase in the next ten years, it will undermine this nation. . . . We are surely decaying from within while we fight communism from without. It is later than you think!"*

Judicial opinion, though varied by location and circumstance and other extenuating circumstances, with few exceptions, weighs heavily against the alcohol menace to social stability. Many judges pull no punches in landing their blows on John Barleycorn, and are not hesitant to arraign him before the bar of judicial censure as the guilty overshadowing prime instigator of criminal practices. He is charged by the majority of the justices replying to the questionnaire as being involved in 75 per cent or more of all the nation's criminal activities. Some place the figure as high as 95 per cent, and not a few list 90 per cent.

The Honorable Judge A. A. Dawson of the Eighty-sixth Judicial District of Texas makes bold to say that, *"If the drinking of intoxicating liquors were to cease, two thirds of our courts could be abolished and 85 per cent of law enforcement costs saved."*

Actual court surveys reported substantiate Judge Dawson's contention.

### 90 PERCENTERS

A substantial number of judges judicially estimated that beverage alcohol was a known factor in 90 per cent of the criminal cases tried by them. His Honor, W. M. Rosenfeld, of Towanda, Pennsylvania, writes, *"I say repeatedly that in 90 per cent of the criminal cases, liquor appears. So also in 90 per cent of the domestic relations cases including desertion and non-support of wife and children."*

The Honorable S. G. Jorgensen, of Salinas, California, states: *"In open court one day I made the statement that alcohol was a contributing factor in 90 per cent of all criminal cases. An attorney who had represented many defendants before the court said I was wrong, that booze was a contributing factor in 95 per cent of the cases."*

*"Criminally, liquor seems to be a factor in almost all violent crimes, yet here it is difficult to determine to what extent,"* says Judge Alton H. Somes, of Middletown, Ohio. He points out that, *"In many cases it is deliberately used beforehand to build up courage."*

The part beverage alcohol plays in violent criminal cases was stressed. North Carolina's Judge Donald Gulley expressed the opinion that *"in at least 90 per cent of the*



**F. G. McDONALD**

Judge, Sixty-sixth Judicial District  
Hillsboro, Texas

**"Actual count survey of criminal docket of Sixty-sixth District court, 1947-1950, shows liquor a major or contributing factor in 87 per cent of all criminal cases during the four-year period."**

violent criminal cases liquor was involved in the crime;" and the Honorable Justice I. W. Williams, of Texarkana, observes, *"Mighty few criminal cases have come before me where liquor wasn't the major or contributing cause, especially in violent criminal cases."* Others indicated that 90 per cent of certain specific crimes involved liquor.

To sum up the case for the involvement of liquor in 90 per cent of crime, we quote the honorable and distinguished Judge William R. McKay of the Los Angeles superior court, who has frequently stated: *"Based on my personal experience as a prosecutor for ten years and as a judge assigned to the trial of criminal cases over a period of fifteen years, it is my well-considered opinion that the inordinate use of intoxicating liquor is responsible for 90 per cent of all crime."*

### LIQUOR TO BLAME FOR 75 PER CENT OF CRIME

It was the opinion of the majority of the judges replying that *"75 per cent of all crime is caused directly or indirectly by alcoholic beverages,"* as expressed by Judge Haralron of Mississippi; or as Judge W. B. Ivey, of Lumberton, North Carolina, states: *"I am satisfied that liquor has been a contributing factor in at least 75 per cent of all cases coming before the recorder's court for Lumber-*

ton, North Carolina, District, for the past thirty years."

Judge Roy Mayhall, of Jasper, Alabama, concurs: "We feel that 75 to 80 per cent of all crime is in some way traceable to alcoholic beverages in this part of Alabama, either directly or indirectly."

### THE HANDMAIDEN OF CRIME

In view of the above percentage estimates from the bench, it is not surprising to read among the replies such sentences as the following:

"In the greater number of cases, liquor in some way has contributed to the crime." Judge John M. Kuykendall, Seventeenth District court, of Mississippi.

"If it were not for alcohol we would hardly have a need for our county jail." Justice H. A. Kelse, Nevada, Missouri.

"Liquor, gambling, and dope, taken together probably

### MATTHEW W. HILL

Judge Supreme Court

Olympia, Washington



PHOTO BY G. WALTERS

**"Two thirds of our divorces and 50 per cent of our major crimes have the use of intoxicants as a contributing factor, and frequently it is the dominant factor."**

account for four-fifths of all our crime." Judge C. J. Crebe, Robinson, Illinois.

"In my opinion, liquor is the greatest single contributing factor in criminal cases and in cases involving children." Honorable H. H. Donovan, Martinez, California.

"Crimes unquestionably have increased because of drinking." Judge O. J. Millard, Grants Pass, Oregon.

"Eliminate intoxicating beverages and we will have only those crimes due to selfishness, greed, hate, and revenge." His Honor, Jesse T. Rogers, Clinton, Tennessee.

"The use of intoxicating liquor is a major contributing factor in the commission of crimes and is present in the majority of divorce cases." Judge Paul R. Cash, of Alma, Michigan.

"As either a major or contributing factor, liquor finds its way into almost every criminal case in my court." District Judge W. W. Lessley, of Bozeman, Montana.

"It is my opinion that our problems arising from criminal courts would largely be eliminated if we would

stop the evils of alcoholic beverages." Honorable Justice G. R. Worthy, of Cairo, Georgia.

We shall next consider the judicial estimate of the influence of alcoholic beverages upon specific civil and criminal problems.

### DIVORCE

The Honorable Judge William R. McKay, of the superior court of Los Angeles, states, "Of 425 default cases that came to my attention in 1949, in 318 instances the use of intoxicants played a major part."

"I have found," says Judge Alen N. Fellman, of Red Lake Falls, Minnesota, "that liquor is the major factor underlying the cause of at least 90 per cent of the non-supporting abandonment and divorce cases, and as a result the greatest number of delinquent children come from these same homes."

In divorce cases tried before Judge Edward Freeman, of Virginia, Minnesota, liquor was found to be "a material factor in ten out of twenty-seven cases."

The smallest percentage of liquor involvement shown in court records of divorce cases was submitted by the Honorable Paul M. Alexander, judge of the common pleas court, Toledo, Ohio, who stated that drunk complaints by one spouse or the other were filed "in 161 out of the last 401 divorce cases" before that court. The judge depreciated the value of "accurate" statistics on the grounds that the answers were subjective and that "in a divorce case there is always the tendency of the complainant to exaggerate the other spouse's faults."

The Honorable Samuel A. Weiss of the common pleas court of Pittsburgh, Pennsylvania, significantly observes, "Liquor and women have caused more broken homes than any other factors."

Judge W. H. Antes, of New Hampton, Iowa, finds the principal deleterious effect of liquor in rural areas is its adverse effect upon family life. And the judiciary opinion of Judge F. B. Hettinger, of Hutchinson, Kansas, based on more than twenty years' experience as a judge, is that "there can be no doubt that liquor causes more divorce, negligence, and criminal litigation than any two other causes."

"In divorce cases, it may be conservatively estimated that at least 50 per cent originated from too much liquor," states Judge Walter L. Tooge, of Portland, Oregon.

"In my tenure of office as a judge since January 1, 1933," writes the Honorable J. W. Williams, associate justice of the court of civil appeals, Texarkana, Arkansas-Texas, and former district judge, "liquor directly or indirectly has been the basis of at least 75 per cent of causes for divorce and is involved in causes resulting in delinquent and dependent children."

"Alcoholic beverage is the outstanding greatest contributor to general delinquency and crime, broken homes, marital discord, and divorce," concludes Judge Robert M. Hill, of Florence, Alabama.

The Honorable Matthew W. Hill, Washington State supreme court, estimates alcohol as a contributing factor in "two thirds of our divorces."

"It is difficult to determine in divorce and custody cases whether the drinking is the cause or the result of the domestic discord," observes Justice K. K. Seibrand of the Eighteenth Judicial Circuit, of (Turn to page 24)

# Meet the Churchill Family

*Not Winston—but Randolph*

## Grace Clifford Howard

*The inspiring example and successful living of a total-abstaining American family.*



PHOTOS BY THREE LIONS

**B**UT ISN'T there something else we can give him instead?" queried the anxious young mother, turning her gaze from the sick child in her lap to the old family doctor, as she added, "I hate to give my son his first drink of liquor."

"Oh, well, then give him a drink of ginger tea. It probably will do him as much good. He'll be all right in the morning."

That mother's son, L. Randolph Churchill, now the father of two stalwart lads of college age, has never tasted liquor in all the years between; and is proud of the fact that neither he, his wife, nor his sons use alcoholic drinks. A keen businessman and owner of Churchill Motors in Kezar Falls, Maine, Mr. Churchill finds that his business requires a brain kept clear of tobacco fumes and the narcotizing effect of alcoholic beverages. Does he find it embarrassing in business not to imbibe? No, he has not found it so, for the people of his town generally are not drinkers.

What about social life and the people who expect him to drink? When he finds a social situation that demands drinking, he is careful not to repeat association with that group, and he does not change his usual practice of not imbibing, even if it is expected.

But, of course, he never goes to the "big city" where drinking has become so much a matter of course? Oh, yes, he does! Twice a year he and Mrs. Churchill take a trip to New York where they have a good time without going



in for cocktail parties and night clubs.

The Churchills are all interested in outdoor sports. There is a camp at the lake where both summer and winter fun can be found. Boating in summer, hunting during the fall, and winter sports in the snowy months attract young friends of the boys, as well as friends of the parents. A trip to Boston Gardens remains memorable on an occasion when one of the boys played basketball in that famous place. With attending home-talent performances and small-town entertainment, "There is never a dull moment," Mr. Churchill declares.

Mr. and Mrs. Churchill's total-abstinence way of life has been accompanied by prosperity in business and a happy family life. Their example has had a telling effect on their two sons, who are now in college, one in Maine and the other in New York.

Mrs. Churchill's mother, whose father had been the village physician, firmly believed in abstinence and taught it to her four children.

From observing some of her grandfather's patients, Mrs. Churchill had learned the results of indulging in alcoholic drinks.

Mrs. Churchill is a member of a club where drinking is not countenanced. She said that none of the twenty-one women who formed it drank intoxicating liquors.

When she spoke of her sons, Mrs. Churchill mentioned that a "certain young lady" who keeps Bob's picture on her dresser does not smoke nor drink either. "Ann and Bob think alike on these matters," she added. Ann Lord, Bob's friend, a freshman in Vermont University, created a sensation among her classmates when she declared frankly that she did not indulge in either cigarettes or alcoholic beverages. She was brave enough to take her stand firmly on the matter, and clever enough to laugh off the astounded replies of her friends. Would that more college freshmen had the same fortitude!

No alcoholic beverages are sold in the town where Mr. Churchill lives. This is the peoples' choice, for every two years they have opportunity to vote on the question. Local option obtains in Maine. And Mrs. Churchill believes there are many advantages in living in a town where alcohol is not generally used. Divorce is almost unheard of, few families are "on the town," and people pay their bills in Kezar Falls.

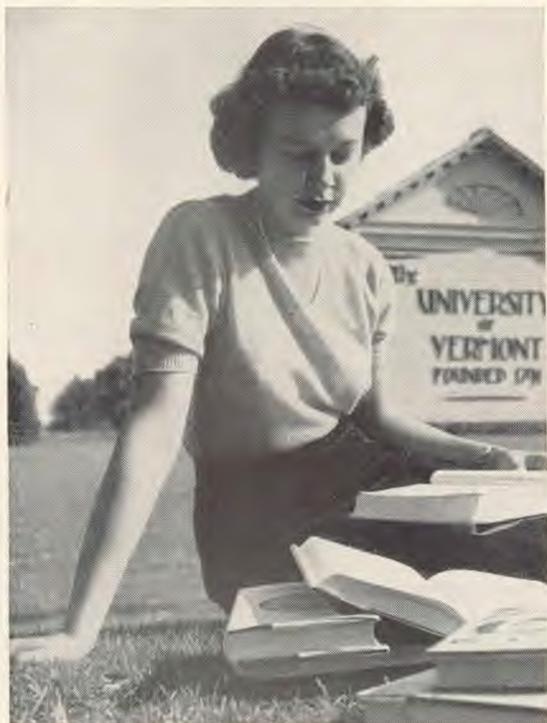
Three generations of freedom from liquor has paid big dividends to the Churchill family.

"God was so good when He gave me my two wonderful boys. The least I can do is set an example which I would want them to follow."

—L. RANDOLPH CHURCHILL

"My husband and I have enjoyed every minute of every day. We have felt no need of stimulants. Life has been such fun. We want to be cold sober to enjoy it."

—MARGUERITE M. CHURCHILL  
(Mrs. L. Randolph)



THREE LIONS

"Viewing the world through an alcoholic haze seems most ridiculous to me, and I cannot see what enjoyment people derive from drinking. Anyone can have so much fun with a sound body and a clear mind that I don't see why he wishes to be otherwise. I always have a marvelous time when Bob and I are together, a fact which does not always hold true with some of my other college dates who seem to think more of their drinking than anything else. I am very happy and proud of the fact that neither Bob nor I drink."

—ANN LORD  
(friend of Robert Churchill)



THREE LIONS

"I can't duplicate my father's honest statement and say that I have never tasted liquor, without being a hypocrite. Like a lot of young people, I wanted to know if what my parents lived and taught was what I really believed. I have had a few beers in my lifetime, with my college friends. Some of them in the course of an hour or so changed from carefree boys into ugly sodden drunks. I have seen social drinkers become habitual drunks. I watched, and I didn't like what I saw. I learned to accept my parents' heritage to me and be proud of it and them."

—CHARLES CHURCHILL



**THE BLOOD VESSELS.** You have seen the faces of persons flush or turn red when they take alcohol. The first part of their skin to turn red or to flush is that of the face. The face flushes because the alcohol acts on a center in the medulla oblongata which we call a vasodilator center. The vasodilator center dilates the blood vessels so that more blood passes through them. This is called vasodilatation.

This method by which alcohol causes vasodilatation, or redness of the skin, is quite different from that which reddens the skin when alcohol is directly applied to the surface. Then alcohol dilates the blood vessels by directly irritating them, as occurs when mustard is placed on the skin. Alcohol is an irritant, like mustard, and by a direct local irritation the blood vessels dilate. On the contrary, when flushing of the face results from drinking an alcoholic beverage, the alcohol is absorbed into the blood and acts on the vasodilator center, which sends out nerve impulses to dilate the blood vessels of the skin.

It is in this connection that alcohol is used by some doctors for the treatment of disease of the coronary blood vessels. The coronary blood vessels are the blood vessels which supply the heart muscles with blood, and alcohol tends to dilate, or open them, in the same way that it tends to dilate, or open, the blood vessels of the face or the skin elsewhere in the body. Alcohol is also occasionally used in the treatment of disease of the blood vessels of the legs.

Another reason why some doctors use alcohol therapeutically to treat the decreased blood supply of the heart in a coronary arterial disease is that alcohol has a sedative, hypnotic, or a sleep-producing effect; in addition, it tends to prevent the patient from worrying about his disease.

I mention the use of alcohol in the treatment of coronary disease because you have read quite a lot about this in the last three or four years in the newspapers and magazines. A few physicians have been quoted as saying that alcohol is a good drug, a good remedy in the treatment of angina pectoris or coronary arterial disease or certain types of peripheral vascular disease, and I have presented to you the facts upon which these statements are based.

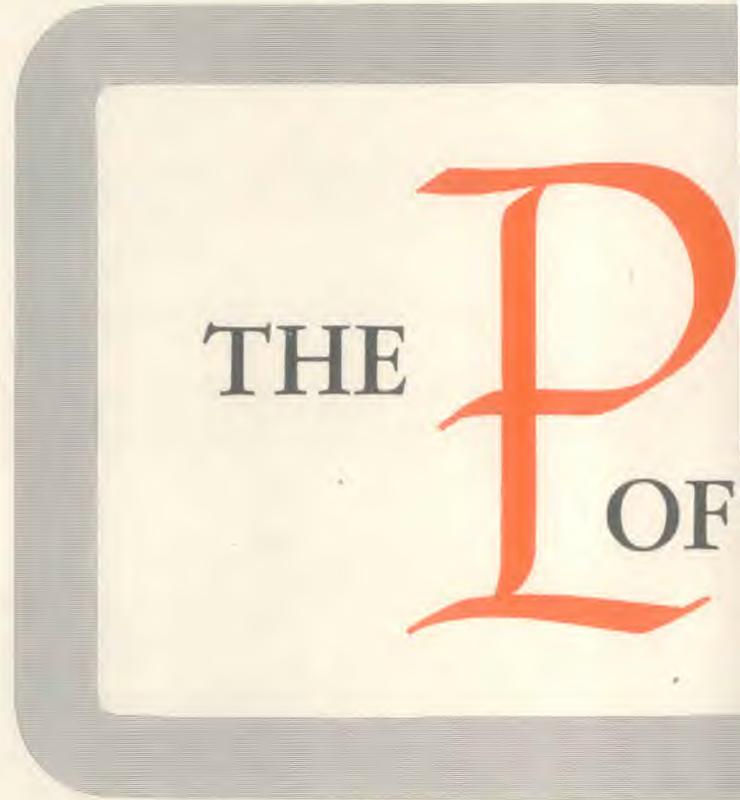
If you read some textbooks of pharmacology, they will present the subject to the point I have and proceed no further. Other textbooks of pharmacology, however, will teach the facts up to this point, and in addition will point out that whenever alcohol is used as a drug the patient must be cautioned about its habit-forming potentialities and about the fact that it may cause excitement, hilarity, and overexertion, defeating the purpose for which it was prescribed, even as I have indicated before. It is also pointed out that other drugs and remedies are available which accomplish the same vasodilatation and sedative effect as alcohol without the danger of causing a deterioration of judgment, overexertion, and habit formation. In this connection it must be remembered that any drug which produces euphoria, a feeling of well-being, is liable to become habit-forming.

*Body Temperature.* It is now appropriate to note the effect of alcohol on *body temperature*, because alcohol

causes a generalized vasodilatation of the blood vessels of the skin and causes a person to feel warm. As you know, when the face flushes, it feels warm, and for the same reason the skin of the body feels warm when the blood vessels are dilated by alcohol.

Consequently, many people drink alcohol on a cold or wet day because it makes them feel warm, and hence they believe that alcohol warms them.

As a matter of fact, the reverse is actually the case. Alcohol cools them off because more blood is brought



to the surface of the body and more body heat is lost.

Solomon was right pharmacologically when he said, "Wine is a mocker." Alcohol appears to stimulate when it makes a person more talkative, but he is talkative because the critical powers are put to sleep or depressed. Alcohol makes the body feel warmer, when actually it is becoming cooler.

*Gastrointestinal Tract.* Now let us consider the effect of alcohol on the *gastrointestinal tract*. Alcohol when taken into the mouth increases the flow of *saliva*, as does any irritant taken into the mouth. This is the result of a nervous reflex. If vinegar is put into the mouth, an increase in the flow of saliva will occur. If some dust enters the mouth, salivation will occur.

When the alcohol reaches the stomach, it stimulates the secretion of acid. In concentrations of less than 10 per cent, it is used medically to stimulate the secretion of acid or of *gastric juice*. We have various test meals which we give our patients in order to ascertain how their

stomach responds to various types of stimulation. Sometimes we give them beef broth, or tea, or tea with toast. A solution of 7 per cent alcohol is referred to as an alcoholic test meal; and it stimulates the secretion of acid by the stomach, if gastritis is absent.

Alcohol stimulates the secretion of the acid by serving as an irritant to the lining of the stomach. That is the reason why alcohol is contraindicated and interdicted by the physician when he treats a patient with peptic ulcer or gastritis.

ANDREW C. IVY, Ph.D., M.D., D.Sc.

# PATHOLOGY

# ALCOHOL

## PART II

Concentrations of alcohol greater than 10 per cent increase the secretion of mucus by the stomach, because alcohol is an irritant. The cells lining the stomach are mucous-secreting cells, and the mucus is secreted as a protective substance.

Mucus protects, first, against mechanical irritation and serves as a lubricant; and second, it serves to protect against chemical irritation, because chemical substances do not readily attack, destroy, or coagulate mucus. When the concentration of alcohol in the stomach reaches as much as 30 per cent or above, the mucus coagulates and the cells lining the stomach slough off in many small patches.

One of the ways we study the healing capacity of the stomach is to take a cat, anesthetize it, expose the stomach, and then introduce some 30 per cent alcohol, which causes the cells to be sloughed off in small patches. Then the alcohol is removed and the rate of healing of the defects in the lining of the stomach is followed. The

rate of healing is remarkable. The defects are frequently healed in from three to six hours.

The stomach can withstand many types of injury because of the growth potentialities of these cells. This is why chronic alcoholics who have been drinking 20 to 30 and 40 per cent alcohol or whisky straight have a high-grade gastritis, or inflammation of the lining of the stomach. Then, if drinking ceases, the stomach often returns to normal very rapidly. They have truly a "cast-iron" stomach. They can insult their stomach and it heals rapidly. The stomach of some people cannot take so much abuse, and severe gastritis develops.

The most important digestive secretion is the *pancreatic juice*, produced by the pancreatic gland. Lay people know the pancreatic gland as the abdominal sweetbread. The pancreatic juice digests all the various food substances we eat, with the exception of raw starch.

Alcohol has very little effect upon the secretion of the pancreas. Yet when the chronic alcoholic dies as a result of acute alcoholic intoxication, in about 40 per cent of the instances he will have what is called an acute pancreatitis, an acute inflammation of the pancreas. Now, why alcohol predisposes to an acute inflammation of the pancreas we do not know. We can understand how alcohol can cause an acute gastritis, since the alcohol comes into direct contact with the lining of the stomach. But alcohol when drunk does not come into contact with the pancreas, except through the blood stream.

So the question arises, how does the alcohol produce this pancreatitis? It may be dietary in part, or the alcohol may cause an inflammation of the lining of the duodenum. As a result of the inflammation, the cells which surround the opening of the duct which drains the pancreatic juice into the duodenum may become swollen, and obstruct the duct. As a result, this pancreatic juice is dammed back in the pancreas, and it starts digesting the pancreas.

In this connection it has been found recently that one half of the chronic alcoholics who have a cirrhosis of the liver also have a cirrhosis of the pancreas. This is a new observation, too new to be found in textbooks. Thus a high incidence of cirrhosis, or hardening of the pancreas is found in alcoholics, as is also a high incidence of cirrhosis or hardening of the liver. So the consumption of large quantities of alcohol has a definite deleterious action on the pancreas as well as the liver, even though the alcohol in high concentrations does not come into direct contact with the pancreas and liver as it does in the stomach.

*Liver.* Let us consider the effects of alcohol on the liver in more detail. Alcohol increases the flow or formation of bile to only a small extent, if any. But when alcohol is absorbed into the blood, the first place to which it goes is the liver. When as much as one pint of whisky is drunk, the liver may be irritated, especially if the nutrition is not good.

Bile pigment, as you know, normally is a golden brown in color. When the duct which conducts the bile pigment from the liver to the intestines becomes obstructed, or when the liver becomes diseased, irritated, or inflamed, the bile pigment accumulates in the blood stream, and jaundice, or as you may (*Turn to page 33*)



1. More like a scene out of Buchenwald than a place of "joy" is this opium den in Singapore where the typically emaciated bodies of smokers of "poppy" powder loll in half stupor.

2. The profitable opium traffic, as this factory gong indicates, is government-controlled in Singapore. Built in 1936, this factory produces enough opium for domestic and export use.



ALL PHOTOS  
THREE LIONS

# OPIUM DENS

NEW YORK has its Bowery. The Western cities have their own badlands of human depravity, while Asia reaches its nadir of social meanness in its opium dens. In the opium divans of Singapore, for example, thousands of natives and city dwellers seek sweet and tragic oblivion—at apparent profit to the government which operates all so-called legal divans much in the same manner that our government licenses saloons and taverns. Although the government makes a large gross profit from operating opium factories, it spends a good deal looking after the derelicts produced by the commodity it makes.

The effect of opium smoking in bad cases is to cause loss of appetite, a leaden pallor of the skin, and a degree of leanness that makes the victim resemble a walking skeleton. All inclination for exertion is gradually lost, and certain ruin for the smoker follows.

A two-hoon tube of opium is sold to registered smokers for 25c (equivalent to about 13c in United States currency). Despite inflation, even, the government guarantees the low steady price for all registered smokers.

The addict is a spurned and despised man who is a moral reprobate and an imbecile. He is good for nothing, is unable to work or conduct any sort of business. He is the true product of the skid row of the Orient.

All opium smokers must be registered with the Singapore authorities. Opium smokers carry registration cards. Smoking divans, like our saloons and taverns, must be licensed. Illegal divans are raided regularly.

By its former charter of covenant, the regulation of the traffic of opium was expressly delegated to the League of Nations. Today the United Nations control it to some degree.

SKID  
ROW  
OF  
THE  
ORIENT



3. Raw opium, produced after much careful raising from poppy-seed cases in Iran, is chopped up by coolies in Singapore. The raw opium looks like hardened tar. It will now be taken to big vats where it will be cooked and purified by an almost endless process.

4. It takes much painstaking labor to produce minute quantities of the drug. The small hunks of opium, called chandoo, are placed in cooking vats and melted down.

5. Prepared opium is made by a lengthy process of digestion of opium in water, by boiling, evaporating, beating, and carefully toasting over a charcoal burner.

6. In a carefully maintained room of the factory large mass-production machines fill the metal vials with the stuff that dreams are made of.



## WHAT ALCOHOLIC DRINK IS TO THE WESTERN WORLD, OPIUM SMOKING IS TO THE ORIENT

7. A close-up of the opium-filling machines showing the round capsules being filled with the liquid ooze. The little pans are for testing specimens taken from the machines at regular intervals.

8. The tremendous number of little pellets produced by a single government factory is indicated by this bulletin board which notes production running into the millions.

DATE	15 <sup>th</sup> May 1941
	2. HOON 2. CHI
OUTPUT	2,483,299
DELIVERIES	4,700,800 5000
IN STOCK	6961,800
ON ORDER	4,355,000

9. Placing the little metal tubes into place for filling. The sealed tubes are then packed in wooden boxes for shipment to all parts of Southeast Asia.



9



10

10. Eighteen machines like this turn out more than a quarter of a million capsules of opium in a single 7½ hour working day at the government factory in Singapore.

16. The manufacture and sale of opium is strictly controlled by the British government in Singapore. Smuggling and illegal trafficking are severely punished. These are some of the ways in which opium is smuggled in and out of Singapore. At lower left is a carpenter's plane. Next to it are a pair of wooden clogs with hollow heels.



16

11. When opium is to be prepared for smoking, a small pellet of the substance is fixed to the end of a long steel needle and cooked over a small alcohol lamp.

12. While toasting the opium over the flame of the alcohol burner, the smoker manipulates it into a pellet with his fingers.

13. There is further manipulation of the opium and finally a little piece of the substance is left adhering to the pipe's bowl immediately over the orifice. The smoker then holds the bowl over the spirit lamp, and the heat causes the piece of drug to frizzle. The smoker then takes three or four long draws, which he exhales through the nose and the mouth at the same time.

14. The equipment of the opium smoker is as delicate as Chinese art itself—small brushes, a delicate burner, a beautifully decorated refuse pot.

15. Both men and women smoke opium in Singapore. The big danger is that the Asiatic's attitude toward opium smoking, like the attitude of many Westerners toward liquor, too frequently is that it is admissible if taken in moderation. In both instances the only safety is total abstinence.



11



12



13



14



15



EASTMAN

Interview by Bob Roach



## I GAVE UP DRINKING

*Capt J.W. Bielicki*



**I** STOPPED occasional drinking because of a higher ideal of life." Captain Joseph W. Bielicki, formerly of the United Airlines, was not a heavy drinker, or even a moderate drinker. He was an "occasional" drinker of beer—and that after he had finished college and won many awards in sports.

Joseph was voted an All-American soccer player three years in a row, 1933-35, while he was attending Pennsylvania State. He also excelled in basketball, baseball, and track. During his college and sports life he never tasted alcohol in any form.

Joseph's dad was a drinking man. Fortunately, when Joe was twelve years old, a coach in his local town, Hellertown, Pennsylvania, pointed his life toward clean living without smoking and drinking. At this time he joined the Boy Scouts and vowed that he would never drink.

Like all boys, Joseph had his idols. His three top favorites were Babe Ruth, Lou Gehrig, and especially Charles A. Lindbergh. An experience of Lindbergh's immediately following his return from his historic flight greatly influenced Joe. According to Joe's story, "Lindy" was entertained at a state dinner, and when the drinks were served he turned his glass upside down. The other guests followed his example and refused to drink.

At high-school parties the fellows used to rib Joe for not taking a drink. They would usually say, "It won't hurt you, Joe," but he never yielded to their urgings. "I recall two fellows," he says, "who began drinking in high school. They are bums today in my home town. In college one of the basketball players began to drink, and finally he lost out completely."

Captain Bielicki began his flying career by taking an airplane ride when he was twelve years old. That first taste of flying convinced Joe that he must be a pilot. When he was twenty-four he received his first license. On November 11, 1941, he joined the United Airlines. He became a copilot the next year. In all his flights (ap-

proximately thirty over the Pacific Ocean) his charts read "Routine," meaning no accidents.

Until his entry into aviation, the captain never touched alcohol in any form. Then the influence of the "men of distinction" came to bear upon him, and he felt that an occasional beer placed him in that classification. He never drank while flying; only when off duty did he take an occasional beer.

The captain declares: "All the pilot friends I knew on the air lines who died in crashes were moderate to heavy drinkers. Among my pilot friends the majority were drinkers. All our socials were accompanied by the well-known-brand beer, highballs, wine. In all fairness, there are many who stick to the rule of no drinking twenty-four hours before flight. But drinking still is a common occurrence by those made gullible by the excellent advertising. I always thought a bottle of beer never hurt anybody, but I realize now that in athletics, business, or piloting airplanes alcohol is a dreaded menace to the human race, more diabolic than the atomic bomb because it is more subtle."

Why did Captain Joseph W. Bielicki give up his occasional drinking of beer? One evening he was sitting with a group of six friends dis- (Turn to page 23)



### GALE McARTHUR

Oklahoma A&M College, leading scorer, called by coach Henry P. Iba, "The greatest guard in basketball today."

"Clean living is taken for granted on an A&M varsity team. The competition is too tough. The poor trainer eliminates himself. A fellow is a chump to handicap himself with liquor and smokes."

### NORMAN PILGRIM

Oklahoma A&M College—His tremendous speed has made this little man (5 foot 1) a three-year stand-out star, with his team.

"I look at this thing realistically," says little Norm. "I couldn't dissipate with alcohol or tobacco and make a team like Oklahoma A&M. You can have the dissipation. I'll take a spot on the varsity ball club for mine."

### BILL GARRETT

Indiana University—Basketballer and track man, second in the Big Ten Conference in 1950.

"It should be the desire of all athletes to do their best. In order for one to do his best he must be in top condition. I believe that in order to be in top condition it is necessary to abstain from drinking or smoking."



## WE DO NOT DRINK!

Collegiate Basketball Stars . . .  
. . . Release Statements for "Listen."

### WILLIAM MLKVY

The nation's leading collegiate basketball scorer. The 6-foot-4-inch youth from Palmerton, Pennsylvania, is Temple University's No. 1 basketballer.

"I believe an athlete can become a better one and, too, a finer Christian, if he bypasses such bad habits as drinking and smoking. Of course, I do neither, and I don't ever intend to acquire these habits. My professional field is to be dentistry, and it becomes a professional man, in my opinion, to abstain from these habits."

### FRANK CALSBEEK

Iowa University's 1950-51 team captain, last year named Iowa's most valuable player.

"Timing accuracy and endurance are essential in the game of basketball. When under the influence of alcoholic beverages and smoking these essentials are lost. Therefore for better performance I leave both of these habit-forming and worthless things alone. I firmly believe that you live longer and go further in life without the use of these things."

### GENE RING

Indiana University, also a university baseball star who batted 370 in Big Ten Conference games, and who has had offers from National League teams.

"I have always wanted to become an outstanding athlete. To attain such a goal, I believe that there are two important rules an individual should set for himself. First, is the physical outlook, and second, the psychological one. That means I must be a nonsmoker, nondrinker, and have the proper mental attitude at all times."



INDIANA UNIVERSITY NEWS



The above portrait of Mrs. Christy in a blue satin gown and the Christys' Russian wolfhound was painted about the year 1925.



Mr. Christy's contribution to the artistic beauty of the capitol building at Columbus, Ohio, consists of his "Life of Edison" and "Anthony Wayne makes a treaty with the Indians" paintings. The artist keeps a large scrapbook for each picture in which to preserve the numerous publicity stories and news items relative to his paintings.



JULEY



MADE



When the State of Florida voted to build on the Suwanee River a \$500,000 memorial to Stephen Foster, Howard Chandler Christy was commissioned to prepare the two beautiful paintings that decorate the interior of the 150-foot building. People travel for miles to admire these pictures of the brilliant folk-song writer of the Southland whose life was ruined by drink, but whose memory has been further honored by the paintings of a total-abstaining artist.

## AMERICAN ART

### AT ITS BEST

By an Artist Whose Career Was Once Almost Ruined

## ANDLER CHRISTY—

GEORGE



Howard Chandler Christy is considered by many to be the greatest living American artist. His magic paintings have graced magazine covers, Christmas cards, art galleries, and our great public buildings. Thousands of visitors at the nation's Capitol have stood with awe before his "Signing of the Constitution."

Three former presidents of the United States, Harding, Coolidge, and Hoover, are included in Mr. Christy's fine collection of portraits of noted people. For a portrait fee of \$2500 he has painted many other celebrities, among whom are former Chief Justice Charles Evans Hughes, Mrs. Coolidge, Fritz Kreisler, Jim Farley, Eddie Rickenbacker, Dr. Norman Vincent Peale, and Mary Baker Eddy.

Two especially beautiful pictures hanging in his studio are paintings of the Nativity and the resurrection, both the outward expression of his deep love for God; for Christy believes his ability comes from God.

Few people realize that Howard Chandler Christy faced failure when as a young man of about thirty-five years of age his eyes gave him considerable trouble. To a painter, good eyesight is essential, and as his eyes worsened he became terribly discouraged and started to drink. Soon he realized he had no control over liquor—it controlled him. Although sometimes he would quit for a brief period, he would soon be at it again, and within a few years he felt he was licked by the combination of poor eyesight and drink. He became despondent.

Then one day his life was changed when one of his cousins, a woman of God, talked and prayed with Christy. "Suddenly," said Christy, "I saw the light and I knew I was healed. I have never had any trouble with my eyes since. I am now seventy-nine years old and I never wear eyeglasses—not even when I paint, which is almost continuously."

"And what about the drinking?" I asked.

"Don't need it any more. I have something better. I have God."

"But didn't you have any urges to drink after you quit?"

"Oh, yes. But, you know, I would just postpone it. I would tell myself that I would drink later, but I never did.

"People used to tell me I was afraid of the stuff, and that I wouldn't have it around for fear I would be tempted. So I decided to prove to them that I wasn't afraid of it. Do you know what I did? I went out to my country place for a few days and I stood bottles of liquor all over the place, on the exposed wall beams and shelves, anywhere where I could see it and be tempted by it. But I soon saw that it had no hold over me. I didn't want it any more. I had something better. I had God."

Then Christy continued, "If you really want to help people to stop drinking, remember that it is too negative to just forbid them to drink. That only makes them want to drink the more. Rather give them something better, help them overcome whatever is troubling them; then they won't need liquor. Best of all, help them to find God, the source of all power and strength. Then liquor will have no fascination for them, and no power over them, for God will be enough."

Mr. Christy says that he never smokes, either. He believes that smoking is a dirty habit and injurious to the health. "I don't need to smoke any more than I need to drink. I don't need to try to relieve nervousness when I am not nervous. Nor do I need to be cheered up, for I am always cheerful. When a man trusts God he need not worry or fret or be blue, for God gives us joy in our hearts. We need not be afraid of anything.

"God gives us what we need. John Barleycorn is a deceiver. He makes you feel big for a while, but what a downfall you get afterward!

"God, on the other hand, shows us our needs and then gives us power to meet them. There is no other satisfactory cure for any man's problems, nor for the troubles this world is in. Only as people turn to God can they find a permanent answer to all their problems."

When I left Mr. Christy's studio, I felt that I had been in the presence of not only a great artist, but also of a great man, one who had tapped eternal springs of strength. No wonder his paintings are so beautiful!

**Far East:** The chief hindrance of the liquor trade to the cause of missions in the Far East is its place in the dissolute lives of white people who live in the port cities. They have imported both foreign liquors and foreign drinking customs, so that not only among the white people, but also among some Chinese; and the large glass and not the thimble-sized bowl of the Chinese, is the measure of the amount drunk. . . . Drinking, sexuality, and the importation of salacious Hollywood films have sunk "white" prestige to a low level, so that in the opinion of some of

Chinese. Many Chinese government officials and businessmen feel that they must do for these men whatever is possible to make them happy, and have got the idea that drinking and getting drunk is what they like best. Large numbers of Chinese have believed through the years that all Americans are like missionaries, and when they see these American Army personnel drinking and making fools of themselves it is hard to reconcile what we preach with what they see Americans do.

—John A. Abernathy  
Tsinan, Shantung.

drunkenness breaks down all inhibitions and opens the way for all kinds of evil such as immorality, quarreling, and fighting, which often lead to murder and death. The use and the making of liquor are also the direct cause of poverty and hunger. The drunken members of the family neglect their work on the farm, crops and animals are lost. Then much valuable and needed rice is wasted in making the cursed liquor.

—Gustaf A. Sword, Rangoon.

**India:** When the Europeans came to India they brought with them their Western liquors, and because they were conquerors or bringers of new wealth to the country, drinking became respectable among the higher castes, and even among Mohammedans. The British rulers of India insisted on liquors being made available.

Today in independent India prohibition is a part of national policy. It has been introduced in many parts of the country and will soon be universal. Temperance education, recreational centers, etc., are advocated and will be used, but Demon Drink being what it is, there is a long fight ahead.

—H. I. Frost of Balasore, Orissa.

**Jerusalem:** A British medical missionary friend of mine told me recently that on the rare occasions when he has seen drunks in this part of the world, he knew they were "nominal Christians" and not Muslims. I might say, as a result of this state of things, that the intemperateness of so-called Christians and Christian nations is a real weapon against us in the hands of the Muslims.

—Merrel P. Callaway  
Jerusalem, Palestine.

## AFRICA

**Nigeria:** Here in Nigeria the British Government sanctions and promotes the liquor business. And I would say that most Europeans (and Americans) who are not in Nigeria for strictly humanitarian purposes, Christian or otherwise, are drinkers, and their influence upon the natives is great.

—McKinley Gilliland  
Ogbomoshu, Nigeria.

The clubs and drinking parties found wherever Europeans gather in Nigeria are imitated by Nigerians, who often have the impression that all white people indulge in the same, and that such is their civilization and the source of their supremacy.

—W. H. Congdon, Iwo.

The black man is a great imitator and has imitated the white man's habit of drink. Fully 95 per cent of the Brit-



# World Report

## A MISSION SYMPOSIUM

Gleaned by C. Aubrey Hearn

(*Alcohol Branded as the Enemy of Missions*)

the people of these cities the only superiority of the white man over others is his scientific knowledge whereby he is able to exploit the material resources of the earth for sensual pleasures. Of course, the inference is that since the Christian faith comes from the same countries that export whisky, beer, and Hollywood scenes, it cannot be a powerful influence for good or it would have prevented these immoralities.

—Andrew Thompson  
Presbyterian missionary in China  
Author of "Alcohol or Christ?"

**China:** The sight of a drunken sailor or marine in a port city hinders mission work there. The Chinese often think of all Americans as Christians. . . . Wealthy Chinese often drink a little Chinese wine with their meals, especially with feasts. Chinese Christians, or at least Baptists, are taught that drinking is a sin. A church member who persists in doing it is often suspended from membership.

—Mary C. Demarest  
Yangchow, Kiangsu.

What has hindered mission work in China the past few years has been the unrestrained use of beverage alcohol by American Army and other armed forces personnel. Many often get dead drunk and are made sport of by non-Christian

**Assam:** Our biggest problem is that we find too many who love their beer better than they love our Lord. I am told that there are large numbers who would become Christians if it were not for this one thing. We are winning large groups, but it seems that there is no doubt that we would win far more if it were not for the grip of drink.

—Earl E. Brock of Kangpokpi,  
Manipur State.

**Burma:** The three enemies to our missionary work which confront us all the time are liquor, opium, and immorality. Of these three liquor is by far the most common, the most difficult, and the most destructive. One reason is that the use of liquor is so common and is looked upon as a minor evil, and is so tolerated. Rice beer, which is quite intoxicating, is being fed to children, and even to small babies. The drinking of liquor enters into all social functions, and has become a part of the lives of our people from the cradle to the grave.

Because of the primitive conditions of our people living in the hills of Burma the evil effect of drunkenness is very evident. We especially note the effect of alcohol on the children who come to our schools. Liquor has a paralyzing influence upon their ability to think or reason. And, of course,

ish here are drinkers. I firmly believe that if the white population had been made up of teetotalers the province of Nigeria would already be dominantly Christian.  
—J. C. Powell, Oyo.

Beverage alcohol is the chief enemy of our work in this part of Africa. Africans here concoct what they call palm wine, which is a fermented beverage producing intoxication. Almost all of the Africans in this area are addicted to this terrible intoxicant. The favorite

**Belgian Congo:** One of the problems of the church is how to permit the drinking of harmless unfermented liquors and prevent the same beverages from being stored and consumed after they have become intoxicating. The drinking of European-made beers is greatly on the increase, especially in the large new urban centers. There are now in Leopoldville, for instance, well over one hundred places where beer is sold. It is estimated that each of ten to fifteen thousand people living in

## EUROPE

**Belgium:** The number of places where intoxicating liquors are sold is simply amazing, and in some streets I know in Brussels it seems that every other shop is a place where beer and wine and other intoxicating liquors are sold. There was a great deal of drunkenness here during Christmas and the New Year, and much of it was among teenage people at that.

—H. Wakelin Coxill  
Brussels, Belgium.

**Italy:** Alcohol is proving to be an enemy of missions in Europe because of its widespread moderate use as a beverage among all classes of people. Some kind of wine is almost universally served in restaurants and other eating establishments throughout the Continent. Beverage alcohol is also served extensively in private homes. The use of beverage alcohol is so much a part of the everyday life of people that it is very difficult to establish a public conscience on the subject.

—Roy Starmer  
Turin, Italy.

## SOUTH AMERICA

**Colombia:** Drunken fathers, and in some cases mothers, who have no religion of their own and will not let their children have any are the greatest hindrance which alcohol has caused in our work. Another problem which we have observed is the abject poverty caused by the fact that many people spend their money on alcohol and its accompanying evils, and then have nothing left with which to feed and clothe their families.

—A. R. Dailey  
Barranquilla, Colombia.

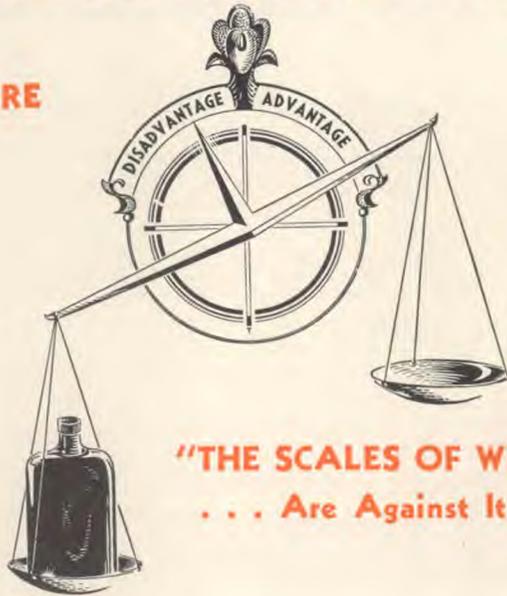
**Argentina:** It is harder to reach those people in society in Argentina who make cocktail parties and bar entertainments their pastime. Wealth and extreme drinking seem to be more bound together in Argentina than poverty and extreme drinking.

—Anne S. Margrett

Alcoholism is of course a great problem in Latin America also. The Latins have always been wine drinkers. Drinking saloons abound. While these places are usually crowded with men, often whole families may be seen, and even tiny tots are given their share of the nasty stuff. So there is no social, moral, religious, inherited temperance standard, no home training, no educated conscience against the drink habit.

—Lemuel C. Quarles  
Buenos Aires.

## SINGAPORE



**"THE SCALES OF WISDOM  
... Are Against It. ..."**

**P**EOPLE—particularly young people—are better without alcohol. Its illusory benefits are at the most transitory, while its detrimental effects are scientific facts and are often permanent.

"It is not a case of the scales of wisdom dipping lightly against the use of alcohol; they are weighted heavily against it.

"Singapore has been wise in avoiding the 'Public House' system, and as a result the drink danger is fortunately not a serious problem among the youth of the city."

—Les Rayner, Attorney to  
the Crown Council Chambers  
of Singapore.

occupation at the heathen festivals and rites is the drinking of palm wine. The people, as a race, are degraded by drink. They are small of stature and most are weak and sickly. Social diseases are prevalent. Our chief difficulty in doing mission work lies in getting our people to think. Thinking and drinking certainly do not go together.

—C. A. Kennedy  
Eku, Nigeria.

Leopoldville drink from twenty to thirty bottles of beer a month. This beer is supposed to have not more than 4 per cent alcohol, and the sale of stout, wines, and liquors to the African in Congo is forbidden.

Palm-wine drinking is among the problems of the growing church at Pimu, as indeed it is of most places in the Congo.

—Ernest W. Price  
Pimu, Belgian Congo.

Shaping a dynamic

## SOCIAL CONSCIENCE

against

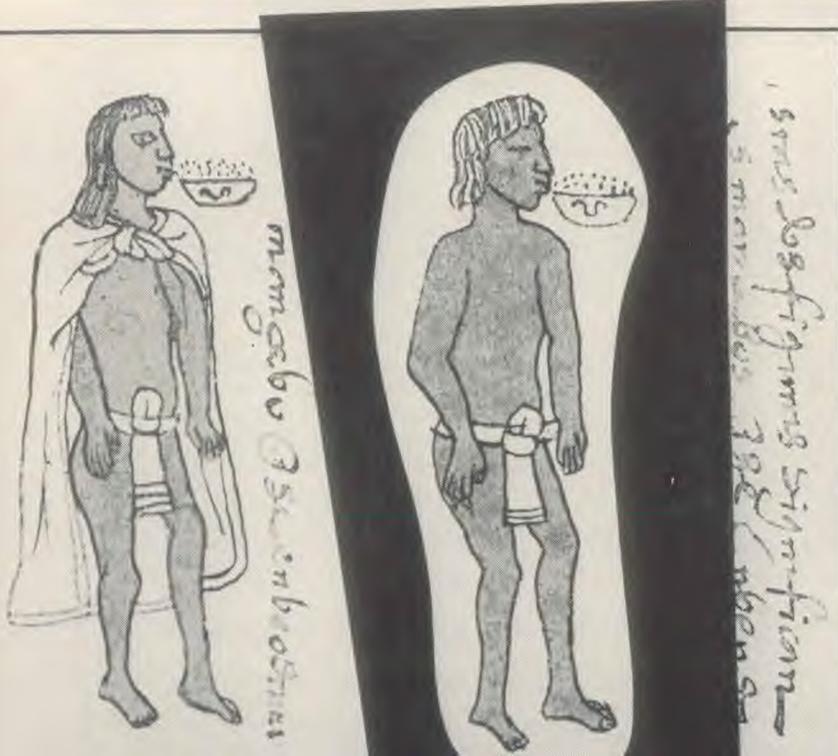
## BEVERAGE ALCOHOL

# ALCOHOL AND CONSCIENCE



Alcoholic beverages in our modern day are considered by many to be essential to gracious living and social acceptance. This attitude, however, was not prevalent among some early Americans. Below are facsimile drawings from one of the earliest manuscripts, "The Mendoza Codex," 1553, drawn by an Aztec artist and annotated by a Spanish writer for the enlightenment of Charles V as follows: "These two figures mean that youths who became intoxicated with wine were put to death, by Mexican laws and statutes."

THREE LIONS



JULIAN HUXLEY, the English biologist, has recently called attention to what he calls "our ethical dynamic."<sup>1</sup> "This arises," says Huxley, "from forces within the mind itself," and, further, "from a set of forces which are concerned with the interaction between our internal ethical mechanism and the external world, both natural and social." This view ties in with the functions of conscience discussed in our last article in this series.

Beverage alcohol is a dangerous and intrusive element of our American culture. The forces of the alcohol trade spread its enticements and its dangers through many aspects of the social milieu surrounding children and youth and adults alike. Thus, this element of our culture is constantly in interaction with the internal ethical aspects of personal conscience. In the course of this interaction, appetite for beverage alcohol may overcome and betray the resistance of the growing conscience. On the other hand, the reactions of the conscience against beverage alcohol may be so strong and forceful as to entirely reject its enticements.

### Shaping Personal Conscience

Out of this process arises the possibility of shaping a dynamic personal conscience against the use of beverage alcohol. The relatively large numbers of adults who reject the personal use of beverage alcohol in any form is evidence that such a shaping of personal conscience has been and is now actually in operation in our American society. What is needed is ways of seeing that these formative processes are multiplied and brought to bear upon many millions more of our children and youth.

### The Liquor Propaganda

These positive moves to strengthen the processes that build up a dynamic personal conscience against the personal use of beverage alcohol must, today,

LISTEN, 1951

advance in the midst of a shrewd and highly paid liquor propaganda that by means of the modern techniques of communication, such as movies, radio, television, and glamorous advertising, is constantly boring within our homes and schools and other youth groups to foist upon innocent millions the taste and appetite for alcoholic beverages. No such forces have ever been used against the operation of conscience in any previous culture. It is apparent

cedures that put more dynamic into the growing social conscience. This is the "externalized" phase of conscience that is shaped by what Kardmer<sup>3</sup> calls the "projective systems" in our culture.

If these influences in the school and group experience in the early years contain no information as to the effects of alcohol upon the human body, and no warning as to its possible destructive results in the human personality, then the growing conscience is blighted and

it is in order for us in America today to seek to stir up in our growing youth those dynamic moral convictions about beverage alcohol that will issue in complete refusal in any way give approval to its production, distribution, or use as a phase of American culture.

To shape up such moral views is the task of the ethical leaders of the national life. Most of these are centered in the churches of the land. It is, therefore, a part of their responsibility

## AMERICAN CULTURE

### Part 4, by Martin Hayes Bickham, Ph.D.

that the normal and ethical forces of our American culture need to be strengthened and deepened in order to meet, resist, and win victory over these liquor propagandas.

#### Suggestions for Strengthening Conscience

Moving forward, then, in line with these new insights as to the ways conscience functions, three suggestions for shaping a more dynamic personal conscience may be advanced.

First: It is necessary to give more attention to the emotional forces and processes that shape conscience in the infant years in the company of mother and in the home circle. Suttie<sup>2</sup> shows how conscience originates and grows in the child's need of and seeking for love responses. If these very roots of conscience are nourished in relationships that are marred by indulgence in beverage alcohol by mother or father or siblings, one cannot look for a dynamic conscience against indulgence in beverage alcohol to emerge from such home conditions.

To meet these issues, a drive to carry such specific information and warning to all young mothers needs to be shaped up and carried into every community in America. This would seem to be the kind of ethical dynamic that could be wisely and well advanced by the W.C.T.U. These women leaders of the temperance forces of America have more open access to the minds and hearts of the young mothers of the nation than any other group or agency. This grounding of conscience in the protecting love of the mothers of children is a vital source of emotional dynamic that through the years could produce a generation with consciences definitely set against any indulgence in beverage alcohol.

Second: This grounding of a dynamic personal conscience in the emotional forces of the early family circle must be reinforced by educational pro-

cedures that put more dynamic into the growing social conscience. This is the "externalized" phase of conscience that is shaped by what Kardmer<sup>3</sup> calls the "projective systems" in our culture. If these influences in the school and group experience in the early years contain no information as to the effects of alcohol upon the human body, and no warning as to its possible destructive results in the human personality, then the growing conscience is blighted and

deficient in its preparation for facing the tests that the flooding of our culture with beverage alcohol brings to all our developing youth. To teach growing children to partake of wine and beers, or even stronger liquors, without arming them with information about the possible results in the body and personality, is to literally turn them into grist for the mills of the beer and whisky barons of America.

These recent studies of social conscience reveal that to become a dynamic social force, the emotional roots that grow in the family circle must be reinforced in the maturing years with specific information grounded in the same scientific procedures that feed the rest of the intellectual life of youth. Here, then, is a task for the schools and the schoolteachers of America. The scientific facts about alcohol need to be clarified and presented in attractive form to the youth who crowd into our schools in every community in the land. A dynamic social conscience must have sound facts upon which to ground moral decisions; otherwise it will be inept and will lack specific wisdom to meet the moral issues that beverage alcohol raises in American culture.

Third: These new insights as to the origin and development of social conscience make one other suggestion necessary.

Grounding in love is necessary to personal conscience, and social conscience needs vital and applicable scientific information to make it an effective instrument for guidance in a complex social milieu. But to these it is necessary to add the dynamic that arises from the release of the moral forces of society. We owe much to the ancient Hebrews for their insights into the moral forces of society, which Professor W. C. Graham calls "those manifestations of conscience that have made Palestine the 'Holy Land' for millions of men."<sup>4</sup>

In line with this age-old experience,

to seek to shape up a moral position that consistently defines beverage alcohol as an enemy of the best life for persons and society. This is the third phase of the immense task of shaping a dynamic social conscience against beverage alcohol.

If, now, these three phases of a dynamic social conscience against beverage alcohol can be stressed and illumined in our culture, until all the responsible elements of our society realize their definite and inescapable duty to co-operate in shaping such a dynamic social conscience, there is some chance that our American culture can be freed from the alcohol disintegration toward which it is so rapidly drifting.

#### Bibliography

<sup>1</sup>See "Ethics and Evolution," 1947, p. 211.

<sup>2</sup>Ian Suttie, "The Origins of Love and Hate," 1936.

<sup>3</sup>See "The Psychological Frontiers of Society," by A. Kardmer, 1945.

<sup>4</sup>See "Culture and Conscience," 1936, p. 139.

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#### WHY I GAVE UP DRINKING

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(Continued from page 16)

cussing ideals for clean living. One of the men present read from his Bible God's ideal for man, namely that the human body is a temple meant to be kept clean and healthy. Then he read those words of Paul the apostle where he reasoned with the Roman governor Felix concerning "righteousness, temperance, and judgment to come." That was enough for Captain Bielicki. He has never succumbed to the "men of distinction" philosophy again. To put it in his own words: "I stopped my occasional drinking because of a higher ideal of life. In aviation and sports one needs perfect reflexes, and alcohol dulls these senses. Before becoming a habitual drinker I'm glad that friends showed me the higher things of life."

(Continued from page 9)

Michigan. "In other words, does the party drink because he is unhappy or is he unhappy because he drinks?" Obviously liquor, whether the cause or fruit of marital discord, plays a major and unsavory role in America's growing divorce rate, extenuating factors notwithstanding.

Returns providing judiciary estimate of the percentage of divorce cases in

which liquor was a contributing factor found 57 out of the 248 judges placing their estimate of the records at 75 per cent or more. Eight of these listed liquor factors in 90 per cent of the divorce cases, and 141 charged liquor as a home-breaking factor in 50 per cent or more of the cases coming under their jurisdiction.

The words of the Honorable Charles T. Wright, justice of the superior court of Olympia, Washington, summarizes the part that drink plays in the breakup of the American home: "*In my opinion liquor is the major factor in the vast ma-*

*jority of all divorces. I am morally certain that intoxicating liquor is not only the largest single cause of divorce, but is also the cause of more divorces than all other causes put together.*"

### JUVENILE DELINQUENCY

The combined opinion of the judicial estimate of the judges indicates the tragic toll liquor takes in the creation of juvenile problems.

Probate and juvenile judge, E. G. Parker, of Breckenridge, Minnesota, writes: "*In 50 per cent of my cases the addiction of one or both of the parents to alcoholic liquor was a contributing factor to the delinquency of the child.*"

The Honorable C. R. Jorgenson, judge of the juvenile court of Codington County, Codington, South Dakota, says: "*Of the juvenile delinquency cases coming before the court, approximately 60 per cent can be traced to the use of intoxicating liquors. Not that this percentage of juveniles use the liquor but because of broken or neglected homes as the result of such use.*"

"Probably not more than 10 per cent of the juvenile offenders who are brought before this court are charged with drunkenness," writes the Honorable James H. Ricks, judge of the juvenile and domestic court, of Richmond, Virginia, "but I should say that in 75 per cent of the adult cases the use of intoxicants is a major cause of the domestic troubles. *Intoxication is also a major cause in fully 75 per cent of the cases concerning neglected children.*"

Judge Fred H. Maughmer, of Savannah, Missouri, says: "I think excessive use of alcoholic beverages by parents is a contributing factor to at least half of our cases involving delinquents and dependent children."

The Honorable J. Bowdon Hunt, judge of Polk County juvenile court, of Bartow, Florida, has prepared a sixteen-page brochure entitled "These Are Our Children," in which he discloses the findings of a written questionnaire which was circulated among 5,198 teenagers in an effort to estimate their opinions as to the prime causes of juvenile problems.

"Overwhelmingly," says the judge, "they named alcohol, divorce, gainful employment of both parents, 'jooks,' and lack of religious training as the five chief causes of juvenile delinquency."

Although Polk County is legally dry, the judge points out that "Alcohol is at the top of the list as a cause of juvenile delinquency. I have heard the county solicitor say that nearly 85 per cent of the cases which come before the criminal court are caused directly or indirectly by liquor.

(To be concluded)

## LADIES,

### Do You Want to Be Admired?

GRACE CLIFFORD HOWARD

THE COLONEL'S LADY an' Judy O'Grady are sisters under their skins," wrote Rudyard Kipling. Nothing illustrates the truth of this statement more than does the modern cocktail party. A woman may enter the door well groomed, socially correct in both dress and manners, a delight to the eye. Her voice may be all that Shakespeare requires in his demand that it be "soft, gentle, and low." But after a few drinks, what happens? She becomes another being.

The first noticeable change is probably in her voice, so well modulated and agreeable to the ear when she crossed her hostess's threshold. And now, because the alcohol in the proffered drinks has lulled to sleep the auditory nerve, she can no longer hear so well, and in consequence she raises her voice to hear herself talk. Everyone else who is drinking in the room is being affected the same way, and from all these raised voices, pandemonium results.

Milady may have prided herself on being socially gracious and correct, but now something is beginning to happen. She may become gradually overgracious, too solicitous, or she may shed her social good form entirely and act like a coarse hoyden. The alcohol has anesthetized her inhibitions; and she carries out her natural impulses, unabashed, and with no sense of propriety.

Her conversation, which she may consider sparkingly brilliant, is often stupid and may even border on the vulgar. Her inner consciousness has no idea that she is offending the social code because that consciousness has been gently put to sleep by the alcohol, a little more soundly to sleep with each added drink. A wire recording of her conversation she would not recognize as coming from her lips. She would declare when sober she had never uttered such silly words.

She is unaware that her hair, so carefully arranged when she came to the party, has begun to slip, that hairpins and bobby pins are falling here and there, and that the loosened ends are beginning to give her an untidy appearance. Nor does she realize that her face has relaxed and that the former alert, intelligent expression has given way to a stupid stare.

Remember, whether you are the Colonel's lady or Judy O'Grady, you don't grow into the kind of woman men admire most by indulging in a daily round of cocktail parties. Take this word of advice: if you want men to admire you, stay away from alcoholic drinks.

# Three Winners

"I do not believe that it is necessary for anyone to smoke or drink in order to be accepted socially. I am very interested in teaching in the elementary grades in the future, and I feel that to teach children the high American ideals we want them to grow and live by we must set an example for them."

*Virginia Lines*  
"Miss Iowa 1951"



**From  
POLIO VICTIM  
to  
ALL-AMERICAN  
in Five Years**

**BARBARA HOBELMAN**, who at eighteen years of age won the senior national 1500-meter swimming championship, is a total abstainer. She says:

"As a swimmer, I feel that smoking and drinking have no place in my life. The effects of smoking and drinking are such that they would hinder me in my ambition to become a champion in swimming. I also feel that indulging in these evils has a demoralizing effect on all young people throughout the world."

*Barbara Hobelman*

"I am completely content without alcoholic beverages. I sincerely believe they are un-American because we are living in such a great country and a progressive one, and smoking or drinking cannot help it become richer, only blindly poorer. People never realize this until too late. Too many ladies today are no more ladies, and this is a major reason."

*Helen Geekie*



THREE LIONS

The nineteen-year-old figure skater from Saint Louis holds the Midwest Senior Ladies titles for 1949 and 1950.



PART I

# THE TEETOTAL TAR

by CHARLIE BLANK

IN TWO INSTALLMENTS

**P**ROUD of his sleek, white, three-masted schooner, Johan Haagen, a gaunt and rugged descendant of the Vikings, captained his own craft.

Sailing from one port to another along the shores of Lake Michigan, he solicited such cargoes as shippers offered. Lumber was the principal commodity carried, but invariably his last load of every season consisted of spruce and hemlock trees, cut near his own farm in Wisconsin to bring Christmas cheer to hundreds of Chicago homes.

Of his five eldest sons each had spent one or more seasons of their youth on their father's ship, the "Vendskap," meaning "Friendship." Then, as their interest in sailing diminished, one after the other had left him, in pursuit of safer and more agreeable occupations on land.

Each fall, after the profitable cargo of Christmas trees had been delivered, the schooner was safely moored in the natural harbor at Bergsjö, only a mile distant from Haagen's farm. Thereafter, several of the sailors would live aboard the schooner and make any repairs needed in preparation for the following season. Captain Haagen lived with his family on the farm during the winter, but made frequent trips to the ship.

Other shipowners, knowing the safety of the harbor, also wintered their vessels there, and the skeleton crews and caretakers formed a congenial colony.

The village of Bergsjö was a small cluster of cottages and shacks near a rocky beach. The only store was a combination of post office, general store, and saloon. To the sailors the latter was the most vital feature. In the saloon they ate, drank, and made merry during the long winter hours of enforced idleness. Their behavior and habits were a scandal to the more sedate residents of the little port, who would shake their heads in silent pro-

test as the sailors reeled along the only street.

Out on the Haagen farm, Ivar, the sixth son of the captain, was fast approaching manhood. As he grew up his mother had carefully instructed him in her philosophies of life. Cherishing the memory of devout ancestors in Europe, she had always adhered to the high ideals of her moral training in girlhood.

In the past she had impressed her sons, one by one, with the dangers of misusing liquor, and most of them were total abstainers. So now, as her youngest neared the age when Haagen boys sailed the Great Lakes with their father, Mrs. Haagen obtained Ivar's promise that he would avoid the use of liquor—"teetotally." She knew the temptations of the sailor's life, to which her "baby" would soon be subjected; and she knew, too, that it would take courage and a strong will to enable him to keep his promise in spite of the jeers and taunts of his fellows. But she was happy in the belief that her boy had both the courage and the will to stand firm in his resolve.

Ivar knew exactly what he might expect among rough sailormen. Many times, when in the lakeside village, he had seen the antics of inebriated men; and he had witnessed more than one fight which might have had serious results if the participants had been sober.

But Ivar was a true son of his father. Nothing that he had seen the sailors do or say could change his intense desire to sail aboard his father's ship. As the only son remaining at home, he had been kept busy with the work of the farm during his teens. He had plowed and sown, cultivated and harvested crops, and tended the family's flock of sheep. But he was a sailor at heart; and the only work he had really enjoyed was the annual selection and cutting and bundling of the young trees

and their transportation to the shore, for the final voyage of the season to Chicago, whither he had more than once accompanied his father.

It was traditional that every Haagen must be a sailor, and Ivar knew that it was only a question of time when he would have his heart's desire. He had learned to love his father's ship, with its graceful lines and tapering spars, and every year while the deckhands were loading the Christmas trees on board, he would make himself at home in the deckhouse or grasp the carved wheel, and as his fingers closed about the spokes it was easy for him to imagine that he was steering the ship.

It was thus that his father found him one late fall day, when the deckload of trees was complete, and the "Vendskap" was about to sail for Chicago. To Ivar's great delight, the captain told him to prepare to ship as a member of the crew at the opening of navigation in the following spring. It was what he had always wanted.

Slowly the winter months dragged along, but Ivar made the most of them by earnest study of his father's books on navigation and seamanship. Early in the spring the "Vendskap" sailed, with Ivar the happiest lad on the Lakes and the captain proud of his son.

The young sailor soon learned his duties as a member of the crew, and stood his watch with the rest, like a man. He was determined to learn all that he could as fast as possible; and the sturdiness of his young body stood him in good stead when it came to tests of endurance. His earlier studies in navigation proved useful, and he was soon accepted as an equal by men of mature years, some of whom had sailed the Lakes before he was born.

At first, every day aboard ship brought some new miracle to his notice, and he saw for the first time persons and places and things that previously he had known only by reading

of them. But before long he was standing his faithful watch in calm or in storm with equal serenity; and like every born sailor he felt most at home with the heaving deck beneath his feet, upon the "bounding main."

Captain Haagen, who was getting on in years, had been greatly disappointed when his older sons deserted the sailor's life; and Ivar's devotion to it overjoyed and seemed to rejuvenate him. During the season he spent many hours instructing his boy in the intricacies of navigation on the Lakes, and found him an apt and willing pupil. The father taught the son all that he knew himself.

When the "Vendskap" returned to its winter haven, after making the usual delivery of Christmas trees in the Chicago River, Ivar modestly handed to his father the proceeds of the season; and after paying off the crew and settling all bills, they found the season's profits to be several hundred dollars greater than Captain Haagen himself had ever been able to show.

After such a showing there was no question about the command of the schooner in the following year; and again Ivar had a successful season, until near its close, when calamity overtook the "Vendskap." As Ivar was bringing his ship back from the final

spared, the Haagens decided to abandon further shipping activities. Although the loss of his ship was a great blow to the old captain, he was content to spend the remainder of his days upon the farm.

Ivar, however, spent a restless winter, planning to obtain employment as a sailor in the spring, so as to continue his chosen vocation on the Lakes. Consequently, before the open season for navigation arrived, he went to Cleveland in quest of a berth, hoping to find a place on some large steamer. He left home with his parents' blessing, and again assured his mother that he would avoid the perils of drink. Never would he forget the smile of pride and happiness that replaced the tears on her face as he gave her his assurance, and he registered a vow to remain steadfast to his pledge and justify her faith and confidence in him.

He found no difficulty in finding a berth, and signed as a first-class seaman aboard the steamship "Superior," a large vessel that plied the Lakes from Duluth to Buffalo. Captain McNair, her commander, soon noted the sailorly ability and alertness of the young man and was well acquainted with his father's reputation and record. It was not long therefore before he made Ivar second mate of the "Superior." This was his first step in advancement, and Ivar wrote the news to his parents with pardonable pride and elation.

His letter overflowed with praise of the size and power of the steamship and its independence of winds and currents, so different from the conditions of a sailing ship like the lost "Vendskap." He felt that he was on his way to attain his ambition to reach a command in steam.

Applying himself industriously in every spare hour to study of such textbooks as were accessible, he presented himself during the following winter to the government examiner at Milwaukee. Passing the examination successfully, he was given a certificate as master, entitling him to operate any power-driven craft anywhere upon the waters of the Great Lakes.

Although thus fully qualified to fill a position of command, he decided to continue sailing as second mate aboard the "Superior."

Captain McNair, when sober, was affably inclined, and for a while all went fairly well. He contributed in many ways toward increasing the fund of knowledge with which Ivar was seeking to prepare himself for greater responsibilities. Gradually the captain acquired a great affection for him, and would often joke with him upon Ivar's disposition to direct the labors of the



UNDERWOOD

The crowded waterway of the Chicago River, where Johan Haagen would often stop when sailing from one port to another along the shores of Lake Michigan.

Another winter season passed, and when spring returned and the "Vendskap" was once more ready to leave port, Captain Haagen was laid up with a severe attack of rheumatism. Unhesitatingly he placed Ivar in full charge of the schooner and her crew; and the men, knowing the youngster's capacity and knowledge of navigation, accepted him as their captain without question. Their confidence was fully justified during the season when the young Captain Ivar demonstrated his cool, wise judgment in every emergency.

trip of the year to Chicago, a storm of almost unprecedented violence arose. The nor'easter gale cleared Lake Michigan of floating craft from shore to shore; and the "Vendskap" was cast ashore upon the rocky coast of Wisconsin and broken up by the pounding of the great seas, before the storm subsided. Ivar and his unfortunate crew managed to make their way to land on rafts and pieces of wreckage, and no lives were lost; but the "Vendskap" was gone forever.

Satisfied that their son's life had been



## "NEITHER OF US DRINK . . ."

Paul and Paulette, trampoline artists.

Entertainers, who need stamina and strength to keep in the show-world spotlight, encourage and practice total abstinence.

Paul and Paulette are talented trampoline artists, the kind who make you gasp with their bouncing somersaults, flip-flops, and hair-raising dives on a taut canvas above floor level.

They have played successful engagements professionally in many large cities in the United States, and last summer they were with Barnes and Caruthers on an Eastern tour.

What do they think about drinking? "It's not for us," they say. "Neither of us drink, because we know it isn't good for us," declares Paul, and his partner wife heartily agrees.—*Interview by Donn Henry Thomas.*

crew, without sharing in the actual work, as was customary for second mates to do in lake craft. But the members of the crew offered no objection, and under Ivar's direction they developed increased efficiency, which the captain was not slow to note, saying that he had never before had a second mate like this one.

As time wore on, Ivar became more and more indispensable to Captain McNair, relieving him of many of his own duties and responsibilities. The first mate, Bill, was almost a nonentity as a ship's officer, having gradually been relegated to the status of personal and boon companion to the captain. On many a night of inky darkness, it was Ivar who navigated the ship.

Often it happened that the first mate and the captain would be sound asleep in their bunks, "loaded to the gills," as the popular phrase of the day described their condition. The behavior of Captain McNair gradually grew worse. Oc-

casional sprees ashore, while cargo was being discharged or loaded, were followed by complete surrender to his appetite for liquor. Drunkenness became his normal condition, and the affable and competent commander was transformed into an overbearing, morose, and treacherous animal.

To Ivar, who had often brought the steamer through difficulties and dangers, McNair became abusive and unreasonable. But he realized, as did all on board, that the young mate could always be depended upon to manage the ship properly and carry on all necessary duties at sea and in port.

Still thoroughly in love with his life on the water, Ivar paid no heed to the insults frequently hurled at him by his senior officers. He realized that he must disregard all retarding influences and devote himself unswervingly to his duties, in order to reach the height of his ambition. Hence he was patient and long-suffering.

One night, when the captain and the first mate were reeling about the deck, oblivious both of a raging nor'wester and of the perilous entry about to be made to a difficult harbor, Ivar was struggling through his third successive watch, never daring to leave the wheel for a moment. Steering the heavily laden "Superior," now to starboard, then to port, and at the same time signaling the engine room for varying speeds, forward or reverse, in a narrow channel, he had his hands full.

As the drunken first mate drew near him and thrust before his face a flask half full of liquor, Ivar was forced to make an instantaneous decision. The safety of the ship and all on board depended upon his being able to give the situation his concentrated and undivided attention. Retaining his hold on the wheel with his right hand, he brought up his left to land squarely on the mate's chin, and down he went, sprawling on the wheelhouse floor. As he fell, the captain entered behind Ivar, and bawled at the unconscious mate: "Get up! Get up, you lout, and break that — kid in two."

Then Ivar realized that he had also the captain to deal with, and that whatever he did must be done in a hurry. Seizing a short length of rope, he lashed the wheel fast to its frame, and charged the uncouth, bloated figure of his captain. By the use of a sort of football tackle, Ivar forced the helpless giant into a large locker at the rear of the wheelhouse. Just then a sudden squall struck the vessel, and she lurched violently, throwing the captain into a corner of the locker, where his head banged against the wall, knocking him out. Ivar had disengaged himself from the falling figure, and then, jumping toward the mate, he grabbed him by the legs and dragged him into the locker beside the captain; after which he slammed the door and locked the pair in.

The steamer meanwhile had turned almost completely about and was floundering in a dangerous manner. Hastily releasing the wheel, Ivar brought her back on her course, barely seconds before she slipped between an outer breakwater and lighthouse, into the quieter waters of the port. Signaling for reverse to slow his speed, he proceeded smoothly up the harbor to the unloading dock, where the owner's representative was waiting with men on the dock to make fast the mooring lines thrown to them.

Ivar then unlocked the door and released his prisoners, who had regained consciousness and were fast being sobered by the consciousness that they were in port. Their attitude was now

changed to one of grumbling submission. When they finally succeeded in standing upon their feet, they slouched away toward their bunks, passing Ivar with heavy muttered oaths, but without any attempt to molest him, as he sat bringing the log up to date.

Many times, while on shore, Ivar had deemed it best to accompany other fellows to places which they suggested, and it was not unusual for him to appear with them at some saloon bar. But he invariably ordered ginger ale or some other "soft" drink; and he noticed that young sailors especially would taunt him with some such remark as "if he were a man, he would drink like one."

Some other sailors, on the contrary, would step up to him and say in a friendly way, "Never mind them, Ivar; that's just brainless chatter. I only wish I had your will power, but it's too late for me to quit now." The ship's cook, Pete, had recognized in Ivar an exceptional personality and was always ready to encourage him; so that a real friendship had been established between them.

Ivar and the cook had had many long talks, and the cook had told Ivar in confidence that for years the captain had been charging fictitious items in the ship's expense account—making charges, for instance, for provisions that were never received and using the money for the purchase of whisky.

Although himself a moderate drinking man, Pete was a conscientious Scandinavian; he rebelled at the captain's practice and had often clashed with him. Ivar, too, whose duty it was to O.K. all expense items, could recall many such irregularities which the captain had always explained away.

Troublesome competition had developed for the owners of the "Superior," and the company was urging economy on all its vessels. The elimination of tug service, on entering and leaving harbors, had been ordered; but Captain McNair wanted no change in the old system which would disrupt his personal plans.

From the first time Ivar had handled the wheel to steer the "Superior" into the open lake waters, he had managed to dispense with towing assistance. For this economy, even before the company's order was issued, the captain had been taking undue credit. Then came a time when the "Superior" took on a load of coal for Milwaukee—half being range anthracite and half chestnut. Ivar took the ship out of the loading harbor unaided, and picked up a barge to be towed to a Michigan port, a paying job.

The president of the steamship com-

## Harold Zinken,

Los Angeles Weight Lifter, and Co-owner of "Physical Services," says:

"If you want to be in good physical shape you must have healthy living habits; and a well-balanced diet without liquor and nicotine is of utmost importance."



This feature by DONN HENRY THOMAS.

The public is besieged with glittering advertisements of "men of distinction" who drink liquor, and the implied astuteness of men who know their best brands of tobacco; but this is not the testimony of those men and women whose professions call for physical endurance, split-second timing, and mental alertness.

Harold Zinken, the distinguished Los Angeles weight lifter who often lifts a 100-pound weight before breakfast, to start the day, and who has held the amateur A. A. U. light heavyweight title and the professional middleweight lifting title, advocates a simple diet with plenty of vegetables, fruit, and whole-wheat bread. "Never mind the fancy pastries," he says, and "of course, alcohol and cigarettes are out of the question." Men in Mr. Zinken's profession rarely drink or smoke.

Mr. Zinken, who won the Los Angeles city tumbling championship in 1939 and held the title of "Mr. California" in 1941, teamed with a partner in a hand-balancing act known as "The Del Rios" and toured the nation, appearing in leading entertainment circles such as the Edgewater Beach Hotel in Chicago.

As co-owner of Physical Services, an enterprise on Santa Monica Boulevard, in Los Angeles, Mr. Zinken is now doing some unusual work in physiotherapy.

The company has three excellently equipped gyms, all under the same roof, and has three classes of clientele: persons with injuries who come with physicians' prescriptions for corrective treatment and exercise; young men and women who want to build up their bodies, and older folks who want to keep in trim and reduce. Physical Services is registered with the American Medical Association, and at present is giving corrective treatment to a dozen polio victims.

pany came down to the dock to welcome the "Superior" on its arrival in Milwaukee after a record-breaking run, considering the delay of towing. Accompanying the president, Mr. Sanford, was an agent of the coal company to which the cargo was consigned.

"Well, my boy, where is McNair?" asked the president, slapping Ivar on his broad shoulder. He had approached unseen, as Ivar was engaged with a deckhand in securing one of the cables.

"Why, Mr. Sanford, how do you do?" said Ivar, surprised for the moment. "I will send for the captain at once. He'll be here very soon, I am sure. Won't you sit down?" Offering the visitors some ship's stools, he told one of the hands to go in search of Captain McNair and advise him to hurry, as Mr. Sanford was on board.

It was some time before Captain McNair came slouching along the deck, with his shadow, the first mate, close behind. Both had slept off the effects of the previous night's debauch, without removing their clothes, and they presented an unkempt appearance.

Without accepting the captain's grimy outstretched hand, Mr. Sanford spoke. "Well, McNair, I see you made a fast trip. Do you think you can get unloaded by tomorrow night?"

"Why, Mr. Sanford, I guess we can, if the Black Run bins have room for the amount of coal we are carrying."

"I've arranged all that. There will be no delay on account of capacity."

"Then I see no reason for any difficulty," said McNair.

"All right, then. How are you placed? In which hold do you carry the range coal, captain?"

McNair turned to his first mate. "The range is in the forehold, ain't it, Bill?"

"— if I know. It is, ain't it?" replied that worthy, taken by surprise. Then he turned and shouted to Ivar, who was standing at a respectful distance: "Oh, Ivar, the range coal is in the forehold, ain't it?"

"No," replied Ivar. "The forehold is loaded with chestnut. The Black Run bins use the nearest bin for chestnut. That is why I turned out before tying up to the dock. As we now lie, our holds are placed exactly opposite the same grades of coal stored in the bins, so we can begin unloading without any further moving about."

"Well—come, come, McNair, what kind of wild performance is this?" snapped Mr. Sanford in undisguised irritation. "Do you mean to tell me that you don't know how your load was placed, and even your first mate had to call his second mate to find out? If you ask me, I'd say young Haagen seems to



Alcohol has a detrimental effect on the mind, and I could not think or act as quickly as a teacher needs to

if I used alcoholic beverages.

Also I believe that a teacher has an obligation both to God and to her country. We try to help the children develop characters that will make them good citizens of this country and of the heavenly land. They cannot use alcoholic beverages and be good citizens of either place.

Another reason, and perhaps the most important reason, why I do not use alcoholic beverages is that the children follow my example.

—Mildred Quick-Welker

be all the officers I have, that knows what's going on aboard the 'Superior'."

"Well, you see—you see, Mr. Sanford,—at Buffalo—I—er—" stammered McNair, unable to think of any good excuse to offer.

"Oh, never mind, let it pass. But step on the unloading! We will be delayed for boiler repairs on this trip, and I want some quick action."

Mr. Sanford and the coal company agent then left the ship.

McNair was furious after the sharp rebuke from Mr. Sanford. Big and burly, he turned upon Ivar. "Well, well," he roared, "so now you're the great 'Mister' Haagen!" In his semi-sober state, he thought Mr. Sanford had called Ivar "Mr. Haagen."

"All right, then, Mr. Haagen," he continued, "get the gang into action, and let's see you take a hand, too!"

Then, retiring in the direction of the cabin, the captain and Bill sought consolation in a bottle of gin. Bill beckoned to a young deckhand to join them, and surprised the lad by offering him a drink from the bottle. In a most inexcusable abandonment of their official position, both the sots then poured into the ears of the deckhand lurid details of their grievances against Ivar.

Before the lad left the cabin, they assured him that he could tell the others of the crew that they need not take Ivar's orders seriously. Any older member of the crew would have considered the source of such absurd instructions, but the lad was of a reckless and mischievous nature, and gleefully informed his fellows that they could "take it easy" by the captain's orders.

Being mostly typical wharf loafers, the "Superior's" crew of twenty-eight deckhands did not need to be told more

than once that they could do pretty much as they pleased.

Knowing winks and coarse remarks were exchanged among the men as Ivar began to direct the work of unloading. Fore and aft gangs were set to work, in order that the cargo of coal could be removed in such a way as to keep the steamer on an even keel.

On all the company's vessels, pay-days were observed upon arrival in port and the men were paid off after unloading was completed, usually in the evening. Ivar had the payroll of the "Superior" ready, and each man's money sealed in an envelope.

When the unloading was well underway, Ivar descended to the engine room to consult with the chief engineer and notify him to be ready to receive the boiler repairmen who would come aboard when the unloading was done.

As he returned to the deck he knew instinctively that something had gone wrong with the deck gangs. Reasonable periods for rest were permitted while unloading was in progress, but now the conveyors were idle, and the men were grouped about the deck in an unusual way. The fore and aft gangs were mingled, and as Ivar made his way to the center of a group he saw that two of the men were engaged in a game of "craps," with the others betting on the turns of the dice.

"All right, men," he ordered, "now break it up! There'll be no craps while we're unloading. All hands back to their places, and step lively! Micky! Baldy!"—naming the two gang leaders—"get your crews back to their work. They'll have plenty of time for craps tonight. There's no time for it now."

Although the gamblers ceased their throws and gathered up their dice and

coins, they and all the others simply stood staring at Ivar as though they had not heard his orders. Micky and Baldy looked away as Ivar gazed at them.

"Well, what's the matter, fellows?" exclaimed the young mate. "You had a nice long rest on the trip from Buffalo. The company expects you to unload the boat now. Come on; let's forget the crap game; you can finish it tonight." Ivar spoke in a low tone of friendly good-fellowship.

"Well, buddy, s'pose we finish de craps now." A burly, bewhiskered ruffian spoke up, assuming the leadership of the mutinous mob. "I'm out two bits and a winnin' now 'ud set me square. T'row out de dice again, Swipes. I'm agoin' to bet on you, Kid." He addressed a spineless, cringing figure by his side, still kneeling on the deck.

"Never mind the throw, Swipes!" ordered Ivar. "Your game is over. Don't let me have to tell you that again." The mate spoke with an increasing tone of command, then whirled and faced the bewhiskered leader.

"Did you hear what I said? Your wheelbarrow is waiting for you."

"— wid de 'push," returned the burly ruffian. "I said we'd finish de craps, an' mebbe have annudder t'row." He scowled ferociously, stuck out a great hairy chest, and brought up an enormous fist, clenched and ready for action.

"Very well, my man, you're fired," Ivar shot back. "You can come aboard at six o'clock tonight for your pay."

"Ho-ho-ho! Ha-ha-ha!" roared the big man. "So it's fired I am? An' I s'pose so's de rest of de gang, eh?"

"Yes," replied Ivar, defiantly. "Any man who doesn't get back on his job instantly will also be fired."

"All right, fellers, let's get off'n de old tub!" And with that the burly one led the way to the gangplank. To Ivar's astonishment, the others followed, breaking into an uproar of cursing and lewd remarks.

Hurrying to the cook's galley, Ivar spoke to Pete, who was busy with preparations for the noon meal.

"Oh, Pete, I guess I've got myself into a fine jam now."

"Is that so, Ivar?" Pete was sympathetic at once. "Is there anything I can do to help you?"

"Yes and no," replied Ivar, "I've fired all the deckhands."

"Why, Ivar, how can you expect to unload our cargo? And how about the dinner I've got nearly ready?"

"I don't think they will be back expecting dinner; but in case they come back, just lock everything up. I'm going ashore to hire another crew, and we may have to feed them. After my

run-in with McNair this morning, I can't be bothered with asking him for advice; so hold up the feed until I get back, and I'll let you know what's coming next."

"Well, Ivar," returned Pete, "you surely are in a jam, but keep a stiff upper lip, lad. We'll see it through somehow."



**Total-Abstaining Centenarian Renews Her Temperance Vows and Gives Credit to Her Faith in God for Her Health and Happiness.**

Mary Chapman, on her one-hundredth birthday, signed the temperance pledge. She is a reader of "Listen" and has been a staunch supporter of the temperance cause throughout her life.

Abiding faith in the Lord is Miss Mary Chapman's explanation for her health and happiness on the celebration of her one-hundredth birthday.

An ardent temperance advocate, she finds each day a day of contentment and peace. She lives for the present and future and does not dote on the past. Her secret: "All you have to do is pray to live by the Lord's will, and you will be happy." She is a vegetarian and drinks nothing but water.

*Miss Mary Chapman*

"Pete, isn't there an employment agent over on Second Street?"

"Oh, yes, there's a card of the agent here in the galley. Here, take it. Maybe he can round up a new gang for you in a hurry."

The men Ivar saw lounging about the wharf, as he left the ship, did not impress him as suitable for his purpose, and he finally applied at the employment agency, explaining his urgent need of a full crew of deckhands. Within an hour he surprised Pete by leading thirty new hands, all likely looking fellows, aboard the "Superior."

"Here we are, Pete," he announced exultantly. "As fine looking a bunch as I ever saw, and I promised them a good feed before they start unloading."

As the new crew were eating their meal, the discharged men came aboard, crowding about the galley, and demanding of Pete that they be served.

"Why, you fellows are fired," said Pete. "These men having dinner are the new crew, and I can only feed men who belong to this ship."

"Well, we'll see de captain if we don't get no eats," shouted one of the crowd; and they all trailed off to seek McNair in his cabin. They had spent the last hour or so in a round of the nearest saloons, and were inclined to be more ugly than before.

But the captain and Bill had gone ashore soon after sowing the seeds of mutiny in the mind of the young deckhand, and after the men convinced themselves that both had left the steamer, they trooped ashore, cursing Pete and Ivar and everything else connected with the "Superior." One man suggested the name of a saloon uptown that the captain sometimes visited, and after a hasty conference on the wharf, Micky and the knowing one were sent as a committee to find the captain and inform him of the actions of his second mate.

At first the men had not realized the seriousness of their conduct, relying on the captain's statement to the young deckhand for support against Ivar. But Pete's refusal to feed them was a stunning blow. Many had no money, but were depending on their pay, which they expected to receive that evening.

When the new crew had finished their dinner, fore and aft gangs were again organized by Ivar, with the most capable looking as leaders; and the unloading was immediately resumed. Ivar wanted to make a few personal purchases, and prepared to go ashore. He had shaved and changed into shore-going clothes, and had just stepped out of his cabin when he received the second great surprise of the day.

*(To be continued)*

### IF I HAVE DONE MY BEST

If I have planted hope in any human heart,  
If someone's load has lighter grown  
Because I've done my part;  
If happily I have caused a laugh  
To chase some tear away;  
Or, if tonight my name is named  
When someone kneels to pray;  
I claim the days have been well spent,  
Not lived in vain, and am content.

Or, if some lonely little child  
Has known my comradeship and smiled,  
Then humble though I be, I know  
I have been helping God and so  
Serene I claim my rest,  
Just glad to know I've done my best.

### RECOMPENSE

The deeper the darkness,  
The brighter the morn;  
The spirit's rare gladness  
Of sorrow is born.

The fiercer the tempest,  
The sooner the calm;  
The sharper a wound,  
The more soothing the balm.

The brightest of blossoms  
Lie close to the sod;  
The lowliest hearts  
Are dearest to God.

The heaviest cross  
That to earth bows us down,  
If patiently borne,  
Wins a glorious crown.

### A SMILE

Let others cheer the winning man,  
There's one I hold worth while;  
'Tis he who does the best he can,  
Then loses with a smile.  
Beaten he is, but not to stay  
Down with the rank and file;  
That man will win some other day,  
Who loses with a smile.

### IF WE ONLY UNDERSTOOD

If we knew the cares and trials,  
Knew the efforts all in vain,  
And the bitter disappointment,  
Understood the loss and gain—  
Would the grim eternal roughness  
Seem, I wonder, still the same?  
Should we help where now we hinder?  
Should we pity where we blame?

Ah, we judge each other harshly,  
Knowing not life's hidden force,  
Knowing not the fount of action  
Is less turbid at its source,  
Seeing not amid the evil  
All the golden grains of good—  
And we'd love each other better  
If we only understood.

Could we judge all deeds by motives  
That surround each other's lives,  
See that naked heart and spirit,  
Know that spur the action gives,  
Often we should find it better,  
Purer than we judge we should—  
We should love each other better  
If we only understood.



## LITTLE POEMS WITH BIG MEANINGS

by ANONYMOUS AUTHORS

### DO SOMETHING

Do something today to bring gladness  
To someone whose pleasures are few.  
Do something to drive away sadness  
Or cause someone's dream to come true.

Find time for a neighborly greeting  
And time to enjoy an old friend.  
Remember, the years are so fleeting  
That life's final day soon will end.

Do something today that tomorrow  
Will prove to be really worth while.  
Help someone to overcome sorrow  
And greet the new day with a smile.

For only through kindness and giving  
Of service and friendship and cheer,  
Can we learn the true glory of living  
And find heaven's happiness here.

## PATHOLOGY OF ALCOHOL

(Continued from page 13)

have heard it called, "yellow jaundice," occurs.

When a person's skin or corneal conjunctiva turns yellow, we refer to that as "visible jaundice." That is, you can see it with your eyes. Before a "visible jaundice" occurs in the sclera and the skin an "invisible jaundice" occurs in the blood stream. And persons may have an "invisible jaundice" without ever developing a "visible jaundice." By the use of chemical tests we can discover an accumulation of bile pigment in the blood before the skin becomes colored.

Now, if we take a group of people and determine the amount of bile pigment in their blood and then we have them drink up to the point of drunkenness,—for several hours mimicking the form of drinking which occurs at a hard-drinking party lasting from 6 to 12 hours—the bile pigment in the blood may be definitely elevated. In other words, the alcohol has acted on the liver in some way, so that the liver does not excrete the bile pigment in a normal way. Furthermore, the liver produces an enzyme which we call "phosphatase." It is known that this enzyme is increased in the blood when the liver is injured. When a person gets drunk, the phosphatase in his blood increases as though the liver had been irritated with some other liver poison, or as though the bile duct which conducts the bile away from the liver had become obstructed. These are two experiments which demonstrate that alcohol taken to the point of obvious intoxication, particularly if the person drinks enough to remain intoxicated over a period of 6 or 8 hours, irritates the liver.

Another point showing that alcohol irritates the liver follows. If you take a thin section of the liver for microscopic examination and study it under the high-powered microscope, you will find that under normal conditions the cytoplasm of the cells is quite clear. If this is repeated after an animal has been given alcohol to the point of drunkenness for several hours, the cytoplasm will appear cloudy. The cytoplasm becomes cloudy because the alcohol interferes with the physical state of fat in the cytoplasm. Under normal conditions, the fat is so distributed that the cytoplasm looks clear.

The alcohol presumably interferes with the physical relation which exists between the fat and the protein, so that the fat separates out as fine droplets and causes the cytoplasm to appear cloudy. These observations are facts which are

quite easily demonstrated, and which no one argues about. It must be kept in mind, of course, that the liver of some individuals is more susceptible than the liver of others.

Why have I gone into these rather minute scientific details? Simply to introduce you to the subject of the relation of alcohol to cirrhosis or hardening of the liver. Up until 1930 almost everyone agreed that alcohol causes a type of cirrhosis of the liver which is



I do not use alcoholic beverages, as I consider them to be harmful to the physical, mental, and moral well-being of anyone; and I think it would be a very poor example for my children if I either smoked or drank.

*Mrs. Clifton G. Parker*

Morrisville, Vermont

called "alcoholic cirrhosis." It was then found that "alcoholic cirrhosis" of the liver could occur in persons who had never consumed alcoholic beverages. It was then learned that cirrhosis of the liver could occur as a result of a nutritional deficiency. We all know that many chronic alcoholics suffer from a nutritional deficiency, which is due chiefly to a lack of protein and certain vitamins.

But let us remember that there are two facts which cannot be disputed. The first is that alcohol in nonfatal doses is a liver irritant, and liver irritants

predispose to cirrhosis of the liver. The second is that when the consumption of alcohol in a population increases, the incidence of cirrhosis of the liver increases. So it is proper to conclude that the consumption of alcohol directly or indirectly predisposes to the development of what is called "alcoholic cirrhosis of the liver in man."

*Kidney.* We shall now note the effects of alcohol on the kidney. The results of experiments show that alcohol may be taken by an animal in large quantities over a long period of time without producing nephritis. Furthermore, by the use of present-day tests it has not been demonstrated that the alcohol consumed during a week-end drunken spree injures kidneys which were normal before the debauch.

Mark you, I said, "It has not been demonstrated." The reason that I emphasize the expression "that it has not been demonstrated" is that the factor of safety in all of the organs of the body is very large. For example, three fourths of the liver can be destroyed before the evidences of the lack of enough liver, or hepatic insufficiency, occurs. Most of our stomach may be removed without our missing it. One kidney and one third of the second kidney may be removed without having an accumulation of the urinary products in the blood. In other words, in the process of the development of our body we have been supplied in every tissue and in every organ with a superabundance, with a factor of safety that ranges from seventy to eighty per cent.

Although it has not been demonstrated by present tests of kidney function that an alcoholic spree injures a normal kidney, it probably does. However, if a person has kidney disease so that the factor of safety in his kidney has been destroyed, then it can be demonstrated that an alcoholic spree injures the kidney. We cannot prove that alcoholism predisposes to kidney disease as it does to cirrhosis of the liver, because too many nonalcoholics have kidney disease. But since alcohol is a poison and irritates the diseased kidney, it is more likely to predispose to kidney disease than not to.

The effect of alcohol on sexual activity has been studied. The only effect which has been demonstrated is associated with the general loss of restraint or inhibitions caused by alcohol. It is the loss of restraint that causes the sexual promiscuity, the increase in venereal disease, the adultery, and the crime of rape which are associated with the use of alcohol as a beverage.

*Skeletal Muscle.* The effect of alcohol on the skeletal muscles. Very small concentrations of alcohol will improve

the ability of a skeletal muscle isolated from the body to perform work. That is in part due to the fact that alcohol supplies a little energy, even as sugar will supply some energy. But this is an insignificant effect of alcohol, for who uses the muscles when removed from the body? Another effect of alcohol on work is that, like benzedrine, it increases one's willingness to endure. That is why persons who have alcohol in them sometimes appear to be able or believe that they are able to perform more work than otherwise.

Let me give you a specific experiment. I attach my finger to an ergograph, an instrument for measuring the ability of a muscle or a group of muscles to perform work. I start to lift a weight with my index-finger muscles. Finally I get to the point where I want to move the finger but the muscle pains so much I cannot move it. Now, since alcohol is an analgetic, that is, it decreases pain, some whisky will render it possible for me to move the muscle for a longer period of time.

I point this out because you have probably heard it stated that, "when a person is under the influence of alcohol he can do a herculean amount of work." If he can do so (I am not certain that he really can; he only believes he can or has done so) the explanation lies in the fact that alcohol is an analgetic and increases the willingness to endure.

Cocaine, which is an analgetic and increases the willingness to endure, increases the amount of work one can perform. Benzedrine does the same thing. Caffeine or theine (coffee and tea) do the same. But there is a more important point to consider.

Alcohol, because it interferes with nerve-muscle co-ordination, thus making the movements clumsy, jerky, and staggering, decreases the accuracy and efficiency of the work. Also, a little alcohol removes restraints, more is taken, and finally the person gets so drunk he can't work at all.

Cocaine has the same effect, except that the person finally develops convulsions. Caffeine and theine are not as bad, but when taken in large amounts increase hand tremor or unsteadiness. Benzedrine, unless large doses are taken, is somewhat better than coffee. But it is easy to take an overdose of benzedrine, and it is habit-forming like alcohol and cocaine.

*Absorption.* Now we will consider the *absorption* of alcohol. Alcohol is absorbed rapidly from the stomach and intestines, but more rapidly from the intestines. It can be absorbed into the blood by inhalation into the lungs. As a matter of fact, persons have been killed by inhalation of the fumes of

alcohol, particularly methyl, or wood alcohol, which is more toxic than ethyl alcohol, or ordinary grain or beverage alcohol. Alcohol is only very slightly absorbed from the skin.

The rate at which alcohol is absorbed from the stomach and intestine depends upon its concentration. Where beer contains as much as 5 per cent alcohol, the drug is not absorbed into the blood as rapidly as the alcohol in a cocktail, or in wine containing 10 per cent or 20 per cent alcohol, or in whisky or brandy containing around



I am opposed to drinking. As a business executive I cannot afford to drink. In our business, which requires alert workers, drinking men are weeded out. We have found that drinking men are not only inefficient, they are a double risk. We cannot take a chance on them operating modern, high-speed printing equipment.

*Robert O. McCullough*

President Lake Shore Press, Chicago

40 to 55 per cent alcohol. The higher the concentration the more rapidly the alcohol is absorbed in the blood and the more rapidly one feels the effects.

Another factor which is important in determining the rate of absorption of alcohol into the blood is whether it is or is not taken with food.

Soon after alcohol is absorbed into the blood it rapidly becomes evenly distributed in the blood, in all the blood vessels, and in all the body tissues. This is because the blood circulates rapidly. For example, blood travels from my hand to the lungs, the heart, and back

to my hand again, in about 20 seconds. If I were to inject some alcohol into the blood of the vein in my foot, I could find it in the venous blood of every part of my body 1.5 minutes later.

When alcohol is taken without food, the concentration in the blood rises faster and becomes higher than when taken with food, provided the same amount of alcohol is taken in both cases. The alcohol disappears from the blood in one, two, or more hours depending on the dose taken. In the average occasional drinker, the blood concentration of alcohol rises more rapidly and goes higher than in the average steady drinker.

*Oxidation of Alcohol.* Next we shall consider the oxidation of alcohol, by which we mean the burning or combustion of alcohol in the body. It is interesting to note that some 96 per cent of the alcohol that is taken into the alimentary tract, or introduced into the body by any other route is oxidized, producing heat chiefly. Only about 4 per cent of the alcohol is excreted in the urine, in the breath, and in the saliva.

The rate at which an average person burns alcohol is 10 c.c., or a third of an ounce, an hour. This will yield about 70 large calories of heat, since 1 c.c., or one gram, or a quarter of a teaspoon of alcohol, yields seven calories of heat. Some persons will burn alcohol at the rate of 7.5 c.c., others at the rate of 20 c.c. per hour. That is, if the rate at which the alcohol is oxidized is faster than the body can burn it, the alcohol will accumulate in the body; if not, then alcohol will not accumulate. For example, one could continuously sip 6.5 ounces per hour on an empty stomach without becoming intoxicated, since there would be only a trace of alcohol in the blood and tissues at any time. But, if the 5 ounces were drunk quickly on an empty stomach, the concentration of alcohol would rise rather quickly and by using sensitive tests evidence of intoxication could be detected in persons most susceptible to alcohol intoxication.

The liver is the important site of the oxidation of the alcohol. In other words, more of the alcohol is burned in the liver than in any other tissue in the body. If sugar is given along with the alcohol, the alcohol will be burned more rapidly. In other words, the burning of sugar in the body facilitates the burning of alcohol. That may be one reason why you recently have read stories in the newspapers to the effect that in the treatment of delirium tremens it is advantageous to give glucose intravenously; some give insulin along with the sugar, because the insulin increases the rate of utilization of the sugar.

# WHAT OTHERS ARE SAYING



## FOOD MERCHANTS—BEER ALLY

"The food merchant has become the distributor's greatest ally in building up the sale of packaged beer. In the years 1947-49, while the over-all sale of beer dropped about 2½ per cent, the grocers of the United States increased their beer sales 26.6 per cent, doing a total business of \$375,000,000 in beer alone."—Benjamin Wood, director of marketing, Glass Containers Manufacturer's Institute, New York, in a speech to the Northern California Beer Distributors, reported in the *West Coast Brewer*.

## THE PRESIDENT'S OPPORTUNITY

"The war in Korea, which threatens to engulf the world in its greatest disaster since the Deluge, offers to the President an opportunity to immortalize his name by issuing a new emancipation proclamation abolishing the manufacture, transportation, sale, free distribution, or serving of intoxicating liquor of any alcoholic content in and on all military and naval stations, vessels, or battlefields and fronts, anywhere under the jurisdiction or occupation over which the American flag flies, an act which he is warranted in doing 'as a military necessity.' A sober soldier and commanding officer is essential to military efficiency."—Dr. Clinton N. Howard.

## PICKLED AND PARKED

"A harried housewife, trying to get her last-minute Christmas shopping done, was being hampered in her efforts by a husband who obviously had been celebrating too much.

"She marched said husband to a parking meter, opened his coat, buttoned him firmly around the stanchion, dropped in a nickel, and went off about her business.

"A little later she came back, collected her uncomplaining spouse, and led him away."—*Toronto Star*.

## BASEBALL'S JIM KONSTANTY

The ace relief pitcher of the Philadelphia Phillies neither smokes nor drinks.

"One of your authors, who travels regularly with the Phillies, has never seen Jim smoke or drink. Although Jim gets along with everybody, he keeps pretty much to himself on the road. He seldom goes out at night, even to

the movies."—Stan Baumgartner and Harry T. Paxton, in the *Saturday Evening Post*, January 13, 1951.

## THE CHURCH'S PROBLEM

"The church is the one organization morally bound to lead the attack against the evils of alcoholic beverages. Her first task is to produce the spiritual foundations and moral standards whereby her members recognize that the use of alcohol interferes with one's ability to live a fruitful Christian life."—*The Pennsylvania Issue*, January, 1951.

## A MOCKERY OF MORALITY

"It is mere mockery to ask us to put down drunkenness by moral and religious means when the legislature facilitates the multiplication of incitements to intemperance on every side.

"You might as well call on me as the captain of a sinking ship and say, 'Why don't you pump the water out?' when you are scuttling the ship in every direction.

"If you will cut off the supply of temptation I will be bound by the help of God to convert drunkards, but until you have taken off this perpetual supply of intoxicating drink we can never cultivate the fields."—Charge of the late Cardinal Manning, a century ago, quoted in *Forward*, January 13, 1951, page 1.

## PROHIBITIONISTS ELECTED

"On November 7, 1950, eighteen township officials were elected by the Prohibitionists of three Kansas counties."—*The National Prohibitionist*, January, 1951.

## ANGRY ON CHRISTMAS MORNING

"Yes, sir! I was so angry Christmas morning that I couldn't talk, and this is why: Driving down one of our main streets, I saw an intoxicated man lying on the sidewalk. Two other men not so drunk tried to help him, but gave up and walked away. As the day was very cold, I stopped my car, pulled him into a doorway, and buttoned his overcoat. I went into the saloon from which he had obviously emerged and quietly spoke to the bartender that he should telephone the police to care for the man, before he contracted pneumonia. This is the boisterous reply which left me speechless, 'We don't care what hap-

## A RESEARCH COMPANY OF AMERICA

## SURVEY

## AS REPORTED IN ADVERTISING AGE

## Shows that

In the immediate years following the repeal 75 per cent of beer was by draught, 25 per cent packaged. But by the end of the fiscal year of June 30, 1950, bottled and canned beer accounted for 70.7 per cent of the total beer sales, "a nearly complete reversal of the prior ration."

There is a growing brewery monopoly by the larger companies. At the turn of the century there were 1,816 breweries in operation in the country, which were reduced to 598 in 1940 and to 392 as of the present. In 1949 approximately 25 companies accounted for more than half of the nation's total beer output. The survey report expresses the opinion that by 1960, fifteen breweries would monopolize 80 per cent of the total market.

The consumer spent his dollar in the following group of selected beverages:

Beer	2.48%	\$4,435,000,000
Distilled Spirits	2.04%	3,650,000,000
Coffee	0.76%	1,353,000,000
Soft Drinks	0.69%	1,234,000,000
Wine	0.26%	465,000,000

This makes a total consumer expenditure for these five beverages in 1949, of \$11,137,000,000.

Tabulation of the distribution of packaged beer by the various types of outlets was as follows:

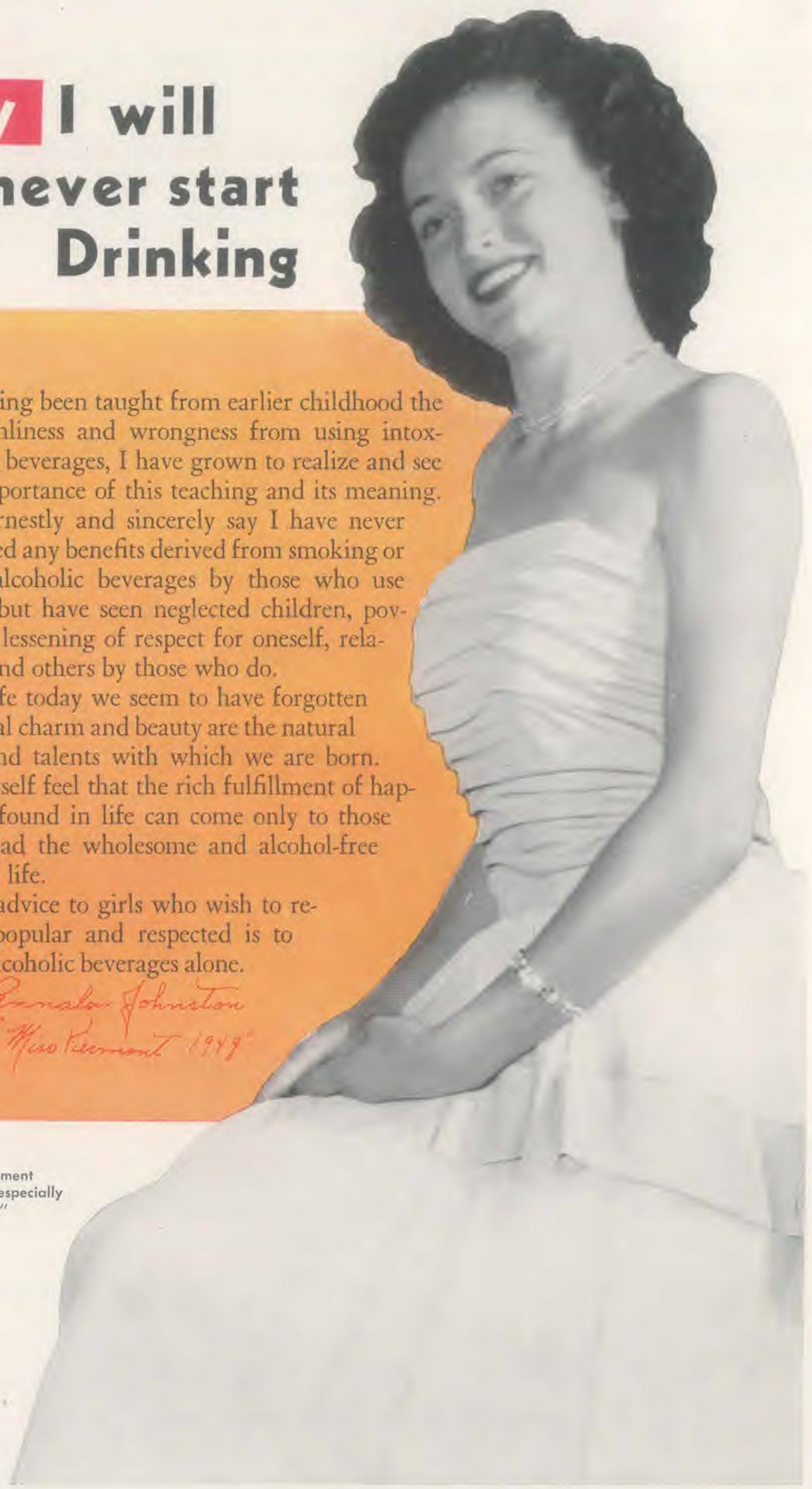
Independent Grocery	23.8%
Chain Grocery	10.5%
Supermarket	7.2%
Delicatessen	5.4%
Package Store	23.0%
Brewer, Wholesaler,	
Distributor	10.4%
Drugstore	4.1%
Miscellaneous	15.6%

Total . . . . . 100.0%

pens to a man outside of the premises.' I never saw such heartless treatment by 'businessmen' of their customers in all my life. He took his money, and when he was unable to hold more probably was assisted to the sidewalk by a 'bouncer' and abandoned."—From a letter to the editor.

## ACTORS AND DRINK

Comedian Will Mahoney: "Actors don't drink as much on the way up as they do on the way down—they have so much more time on the way down."



**why** I will  
**never start  
Drinking**

Having been taught from earlier childhood the uncleanliness and wrongness from using intoxicating beverages, I have grown to realize and see the importance of this teaching and its meaning.

I earnestly and sincerely say I have never observed any benefits derived from smoking or from alcoholic beverages by those who use them, but have seen neglected children, poverty, a lessening of respect for oneself, relatives, and others by those who do.

In life today we seem to have forgotten that real charm and beauty are the natural gifts and talents with which we are born.

I myself feel that the rich fulfillment of happiness found in life can come only to those who lead the wholesome and alcohol-free way of life.

My advice to girls who wish to remain popular and respected is to leave alcoholic beverages alone.

*Annala Johnston*  
*"Miss Vermont 1949"*

This statement  
released especially  
to "Listen"