

LISTEN

A
JOURNAL
OF
BETTER
LIVING

Colonel
William G. Draper
PRESIDENT'S PILOT

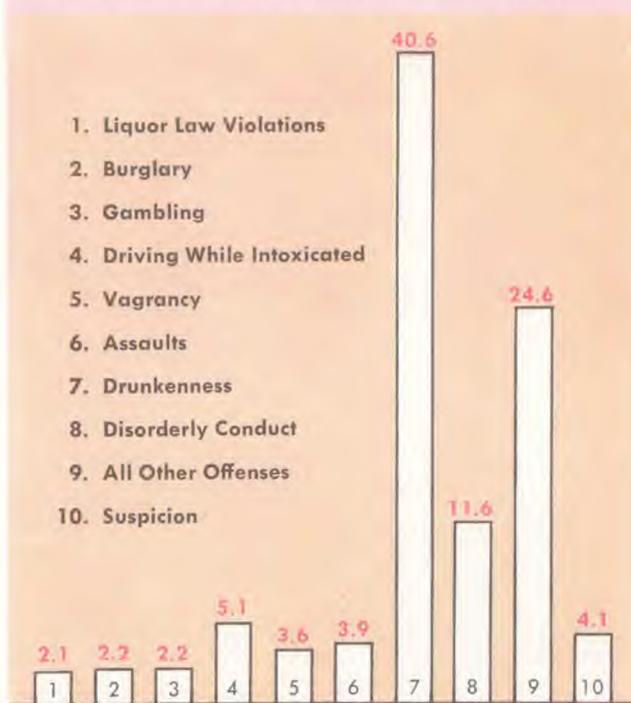




Vision Is Vital

Richard Silver, traffic safety co-ordinator of Essex County, New Jersey, reports that Drunkometer tests of five men as subjects show that after they had taken more than ten ounces of liquor in a six-hour period the average number of driving errors increased from 3.5 to forty. One driver, after taking the glare test, could not readjust his vision for thirty-six seconds. Before taking a drink he could readjust to the lights in seven seconds. Silver says that this subject, if driving sixty miles an hour, couldn't even begin to brake his car for half a mile.

CATEGORIES OF CRIME IN 1,500 CITIES IN THE UNITED STATES



This chart shows that drunkenness causes more than 40 per cent of all arrests, according to a survey of 1,500 cities. Add to this the 5 per cent of those attributed to drunken driving and liquor-law violations, and the total would be nearly one half of all arrests. To this total can be added much of the disorderly conduct and vagrancy offenses as well as a portion of almost every other offense shown. All this illustrates what liquor is costing the nation in crime.

Army in Jail

In the Revolutionary War General George Washington freed the Colonies from English domination with fewer men than are arrested for drunkenness in Los Angeles in one year. Commenting on this, the "Herald Express" says:

"Booking procedure for the 95,395 drunk arrests during 1959 cost an average of \$43 each, for a total of \$4,101,985. Nearly 60 per cent of the 1,197,078 'jail man-days' at L.A.'s main city jail this year was put in by these chronic and part-time alcoholics."

"To sober, shower, clean up, feed, and bunk each drunk, the cost is another \$3.50 per day. Thus, taxpayers are billed more than \$7,000,000 to handle a drunk problem involving 2 per cent of the Los Angeles 2,475,000 population."

"At the main jail there have been as many as 3,600 men confined for 'plain drunk,' in the normal jail population of 4,000 to 4,500 inmates. Often 300 drunks are picked up in one night!"

Cost of Alcoholism to Industry

Nearly half the alcoholics in the United States are employed in business and industry. Since there are about 60,000,000 persons gainfully employed, this means that 3 per cent of the workers are alcoholics. Records show that the alcoholic employee is absent about twenty-two working days a year, or about twice as often as the average employee. The national cost of alcoholism to industry is estimated at \$1,000,000,000 a year, including 60,000,000 lost man-hours and \$125,000,000 in preventable accidents.

Not Grown Up!

Because the fundamental characteristic of an alcoholic is immaturity, he is unable to face the responsibilities of a stable relationship with persons of the opposite sex, says Edward M. Scott, of the State of Oregon Alcoholic Education Committee. Of the women alcoholics studied, 80 per cent known to have been married were divorced. Among the men 56 per cent of the known marriages ended in divorce.

LISTEN

A Journal of Better Living

NOVEMBER-DECEMBER, 1960
Volume 13, No. 6

OUR COVER

Probably no man in modern life has the world more at his finger tips than does Colonel Draper, who has piloted the President of the United States into far corners of earth.

The awesome responsibility of the President's life while flying makes essential the closest attention to every exact detail of air routes, of weather conditions, of each landing spot, of the aircraft itself, and of circumstances peculiar to each nation being visited. Such is the concern of the man filling the world's most exacting job.

"Listen's" cover is an Air Force Photo by Al Sherman.

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L YING north of New York City is Westchester County, where live a heavy concentration of the highly prosperous and wealthy. It is said that no other comparable area on earth boasts of so many millionaires.

Constantly into these homes, as into all other homes of the nation, there come reports of current happenings. Lately, some of these news reports have had to do with a major social problem faced by the nation, that of drug addiction. These news stories seem to indicate that the menace is centered in large cities like New York, and arises only in crowded, blighted, and underdeveloped sections where millions are packed into dirty, inadequate tenement houses and where the young people have no chance for normal life.

Undoubtedly, the elite of Westchester, as they have been hearing of such unfortunates, have prided themselves on escaping involvement. To their minds, the beautiful homes, the country atmosphere, the ample provisions for their children, make any such problem impossible in their privileged area. Yes, in Westchester they were smug and secure—

Until, that is, the Westchester district attorney recently completed his investigation of 251 persons aged thirteen to twenty-five years of age, who, it was found, had been using narcotics "for kicks" at parties, club meetings, and dances.

Initial reports estimated the number involved at only 100 who had fallen for the teen-age fad of smoking marijuana and then using cocaine, heroin, and opium derivatives in pills, by inhalation, and by hypodermic injection.

Of the larger total, most are high-school or college students from prosperous families and live in a comparatively small part of the county. Also, some live in New York City or nearby Connecticut and attend narcotics parties in Westchester.

As could be expected, this revelation struck the smug citizens of Westchester like a thunderbolt. As the real meaning of the report began to sink into their

thinking, many parents became indignant; they simply did not believe what they heard. Their children would never be guilty of getting mixed up with narcotics.

But irrefutable evidence proved otherwise. When this was presented, the young people themselves confessed; then their parents *had* to face facts. In many Westchester homes, behind the elegant façades of millionaires' mansions, there was soul searching.

Said one angry father to his son, "I should take you by the throat and kill you." And he added pitifully, "I have given you everything. Where have I failed?"

Other parents issued edicts against unchaperoned parties at any place or any time,—a thing which, incidentally, they should have done long before.

Surprising to law-enforcement officers was the fact that most of the teen-age girls involved knew that the boys were using dope and openly talked and joked about it. Parties were held at girls' homes, and while the girls themselves did not generally use narcotics, they knew the boys were using them.

Dope is no respecter of persons. The sooner that is recognized the better. The greater part of the drug addiction problem may indeed be centered in poor, underdeveloped areas, and in large, crowded cities; but whoever dabbles with dope, be he high or low, rich or poor, urban or rural, will be subject to its tragic toll.

Altogether too many people today are shutting their eyes to the menace of addiction that is haunting our nation. Statistics don't tell the whole story. They may merely lull us to sleep, because accurate statistics are virtually impossible to secure. Drug addiction is like an iceberg—most of it is under the surface. For this reason thousands who are making shipwreck of their lives are not subject to public attention or help.

Parents, teachers, community officials, youth leaders, must awaken, not to pride themselves that they may not have a perceptible problem in their particular area, but to the developing of a co-ordinated program of education for prevention of the very condition that is ensnaring youth in so many parts of the nation.

Harold Gluck, Ph.D.
Special Adviser to the National Executive Board
and to the President of the National Police
Officers Association

There's a Hook in That Bait!



IF YOU want to think of me by a name, then I guess Joe will do as well as any. I had plenty of time to think while I took the "cure." Maybe I am lucky, 'cause I am one of those who will be able to live without the stuff. Now that's something maybe you don't know. For many of us there really isn't a cure, and life can be a living hell.

Merely knowing one little fact can make such a difference. That's the way things go. One time I read a story about a boy made from a stick of wood. A block-head he was, and he wanted only to be a real boy. He got mixed up with some kids looking for trouble, and they were turned into donkeys or jackasses, then sold for profit. Maybe if those kids in the story knew just one little fact, it would have made a difference.

What is the fact? The fellow who led them into the trouble was making a profit from it. If there was no profit, the entire project wouldn't have existed.

This is the little fact, or you might call it the *big* fact, in the taking of dope. *They* want to get their hooks into you and make you a victim, so once you take the stuff, you'll buy more and more. You get the craving down so deep that you just don't care how or where you get the money. But without the money you can't get the stuff. *They* won't give it to you free. Oh, yes, the first time when you take it for kicks, you get it free. That's all part of the big game *they* are playing with you.

Who are *they*? Maybe you think it is only in fiction stories that *they* exist. But *they* are real. The fellows who raise the stuff, who refine it, who smuggle it into this country, who set up the organization to distribute it, who push the stuff—these are all part of *they*. What do *they* get out of it? Money, and lots of it.

But *they* must have victims, suckers, fall guys, like me, but I hope never like you.

For instance, when you go to a party, and things are dull, somebody may say to you:

"Want something with a kick in it? If you're the baby type, this is strictly not for you. But if you want something different, to give you a lift, then I got it for you."

There may be variations to this procedure, but the basic version is always the same. They know you and

your weakness. They make it look like a challenge to you. If you refuse they call you chicken; and who wants to show he is afraid? A dare, they say, is something a guy with guts takes. That is exactly what *they* want—for you to feel that way and to act on the challenge.

What's the use of trying to describe the first time I took the stuff? They got me hooked, and plenty. When I wanted more, I looked up this guy called Ralph.

"I think I can get some for you from a friend," he told me. "Believe me, if I had any, I would give it to you."

So he told me the price, and I took it out of my bank account—a lot of money. Then we walked down the street, and there was a car parked at the curb. I didn't see the face of the fellow in the car. I gave him the money, and he gave me the stuff.

When I didn't have any money left, I pawned my typewriter and my record player. My parents thought I was "nervous" and needed a checkup by the family doctor. I told them I was tired, too much work. Then I borrowed money from some of the fellows I knew. When I couldn't pay it back, one of them went to my old man and asked for the dough.

I guess I was lucky in the long run that it happened that way, because my old man kept me in the room and fired question after question at me until I told him the truth. I will always remember the stunned way he said: "Oh, no! Did it have to happen to my son?"

So he made me go to the family doctor. I had to answer a lot of questions. Then the next day a man from the narcotics squad came to see me.

"You aren't hooked too far, son," he explained. "The cure is hard and tough. You'll make it."

Even now it is hard to believe that through what I told them they got most of the ring. That's behind me now, but let me give you this one idea, and keep it with you. Now I go fishing with my dad. I sort of enjoy it. It is relaxing. I dangle a hook with bait on it. The fish doesn't know there's a hook concealed in that bait. He goes for it—and when he does he is finished.

Remember that as long as you live; don't be like that fish. Don't get hooked. Pass it up. I was lucky, for I got cured. You may not be that lucky.

The BIG fact in this whole question of dope.

After eighteen years, Boston's most tragic fire is in the news again as the subject of a best-selling book, but here for the first time is brought to light the—



Untold Story of Cocoanut Grove

Charred remains of the bar which was doing a rushing business when cries of "Fire!" drowned out the tinkle of glasses and clatter of bottles.

NEAR the end of the swing shift in the Boston Navy Yard on the night of November 28, 1942, a machinist came running up to our tool crib windows. "There's a big fire downtown," he yelled above the roar of machinery, "one o' them night clubs. Hun'erts o' corpses piled up like cordwood on the sidewalk." He grimaced ruefully. "They were all too drunk to get out."

This was the first I heard of the Cocoanut Grove fire that shocked the nation, snuffing out the lives of some 477 men and women within minutes, and resulting in widespread revisions of municipal fire-safety codes. The story has now been glamorized in a best-selling book, *Holocaust*, written by a Boston *Globe* reporter.

Naturally, in deference to grief-stricken relatives, it would have been poor taste for newspapers to mention intoxication as an important cause of the tragedy; but in the following few days I noticed an amazing discrepancy between what the newspapers were printing about the fire and what people were saying. Stories of cowardice and drunken stupidity were as thick on the streets of Boston as stories of courage and self-sacrifice were in the newspapers. It was obvious that these candid accounts by survivors were considered by the press to be too revolting to print.

The stories of heroism were all true, of course. The sixteen-year-old bus boy, Stanley Tomaszewski, whose lighted match started the fire in an artificial palm, acted with cool courage. Although painfully burned while helping the barman fight the fire, he led a large group of patrons out through a kitchen window. Mickey Alpert, the orchestra leader, stayed in the inferno, and nearly lost his life trying to organize groups of patrons for escape. The headwaiter, Frank Balzerini, died still trying to round up some patrons after leading one group out and returning for more. Nina Underwood, a twenty-year-old

Red Cross worker, performed the incredible feat of going into the burning building 100 times to evacuate the dead and injured.

But I could not help noticing while reading these accounts in the papers that these people, as well as everyone else who did anything creditable, were in positions to have been strictly sober! Most of them were employees of the club or rescue workers from outside. One patron, John J. Walsh, Civil Defense director of Boston, who acted with levelheaded efficiency throughout the disaster, was on twenty-four-hour emergency call.

There is plenty of evidence that the fire was selective. Sobriety had a great deal to do with escape. Except for a few who got out first because they were near the doors, there is hardly any record of an intoxicated person being among the survivors. Eyewitness accounts began, "I don't drink," or, "We had just come in." In some cases couples were separated, the one who drank being among the victims and the one who abstained among the survivors. Hospitals reported that there were no signs of intoxication in cases they treated.

Groups of sober people moved through the panicky crowd and out the exits. A waiter traveled nearly the whole length of the club and up the stairs to warn the chorus girls. The girls, organized by their chorus captain, filed down the stairs, through a struggling crowd in a narrow passageway where scores of patrons died, and out through a small door. After the lights went out, the kitchen help found their way through a battling mob in the dining room, and out an exit. Nearly all the musicians got out in an orderly retreat led by their musical director. A significant fact was that almost all the employees of the club escaped, although they were only a small percentage of those present. Their knowledge of the layout of the building could not have helped that much, since they could not all have been in favorable

Sylvia E. Clark

positions to use it. Seldom is such a grim line drawn between the intoxicated and the sober.

In spite of all attempts by the newspapers at the time of the fire, and now by the book, *Holocaust*, to suppress evidence of intoxication, it can be seen from the facts that a large proportion of the patrons of the night club were in a convivial state at the time of the fire and that this hampered escape. Some of them showed perversity and unwillingness to be led. All except a few of the attempts by employees to organize orderly groups and lead them to safety failed. A singer, Billy Payne, who nearly lost his life in several unsuccessful rescue attempts, testified at the inquest held December 1, "If only more had followed me, they would be alive. I knew the place very well. I knew how to get them out."

Many of the patrons showed abnormally slow reactions. They lost their footing on steps. When knocked down, they were slow in getting up. Accounts of the fire reveal a tragic impairment of judgment. The largest number of patrons lost their lives struggling toward a revolving door that they must have known was jammed by two men who became stuck in the same section. It was reported that at both coat check stands groups of patrons, with the fire roaring over their heads, stopped to get their coats and hats! At the inquest firemen stated that some of the patrons who escaped first were so disorderly that they were hindering rescue work and had to be removed by police.

All panicky crowds show a disregard for life and limb, but this crowd was characterized by a senseless brutality. Mabel Cotton, assistant in the ladies' lounge, said, "At first I thought it was a fight. Glasses were all over the floor and people were tearing at one another."

Joyce Spector, a survivor, testified, "During the one minute I was in the ladies' room the panic started. The whole place was one mob, shouting, screaming, pushing. The men were the worst. There were men pushing and hitting and shoving to get out. I fell and was pushed and kicked to a side door, and then I was thrown into a gutter."

A taxi driver, one of the first persons to arrive at the fire, said he saw an obviously intoxicated man standing in front of one of the exits swinging his fists, knocking the pitiful survivors back inside. He had to be subdued physically to let them get out. There was a rumor that some of the men in the dining room became so immersed in the spirit of belligerence that they quite forgot that they were escaping from a fire. They just stood slugging one another and smashing tables and dishes in a drunken orgy while more sober persons escaped.

Some of the patrons were shown to have been in a semiconscious condition, able to scream and groan and roll over without being able to use their wits or their muscles. This could not have been caused by that mysterious gas that was reported to have come from burning leatherette nor from any other smoke or gases of the fire. All such fumes would have made them wholly unconscious.

After the fire was over, firemen found in the basement lounge, where it had begun, some bodies still sitting on bar stools slumped over the bar and some at tables and lying on settees. They could not have been killed or

overcome before they had time to get up from their seats, because there was an interval when the patrons had idly watched the bus boy and barman fight the fire. Later crowds of live people surged through this lounge several times. One bartender saved himself by lying down inside the oval bar with a wet cloth over his face. Near the end of the fire he got up and walked out. Any explanation of why those patrons remained exactly where they were until overcome by smoke would be illogical without considering that they had been drinking and thus were oblivious to their surroundings.

I would be the last person to deny that callous greed and brash violations of safety codes were the chief causes of this shocking tragedy. Undeniably a great many people would have died that night, but I believe the grand jury should have come up with one more indictment, Liquor.

The intoxicated condition of a large proportion of the crowd undoubtedly added to the confusion and slowed escape. Every drunken blunder that ordinarily would amuse drinkers wasted precious minutes and cost more lives. The fire certainly could not have taken such a heavy toll, had more of the patrons been sober.

The most regrettable fact, and one that shows the folly of frequenting places of that kind, was that screams went unheeded. Even cries of people being burned to death in



Hundreds of revelers who went into Cocoanut Grove on the night of November 28, 1942, were carried out as corpses. Here another victim is removed from the burned-out structure.

the next room were mistaken for the normal sounds of night-club revelry. No warnings were understood. As the fire progressed through the building, nobody knew about it until it actually rushed into the room. The part owner, who was in charge and could have opened locked doors, was not aware that his establishment was on fire until near the end; and then he had barely time to save himself.

So, in considerable part at least, the Cocoanut Grove fire should be classed as a tragedy of drink.

IN THE term "alcohol education" more is included than a mere formal approach in the public schools, for information on alcohol problems makes an impact on the public at large. Alcohol education in the public schools derives its character from the influences which shape public attitudes and public understanding of alcohol problems.

Significant trends are developing in the alcohol-education field today, some of which are encouraging and hopeful, others disturbing. In addition there are needed trends which are still necessary to diminish the impact of alcohol on our society.

Desirable Trends

1. A growing interest in alcohol problems at all levels of social organization—Federal, state, county, and municipal.

This trend is neither universal nor uniform; nevertheless, it is a definite trend. At the Federal level, for example, the National Institute of Mental Health is showing great interest in this area. Congress demonstrated its concern when it increased an appropriation for research on alcoholism over the amount initially requested.

More than forty states now have sponsored and financed programs in the field of rehabilitation and education.

Increased interest is also evidence at the county level, particularly in the larger metropolitan areas. This is also true at the municipal level. It is most heartening to see the wider attention being given to alcohol problems by churches, civic organizations, and civic clubs. In many instances their interest is more than academic—they are interested in learning what can be done.

2. Increased research into many aspects of alcohol problems.

Most of the scientific disciplines are involved in learning more about alcohol, alcoholism, and the effect of alcohol upon society. These findings are appearing in professional journals and are being presented at scientific conventions and meetings.

3. Increased availability of information to public and professional groups in the form of books, monographs,

pamphlets, periodicals, and visual and audiovisual aids.

In this same category could also be included the holding of institutes, seminars, workshops, and schools of alcohol studies throughout the nation.

4. Greater interest on the part of the mass-communications media, including newspapers, magazines, radio, and television.

When an institute on alcohol problems was conducted at the University of Washington a few years ago, the Seattle newspapers gave scant coverage, even to the contribution of such men as Dr. Andrew C. Ivy, Dr. E. M. Jellinek, and others. Only about six years later, the Seattle *Times* joined with the King County Medical Society and the University of Washington School of Medicine in sponsoring a public symposium on alcoholism. Not only were the panel's comments published in full, but several pages were devoted to a complete presentation of all questions and answers.

Recently two thirty-minute telecasts, over one large Western station, were devoted entirely to the problems of alcoholism. This is good, for it contributes to the development of public awareness of the importance of the problem and the need for greater public concern. There is, however, a tendency to focus on alcoholism as though it were the total problem rather than just one aspect of alcohol problems. In spite of this shortcoming, it is encouraging to see the mass-communications media bringing these matters before the public.

5. The enlarged interest in alcohol problems on the part of publishers.

This is evidenced, not only by the improved treatment of alcohol problems on the part of textbook publishers, but by the appearance of technical as well as popular works dealing with alcoholism and alcohol problems.

6. A resurgence of interest by professional groups.

The American Medical Association, for example, has a committee on alcoholism in addition to a committee concerned with problems of intoxication as they relate to drinking driving. Increased interest is also being shown by the American Bar Association and the National Safety Council.

7. Better preparation of teachers, ministers, and other leaders of thought.

Herbert H. Hill, Executive Director

**Alcohol
Problems
Association**



In the State of Washington, for example, a series of seminars for pastors on alcoholism has been conducted throughout the state by the Alcohol Problems Association. In fact, nothing has been quite as effective in stimulating the interest of pastors and laymen in alcoholism and alcohol problems generally. These seminars have helped pastors better to understand not only the problems of the alcoholic but the problems which arise in the community because of drinking.

8. A growing desire to help young people think for themselves about drinking problems and how they might be affected by them.

This can often be seen on the part of law-enforcement officers, P.T.A.'s, service clubs, and other organizations concerned with juvenile problems.

9. A declining emphasis on *fear* as the basis for alcohol education.

The old scare technique of suggesting that drinking "eats the insides out, pickles the brain, and gives a hob-nail liver" has largely disappeared. This unfortunate approach developed because of an overemphasis on the physical aspects of the effects of alcohol. Undoubtedly it was employed in the mistaken belief that it is possible to frighten people out of drinking, particularly young people. Today the emphasis is on helping people to see that their own self-interest, in terms of personal development, achievement, and well-being, may be at stake in the choices they make. This is a much sounder basis for an educational approach.

10. Recognition and concern for drinking problems on the part of business and industrial leaders.

This is highlighted in an article in *The Wall Street Journal*, July 9, 1959, bearing the headline "Businessmen Join in Drive Against Industry Alcoholism." The article says: "Top San Francisco businessmen are launching a drive for funds to fight alcoholism in industry. The initial goal is \$85,700, to be used to set up a staff to work with local companies. The emphasis is on a strictly business approach, rather than charity."

"I got into this program from a cold-blooded, hard-headed business point of view," asserts Fred H. Merrill, executive vice-president of Fireman's Fund Insurance Company and cochairman of the Alcoholism Council.

"I'm out to save money. Absenteeism and a lot of less-measurable business expenses traceable to alcoholism are getting more serious, and something's got to be done."

Disturbing Trends

1. The supremacy of science.

This is almost an obsession of our age. We are applying our technological skills in creating gadgets, which, though they are interesting, can hardly be said to contribute much to meeting the basic needs of mankind. As has been said so often, our moral and spiritual development is lagging far behind our scientific achievements.

For instance, in one bulletin on alcoholism the comment appeared: "Science must be defended;" yet nothing was said in the article about the defense of morals. This seems to be the obsession of our age. The findings and viewpoints of science must be defended even at the expense of moral and spiritual values.

Another such bulletin commented, "Concepts of 'sin, damnation, and missionary evangelism' have given way to those of 'illness, understanding, and science.'" In other words, we have supplanted "sin" with "illness," "damnation" with "understanding," and "missionary evangelism" with "science." Thus man becomes a specimen for the inspection, investigation, and analysis of the scientific mind without consideration for his status as a child of God or for the spiritual aspects of his life.

Science today seems to be preoccupied with discovering how many people are alcoholics and with measuring the changes in the alcoholic's behavior and motivations, to the utter exclusion of the significance of these things for the ultimate destiny of his soul. At times it almost seems that it is the goal of science to discover ways and means of enabling people to enjoy the pampering self-indulgence of intoxication without running the risk of any such ultimate inconvenience as alcoholism.

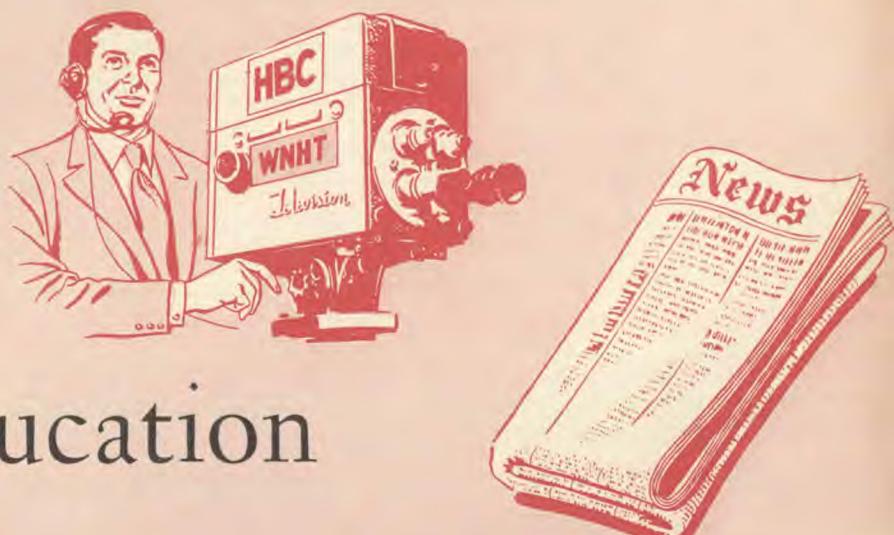
2. Rejection of the ageless principle that we are our brothers' keepers.

We seem to have lost all regard for the effect of our behavior upon others. Today it's every man for himself. In one alcoholism bulletin, the argument was presented that because only one drinker in thirteen or so becomes an alcoholic, "we should not

(Turn to page 30.)

Current Trends In

Alcohol Education





A CAREER IN PUBLIC SERVICE

TWO TERMS commonly used to describe Arthur S. Flemming, Secretary of Health, Education, and Welfare, are "hard-working" and "dedicated." He admits to only two hobbies; work, and more work. The nation's people, from the young to the very old, have reaped the benefits of his driving spirit. For more than twenty-five years he has served in vital educational and governmental positions.

In American University, Secretary Flemming held such posts as instructor of government, director of the School of Public Affairs, and executive officer. For four years he was a member of the editorial staff of the *U. S. News & World Report*.

For nine years Mr. Flemming served on the Civil Service Commission as well as on a number of other commissions and agencies. In 1948 he became president of Ohio Wesleyan, his alma mater.

In government again, he became director of the Office of Defense Mobilization and a statutory member of the National Security Council, and by invitation of the President participated in meetings of the Cabinet until March, 1957, when he returned to Ohio Wesleyan. In August, 1958, he took over his present Cabinet post.

Acutely aware of the responsibilities of his Cabinet post, he realizes that the five major units within his seven-year-old department will be more in the news in the future, because these units reach into all American homes and affect individual lives on a daily basis. There are the Public Health Service, Social Security Administration, Office of Education, Food and Drug Administration, and Office of Vocational Rehabilitation.

Among its many duties, this department is charged with the task of combating drug addiction and alcoholism, as well as conducting research and informing the public on the dangers of tobacco. Mr. Flemming is, of course, a total abstainer himself. "I suppose it is because of the way in which I was brought up," he explains. "We never had these habits in our home, so I never wanted to begin them. Drinking and smoking were unacceptable. Then, too, I am a Methodist, and that has something to do with it."

Along with the home influence Mr. Flemming feels that the church has an obligation to present the facts from the pulpit, in church schools, and in literature. "The most effective means we have for combating alcoholism, drug addiction, or the use of tobacco is to present the facts so that people can draw their own conclusions. This is true, particularly with young people. They listen to the opinions of their ministers, doctors, teachers, and parents, but they want to know *why*. Why is it dangerous to smoke? What about lung cancer? What happens when you become addicted to drugs? What are the real hazards of drinking?"

"The trouble you often find is that ministers will either say nothing at all about these problems we live with, or they'll go all out the other way. That is, they'll simply hammer away at a conclusion they have drawn." Mr. Flemming feels that this holds true for smoking. "Public health has the obligation to examine and put before the public the facts about tobacco and lung cancer. The individual then must arrive at his own conclusion."

The fifty-five-year-old Secretary feels that being a nondrinker is not difficult at all. "I would say that society has adjusted during the last ten years. For one thing, there are so many of us who don't drink. It used to be that you either accepted liquor or had nothing. Now, there is always something nonalcoholic to drink. I've never been embarrassed about it." He smiles, "Of course, I don't have time for many parties anyway."

E. K. Hopper



THE *People*

NEED TO KNOW



*LISTEN interviews Arthur S. Flemming
Secretary of Health, Education, and Welfare*

IS THERE A REAL NEED for a nationwide campaign to bring to public view the benefits of sounder health practices?

Informing and educating the public on health matters are primary functions of all health programs. Because of the effective dissemination of health information through the press and group meetings, we are probably the world's best-informed nation in this field. I look forward to a continuing and expanding effort in health communications.

Increasing attention is being given to the health, social, and economic problems arising from the use of alcoholic beverages. What is your estimate of these problems in the United States?

There has never been a nationwide census taken in an effort to get such information, although local surveys have been made. Dr. E. M. Jellinek, formerly of the World Health Organization, developed a formula for estimating the number of alcoholics, based on deaths due to cirrhosis of the liver. This gives an estimated figure in the United States of 5,000,000 alcoholics.

Is the problem growing in this country?

Yes, there seems to be a gradual but steady increase in the number of alcoholics since 1940. Certain factors may be indicated in this statistical trend. For example, the change in public and medical attitudes may have influenced doctors to feel freer about reporting deaths due to alcoholism.

Has consumption of alcohol increased in the past two decades?

The over-all consumption of alcohol has not shown a concomitant increase. In 1940 the annual consumption rate was 1.47 gallons per person age fifteen and over. In 1946 it was 2.17. Since then, this figure has remained in the neighborhood of 1.8 to 1.9 gallons per person.

Mr. Flemming, you have served on committees and commissions dealing with man-power and production needs in American industry. Could you give an estimate of the number of working days lost annually because of sickness among workers of the nation?

The latest figures available are for the year 1958. They show 432,700 work days lost because of illness or injury.

Of the total lost man-hours, could you estimate the number lost because of the use of alcoholic beverages by workers? How much is this costing American industry?

About 3 per cent of the entire industrial force of the country, or 2,000,000, are alcoholics. The cost of alcoholism is estimated to be in excess of \$1,000,000,000 annually. This cost results from lost man-hours, long periods of related disability, medical and hospital expenses, and expense of replacing trained workers of all ranks.

How serious is the narcotics problem in the United States?

The Public Health Service tells me that narcotics addiction is seen chiefly in the larger cities of the country. For example, New York State accounts for nearly 46 per cent of the total number of 45,391 narcotics addicts reported to the Department of the Treasury. I am also told that the number of newly reported addicts has been decreasing in recent years. In 1955 and 1956 more than 9,000 new addicts were reported annually; in 1957 and 1958 about 7,500 each year, and in 1959 fewer than 5,700.

What is the role of the Department of Health, Education, and Welfare to combat narcotics addiction?

We are concerned with addiction from the health standpoint—the treatment and care of the addict as a sick person. Specific responsibilities include:

1. Operation of two hospitals to care for addicted Federal prisoners and probationers as well as voluntary patients as space permits.
2. Performance of research on narcotic drugs and narcotics addiction, primarily on the addicting properties of drugs and the physiological and psychological aspects of addiction.
3. Consultation with states and communities on taking appropriate local action in meeting addiction problems.
4. Training and education activities in which all manner of health workers and representatives of about a dozen other countries participate annually.
5. Awarding grant funds for research and special studies on addiction through the National Institute of Mental Health.

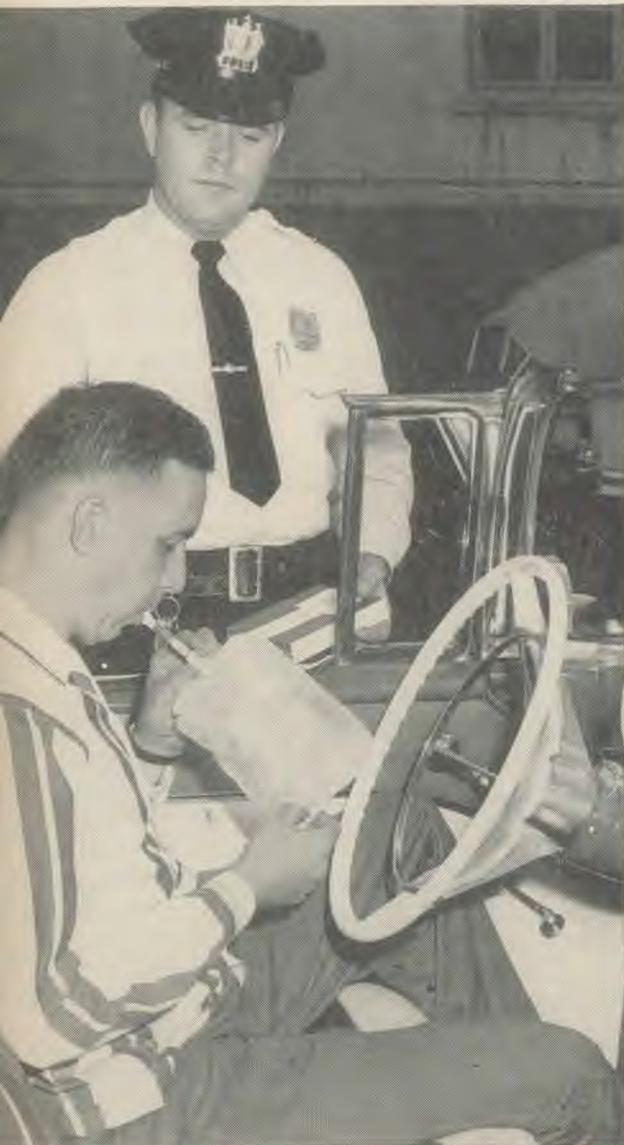
How much money is the program of DHEW to rehabilitate people addicted to dope costing the United States taxpayer annually?

(Turn to page 32.)

DETECTING DRINKING DRIVERS

Leo Rosenhouse

Alcotest—green indicates drunkenness.



Observing the speeding auto from the security of a concrete traffic island, the motorcycle officer was at first inclined to let the offender go. After all, it was Christmas Eve! But as the taillights of the vehicle raced irregularly down Hollywood Freeway into the darkness, the officer surmised who might be behind the wheel, and took after him.

The car was expensive; the driver proved well dressed and looked important. He became angry when the officer made him submit to a roadside Romberg test, checking his balance and co-ordination while eyes were shut, and then his ability to walk a straight line.

"I told you I'm sober, officer," the autoist snapped when the test was completed. "Certainly, I'll not deny I had a social drink earlier this evening at my country club, but I am, and have been, in complete control of all my faculties."

In response, the officer withdrew a small package from the saddlebag of his motorcycle, and from it extracted a glass instrument filled with light-gray crystals. The object was about the same size as a test tube and could easily be mistaken for one.

"Blow in this, please," the officer said, attaching a rubber tube and mouthpiece, and then an inflatable bag to an opening on the upper end of the glass instrument.

Holding a flashlight against the autoist's face, the officer watched intently as the driver blew into the instrument. Suddenly the crystals in the glass tube turned vivid green. To the officer the color change was significant, a sign that the man was drunk for all legal purposes, and he promptly placed the driver under arrest!

Later, in municipal court, the man was found guilty of drunk driving, with the conviction mainly based on the findings of the color-changing instrument, a new portable device being tested by the police. The cost of the glass tube came to seventy-five cents—cheap enough for an instrument performing the important service of detecting a drunk driver on the road.

Today most states use machines and devices to convict drinking drivers. The majority are, in a sense, mechanical noses which determine how much alcohol a drinking driver has consumed. The portable devices give immediate evidence of drunkenness at the scene; other machines are stationary, and can identify the drunk at a precinct police station or roadside patrol station. Each type renders valuable assistance to the law.

The effectiveness of such machines is dependent on court interpretation as to their legality, as well as on the abilities of the person who operates them and interprets their findings. Some courts will not accept the reports from these machines as evidence, but the majority of courts now give them reasonable recognition.

The trend toward the use of machines to convict drunk drivers began in 1938. Testing devices were then mainly bulky and expensive to use. Present-day instruments tend to be smaller, portable, and inexpensive. They use both mechanical and chemical factors in their operation.

As far as the officer of the law and the police physician are concerned, such equipment is a vital aid in determining whether a suspect is drunk. However, more conclusive evidence, in the form of blood-alcohol analysis and medical examination, is often demanded by the court.

One of the most popular of the machines which drinking drivers are learning to fear is the Drunkometer. Invented in 1930 by Dr. Rolla N. Harger, of Indiana University, it is widely used in at least thirty-eight states. A suspect blows up a balloon, and the air is then bubbled through potassium permanganate. Sufficient alcohol in the breath bleaches out the purple color of the permanganate and gives a reasonably accurate measure of the presence of blood alcohol.

In the West, especially in California, where drunk driving now is

punished severely, this machine has been extensively in use in the San Francisco area. Some courts might challenge its principle of analysis through visual comparison procedure, but the machine affords rather positive evidence.

According to generally accepted legal standards today, a reading of .15 per cent alcohol in the blood can be accepted as definite evidence of drunkenness. This is equivalent to $1\frac{1}{2}$ drops of alcohol in every 1,000 drops of blood. This is the amount of alcohol produced, on the average, by as many as five cocktails, five bottles of beer, or fifteen ounces of fortified wine. The machines which test drunk drivers try to determine this percentage of alcohol by a variety of means.

The Alcometer, a push-button type machine which resembles a hi-fi set, is an automatic instrument that traps a sample of breath, which is then pumped into a tube of iodine pentoxide connected to yet another tube containing potassium iodide and starch.

Alcohol causes the chemical in the first tube to give forth iodine fumes that turn the solution blue in the second tube. A delicate photocell measures the blueness of the second tube, and gives a meter reading in terms of percentage of blood alcohol. Five minutes from the time a police officer has the suspect blow into the Alcometer mouth tube, he is able to push a button on the instrument panel and determine whether the suspect is drunk. A needle on a dial gives the telltale answer.

This machine has had extensive use in more than twenty communities in the East. In California it is being used in the vicinity of Red Bluff and north toward the Oregon state border.

A pocket-size device, which furnishes a reasonable measure of alcoholism in less than a minute, is known as the Intoximeter. It is accepted nationally and is presently in use in the larger cities, among them Los Angeles.

The machine provides a balloon for the suspect to blow in, and the police officer forces some of the air through a tube containing potassium permanganate and sulphuric acid. The time element is important, and the officer checks the second hand of his watch as he looks at the tube of chemicals. If the breath fades the purple material within the tube in 39 seconds or less, the driver is assumed drunk enough for arrest.

Another favorable feature of the Intoximeter is that after the officer makes his roadside test, the whole unit can be sent to a laboratory where a chemist can analyze other chemical contents of the device for alcoholic content. The portability of the instrument makes it quite popular with traffic law-enforcement officials. The Intoximeter was developed a few years ago by Dr. Glenn Forrester, an industrial chemist at Niagara Falls, New York.

In Indiana, and in other central states, such as Illinois, Ohio, and Wisconsin, one of the favorite machines in use by police is the Breathalyzer. It is valuable because it is portable and works effectively from power furnished by an auto battery. It can also operate off house current. In size it is not much larger than a woman's handbag. The operation of this instrument is relatively simple.

The suspect blows into a rubber tube leading to a small cylinder having a piston valve which lets the air out as the suspect blows in. The machine shuts the valve on his last breath and traps it. About 3.4 cubic inches of air is thus trapped, and is identified as "true breath," since it comes from the innermost air sacs of the lungs which have absorbed a fraction of the alcohol in the suspect's blood.

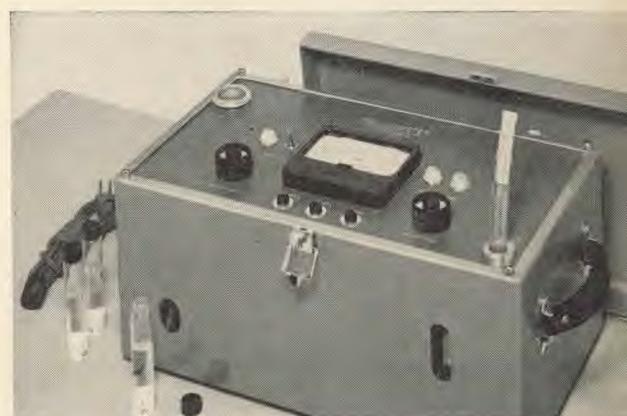
An officer then manipulates the controls on the machine, and the air is sent into an ampoule containing a bright-yellow solution of potassium dichromate and sulphuric acid. As the solution absorbs alcohol, it begins to fade. The more alcohol in the "true breath," the lighter in color the tube becomes.

This change is then measured by

(Turn to page 27.)



Drunkometer—analysis through visual comparison.



Alcometer—push-button machine resembling a hi-fi set.



Intoximeter—gives result in less than one minute.

Breathalyzer—tests "true breath."



AS THE nurse in charge answered the phone in a busy first-aid room of a large textile plant, she heard a distressed voice on the other end of the line saying, "Mary, you must help me. I can't use my legs; they're numb and painful. Please, can't you do something?"

For some time Mary had been expecting exactly such a call, since she realized that her aunt had been drinking heavily over a long period of time. She had not been eating, was losing weight, and she complained of numbness in her legs and in the tips of her fingers.

Mary assured her she would do what she could. Quickly making arrangements to leave her work, she hurried over to her aunt's apartment. What a sight greeted her! The place was untidy, bottles were strewn everywhere, the labels clearly identifying their contents as wine, gin, and rum. The patient was in an untidy bed, and looked pathetically weak, only a shadow of her former self.

Mary's mind ran back over the years when she was proud of her Aunt Bess, who was always the well-dressed spinster, off to work to a busy office of another large textile firm. Through the years she had been a competent, dependable, and greatly appreciated office employee. But now Aunt Bess was emaciated, disheveled, admittedly unable to take care of herself, and living in her neglected apartment. Mary quickly sized up the situation and called the family physician, who had been aware of the condition of Aunt Bess for some time but was unable to do anything about it. Now that the patient was asking for help, something could and must be done. Hospital arrangements were made, and Aunt Bess was admitted to the general hospital. Diagnosis on admission: malnutrition, chronic alcoholism, peripheral neuritis. Since she had willingly asked for help, she seemed to have a sincere desire to seek that help from those who loved her most.

When the consulting physician at the hospital first saw Aunt Bess, she was lying quietly in bed without any particular distress, although she com-

plained of severe numbness of both feet and hands. In the lower extremities, this numbness extended up to the knees. When she attempted to move her legs, she had obvious weakness with a foot drop of both feet, with some tenderness over the main nerve trunk in her legs. Reflexes were absent in both arms and legs.

Although the patient was thin and weak, her mental faculties were still intact, but there was some evidence of a memory defect. Her condition had not yet reached the proportions of another serious complication of chronic alcoholism, called Korsakoff's psychosis, in which the mind is affected along with the peripheral neuritis.

With a diet high in vitamins, especially vitamin-B complex by mouth and B₁₂ by intramuscular injection, plus daily physiotherapy, this patient gradually made a recovery, though not complete, but she was able to walk about in the hospital before her discharge one month after admission.

Aunt Bess was determined never to take another drink, and she willingly admitted that she was alcoholic and that she herself was to blame for the predicament in which she found herself. With her usual independence she insisted that she could care for herself and her apartment and could resume her usual activities and former office position, and therefore was permitted to leave the hospital. It seemed impossible to persuade her to live with someone. In less than one year, Aunt Bess had reverted back to her old pattern of drinking, at first secretly, and then regularly and openly. This time she lost her good position and was later found dead in her apartment, the cause being a direct result of her drinking.

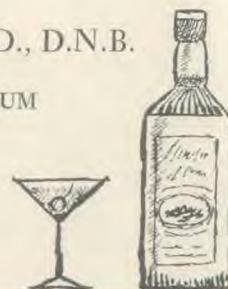
Now, what happened to Mary's aunt as a result of her prolonged alcohol intake without adequate food? Alcohol affected the peripheral nerves to the arms and the legs, causing a neuritis. What is a peripheral neuritis? First of all, alcohol acted as a toxin to the long nerves in the arms and legs, as well as the nerve centers in the spinal cord. These nerves supply

(Turn to page 27.)



Aunt Bess DEFICIENT IN VITAMIN B

Laurence A. Senseman, M.D., D.N.B.
MEDICAL DIRECTOR
FULLER MEMORIAL SANITARIUM



Third in "Listen's" series of case studies to show how drinking affects the central nervous system.

High rate of deaths from barbiturate poisoning leads to a

THE startling increase in deaths from barbiturate poisoning in New York City has led New York Medical College to establish what is called a Coma Center—second of its kind in the world—at its teaching hospitals. The center is designed to focus on the immediate diagnosis and treatment of patients in coma, not only those suffering from barbiturate poisoning, but also those in coma because of diabetes, cerebral accidents, indiscreet use of tranquilizers, and other causes.

Model for the New York Center is a similar center in Copenhagen, Denmark. Established in 1949, the Copenhagen center has reduced the mortality rate among patients in coma from barbiturate poisoning in that city from 25 per cent to 3 per cent.

Similar alarming circumstances in New York led to establishment of the Center in New York. There were 1,288 cases of barbiturate poisoning in New York in 1958. Of these, 177 were fatal. In 1959 there were 130 deaths among 1,025 cases. These statistics cover poison cases only; they do not include patients in coma from other causes.

Director of the Center is Dr. Frank E. Fierro, head of the college's department of anesthesiology. Since patients in barbiturate coma are, in essence, prolongedly anesthetized, he explains, they present problems similar to those the anesthetist meets every day.

"Being in the deepest state of unconsciousness known to man," he says, "the coma victim cannot be brought back to consciousness by routine and common techniques. The cause and level of the coma must be determined, and varying methods of treatment rendered accordingly."

Many hospitals refuse to accept patients in coma because they are not equipped to handle them. Also doctors differ on how comatose patients should be treated.

Thus it is hoped that the new Center will not only give patients a better chance of survival but will also give the medical profession an opportunity to evaluate and possibly standardize methods of treatment.

Immediately upon arrival at the Center, located in the hospital's emergency wing, coma patients are examined by a member of the department of anesthesia, then shortly thereafter by a member of the department of medicine. Both participate in diagnosis and treatment. The department of otolaryngology is called upon if bronchoscopy and tracheostomy are necessary, and other departments help if the situation seems to call for their aid.

Facilities of the Center include electrocardiograph, electroencephalograph, hypothermal equipment, resuscitator, and continuous blood pressure apparatus.

"Whatever the cause," Dr. Fierro states, "whether by intent, accident, or disease, the Center will give the comatose patient the best treatment available and the greatest chance for survival."

1. Patient enters New York's Coma Center.
2. Diagnosis begins; blood pressure is checked and patient prepared for intravenous infusion.
3. Patient receives infusion. Surrounding equipment includes electrocardiograph and electroencephalograph (for the monitoring of heartbeats and brain waves); hypothermal apparatus (used to chill patient and thereby break high fever); a resuscitator for immediate intratracheal intubation (forcing oxygen directly into the lungs); and continuous blood pressure apparatus.
4. Dr. Frank E. Fierro, director of the Center, prepares to insert intratracheal tube.
5. Victim has oxygen forced directly into his lungs; at the same time his fever is forced down and he receives intravenous infusion (last two not shown.)

COMA CENTER IN NEW YORK



Guarding Our Scenic Heritage



National parks and forests are ideal for rest and beauty. Begin planning early to enjoy them on your next vacation.

Gracie Pfost

Congresswoman, First District
State of Idaho

I HAVE sometimes been referred to as the woman with the biggest housekeeping job in America, since I am chairman of the House Subcommittee on Public Lands. This is a real-estate management job to which I am seriously dedicated, and to which I devote a good share of my time and energy as a Member of Congress.

This Subcommittee has jurisdiction over 721,000,000 acres of Federally owned land in the United States. Included in this total are 18,000,000 acres administered by the National Park Service of the Department of the Interior and 160,000,000 acres administered by the Forest Service of the Department of Agriculture.

Our national parks and forests are an important part of our American way of life, a part of our nation's colorful heritage. They symbolize a frontier of clean, healthful learning and outdoor living, and for this reason they are magnets to attract millions of visitors annually.

A record number of Americans visited the nation's 29 national parks, 183 historical areas, and 150 national forests last summer, topping by some 15 per cent the 63,000,000 visits recorded by the National Park Service and the 82,000,000 visits recorded by the Forest Service during 1959. These totals, I might add, were 17 per cent more than the number of visits reported for 1958. Additional visitors by the uncounted thousands visit recreational areas of public lands administered by other agencies such as the Bureau of Land Management and the Bureau of Reclamation. It is clear that this pattern of ever-widening use of our parks and forests by recreation-minded Americans can be expected to continue indefinitely into the future.

This is a constructive development. I was reared on a farm in Idaho, where healthful outdoor recreation was always at hand. Idaho is a state of exceptional scenic beauty, and I learned early to experience the thrills of skiing, hiking, camping, boating, and fishing. My own deep love for the clean, outdoor life is shared by my husband, Jack. It is a way of life that we have always wanted more people to share. I hope that the increasing number of visits to our Federal, state, and local parks and forests reflect a turning in this direction by more Americans.

Another facet is the stepped-up effort by the National Park Service with its Mission 66 program, which seeks to expand and improve park facilities, and the Forest Service's Operation Outdoors, which is pursuing similar goals. Private forest owners are to be commended in making arrangements for public recreation not inconsistent with economic management.

As a member of the National Outdoor Recreation Resources Review Commission—but, particularly as a woman—I am proud of the fact that the National Park Service and the Forest Service do not operate a single saloon or bar, *per se*, on all the millions of acres of land they administer.

That doesn't mean to say that there are no alcoholic beverages served or sold in our nation's parks and forests. They may on occasion be dispensed through private concessions. (*Turn to page 34.*)

Eloise Engle

"The World's Most Exacting Job"— *AND THE MAN WHO FILLS IT*

WHETHER at the controls of the super-constellation "Columbine," or more recently, the Air Force's Boeing VC-137 jet transport, the personal pilot to the President of the United States holds one of the most exacting jobs in the world.

Yet Colonel William Draper invariably calls attention to the other persons involved in planning every Presidential trip, whether it be a short hop within the United States, or a world-wide, history-making flight to overseas countries. Teamwork by everyone, from top-echelon diplomatic and military attachés to the flight stewards who cook and serve meals, and the maintenance crews who service the planes, is required to keep the Chief Executive and his party safe, healthy, and comfortable.

First, there is the safety of the President himself to be considered, as, for example, his giant plane wings into mountain-fringed Kabul Airport in Afghanistan, or Ciampino Airport in Rome, or a remote South American airport.

A myriad of preliminary behind-the-scenes plans are

made during each survey flight to anticipate every possible mishap or inconvenience. In "Operation Monsoon," when Ike visited eleven countries in nineteen days and flew 19,600 miles, there were forty-three USAF units and installations, and more than twenty planes and thousands of USAF personnel, directly involved in making the trip a success. People and equipment were scattered all the way from Nebraska to far-flung stations in Turkey, North Africa, and Western Europe.

At Kabul, Afghanistan, for instance, a portable tower was installed to provide hourly weather reports. When Colonel Draper was due, the attaché flew his C-47 out of the Kabul Airport to meet the President's plane with the latest weather information as Draper was about to start his letdown. During the survey flight, the President's pilot had made the decision on whether or not foreign air forces could show off their planes in flight. "Only if visibility is clear enough to see five miles, and no planes may come closer than 2,000 feet from the VC-137," was his verdict.

President Dwight D. Eisenhower and Colonel William G. Draper, USAF, Air Force Aide and personal pilot to the President.



The World's Most Exacting Job—And the Man



Crew of the President's airplane. From the bottom step up: Colonel William G. Draper, aircraft commander; Pilot William W. Thomas; Navigator Vincent Publisi; Flight Engineers John J. Higgins and John R. McLane; Radio Operator Russell F. Ellis; Flight Stewards Robert E. Hughes and Jack M. Woodward. Not shown: Pilot Donald E. Billings, Flight Steward Robert M. MacMillan.

These are only fragments of details that must be attended to in connection with any Presidential trip. In Operation Monsoon, for instance, five Lockheed C-130 transports flew in the Presidential party carrying spare parts, motors, power carts, ramps, maintenance personnel, and baggage. An adequate supply of demineralized water for use in the jet engines had to be ensured, along with catering service, fuel, and transportation of the crews to and from hotels. A special security detail was provided to protect the fuel for the Presidential plane.

On this extended trip, thirty minutes behind the Presidential VC-137, was another VC-137. The "Columbine" was there, too, carrying security personnel, members of the White House party, and baggage.

From the first Washington take-off, the aerial caravan was watched over by at least five planes of the Air Rescue Service. On every leg of the trip over land or water, these aircraft were spotted, airborne in advance along the route. As the President passed, each SC-54 in turn followed the Presidential plane for an hour and a half. On the water below there were six Navy ships, destroyers, and cruisers, spotted along the way. A radio and radar watch was maintained at all times during the crossing.

Piloting a President who travels as extensively as Eisenhower does would seem to be a full-time job in itself, and it is. Yet, unlike his predecessors, Lieutenant Colonel Henry Myers, who piloted President Truman's "Sacred Cow," and Colonel F. W. Williams, who flew his "Independence," Colonel Draper holds the additional separate and distinct position of Air Force aide to the President. He is the first man to hold down both full-time jobs at once.

"The President said if it got to be too much, it could be split into two jobs again," Colonel Draper told me when I met him in his office in the East Wing of the White House. "So far it has worked out very well. I'm here at the White House three days a week as Air Force aide and the other three days at Washington National Airport, where my job is aircraft commander."

The forty-year-old flier is tall, tanned, and has what could be described as almost a Hollywood kind of good looks. He has an easygoing personality, with a ready grin or laugh. If I hadn't known what a tremendously hard schedule he follows, or if I hadn't learned from his Air Force contemporaries that the man is known as "a wonderful guy, but what a work horse!" I would have thought he had nothing better to do than pass the time of day with me.

o Fills It

Of course, the minute I entered his bailiwick, I knew I was in Air Force territory. In his entryway is a glassed-in display of model planes of the Air Force. In his spacious private office were more models of planes, and photos of prominent Air Force officers. Back of his desk were prints of antique cars. "You could say that I am an antique-car fancier. I have only two at my home, however, an old Lincoln of the 20's and an old Nash. Both are all fixed up, ready to go. They're my hobby, and I get a big kick out of them."

The colonel, with his wife and four children, ranging in age from twelve years old down to the baby only one year old, lives in a comfortable residence in Silver Spring, Maryland, just outside the District of Columbia. This is the town where he grew up and where his parents still reside. While in high school, Draper took flying lessons at Greenbelt and College Park Airports in Maryland, and continued his training under the civilian pilot-training program at the University of Maryland. He soloed at College Park in March, 1940, and later obtained CAA private and commercial licenses. In 1941 he was a pilot for Pan American Airways at the age of twenty-one.

With the war on, the young flier was commissioned a second lieutenant in the Army Air Corps, rated a pilot, and assigned to Air Transport Command ferrying bombers to England and North Africa. From 1943 to 1946 he was a pilot with the AAF transport group known as the "Fireball Line," which flew strategic supplies from Miami to Assam, India.

The White House appointment came as no surprise to many who remember that Colonel Draper was Ike's personal pilot in Europe in 1950 and continued in that capacity for General Matthew B. Ridgeway when he succeeded General Eisenhower in June, 1952. From August, 1952, to January, 1953, Colonel Draper commanded the 7167th Special Air Mission Squadron at Wiesbaden, Germany.

He knows from long experience in the air and from close association with leading military figures that the job he now holds leaves no margin for error. Piloting the President of the United States as he pursues the country's world-wide efforts to ensure peace is an honor and a responsibility that calls for top condition and performance twenty-four hours a day.

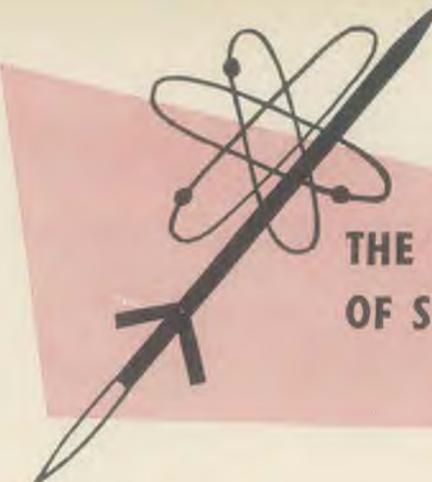
"In my business you can imagine the results of having to haul me out of a night club in the middle of the night after a big party," the colonel explains. "It just wouldn't work, any more than it would" (Turn to page 33.)



Eloise Engle and Colonel Draper



Another view of the Presidential airplane crew.



THE VOICE OF SCIENCE

IN SOME parts of the world beriberi is still common. This disease is caused by deficient nutrition, a diet which does not contain enough thiamine, or vitamin B₁. Also, it has been established that among people suffering from beriberi, alcoholism is common.¹ This indicates that there is a relationship between deficient nutrition and the craving for alcoholic beverages. This conclusion has gained experimental support from investigations carried out by scientists in different countries.

For example, in the year 1943 four Chilean scientists, Mardones, Onfray, Diaz, and Segovia² published findings

of helping to reduce the craving for alcohol.

The French nutritionists Delore and Berry, studying this interesting phenomenon more closely,³ found that in France the consumption of alcohol has increased in the same proportion as the people's increased use of white bread deficient in vitamin B complex. The experiments by these scientists confirm that the use of whole grains tends to prevent the desire for alcohol. Further, this study shows that the vitamin deficiency manifests itself as a craving for alcohol long before the first signs of actual avitaminosis (deficiency) appear.

the opinion that the most effective way to free alcoholics from their dependence on alcohol is through a good and well-balanced diet.

From these experiments it is evident that a deficient diet can increase a craving for alcohol in man. Since nutrition among civilized people has tended in an unfavorable direction during recent decades, it is logical to assume that this detrimental development of civilized nutrition contributes to increasing alcoholism.

The well-known medical and health writer E. G. White has expressed this correlation between nutrition and alcohol consumption as follows:

"Many who would not be guilty of placing on their table wine or liquor of any kind will load their table with food which creates such a thirst for strong drink that to resist the temptation is almost impossible. Wrong habits of eating and drinking destroy the health and prepare the way for drunkenness."⁵

Though it has been noticed that a deficient, vitamin-poor diet helps produce a craving for alcohol in man and thus indirectly increases alcohol consumption, it has also been noticed that the

Henning Karstrom, Ph.D.
Helsinki, Finland



of their experiments on rats which were fed a diet deficient in vitamins of the B group. In the test animals this diet created a craving for alcoholic beverages, a craving which was removed only when a balanced diet was restored. In this instance, whole-wheat bread was used, and as a result the scientists postulated a factor N in whole-grain flour, a factor which seems to have the property

Magnesium- and iron-containing mineral waters can remove the craving to a degree, but whole grains seem to cure it. Delore and Berry are, therefore, convinced that deficient and wrong nutrition promotes, in an essential way, the appetite for alcohol.

Dr. R. J. Williams and his collaborators⁴ at the University of Texas have arrived at similar results. They are of

alcohol consumption in turn can create vitamin deficiency.

In 1948 two scientists, Butler and Sarett,⁶ observed that after alcohol intake, the secretion of thiamine and nicotinic acid, important B vitamins, increased considerably in the urine. However, many years before these important experiments by Butler and Sarett, Karl Myrback, a professor of bio-

chemistry at Stockholm, in 1939 reported that his investigations showed the thiamine content in urine to be increased enormously after alcohol intake. He pointed out that even moderate alcohol consumption had this effect. Since Dr. Myrback never published these experiments, it should be noted that his findings were confirmed later by Butler and Sarett.

The fact that alcohol consumption thus increases the secretion of thiamine and nicotinic acid means that these vitamins are removed from the organism by the use of alcohol. Regardless of the way this phenomenon might be explained scientifically, the fact remains that alcohol consumption causes a substantial decrease in the vitamin resources of the body, at least as to thiamine and nicotinic acid. How the other vitamins respond to an alcohol intake remains to be discovered.

These data indicate a simple and logical explanation of why alcoholics suffer from thiamine deficiency. Many attempts have been made to explain the reason for this; for example, that the alcoholic uses a vitamin-poor diet, or that the absorption of vitamins is poorer in the intestine of an alcoholic than in that of a normal man.⁷

In all this searching for an explanation, though, no real attention has been paid to the vitamin-depleting properties of alcohol. Since a deficient, vitamin-poor diet evidently increases a craving for alcohol in man, and since alcohol consumption further deprives the organism at least of certain vitamins, one is led to think, in regard to the care of alcoholics, of diet therapy as an effective remedy for alcoholism, this frightening condition which has brought about so much misery, suffering, and economic loss in today's society.

¹ According to oral information in August, 1957, by Dr. L. Verhoestraete at World Health Organization, Geneva.

² Mardones, Onfray, Diaz, and Segovia, *Boletín de Educación física*, October, 1943, 10, 38-39, 62-66, *Ref. Der Wendepunkt*, Heft 5, 168, 1957.

Mardones, R. J., "On the Relationship Between Deficiency of B Vitamins and Alcohol Intake in Rats." *Quart. J. Stud. Alc.* 12, 563-575, 1955.

³ Delore and Berry, "La Presse Médicale," 19.11.1955, 63/77, p. 1591 f.; *Ref. Der Wendepunkt*, Heft 5, 168, 1957.

⁴ Williams, R. J., et al., "Individual Metabolic Patterns, Alcoholism Genetotropic Disease," *Proc. Nat. Acad. Sci. Wash.* 35, 265-271, 1949; Williams, R. J., *Nutrition and Alcoholism*, University Oklahoma Press (1951), p. 45; see also *Listen*, Vol. 11, No. 3, July-Sept., 1958, p. 30.

⁵ See *Listen*, Vol. 11, No. 4, July-Aug., 1958, p. 25.

⁶ Butler and Sarett, *J. Nutr.* 35, 539 (1948).

⁷ Cf. Bichel, *Arch. Mal. Coeur.* 32, 657 (1939).

Thanksgiving 1621-1960

HERE is a holiday that commemorates no hero, celebrates no battlefield. No lobby is behind it; no group or sect or party. It doesn't even fall on the same date every year. Yet Christmas cannot dim it nor July fourth steal its glory. And all America loves it with a quiet and intense affection that is reserved for no other day of the year.



What makes Thanksgiving different?
What makes it beloved?

Perhaps the answer is simple: Thanksgiving is an affirmation. It is our heart's testimony to a deeply held conviction—the conviction that these things we call free and decent and American did not just happen to us. We did not get them because we were wiser, or more clever, or even luckier.

This conviction is the sum of many beliefs and experiences. The belief in the dignity of every human being. The belief in a real right and wrong. The belief in decency and honesty and integrity. The belief in a responsibility, under God, to all our fellow men.

For these beliefs, and the American way of life, Thanksgiving Day is our joyous affirmation to a kind Providence for His blessings and guidance.

—Sunshine Magazine.

NOT one in the group of persons who hurried to the side of the little old man, collapsed apparently because of a heart seizure, recognized him. From a church, near Granby Lake in Dublin, a priest hurried to administer the last rites.

It was June 7, 1925. Minutes later an ambulance arrived on the scene, and the old man was put in. To the crowd he was only another statistic. Hours later a worried sister, concerned about the unusual absence of her older brother, was referred by police to the Jervis Street Hospital.

It was her brother—Matt Talbot.

Talbot, unknown at his death, has now become the symbol of courage and strength to hopeless alcoholics through-

was to know no luxury. Living in crowded apartment dwellings, his family provided no hope for a bright future. It was the post-Crimean-War period, and Dublin was in a turmoil. The Talbot neighborhood was inhabited by disillusioned soldiery, harlots, and drinking men. His father had a poor-paying job as the man in charge of whisky stores for a large company in Dublin.

Eager to possess money for some form of independence, Matt Talbot sought a position in a whisky store before he entered school. The father, angered at the boy's move, scolded him severely and ordered him to school.

Not interested in school, however, Matt left it in the summer of 1868 when he was only twelve. He latched onto a job as messenger boy with the firm of E. and J. Burke, Ltd., wine merchants. Later he switched in the same capacity to the Port and Docks Board.

This job at the wine merchants was Talbot's undoing. He had an opportunity to taste alcohol, and even though his father found him a new position, the strong taste for alcohol could not be quelled. Talbot began to imbibe with an unconquerable zeal. So much did he drink daily that he was



Matt Talbot— Overcoming With a Vengeance

Henry F. Unger

out the world. This Dubliner, who turned his back on drinking after sixteen years of continuous drunkenness, became not only a reformed person but also a candidate for sainthood in the Roman Catholic Church. For more than four decades, until the sixty-eighth year of his life when he died, Talbot not only withstood the cravings of alcohol and of smoking, but lived a better life because of his spiritual victory. Unlike the ordinary alcoholic who fights his drinking habits, Talbot, through constant prayer, sleeping on a rough board, using a wooden block as his pillow, eating sparingly, fasting frequently, and distributing most of his puny salary to the poor, determined to return to God wholeheartedly.

The story of Matt Talbot could be the story of any confirmed alcoholic, except that he overcame his vice with a vengeance, a vice that he began at the early age of twelve.

One of twelve children, Matt literally had two strikes against him before he had a chance in life. His father and several brothers were regular drinkers. Truculence and raucous talk were routine at the Talbot household. Within a twenty-year period the family was to change its address no less than eleven times.

From the day he was born, May 2, 1856, Matt Talbot

forced to leave the employ of the Port and Docks Board to avoid bringing more disgrace on his father. He began to pawn his personal belongings, including his boots and shirts, so that he might get a drink. At times he would get drinks on credit, and often his wages were spent well in advance.

Talbot's long-suffering mother rarely could extract board money from the young drunk. He would come home on a Saturday night, hand his mother a shilling, all that he had left from his drinking bouts, and say, "Here, mother, is that any good to you?"

His mother, saddened, would say, "God forgive you, Matt. Is that the way to treat your mother?"

One day in 1884 a transformation produced a new Matt Talbot. Usually, despite his drinking sprees, Talbot was prompt to work. On this morning he rose late, his whole system crying out for more alcohol. Noting that he had spent his last piece of money, he stumbled to the nearby pub.

"The bartender will let me have it on credit," he thought. "If I can just slake my thirst this time, I'll put aside this drinking."

Fortunately, Talbot's favorite bartender was out, so no credit was available. Again in the Dublin sunshine, his head

now pounding, Matt encountered some of his buddies returning from work. None offered him a drink. His fair-weather buddies, now that he was without money, deserted him.

Without knowing what he was doing, Talbot struggled home, where his mother greeted him in astonishment. He ate some dinner and continued to walk around the house, absorbed in thought.

Suddenly he faced his mother. "I'm going to take the pledge," he said.

"Go, but don't take it unless you are going to keep it," his mother replied.

"I'll go, in God's name," he replied.

Without hesitating another moment, Talbot hurried to Holy Cross College, where he asked to take the pledge for three months.

The next morning—Sunday—Talbot attended mass. On Monday he again attended mass at 5 a.m. and was at work as usual at 6 a.m. This was to be his pattern of living until his death. During the first three months, he insists, he felt a strong flame in his mouth. These months were the hardest of his whole life. "I was certain that I could not complete the three-month pledge," he recalled later.

To avoid all occasion for temptation to further drinking, Talbot avoided his drinking companions, and spent considerable time in church, often remaining there until bedtime.

A sister recalls, "He was a changed man immediately after taking the pledge. We never heard him swear again. His workmates were astonished when they heard of Matt's taking the pledge and were still more astonished when he kept it."

As much money as he spent on alcohol during his profligate days, Talbot later spent on charities. Without talking about it, he often helped poor families. When a long employee strike occurred at his place of employment, he reached the destitute state, and a church organization assisted him. This was a different Matt Talbot from the one who had stolen a violin and sold it to get money for drink. When he was converted, Talbot searched through all the poorhouses in Dublin in order to repay the man from whom he had stolen the violin.

Realizing that to remain away from drinking places was necessary, Talbot would leave his money at home in case he passed a tavern. (*Turn to page 27.*)



Isaac Jones Interviews Russell J. McCarthy

Inspector, Narcotics Bureau, Detroit Police Department

What is the status of narcotics peddling and addiction in Detroit, Inspector McCarthy?

Dope addicts and peddlers are on the run in Detroit. Arrests for narcotics peddlers have declined 10 per cent in the city, and about 15 per cent on the national scene. We can't stop fighting this evil in Detroit and claim that we have things licked.

What has caused this decline?

I believe that the decline is due to enforcement of the law to stamp out dope peddlers and fiends by local, state, and Federal law-enforcement agencies. Most of the violators of Michigan's narcotics law had criminal behaviors before their first conviction on narcotics.

Do you believe that peddlers sell narcotics to feed their own habit?

The biggest dope peddlers are the addicts themselves. However, recently we arrested a big dope peddler who had three previous convictions. This man doesn't use dope himself. He was careful about his sales, because he would not sell to anyone who used dope. Therefore, it was hard to get any evidence on him.

How do youth begin their addiction, and why?

The small number of students involved in narcotics traffic use marijuanna cigarettes, just wanting to try smoking something different for the thrill of the act.

Can you tell us how many men are using dope compared with the number of women? Also, what is the range in age of addicts?

About 80 per cent of dope addicts and peddlers are men, and about 20 per cent are women. The age groups range between twenty-seven and thirty years of age.

A few years ago, the narcotics bought in the streets of Detroit by addicts amounted to 80 per cent of the sales. Now the percentage for street sales has been reduced; it is only from 1 per cent to 2 per cent.

What is Detroit's plan for control and treatment of addicts?

The Mayor's Committee on Narcotics has been working on a program with the National Institute of Mental Health. Receiving Hospital has served as an outpatient clinic for drug addicts, but greater and better facilities are needed.

Meantime, the Mayor's Narcotics Committee is planning a hospital in Detroit for addicts. The National (*Turn to page 31.*)



GALLOWAY

KIDS NEED "THANKS!" TOO

Irmgard McLendon

AS I attended a meeting in our church more than a year ago, I listened to the speaker indicate ways we can show thankfulness to others. Suddenly my sons came to mind. With a sickening stab of conscience I realized that I seldom, if ever, said "Thanks" to them for anything, yet I frequently called attention to things they said and did that I didn't like. I thought of the "Thank-U-Grams" stored neatly in my desk.

After that meeting I went home and wrote a Thank-U-Gram to John, seventeen, and Jim, fourteen. I tried to think of everything either had said or done in the course of the day that could be considered commendable. After they were asleep I placed the thank-you notes conspicuously on their respective desks so they would see them first thing in the morning. Almost every day I repeated this process.

I made no reference to the notes, and the boys made no comments at first. They were probably too shocked to know how to react, for they were used to criticism—not praise. But when I didn't write them, to see if they had missed them, they asked, "How come?"

Typical thank-you notes to Jim were: "Thanks for doing a good job cutting the lawn, and for doing it without grumbling." "Thanks for the way you controlled your temper today. That's a good sign of growing up."

Thank-you notes to John included: "Thanks for sharpening my knives and washing the car. It's good to have a man around the house to do my manly jobs." "It was good to find your room straightened, instead of a mess. Thanks! Do as well at college."

Of course, many were the days when I had to rack my brain trying to find

something to say, "Thank you," to my boys for—teen-agers can be pretty frustrating at times. But I always found plenty of good by looking for it.

Occasionally I added words of advice to my thank-you's, for this seemed to be a more effective way to get through to the boys. Suggestions made more sense and were easier to take after praise.

As a reward for my thankfulness and thank-you's, I have had the satisfaction of seeing a big change in John, now eighteen and studying to become an aeronautical engineer. From a cynical, selfish, cold-natured, critical, argumentative, and often cranky youth, he is gradually becoming generous and charitable in his attitudes and warm in his relationship with others, including his brother.

It is like the thawing out of a lovely personality. Now I realize that the good was in him all the time, but it took my own awareness of it and calling attention to it that made him, as well as myself, conscious of it.

Thanking John for his best brought out his best. Even his hot-roddish driving has improved, and instead of being content just to pass in school he is priding himself in acquiring A's and B's.

John, as well as Jim, will even call my attention to some improved trait or thoughtful deed if I let it go by unnoticed. More and more I find them also looking for the best in others and in life situations.

My thank-you's to Jim are showing good results, too. Now fifteen and a sophomore in high school, he also had a tendency to be argumentative and easily provoked to temper outbursts. This was his way of defending his better nature against nagging and fault-

finding. His naturally sensitive, generous, and loving disposition rebelled against it.

After John left for college Jim was not happy in spending his evenings with just mom and grandma. He sought companionship elsewhere. Spending too much time in running around, he occasionally showed signs of adolescent waywardness. Not having a dad to provide the male discipline, companionship, and leadership so necessary to every boy, Jim diagnosed his own case and prescribed his own medicine when he pleaded, "Mom, please let me go to military school where I'll be *made* to study and can make something out of myself." Now on his weekends home from Georgia Military College I see real signs of improvement in many ways.

I get a wonderful feeling when he says, "Mom, I'm really trying hard to change. It's hard when you get into wrong habits."

Deep down in my heart I feel that my constantly thanking Jim for his best, even when only the worst seemed in evidence at times, caused him to become more and more conscious of what he should be and really wanted to be, and caused him to ask for help in that direction—giving his warm, friendly nature and natural leadership qualities a chance for natural growth and maturity.

With a sense of shame I realize that I am much to blame for the wrong habits and wrong attitudes which my boys are now trying to overcome. My one real regret is that I waited so long to begin saying "Thanks!" to my boys. They would have had an easier and happier time growing up.

On weekends when they come home from school, I try hard to watch for deeds and attitudes for which I can say "Thanks!" Before they leave I write a thank-you note and place it in their suitcase along with the clean clothes and homemade cookies. This thank-you business is contagious, in a wonderful sort of way. It rubs off on the person who does the thanking, even as it enriches the lives of those who receive the thanks, and this includes mom, dad, and kids.

I find myself *saying* "Thanks" more often, too. To the spoken thank-you one can add a warm smile, a friendly look, a pat on the back, a hug, a kiss, or some other show of affection.

Giving and receiving thanks are like a giant chain of love linking parents to children and families to others.

To bring out the *best* in children try saying "Thanks!" to *your* kids. You'll be surprised at the results.

"No man is really happy or safe without a hobby, and it makes precious little difference what the outside interest may be—botany, beetles or butterflies, roses, tulips or irises; fishing, mountain-eering, or antiquities—anything will do so long as he straddles a hobby and rides it hard."—Sir William Osler.

A HOBBY is work that one would hate if he got paid for doing it," a humorist once said. Seriously, a hobby is a means of self-expression, a way whereby one may, through his own effort and ingenuity, attain a sense of accomplishment, which all human beings crave.

No matter how successful he is in his vocation, a person needs an avocation. People who have attained real success—in its highest form, peace as well as plenty—have always sought some means to express their innermost feelings.

One of the nicest things about a hobby is that, regardless of the age of the one who adopts it—fifteen or fifty, eighteen or eighty—it will make him a happier and a better-adjusted person. A supervisor of volunteers for the Big Brothers and Big Sisters movement said: "Succeed in getting a juvenile delinquent interested in an absorbing hobby, and you no longer have a delinquent. A teen-ager whose hobby is baseball is more interested in running the bases than in running the streets. Finding satisfaction in developing their own talents, young people feel no urge to seek it in a bottle."

One of my "big sister" friends told me this story:

"About six years ago I was assigned as big sister to two

"Their eyes fairly danced. 'Could we?' they asked.

"'Sure,' I laughed, 'if you knew how.'

"'Could you teach us?' they asked in unison.

"'I could,' I said, 'and I will.'

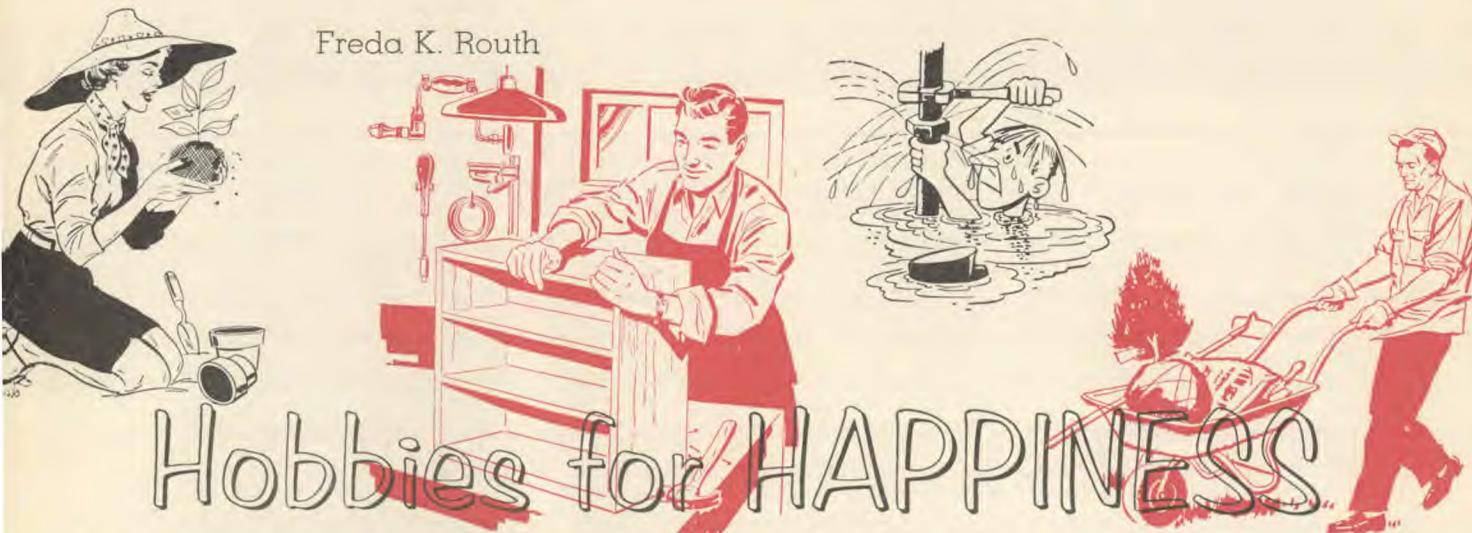
The quiet hours spent in teaching the girls to fashion clay gave me the opportunity I needed. While their hands were busy, their minds were relaxed and receptive. In a short time they were changed girls—no more drinking, no more truancy from school or running away from home. Today, those once-confused girls own and operate a small but well-paying art and gift shop. And two happier, more stable young people I have never known."

The person with a hobby is a happy one. It is only those who are unaware of, or indifferent to, the infinite variety of interesting things in the world who glumly go around spreading pessimism or thinking up things to do that will bring trouble upon themselves and others.

Patty Baker, a young housewife, had studied sculpture in college, but had never done anything with her learning. Years later, to get her mind off worrying about her husband's inadequate income, which had so affected her ability to sleep that she was taking nightly doses of a strong barbiturate, she began designing and baking novel cookies and cakes, in the form of boys and girls, Easter bunnies, Christmas trees, and the like, to the delight of her three children.

After she had ridden her hobby for several hours a week, the depleting worry eased, her nerves relaxed, and her ability to get a normal amount of sleep was restored—without further use of those barbiturates. Soon she was selling her products to neighbors and friends, and in a comparatively short time she and her husband opened their own bakeshop,

Freda K. Routh



fifteen-year-old girls, cousins, who were headed for serious trouble. The case worker's records showed that Janice and Rita had run away from home several times, simply wandering the streets until caught. They were skipping school a day or two a week, and their parents had reported they had smelled alcohol on the girls' breath.

"Trying to head off a court decision to place them in an institution, I tried every way I knew to make these girls see where their foolishness was leading them, with no success.

"Then one day, by sheerest accident, I found the answer to my problem. My hobby is making ceramics. When the girls were visiting me in my home, I noticed them walking around the living room, examining and admiring some of the pieces I had made.

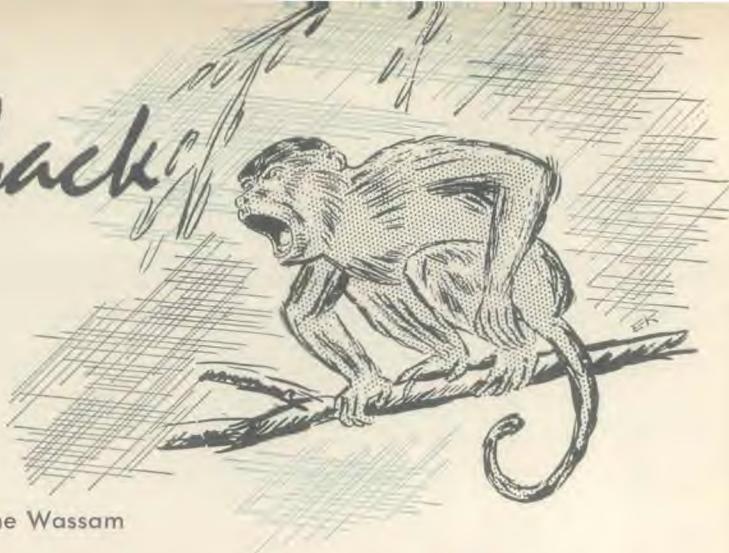
"How would you like to make things like that?" I asked.

together with a small plant for manufacturing unique cooky cutters and cake molds.

However, I'll venture a guess that now Patty has another hobby, for once a hobby becomes a business, it is no longer a hobby. The human mind has a strange quirk in this respect. It doesn't seem to derive the happiness from something that is done for money that it does from that which is done solely for the joy of doing it.

Taking up writing as a hobby some ten years ago helped to pull me out of a near breakdown. Seldom since have I had a really unhappy moment. Now that I've quit my job as a real-estate broker to make a business of being an author, I am still happy. Of course, I have a new hobby. That "big sister" friend I mentioned, also taught me to make ceramics.

monkey on his back



R. Eugene Wassam

with just being bored and lonesome."

"Did you like it at first?" I asked.

"Wow, it nearly killed me!" he said. "I ain't going to forget the first puff I took on a reefer—like I said, it like to killed me. I didn't want the guys to call me chicken, so I smoked that first one, and a couple a hours later tried another one."

"It's hard to tell about, the effects them reefers first had. It was a sort of dream world. Then it wasn't long before me and some of the boys would beef up on reefer smoke and go out knocking around."

"Sometimes we would mug a guy and split the money for more stuff. Then there would be stretches when we would all work for a while until we got tired of it."

I learned that the first time this Spanish Civil War veteran was introduced to the "really hard stuff" came during a visit to Matamoros, Mexico. "It was weird," he said shakily. "It was like I was walking along on top of the ocean. I passed out, and then for no reason at all I would be dreaming fanciful dreams. The heroin shots lasted for quite a while, and I didn't have to have so many fixes in a week's time."

Then, during a visit to New York's Chinatown, the former Loyalist fighter told me he was introduced to opium.

"I guess that's when I realized I was about to go under," he said. "It got to the point where I had to have a fix at least once and sometimes more a day. I knew it was for me to get the 'monkey off my back' or wind up on the rocks."

"And did you get 'the monkey off your back?'" I asked.

"Not right then," he said. "I applied for and got permission to enter the Federal treatment center at Lexington, Kentucky, shortly before World War II began. For a while, after I completed a year's treatment, it looked like I had the habit licked. Several weeks later, however, me and some cronies were out on a drinking party—and somebody suggested everyone take a pop."

"That did me in for good, and the monkey was back right where it started. I was making pretty good loot, then the boss found out about me being on the 'horse' and fired me."

"After that it was a succession of small-time jobs, and I was fired from every one of them. That drove me to the role of derelict—casting about, committing burglaries, and sometimes Mickey-Finning an unsuspecting drinking buddy."

"I got to where I was a pretty good pete man, and I was knocking off some west coast doctors' offices and really living high."

He told me the narcotics obtained from the doctors' offices were never sold. He managed to keep fairly "high," he said, from one job to the next, and seldom moved into a new location until he had run out of the hard stuff.

"It was hard to get during World War II," he continued. "The services wouldn't take me when they found out I fought in the Spanish ruckus and was on the stuff. So I got me a merchant marine job and managed to pick up some 'horse' in foreign ports. After the war I drifted from state to state, spending more time on the New Orleans waterfront area than any other spot."

"I got down and out back in 1951, and the fits got me when I couldn't get more 'horse.' Then I had to switch to bennies and raw whisky. They weren't like the real stuff, but they got me excited, and time passed."

The man's forearms and legs were pitted with hundreds of little black specks. I asked whether they were needle holes.

"Yeah, I got 'em all over my arms and legs," he grunted. "It got so bad after years went by that I could barely find the veins with the hypo."

I asked him whether he would like to go back into Lexington and give the treatment another whirl.

"Me? Naw, I don't reckon. I'm leaving on a freight for the west coast as soon as I can. Maybe I can work for

"Y

OU never get the monkey off your back. I don't care what them doctors say, you just never."

Speaking was a wizened, palsied bit of man, reduced by dope to the lowest level a person can reach before death—a main liner who can no longer afford the cost of the hard narcotics habit. He had come into Oklahoma City on a freight and planned to leave the same way.

"How long have you been an addict?" I asked him.

"I been on the stuff since I got back from the Spanish Civil War," he said. "But I didn't hit the main line for about five years. Then it was easy to get if ya had the money, but we were gettin' our kicks from reefers, snuff, bennies, and them other things."

"Didn't that run into a lot of money?" came the next question.

"Yes. But I was making good money after me and the guys got back from fighting with the Abraham Lincoln Brigade outfit, but me not having no old lady nor family, I guess it all started

a 'fix' or so a day, some grub, and a half a pint or so.

"Besides, why worry about things? Them clinic doctors in Houston told me I only got another year or so to live. I don't care. I got no place to go."

He walked off down the street—a gnome of a man who appears sixty, but will be only forty-three on his next birthday—if he makes it.

DETECTING DRINKING DRIVERS

(Continued from page 13)

two photoelectric cells. One records light coming through the ampoule exposed to the alcohol; the other measures light penetrating a sealed reference ampoule of unaffected dichromate and acid. The officer then adjusts a knob that moves the light until the two photoelectric cells balance each other. The distance the light has to be moved to reach this balance tells how much alcohol is in the suspect's blood. The reading on the dial is the final proof.

The Breathalyzer has a reputation of being very accurate. It was developed by Lieutenant Robert F. Borkenstein, director of the Indiana State Police Laboratories. The machine was tested at the University of Toronto, which found it to be one of the fastest of drunk-driver detecting instruments.

The Province of Ontario, Canada, runs at least 1,000 Breathalyzer tests a year, and the machine is presently in use in New York State, in the State of Washington, and in the central valley of California.

Another portable and compact device is called the Alcotest, which determines the percentage of alcohol in the breath at the moment of the test. It consists of a glass indicator tube, which comes in a kit also containing a test balloon bag and a supply of sterile mouthpieces. The mouthpiece connects to the test bag, and in turn the bag connects to the glass tube. The suspect inflates the bag in one breath, and a reading is made on the chemical indicator tube. If the tube turns green beyond the indicator marking on the glass, the police officer may safely make arrest on a charge of drunk driving.

There are many other instruments which help trap the drunk driver. Such devices are more popularly used in the East than anywhere else in the United States. Every state has successfully used at least one or more of these devices.

A great many law-enforcement officials, familiar with the problems created by drunk drivers and the legal protection they endeavor to seek in court, feel that machines which help convict such drivers may also need the

support of additional tests. In California machine testing is frequently followed by the drawing of a blood sample or specimen from the suspect, and this is then subjected to the Dr. Kozelka Hine method for alcohol determination.

There are divergent opinions about what constitutes a truly legal test for drunkenness. In some states any machine to convict drunk drivers is questioned on the basis of the constitutional rights of the drivers involved.

However, these devices are indispensable in the fight against drunk driving. Thanks to them, anyone who has been stopped by an officer, and subjected to a machine test, now thinks twice before taking a drink and then hitting the road. Furthermore, these tests help to protect the innocent in such cases in which suspicious symptoms might be traced to conditions other than those resulting from drinking.

AUNT BESS

(Continued from page 13)

the motion and sensation in the extremities. By the prolonged, injurious effect of alcohol, plus the lack of proper nutrition, resulting in a vitamin-B deficiency, the nerves were permanently damaged. This caused the disintegration of the nerve pathways and fibers, as seen through the microscope.

Dr. Cyril Courville, the eminent neuropathologist, states, "One of the most common complications of chronic alcoholism is an involvement of the peripheral nerves. . . . The occurrence of peripheral neuropathy is generally considered to be an actual result of malnutrition, which so often attends chronic alcoholism. It is evidently the result of a deficiency in vitamin B."

If one is to inspect these nerves in the advanced cases, changes can be seen with the unaided eye. "The nerves appear smaller than normal, are irregular in their outline, and are grayish yellow in color." In cross section, with a magnifying lens, the "nerves appear somewhat mottled in appearance." On microscopic examination the "sheath about the nerve is broken down into segments or balls of myelin with globules of free fat." "The main axis cylinders persist for a while, but in the end also become segmented and disintegrate." Dr. Courville states that in this disorder in the peripheral nerves, especially in the motor fibers, there is an accompanied alteration of the anterior horn cells in the spinal cord, with swelling, dissolution of tigroid material, shrinkage of the nucleus, and finally, degeneration of the neurofibrils.

These changes in the peripheral nerves in advanced cases of peripheral neuritis are due to chronic alcoholism, but are not materially different from those to be found in other clinical types of neuropathy.

Aunt Bess, therefore, suffered from the chronic effects of alcoholism, as it affects the peripheral nerves and thus produces a chronic degeneration of these nerves. There was, no doubt, an associated vitamin deficiency and probably other complications such as liver damage or lung pathology that was the immediate cause of this patient's death. But it can be safely postulated that alcohol was the real killer of Mary's Aunt Bess.

MATT TALBOT

(Continued from page 23)

This need occurred to him during his early drying-up period when he felt drawn forcibly into a tavern and found that he had left his money at home. By the time he reached home he had crushed the yearning for drink. This money-at-home method required Talbot to advise his fellow employees that he would buy a ticket to help the poor, but that he would need to bring the money the following day.

This uneducated man, his mind now free from alcoholic torpor, sought to absorb knowledge. He read mostly religious books, and despite the struggles they required, absorbed enough information to assist others. He would often gather children in the neighborhood about him and tell them Bible stories.

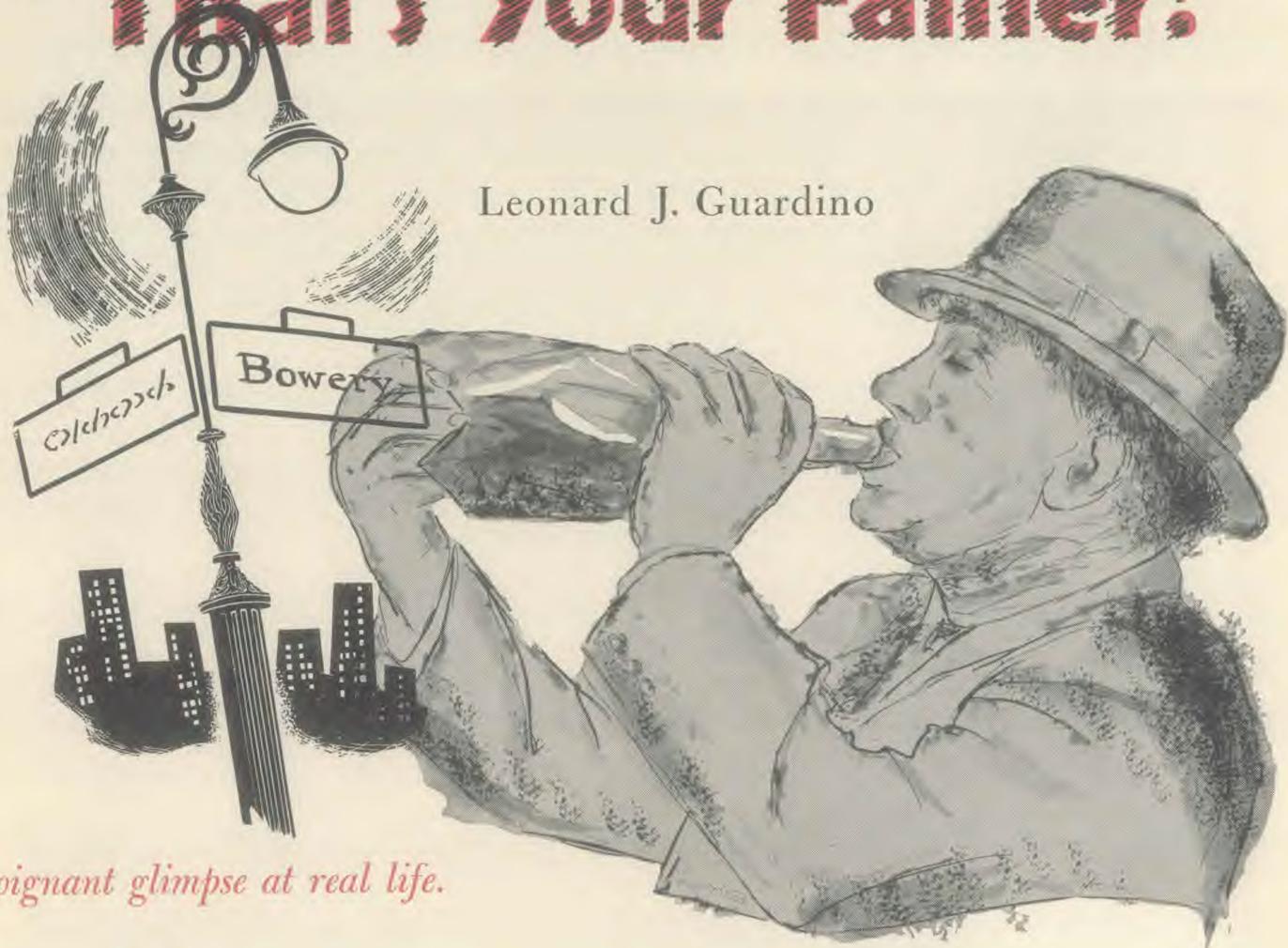
A few years after his pledge-taking, Matt Talbot joined a unique movement started by Father James Cullen, S.J., which the priest launched to stem the tide of intemperance. Instead of attacking the evil on a social, economic, and educational basis, methods used prior to his time, the priest fought the evil on a spiritual plane and with spiritual weapons.

Convinced that there was little use in appealing to the intemperate, who were unable or unwilling to look at their plight, he sought out those who had temperate habits. He asked them to continue into a lifelong program of self-denial. Talbot certainly contributed his portion of self-denial.

Few reformed alcoholics would rebound from a life of drinking in the manner used by Matt Talbot. Yet his heroic efforts give courage to others. He sought the better life once he had made a solemn decision. He demonstrated that true happiness could not be found in the bottle, but rather in self-discipline and a return to God.

"That's Your Father!"

Leonard J. Guardino



A poignant glimpse at real life.

WHAT started my father drinking heavily, my mother never told me. But I had my own theory: a lack of confidence to face reality. Dad had been married to mother for fourteen years. In the beginning they loved each other—she, a chambermaid from Germany, and he, a robust fisherman from Australia.

Dad worked in the Fulton Street Market, filleting fish. As far as intelligence counted, he was average—even as mother. Then through my growing years, there seemed to be nothing but discord at home, dad bawling mom out, though never beating her up. Gradually dad began drifting away from home—to saloons from work, to the streets, ever with his bottle. Many were the trips he took for the cure that seemingly never cured.

It is said that some men should never marry. I don't know. I thank God that my mother brought me into this world. She slaved hard to send me through college. Today I am grateful for a modest living, a devoted wife, and three little girls.

Somehow I never got to hate dad. But I'll never forget one thing that my mother always impressed me with. "See what happens to fools who drink? Look at him—that's your father there." I would look at dad, slumped outside an empty lot not far from our Brooklyn home. Many times mom and I helped drag dad home. Because of the effect alcohol had on him, somehow I have always looked upon drinking as a fearful scourge. I can truly state that I have never tasted the stuff.

Yes, my father's still alive, strangely. He is now a Bowery drunkard. He doesn't remember much of the past. What he can't forget is that next bottle. He continues to live in an alcoholic stupor.

I saw dad just a month ago today. I got out of a subway and walked the district for many blocks around. It was early dawn. A misty rain was falling, and it was a raw day, cold and miserable.

Instinctively, it seemed, I turned a corner on Second Avenue and came to a sudden stop. There was dad, getting

up from a dirt-ridden doorway outside a bakery shop. A tremor of remorse and pity ran through me. My eyes welled with tears. I knew it would be the same thing—talking to him—just as it had been a month before, when I had found him sleeping it off in a cellar off the sidewalk on Rivington Street.

I was only a few feet away. He saw me and staggered over like a zombie. His eyes were sunken deep in his gaunt, bruised face. As he approached he swayed on rubbery legs, and then gripped my shoulders for balance.

"Hello, dad," I said.

"Spare a dime, mister?" His eyes widened greedily.

"Listen—" I began.

"Now if I could only find the Bowery!" he swore.

The city had removed the elevated railway years before. Many Bowery habitués are still lost without that old landmark to help them find the street.

"One block, east—that way," I said. It was useless to tell him what I had told him before—to come home with me, to a hospital, or anywhere at all

that I could find help for him—absolutely useless.

"I always lose my way. Show me the Bowery, bo," dad almost demanded of me.

I took him there. We stood on the corner. All I could say was: "Here you are. Think you can make it, now? Sure, you can."

"Sure, I can," he repeated, fumbling for a handkerchief in his back pocket.

I gave him six new ones. His eyes bugged out. "Thanks!" Then when he put them away, he added, "I know you, don't I?"

"You're—you're my father," I smiled.

"You're—Leonard?" he looked surprised.

I nodded, unable to reply.

"Well, whatta you know? How's—how's mom?"

It always happened this way. I told him she was just fine—though mom had passed away from heartbreak two years before.

He nodded many times. "That's good, good." Then a suspicious look wrinkled his pitifully battered face. "Say—you ain't gonna let 'em take me away like you did the last time, are you?"

"No," I assured him. The last time—and many other times—I had always had an ambulance ready to take dad away.

He began running away on feeble legs—ever so slowly. His reflexes were all shot. I followed him at a natural pace. He could never get more than three feet ahead of me.

At the end of the block dad leaned on a lamppost. He paused there breathing heavily. A strange look was on his face. He looked bewilderedly around at me.

"Spare a dime?" he asked.

I sneaked a few dollars into his pocket—and walked back to the subway.

There are so many like my dad on the Bowery—incurable. When they can stand up, they beg for dimes and quarters. When they can sit, they're drinking up the liquid evil they procured with their few cents. When they are flat on their backs, they're in the gutters. Many of them are preyed upon by other monstrosities—men of crazed intent—sadists, scavengers.

These unfortunates always head back for the Bowery. My dad, a ghost in human makeup, keeps haunting the Bowery endlessly—the Bowery that is hard to find since the city took the familiar elevated structure to the steel mills.

I always wonder if I'm going to find my dad alive—the next time.

Fighting FIRE With FIRE

Robert Lloyd Roberts

SHOULD the alcoholic beverage industry be allowed to advertise its product?

Yes, if it tells the full truth about its product, if it warns that the cup that cheers may also inebriate. Yes, if it prints pictures of the end result as well as of distinguished men who believe in gracious living. Yes, if it tells the truth about alcoholic beverages, not merely half the truth, or one quarter of the truth. Yes, if it lists the ingredients in its product, and warns of its potential danger.

But, on the other hand, when the true record of liquor is examined, the answer should be No. When all facets of the problem are considered, the verdict must be that the alcoholic beverage industry should not be allowed to advertise its product, for the following reasons:

1. The industry is really not a social asset, nor is its product for the common good. Contrary to popular opinion, alcoholic beverages are not good medicine, not real food, not a necessity. Rather they are a source of trouble and danger. Actually, the business is only tolerated as a concession to the weakness of man.

2. The ultimate purpose of advertising is to increase the sales of the product advertised. Reason says the sales of alcoholic beverages should be decreased for the good of society, that they should be curtailed rather than stimulated.

3. Newspapers, magazines, radio, and television must be free to present the drinking picture in an unprejudiced light. These media must not have their hands tied by paid liquor advertising. Many editors refuse all liquor advertisements on the ground that accepting such binds them to silence about the product they advertise, for they cannot take wet money and give dry editorials.

4. It is foolish and inconsistent to seek money on the one hand to enlarge institutions for rehabilitating alcoholics, and on the other hand to permit the business that makes alcoholics to expand by advertising.

How can one help in the fight against alcohol? Is it sensible to reduce consumption and production on the one hand through education, and then allow the production and consumption of liquor to be accelerated by advertising? Consistency and honesty should be required in dealing with alcohol.

What can't be cured, must be endured—but what can be cured, should not be endured.

ALCOHOL EDUCATION

(Continued from page 9)

spoil the enjoyment of the many because of the inconvenience of the few." This attitude is contrary to the very principles of social organization, and can only contribute to its ultimate decline.

To be your brother's keeper does not mean that you make your conscience a guide for other people's conduct, but rather that you control your own words and actions so as not to influence the behavior of other people adversely.

3. A standard of morality which is expressive of majority behavior.

Though one seldom sees it set down in so many words, this is the implication of the often-expressed attitude that because the majority drink, the majority must be right; yet history records that minorities have often been the guardians of morality and justice.

4. Moral standards adjusted to conform to cultural patterns.

Morality is considered to be relative. Today the attitude seems to be that if you can get away with it, you are a "smart operator." We see this demonstrated in pay-offs, manipulation, and exploitation in labor, in business, and in government.

5. The willingness to accept the theory that alcoholism is a "disease," while

you say, and keep on saying, until you get to the point where you have convinced yourself it is true. He says that he lives in constant fear that one of these days "the roof may fall in on us."

It is only fair to say that I, too, believe that alcoholism is a disease, but in accepting and promoting this view, I believe it should be dealt with in the same manner, from the standpoint of prevention, as are other diseases.

6. The tendency to consider drinking to be "normal behavior," while at the same time tending to characterize any preference for abstinence, for whatever reason (except for recovery from alcoholism), as an indication that the person advocating such preference is emotionally unstable or inclined to fanaticism.

This is really a disturbing trend.

7. The belief that advocating the complete avoidance of intoxicants, as a means of preventing alcoholism and reducing alcohol problems, is unrealistic and even harmful.

One author, discussing this subject, makes this observation: "It is wrong to preach much about total abstinence." He goes on to observe, "Overemphasis upon the moral wrong of drinking is vicious, sentimental, and morbid, and an effeminate appeal to refined ideals of perfection is the worst of all."

Although there may be merit in avoiding an *overemphasis* of moral considerations, nevertheless this viewpoint seems to be designed to discredit *any* moral consideration of drinking as such. Certainly the attempt to eliminate moral considerations from problems of drinking or alcoholism is unwarranted, and is a trend which ought to disturb every thoughtful person.

Needed Trends

What is needed in order more effectively to prevent the spread of alcoholism and diminish the impact of alcohol problems in our society?

1. A greater depth of understanding of the nature, scope, and structure of alcohol problems.

We must ever keep in mind that behavior patterns persist in spite of criticism or denunciation, so long as they meet a need. This has nothing to do with whether they are good or bad. When they cease to meet a need or serve a function, they disappear.

2. A better grasp and more effective application of the dynamics of social change.

Behavior patterns are learned, and therefore they can be modified. Yet much of the effort to modify the behavior pattern of society is too abrupt and tends to disregard completely the

divergent backgrounds and viewpoints which prevail.

For example, one man, having listened to some ideas about how changes in attitude toward drinking might be brought about, commented, "Well, that is too slow. As far as I'm concerned the thing to do is hit 'em in the giblets, and hit 'em hard."

This is the way many people have been trying to do it for a long time. What results do they have to show for it? We need to face up realistically to this issue of social change, and attempt to understand the dynamics of human behavior in order that we might employ better techniques for conveying our convictions and our viewpoints.

Let me emphasize again that the behavior of adult drinkers *can* be changed. So often people say they are willing to write off all the adults, because there is nothing that can be done about their drinking. The only way to resolve this problem, it is argued, is to concentrate on the young people. But this is not true. *Because behavior patterns are learned they can be changed.* A number of young businessmen have told me they stopped drinking, simply because they concluded it wasn't doing them any good. Certainly if people can reach these conclusions on their own, many others can be helped to reach the same conclusion by focusing their attention on drinking problems in the right way.

3. A reappraisal of the approach to the "morality of drinking."

In this connection two questions can be considered: Why is there continued drinking on the part of professing Christians in those communions which condemn the use of alcohol? Why do children of devout, abstaining parents not follow the preachments and example of their parents?

4. A greater willingness to examine the viewpoints of others.

How many of us have candidly examined the reasoning and viewpoints of people who disagree, for example, with the abstinence viewpoint? Have we sought to understand their position, and how they arrive at it? This might be a fruitful means of increasing our effectiveness in dealing with others.

5. A more appropriate emphasis on the true warning signs of alcoholism.

The warning signs, which are currently widely publicized, deal with the symptoms which indicate that the person is already an alcoholic. More attention needs to be given to identification of those behavior characteristics which indicate that a person is moving in the direction of alcoholism.

Often we hear it said that drinking is "foolish behavior," because people don't

LISTEN

Grace Shilling White

Conscience is a precious gift;
Listen to its rightful plea,
For God put it there purposely
For a much better you and me.

at the same time refusing to advocate or employ the same techniques for its prevention and eradication that are advocated and employed for the prevention and eradication of other diseases.

Dr. H. M. Tiebout, a prominent psychiatrist and outstanding student of alcoholism, pointed out recently that through the years we have been "ballyhooing" the idea that alcoholism is a disease. He points out that he is convinced that alcoholism is a disease, yet he raises the question as to whether or not this might be one of the things that

get anything out of it. This is entirely too superficial a view, for if people were getting nothing out of drinking, they would not drink. The fact that a person will drink, even to the point of self-destruction, demonstrates that he is getting something out of it. Whether what he gets is good or bad is entirely beside the point in our effort to understand the "reward potential" of alcohol and its ability to meet the personality needs of the individual. Too few of us understand that *alcohol is capable of meeting the ordinary personality needs of normal people.*

6. Enlisting the enlightened interest of those who have less than a total commitment to the alcohol-free way of life.

There is a general failure to enlist the interest and concern of a great reservoir of public sentiment represented by those persons who are genuinely concerned about alcohol problems, but who have not seen fit to avoid completely the use of intoxicants in their social and business relationships.

7. Desocializing drinking, thereby making drinking less obligatory for those who, for whatever reason, prefer not to drink.

Many people today who are drinking would prefer not to do so, and would not be doing so were it not for continuing social pressures in business and social life which they feel incapable of resisting. This is one of the most important areas which deserve attention and which would be effective in reducing the impact of alcohol, and its consequences, on our society.

DOPE PROBLEM IN DETROIT

(Continued from page 23)

Institute of Mental Health has subscribed \$275,000 for the hospital, and the local committee will have to raise \$50,000. The space allotted for such a hospital will be at Herman Keifer Hospital, here in the city.

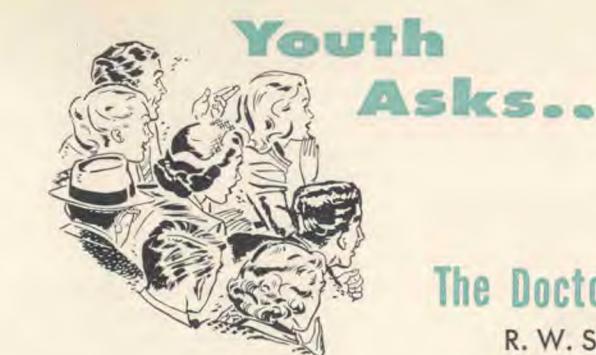
What kind of therapy treatments will be given at Herman Keifer?

The same type of therapy treatments given at the United States Health Hospitals in Lexington, Kentucky, and Fort Worth, Texas, will be available at this hospital.

Is prostitution related to narcotics?

We cannot attribute the increase in crimes of holdups and prostitution in the city to the use of dope, because a large percentage of prostitutes are not dope users.

Are any of these women using narcotics?



Youth Asks...

The Doctor Answers

R. W. Spalding, M.D.

Listen invites you to send your questions to Dr. Spalding, c/o Listen Editorial Offices, 6840 Eastern Ave., N.W., Washington 12, D.C.

Is whisky good for colds?

Today a shot is supposed by some to be good for a cold. But leave the whisky out and the cure will be more effective. Take a hot lemonade every two to three hours and go to bed. You will live longer. Pneumonia is famous as a killer of those addicted to the drinking habit. Too often even wonder drugs won't save them.

Is it true that if you drink a can of beer a day it will help your body?

Forty-three life-insurance companies surveyed 2,000,000 policyholders. The basic rate for all policyholders was placed at a standard of 100 for comparison of death rates. Those who took an average of two glasses of beer daily had a death rate of 118; in other words, more had died. Those who took more beer had a rate of 186; almost twice as many had died. The Lincoln National

Insurance Company made the statement in 1950 that "drinkers had three times the mortality rate expected."

If alcohol is a depressant and tobacco is a stimulant, would the use of the two simultaneously neutralize the effects of both?

No. Two poisons never completely counteract the effect of one on the other to thus neutralize each other. The story goes that a number of years ago a physician cracked the joke that he would smoke his cigarettes and constrict his coronary (heart) blood vessels, then he would drink his Martinis to dilate them! But those who heard the joke repeated it as an excuse for continuing their old habits, stating that Dr. Blank said that was what he would do. Surely if the wise Dr. Blank would do it, it must be safe for them! So the myth snowballed into an oft-told fallacy.

The majority of hustling girls are not dope users. During last year only 159 women arrested in the city of Detroit were questioned about dope, and of this number some were released without charges of any kind being placed against them.

How are dope cases channeled through the courts in your city? Do you have many people appearing in court on narcotics charges?

Though the dope traffic has declined in the city, the courts are kept busy. Up to June 1, 1959, 194 warrants had been issued by Wayne County prosecutor's office for violators of the state narcotics law. We had 141 convictions in Recorder's Court and Federal Court during the first six months of 1959, and at the present time there are eighty-four cases pending on the dockets of these two courts.

Is addiction more prevalent among Negroes than whites? If so, why?

I believe the percentage of dope peddlers and addicts is higher among Negroes of the city of Detroit than among whites, perhaps because of economic conditions.

What is being done in Detroit schools to safeguard youth against addiction?

Narcotics officers and Federal authorities have done a good job in their teamwork to keep dope sales out of the high schools and intermediate high schools of the city. This is due to a working plan we established with the Detroit Board of Education. We held meetings with principals and teachers of the schools to determine whether they suspected any of their teen-age students of using dope in any form. If there were any suspicions, we would go to work immediately and find the answer.

There is one thing sure, we won't stop fighting the dope evil in the city of Detroit until we have it licked.

For Your



Reading and Reference

Alton Ochsner, M.D., SMOKING AND HEALTH, New York: Julian Messner, Inc., 1959. \$3.

Re-emphasizing his indictment against tobacco, Dr. Ochsner has revised and retitled his earlier volume, *Smoking and Cancer*. Why the change of name?

With charts, graphs, and reports of authoritative research, Dr. Ochsner offers proof that smoking not only causes lung cancer but contributes to other types of cancer, to heart disease, miscarriage, menstrual disturbance, Buerger's disease, and stomach ulcers, as well as being a factor in impotence in men and sterility in women.

The latest statistics in this revised book offer additional evidence that smoking causes lung cancer, and that there is a definite link between tobacco and many other ailments, particularly of the heart, arteries, and digestive organs.

What to do about it? The last chapter, "You Can Quit—You Must Quit," contains a ten-point program for quitting, with the main one as, "Stop smoking abruptly, completely, and permanently."

Barbara Leader, and others, HEALTH AND SAFETY FOR HIGH SCHOOL STUDENTS, Philadelphia: The John C. Winston Company, 1959.

A general textbook for hygiene classes, this volume covers the entire subject with colorful illustrations and drawings.

Chapter 13, "Truth or Consequences," sets itself to answer the questions: "What are the dangers of alcohol, tobacco, and narcotics?" "What is self-medication?" Only a small section of the book is devoted to these subjects, and the discussion so carefully avoids being subjective, and tries so hard to present both sides of each question, that very few young students, if any, will be inspired toward helpful decisions in their personal living.

Richard A. Myren (ed.), SYMPOSIUM ON ALCOHOL AND ROAD TRAFFIC, Bloomington, Indiana: Indiana University, Department of Police Administration, 1959.

Valuable to all research students in this field, this volume reports the proceedings of the 1958 Conference on Alcohol and Road Traffic at Indiana University.

Professional representatives were present from all parts of the United States and Canada. Two of these were Robert E. Borkenstein, chairman of the Department of Police Administration, Indiana University, and developer of the Breathalyzer; and Dr. Rolla N. Harger, inventor of the Drunkometer.

At this meeting the following history-making recommendation was adopted:

"As a result of the material presented at this Symposium, it is the opinion of this Committee that a blood alcohol concentration of .05 per cent will definitely impair the driving ability of some individuals and, as the blood alcohol concentration increases, a progressively higher proportion of such individuals are so affected, until at a blood alcohol concentration of .10 per cent, all individuals are definitely impaired." It was signed by seven leaders in this field of research.

T. G. Dunning, P.D., ALCOHOL AND THE CHRISTIAN ETHIC, London, England: The Religious Education Press, Ltd., \$1.25.

Written by the general secretary of the Temperance Council of the Christian Churches, this pocket-sized volume presents the total-abstinence way of life as the only happy way for the Christian.

Helpful to those who work with young people and in church responsibility, the book defines technical terms, emphasizes "church reactions today," and is a good addition to the already extensive literature on Biblical attitudes toward drinking.

This 124-page book is well documented and is worth-while reading for all who think seriously on Christian stewardship in relationship to alcohol.

Caradine R. Hooton, WHAT SHALL WE SAY ABOUT ALCOHOL? Nashville: Abingdon Press, 1960, \$2.00.

Particularly to be commended in this little volume is the author's emphasis, not on problems but on people. The personal element is the one most often lacking in the typical discussion on this question of drinking.

Rising above much of the usual quibbling over terms and nonessentials, Dr. Hooton deals with principles. For example, he points out, "Temperance in

Biblical terminology has reference to maturation under control of the Spirit, rather than moderation in the use of spirits. For this reason Christians prefer to think of temperance as moderation in all things helpful and abstinence from all things harmful."

One portion of the book could well be strengthened—that of "How Can We Work Together?" The glaring weakness of temperance programs through the years has resulted from a lack of "togetherness." This book reminds the reader of the need, but does not supply much of a remedy.

TEACHING GUIDE
A Supplement to
LISSEN 
Vol. 13, No. 4, July-August, 1960
Published in the Interest
of Scientific Education

HAVE YOU HEARD? (Pgs.
From this feature page
for class discussion)

"LISTEN"
**TEACHING
GUIDE**

Teachers will be happy to learn that a "Teaching Guide" supplement to "Listen," a Journal of Better Living, is now available for each regular issue. With quantity orders of "Listen" subscriptions for classroom use, at \$2 per subscription, Narcotics Education, Inc., a nonprofit, nondenominational sales organization, will supply a copy of the "Teaching Guide" without charge. On other orders a small charge is made for subscriptions to the "Teaching Guide" supplement.

Teachers may write to Narcotics Education, Inc., P.O. Box 4390, Washington 12, D.C. Ask about this service, and request a free catalogue of teaching materials in the fields of alcohol, tobacco, and narcotics.

PEOPLE NEED TO KNOW

(Continued from page 11)

During 1960 we will have spent about \$5,522,000 for the treatment and rehabilitation of drug addicts. Of this sum \$4,579,000 will have been spent treating addicts at the United States Public Health Service Hospitals at Lexington, Kentucky, and Fort Worth, Texas.

The Public Health Service's National Institute of Mental Health is spending about \$9,000,000 during 1960 on research, follow-up treatment, and other services.

What about a program to educate the public, especially teen-agers, on the effects of tobacco on health?

As you probably know, the American Cancer Society is trying out an education program among teen-agers on the facts about smoking. Several of the states are also moving along these lines on a trial basis.

Meanwhile, the Public Health Service is endeavoring to keep the medical profession abreast of the developments in the matter of smoking and lung cancer. The family physician has much influence on individuals, and therefore we acquaint him with the latest facts on the hazards of smoking.

Do you think that more could and should be done?

Much of the problem of the effect of smoking on health is a complex matter, involving personal attitudes toward smoking, the needs of the individual, and the physician's knowledge and recommendations.

Smoking has been with us since the founding of the original colonies, but it has only been within the past three decades that we have come to believe smoking has its effects. More and more has been done by Public Health, the American Cancer Society, and the medical profession to educate the public in this matter.

Are alcoholic beverages served at official functions of your department?

As you may know, the use of alcoholic beverages is banned on Government property. Alcoholic beverages are not served at official functions of the Department of Health, Education, and Welfare whether those functions are held on or off Government property.

EXACTING JOB

(Continued from page 19)

for a doctor to face emergency surgery, or in any other occupation in which a person has to be at peak performance all the time."

Since Colonel Draper does not smoke or drink, I asked him about his feelings on the subject.

"I grew up in a family where drinking was frowned upon. My parents never drank, and they never had liquor in the house. I never thought it interesting or worth while enough to get involved with."

He pointed at one of several phones beside his desk. "I have one just like this at home. It could ring any hour of the day or night. To be prepared for duty, to keep good health, and to make the right appearance here and abroad, I leave liquor alone entirely."

I was curious to know how he han-

dled social functions, because he had mentioned that he, along with the Army and Naval aides, were always seated with the President and Mrs. Eisenhower at large official affairs.

"It's funny, but I never have any trouble at these major social functions. There is always a tray of tomato juice or ginger ale circulating around. Nobody gives you any trouble by insisting that you have alcoholic drinks. Sometimes at minor parties people try to twist your arm. People who know me, of course, never offer liquor to me. I guess the word gets around that I have strong feelings on the subject."

As the colonel was saying this, two or three calls from the "front office" came in, and I realized that he was to represent the Air Force at the Memorial Day services at Arlington Cemetery, and that he was expected to appear at another function very shortly.

I asked, "How will you handle the problem of your children? You have four of them who will be wondering if they must be 'good sports' and drinkers in order to be a part of the gang."

The colonel smiled hopefully, "I'm not sure," he said. "I guess I'll take that one when it hits me. But I think the important thing is to show by example. For me, I have seen several horrible examples of brilliant men, good friends of mine, whose lives and careers have been ruined by drinking. They had wonderful futures until that happened. It is quite obvious that children learn a lot from their parents. I hope mine realize that liquor is not for them."

I then asked whether he put any restrictions on his crew's drinking habits.

"Well, of course, there is the rule of no drinking for twelve hours minimum before flights, and crew members never drink in public. Furthermore, they know I don't approve. So I suppose that influences them away from it, too."

I asked his opinion about youth of today.

"It's hard for young people to be different," he replied. "If everyone else in the crowd drinks, then it's even tougher. But the right decision will pay off in better health, reputation, and performance—every time."

POEMS

With a Purpose

by Listen Authors

CONTENTMENT

Emily May Young

One who accepts each hour of the day,
Whether filled with joy or sorrow,
Builds a firm foundation
For contentment on the morrow.

SNOW DAY

Enola Chamberlin

The morning came, with winds that tore
The halfway-clouded sky to shreds
And in the shelter of my door
Left leaves in yellows, browns, and
reds.

At noon the wide-ringed sun was pale
Above the bare limb filigrees.
The hills were covered with a veil,
From far, proud tops to bended
knees.

Then evening climbed the sunset stair,
The cold wind held its poniard low,
And through translucent, topaz air
In silver silence came in the snow.

ALONG THE WAY

Roqua Wassam

I wish that I might go with you
Along the way that you must go.
There are so many, many paths
Your little feet must learn to know.

The time will come when I must pause,
And bid you go your way alone,
And pray that God may keep your feet
From paths of pain, and bring you
home.

But I shall smile when that day
comes,
Because I would not have you know
How much of life you'll take with you,
Along the way that you must go.

OUR SCENIC HERITAGE

(Continued from page 16)

Part and parcel of the long-range programs of both agencies is the matter of concessions, for new restaurants and resort facilities are being constructed to handle increasing vacation traffic. It is here that the Public Lands Subcommittee must exercise its power in the public interest. If need be, it is up to the public, too, to stand and be counted.

The particular agency—either the Park Service or the Forest Service—actually does the prime handling of concessions. Clark Stratton, chief of concessions for the Park Service in Washington, tells me of the detailed processes his agency has for granting a lease to a concessionaire, such as the manager of a restaurant or a hotel.

He explains that months of careful investigation precede any contract signing. No major contracts run for more than twenty years, and the average is five years. Any major contract, those generally involving more than \$100,000 in capital outlay for building and equipment, must first be submitted to Congress for review.

In the House this means the Public Lands Subcommittee. There is, then, a sixty-day waiting period during which any citizen may voice his opinion if there are reasons why the lease under discussion should not be granted. That citizen, I might point out, might well be the representative of an organization such as the American Temperance Society.

If, for example, there is evidence that a restaurant owner seeking a concession to build a place in one of our national parks has engaged in an improper operation, then any citizen may present evidence against the restaurant owner. After a hearing, the man seeking the concession might then be denied permission to set up his concession.

This extra-careful screening of concession applicants has paid off in many ways; for example, disturbances because of alcoholic beverages are negligible in our parks and forests today. Mr. Stratton says that only two or three such disturbances have been called to his attention during his four years as the top concessions officer for the Park Service, and these were of a minor nature.

Enforcement of the regulations concerning alcoholic beverages within certain national park areas under exclusive Federal legislative jurisdiction are in the hands of capable uniformed rangers. These sentries of our parks are on hand to aid the public and to maintain law and order. They oversee opera-

A HOME SHOULD BE ELASTIC

Beatrice Munro Wilson

We bought a little new house,
So easy to keep neat
No room for dogs or children
With rushing, muddy feet.

I said I'm tired of cleaning,
From cooking earned a full
The little house was perfect,
But soon, how very dull!

So we borrowed neighbor's darlings,
And the cooey jar's kept full.
We house is neat no longer,
But it has a homely pull.

Next we'll add a guest room.
Can hardly wait to start!
We've learned, you see, a home
should be
Elastic, like the heart.

tions at all concessions. Forest rangers regularly patrol the numerous campsites which dot our vast Federal forest areas, co-operating with state officers in enforcing laws and regulations.

I have visited a number of leading parks and forests as part of my duties in Congress. Nothing gives me more pleasure than these visits. I have chatted with many rangers, and they report the same story—that public nuisance complaints due to the use of alcoholic beverages are extremely rare. The rangers point out that the majority of people who seek the healthful ways of the great outdoors aren't the type to bother with drinking.

The issue has come up in my work in Congress, however, in connection with hearings called by interested groups to preserve the nature and beauty of such battlefield parks as, for instance, Gettysburg and Antietam. Both of these places, sites of major Civil War engagements, have a border war going on at the present time.

This is commercialism, some of it of the so-called "honky-tonk" variety in the form of cheap motels, shabby housing, and an occasional saloon, which have located next door to the battlefield parks to prey on the visitors. In some cases the battlefield has been obscured from view by buildings. State, historical, and other groups, in co-operation with executive departments and Congress, are now at work on the problem. I think that in the end this blight will be eliminated from the scene, as it should be.

We have come a long way in this country in providing healthful outdoor recreation areas for our citizens since the first national park—Yellowstone—was established in 1872.

But I don't think we can rest on our past achievements. In this strife-torn age of the missile and atom, there remains no better solace for a family than to enjoy a picnic in a park, or to go camping or fishing, or to visit the hundred and one historical sites which trace our nation's exciting history.

We must jealously guard this scenic heritage of nature and history. We must plan to open its doors to even more citizens in the future. Our parks and forests, true symbols of full, clean, vibrant, and healthy living, must serve as guideposts for strengthening the moral fiber of Americans everywhere.

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OPINIONS



What Sort of People?

"We have been all along the way. We drank, served drinks, had cocktail parties. Then one day we stopped drinking. We were not forced to it by ulcers, alcoholism, lack of funds, or religious scruples. We stopped because we did not like the sort of people we were becoming."—Jane Craddock, Sylacauga, Alabama.

"Spoiled Brats"

"Alcoholics are simply grown-up spoiled brats. We have more alcoholics lately because we're breeding a generation of spoiled brats. . . .

"The children are given everything their own way. But when they become adults they find the world isn't that generous. It's quite a blow."—Dr. Bernard Gindes, of Beverly Hills, California.

Let Them See for Themselves

"Teen-agers tempted by narcotics would get a pretty sobering experience if they were taken to the county hospital psychopathic ward and shown a dope addict going through withdrawal pains.

"Take them on a field trip from school. Let them see an addict who's all broken up, going through the pangs of withdrawal. I suspect that a lesson of that sort may convince them it isn't worth trying just as a gag or a joke."—Attorney General Stanley Mosk, California.

A Home Affair

"Cocktail time is steadily being converted psychologically and practically from an exclusively party-associated or bar-associated interlude to a family-associated and family-centered ritual performed regularly, and even daily in many instances, by husband and wife."—Dr. Ernest Dichter, Madison Avenue psychologist.

Is This Diplomacy?

"A little diplomatic know-how may carry a delegate through the General Assembly, but he needs great inner fortitude to survive the United Nations social whirl.

"By the time the seasonal cocktail party round ends, the average delegate has attended more than 50 parties, consumed several hundred assorted canapés, and sampled a variety of drinks that would make a bartender blanch. . . .

"Former General Assembly President José Maza of Chile once bemoaned the fate of a diplomat doomed to spend his evenings drinking the same Scotch, eating the same shrimp, and seeing the same faces. . . .

"One East Side reception was so lively that a delegate from a small African state kept going after the festivities were over. He drank his way across town and climaxed the evening by falling into the Hudson River."—Tom Hoge, Associated Press.

Greatest Enemy

"Drink is commercially our greatest wastrel; socially it is our greatest criminal; morally and religiously it is our greatest enemy."—Dr. Albert Schweitzer.

Barbiturate Addiction Increases

"There is evidence of an increase in the number of barbiturate addicts in the United States. On the other hand, estimates are that the number of narcotics users decreased in the past twenty years. Cases of serious barbiturates addiction are more difficult than those of narcotics addiction and harder to treat."—Dr. G. Hulsey Hunt, assistant surgeon general.

Togetherness

Barney Nunn, a Marietta, Georgia, bowling arena operator, vigorously resisted efforts by the national corporation leasing his property to force him to allow beer to be sold on the property. After the lanes consistently gathered more family patronage because of the absence of beer, however, the president of the leasing company, Sports Arena, Inc., told him:

"You may be right about families not bowling where alcoholic beverages are sold. We have decided to use the Marietta Bowling Lanes as an experiment, and if they are successful we may take alcoholic beverages out of all our lanes."

When the building had been erected, the stipulation was made that no beer was to be sold on the property.

In his plans to enlarge his center, Nunn emphasizes, "It is a place where hundreds of young people and families are having clean recreation together without beer and without one cent of tax money."

Potent

"In the United States mortality from alcoholism is about forty times that from chronic poisoning by all other organic substances."—Walter R. Miles, Ph.D.

Blasts at Alcoholism

"The next civilization in this country will be communistic unless there is a change in the trend toward drinking and other general crimes."—Judge C. C. Chambers, Logan, West Virginia.

"A lasting basis for my conviction of abstinence is founded in the realization that alcohol, even when taken in small quantities, removes inner restraints and weakens self-control and self-mastery, so that consequently many persons who did not intend to go further than using alcohol to a moderate extent, end by becoming victims of alcoholism.

"Moreover, as a labor leader, I have always considered it of very great importance that in the labor movement all drinking habits should be banished."

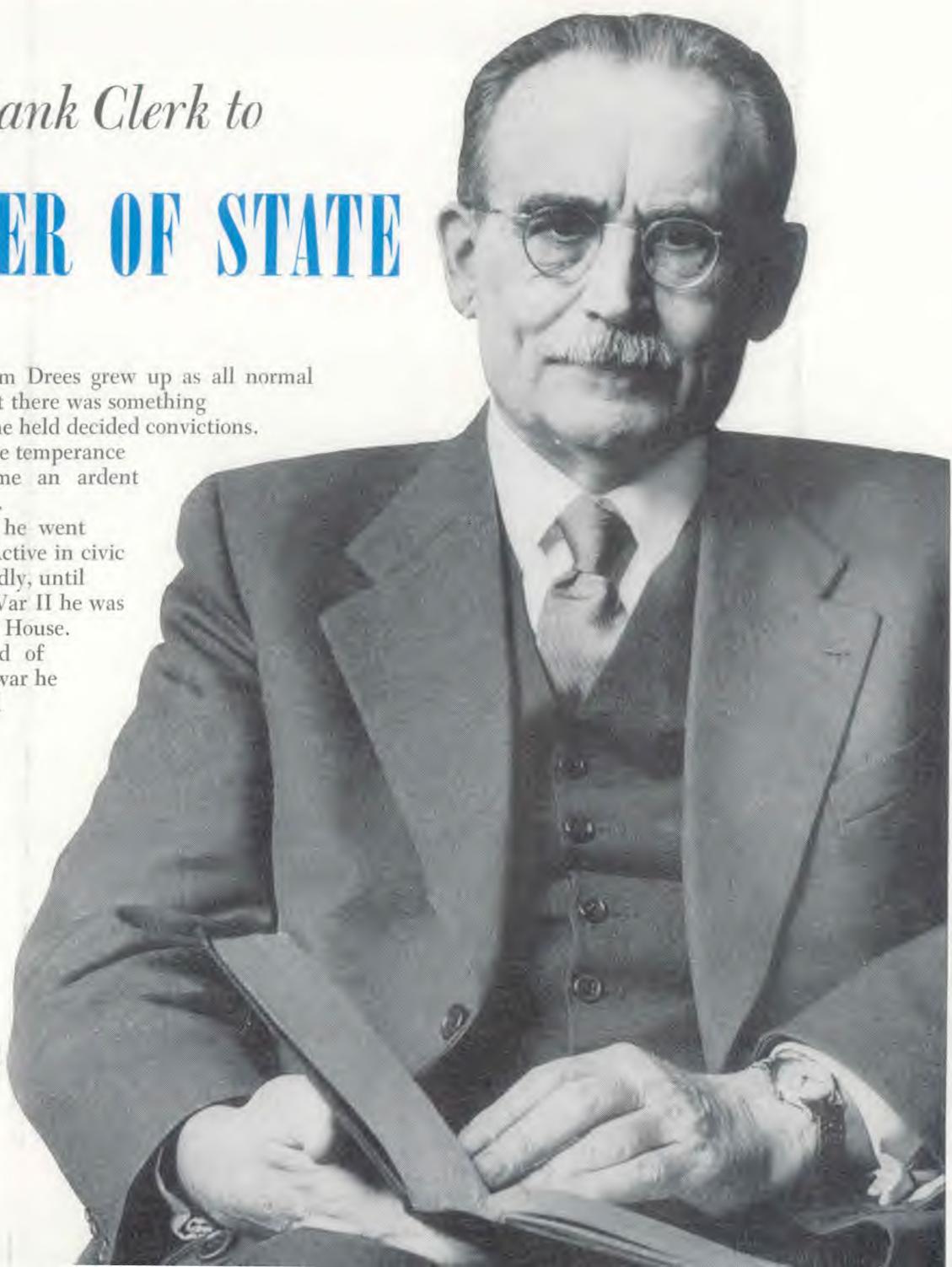
Bank Clerk to **MINISTER OF STATE**

In Holland, Willem Drees grew up as all normal boys of his day did, but there was something different about him—he held decided convictions.

As a youth he joined the temperance movement, and became an ardent advocate of abstinence.

From high school he went into a bank as clerk. Active in civic affairs, he climbed rapidly, until at the start of World War II he was a member of the Lower House. Throughout the period of occupation during the war he led out in underground resistance, and when liberation came was invited to help form a new cabinet.

In 1948 Willem Drees became prime minister of the Netherlands, and today is senior governmental adviser in his capacity as minister of state. All through his colorful career he has remained true to the principles adopted in his youth.



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