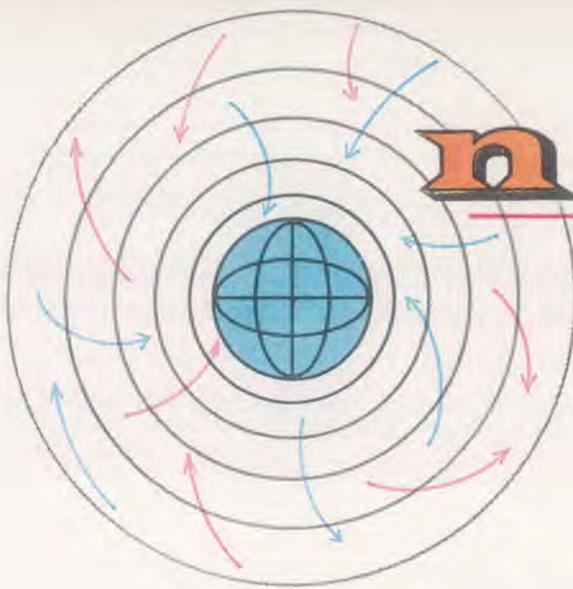


LISTEN

A
JOURNAL
OF
BETTER
LIVING



Ann Landers
Human Relations Adviser



news

◆ **WASHINGTON, D.C., No. 1 WINE CONSUMER.** The United States capital city is keeping a firm grip on the title of No. 1 wine consumer. Aided by nightly entertaining along Embassy Row, Washington has pulled ahead of California and New York during the last decade.

Washingtonians drank an average of 2.8 gallons of wine per person last year, with California running second with 2.1 gallons per person. Nevada is now in third place with 1.9 gallons per capita, the dubious distinction formerly held by New Yorkers.

◆ **IMPLIED CONSENT LAWS.** To date, thirty-five states have enacted legislation dealing with the introduction into courts of evidence from chemical tests for alcohol content of the blood. Massachusetts and Pennsylvania are the latest. Minnesota became the ninth state to enact an "implied consent" law whereby a driver is deemed to have given consent to a chemical test when an officer has reasonable grounds to insist on it.

◆ **NO ALCOHOL FOR HEPATITIS VICTIMS.** Persons who get hepatitis should swear off liquor for at least a year and maybe forever. This sobering advice comes from the Association of Military Surgeons of the United States.

The reason? Hepatitis attacks a person's liver, and alcohol, even in small amounts, is a poison and is especially poisonous to a subpar liver. So drinking is taboo for hepatitis victims, or cirrhosis of the liver can result.

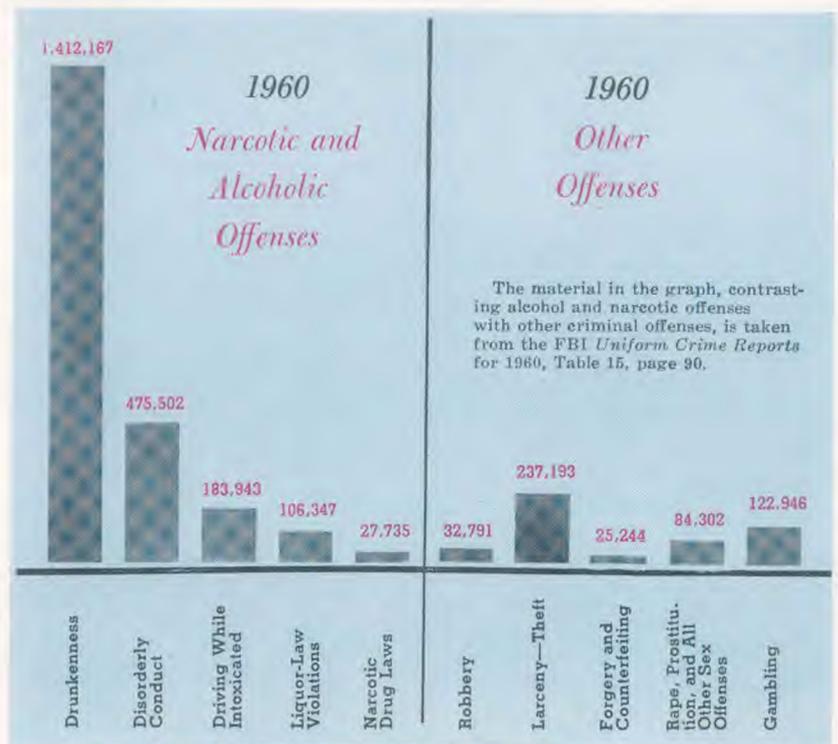
Colonel Maxwell W. Steele, Jr., says this is hard to prove because the cirrhosis occurs years after the hepatitis, but the circumstantial evidence is about as strong as that which links cigarette smoking to lung cancer.

◆ **NOT ENOUGH BEDS.** The 6,876 hospitals in the United States hold some 1,658,000 beds, according to the "Journal of the American Hospital Association." This means that only about one third of the 5,000,000 known alcoholics in the nation would be able to receive hospital care for their self-inflicted disease, if hospitals catered only to them.

◆ **ADDICTED PARAKEET.** A couple in Sistrerville, West Virginia, have a parakeet that demands its daily drink of alcohol. Some time ago they began feeding the bird three drops of whiskey a day to improve its plumage. Now it fires a beakful of birdseed at them unless it receives its ration of alcohol on schedule.

◆ **CHANGING FEMININE ROLE.** More Canadian and American women are turning to alcohol in their attempt to escape anxiety and tension caused by their changing role in society. These women reach the chronic stage of alcoholism in half the time it generally takes a man, and they are twice as difficult to rehabilitate. This situation is alarming, according to Canadian alcohol bureau officials.

Since World War II, the wife occupies a more important post than she did earlier. Women are doing double duty, as many are working to supplement the family income, says Jake Calder, director of a provincial government's alcohol bureau, in speaking of the changing role.



OUR COVER

Advice columnists these days are plentiful, and most of them obviously work hard to create an impression and set up an atmosphere of smart retort.

Ann Landers, however, is widely appreciated simply because she is herself, devoid of artificial airs and assumed dogmatism. Teen-agers, who quickly discern a phony, especially recognize in her a friendly counselor sincerely interested in people.

Listen's cover is by Three Lions, New York.



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Editor Francis A. Soper

Assistant Editor Mike A. Jones

Editorial Assistant Martha Robinson

Editorial Secretary Linda Anderson

Art Director Howard Larkin

Layout Artist Eric Kreye

Circulation Manager D. L. Olsen

Sales and Promotion L. R. Hixson

Jesse O. Gibson

Editorial Consultants

WINTON H. BEAVEN, Ph.D., Director, Institute of Scientific Studies; MATTHEW HILL, Washington State Supreme Court; ANDREW C. IVY, Ph.D., M.D., D.Sc., LL.D., University of Illinois, Chairman of the National Committee for the Prevention of Alcoholism; CYRIL B. COURVILLE, M.D., D.N.B., M.Sc., Director, Cajal Laboratory of Neuropathology; GEORGE T. HARDING, M.D., D.N.B., F.A.C.P., President and Medical Director, Harding Sanitarium and Hospital; LAURENCE A. SENSEMAN, M.D., D.N.B., F.A.C.P., Director Fuller Memorial Hospital.

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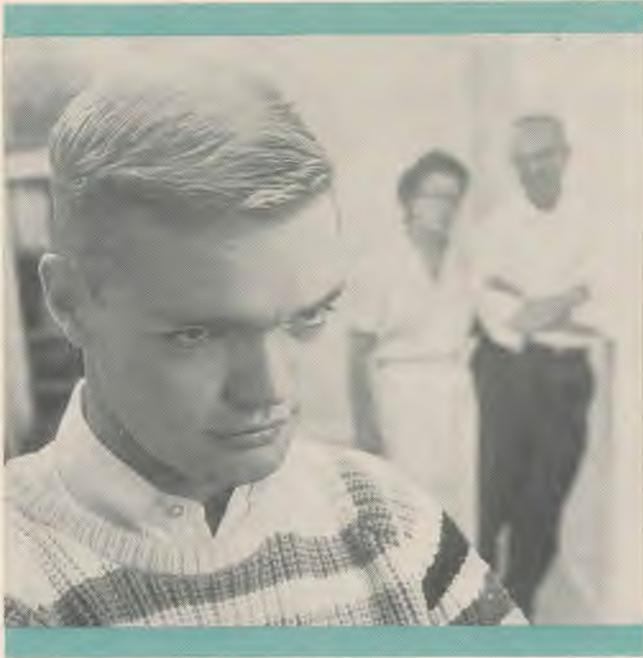
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LISTEN



PROPER PERSPECTIVE

Lately there has been a resurgence of activity and publicity against narcotics addiction in the United States, with new books, major magazine articles, newspaper stories, television programs, and educational efforts directed toward alerting the public and stamping out the menace.

Well, this should be. Everything should be done within human power and ability to eliminate this specter of human degradation and misery.

On the other hand, there is another type of drug addiction that should be kept in proper perspective. This was emphasized not long ago by Judge Emmet Daly, member of the California Youth Authority and formerly the assistant attorney general for California, when he pointed out that the alcohol problem, especially among teen-agers, is much greater than the narcotics problem, and that it is increasing largely because parents allow their children to drink.

Appearing before the Governor's Advisory Committee on Children and Youth, Judge Daly estimated that for every juvenile narcotics addict, ten other juveniles have alcohol problems.

"During a two-day hearing at Soledad," he observed, "I processed 173 cases for sentence and parole. Of those, ninety-eight were personally involved in the alcohol problem, or one or both parents were. Only thirteen were narcotics addicts." No one would claim that the same percentage would obtain in all parts of the nation, but the trend is obvious.

Judge Daly continued, "The public is concerned about narcotics and rightly so, but the number of youths I see every day involved with liquor and the abuse of it is sickening and ridiculous."

The extent of parental involvement in this situation is

amazing. One university study in New York shows that in that state some 76 percent of the high school students have parental permission to drink. Commenting on this study, Malcolm E. Harris, director of the California State Department of Alcoholic Beverage Control, declared, "Abstinence on the part of the parents usually means abstinence by the children, but the number of parents who abstain is very small."

There are only about 60,000 known narcotics addicts in the United States, according to official records. It should be remembered, however, that alcohol is as much an addictive drug in some respects as are the more publicized drugs that hook their victims. Alcoholism is as much an addiction as is drug addiction in the usual sense of the term. Moreover, the latest figures indicate that there are upwards of 6,000,000 alcoholics in our nation, and that estimate is conservative. Thus, statistically speaking, the alcoholism problem is a hundred times as prevalent as the narcotics problem. For every narcotics addict there are at least a hundred alcoholics.

Drug addiction is centered mostly in two large metropolitan areas, New York and Los Angeles, with a half dozen other cities coming in for major attention. The menace of alcoholism, on the other hand, is nationwide, with virtually no hamlet or city escaping.

Heroin is banned, morphine is strictly controlled in medical use, marijuana is prohibited, other addicting drugs are either under ban or are being put under careful control. The drug alcohol, however, is legal, sold in the corner drugstore and supermarket, and confronts us at every turn. The millions of people who drink are actually administering a narcotic drug to themselves every time they drink. Self-administering a narcotic drug is an action against which all medical personnel during their long years of medical training are repeatedly warned. And the layman is taking his drug with no warning, or virtually no knowledge, about the nature of the drug or its potential danger.

Actually, to encourage more self-drugging, the cocktail hour is glorified today as a help in "living realistically, as a time of shifting gears between coping with the large society outside the family and dealing with the small society of the family circle." Nothing is said about the addictive potential of alcohol.

One prominent Brooklyn doctor, quoted in the public press across the nation, and perhaps around the world, calls alcohol a "superb tranquilizer" in smaller doses and in larger doses "a good sedative"—still no warning about the real nature of the drug.

This same physician described alcohol before a large international gathering as having "therapeutic and civilizing functions."

Small wonder, with such constant unpaid advertising of alcohol as this is, plus the millions spent for formally advertising it, that alcoholism is a hundred times the problem that drug addiction is. It is high time to place these two problems in the proper perspective, and to expend proportionately greater efforts in dealing with this vastly more prevalent addiction.

Francis A. Soper

The soft sell

OF LIQUOR ADVERTISING



William L. Roper

IN RECENT months the nation's newspapers have been full of reports about the hidden dangers that lurk in radiation and the deadly strontium fallout from atomic blasts, which scientists say can cause human deformities and personality changes.

However, these are not the only elements capable of changing people. Alcohol, too, can warp lives and cause personality changes. And one new danger related to this has gone almost unnoticed in the press.

This is the specter of liquor advertising, which now threatens to invade our homes by way of radio and television, previously closed to the sellers of hard liquor. Senator Warren G. Magnuson of Washington warned of this danger in a speech before the United States Senate on August 25, 1961. The proposed plans of the liquor industry for thus extending its promotional activities has also been reported in major magazines such as *The Wall Street Journal*, *Printers' Ink*, *Advertising Age*, and various trade publications.

What has not been emphasized or made clear is that the key idea of this aggressive sales strategy has one basic objective: to entrap the young and make them habitual, lifelong consumers.

Entrapment begins with light wines and beers cunningly presented as harmless and socially necessary beverages. This is a form of alcohol advertising already introduced into the living rooms of America by all advertising mediums, including TV.

During 1960 one top beer advertiser alone, Anheuser-Busch, spent \$3,717,300 on television advertising and \$4,464,873 on outdoor advertising, not to mention the millions spent on newspaper ads and other forms of exploitation. Three other brewers, Pabst, Hamm's, and Falstaff, spent a combined total of \$7,462,040 on television

advertising and \$4,272,976 on billboard and outdoor advertising during the same twelve-month period.

These are but a few of the companies spending millions to bring into the American living room the soft sell with its enticing sales talk, lined with glamorous, romantic settings and accompanied by seductive background music.

Actually, there are more than 250 of these major companies in the United States now using clever, high-priced advertising to promote the sale of beer, wine, and hard liquor. So-called family magazines, such as *The Saturday Evening Post* and *Look*, carry an average of five full pages of vivid-color advertising in each issue, urging readers to buy bourbons, Scotch, vodka, and various whiskeys, pictured in charming historical setting.

The impression is conveyed that these liquors are an integral part of the American tradition. They attempt to convey the idea that these liquors, not American industry, sobriety, and frugality, built this nation.

For instance, the October 10, 1961, issue of *Look* featured five and a half pages of hard-liquor advertising and one full-page beer advertisement. *The Saturday Evening Post*, a self-styled family magazine that once refused liquor advertisements, now derives a large percentage of its revenue from liquor advertising.

While the editors usually deny that advertisers have any influence over editorial policy, it is significant that the *Post* on October 7, 1961, published a lead editorial, "In Defense of the Cocktail Party," by Hannah Lees.

It is also significant that a key objective of alcoholic beverage promotion at this time is to defend the cocktail hour and the cocktail party, which have been coming under attack in business circles. Some employers are

Already the camel's nose is in the tent, but now he bids fair to get his whole head in!

beginning to realize that business discussions over cocktails hurt business rather than promote it.

One of the oldest tricks used by the press in meeting criticism is to arrange a conference of so-called experts to refute the criticism. So in November, 1961, a few physicians gathered in San Francisco, one of the wettest cities in the nation, to consider the pro and con of the cocktail issue. If one is to believe the west coast radio and television commentators, several of the doctors were positive that cocktails were doing more good than harm.

We will undoubtedly hear much on this line of propaganda, defending the cocktail hour, during the current year. It is a part of the industry strategy to boost liquor sales, which have been lagging in some areas.

No one can study the enormous multimillion-dollar advertising expenditures being made by the major liquor manufacturers and distributors without realizing that liquor is BIG BUSINESS, in capital letters, and that it packs tremendous power.

In certain well-documented instances, this power has been used to force advertising-hungry newspapers into line to support politicians favored by the liquor industry. When Artie Samish, California's kingpin liquor lobbyist, controlled the state's legislature, he acted as a representative both of the California Newspaper Publishers' Association and the liquor industry.

Because of links such as this, no one can estimate the full power of the liquor distillers in subverting the nation's press or even in determining the type of programs chosen for our national television audience.

But because of their interlocking arrangements with some of the nation's largest food and chemical concerns,



LeRoy Collins, president of the National Association of Broadcasters, enforces the ban on advertising of hard liquor over radio and TV.

the alcoholic beverage companies exert powerful influence even outside of their direct-advertising fields. They do not have to be sponsor in name to exert this influence over a television program. It can be done indirectly through an affiliated food, cigar-manufacturing, or chemical concern.

Is it any wonder then that a number of television programs feature scenes in which pretty girls sip cocktails or youthful cowboys

line up around the bar? These are the "hidden persuaders" in action, the subliminal approach in reaching the impressionable minds of America's young people.

The idea is to sell the concept that the drinking of alcoholic beverages is romantic, thrilling, and adventurous; that it is fashionable, and anyone who does not drink is a "square." It is what the workers of advertising magic call creating a persuasive and convincing image,

one that will make a powerful appeal to adventurous young people, eager for a taste of life.

In other words, the subtle, insidious plan is to sell glamour instead of a bottle!

In using glamour, copywriters are frequently tricky and misleading. The persons represented in beer-sponsored programs do not necessarily endorse or use the products of the sponsors. For example, the life story of Rafer Johnson, Olympics decathlon winner, was sponsored a short time ago by a beer concern, although Johnson himself is an abstainer.

Imagine how the glamour appeal will be stressed in a hundred subtle ways if the hard-liquor promoters are successful in making use of television and radio channels. Certain big distributors are eager to open up these channels of promotion.

Liquor sales records explain why. Whiskey sales last year were up only 7.9 percent above those for 1950. But the sales of alcoholic beverages other than whiskey and other hard liquor soared more than 125 percent. These latter were the beverages promoted via television and radio.

The Wall Street Journal reported on November 7, 1961:

"A number of liquor companies would like to spur their sales with more aggressive advertising, but they are running up against some long-established traditions. The National Association of Broadcasters and the Distilled Spirits Institute, a trade group, both are opposed to liquor advertising on radio or television for fear it would stir up anti-liquor forces and lead to new legislation affecting either or both industries. Some liquor advertising, however, has been accepted by some radio stations."

Their concern, judging from this article in *The Journal*, is not with what such advertising on television and radio might do to America's young people, but with what it would do to their business.

Yes, it is not what is best for America, but what is best for the liquor industry, that is their concern.

How to "hook" young people remains one of the main considerations of the masterminds pushing liquor promotion. Ballantine beer, which spent \$1,350,480 on television advertising in 1960, tried to win the young people with a sing program, "Sing Along With Mitch," featuring Mitch Miller, a bearded TV-recording personality.

Another way of increasing liquor sales now being weighed by the industry's brain trusters, according to Clarence B. Newman in *The Wall Street Journal*, is the opening of new fields by the elimination of state and local prohibition laws. Two former dry areas were opened up by the repeal of the Kansas prohibition statute in 1948 and by the Oklahoma prohibition repeal in 1959. Now only Mississippi has a statewide dry law, although there are scattered local-option dry spots throughout the nation.

If the liquor industry can extend its influence over television and radio, it can soon eliminate these dry spots as well as increase its nationwide sales. In 1945, 80.7 percent of the country's population were living in areas where liquor could be legally sold. Now this area has grown to 87.4 percent. *(Please turn to page 28)*



Doris Day proudly displays the plaque designating her as the "Number One Name Star" as voted by a nationwide poll.



RETTY Doris Day of cinema fame has for years embraced clean living as a positive and desirable way of life. Her instincts propel her along that course, and the rewards of her pursuit have, in her own words, been "enriching and gratifying."

When some haughty critic occasionally refers to Doris as "that goody-goody movie queen," she feels no resentment. In fact, she thinks the critic has a good deal of learning and maturing yet to do. She sees such criticism as being based on a false premise, that she should drink "like other actresses."

Quietly yet vigorously, Doris dissents. She never has thought that drinking would enhance her popularity,

improve her personality, or make her a better actress. Having weighed the matter carefully, Doris cannot put her finger on "a single benefit that drinking could, or would, bring me."

Over the years this reporter has watched Doris Day on studio lots and enjoyed refreshing bits of conversation with her during her lunch and rest periods. I have been impressed most of all by two of her qualities: Her sincerity, and her wholesomeness.

As for her attitude toward drinking, I have long been aware and appreciative of it. But she gave it a special flavor some time ago by expressing it frankly at a timely moment. This came on the heels of two filmland developments. In a leading Los Angeles newspaper Lauren Bacall was quoted regarding the happiness she had found in her new marriage (to Jason Robards, Jr.). Most of her comments gave readers the impression that her happiness was due to her husband's live-it-up drinking tendencies. Lauren described him as a "boozier—a drinker of the old school," and went on to imply that he could drink freely a whole evening and still navigate on his own power.

A doctor from Menninger Clinic in Kansas—where numbers of heavy-drinking Hollywood actors and actresses wind up for treatment—gave me this reply to Lauren's observation: "Yes, I've read Lauren Bacall's statements in the Los Angeles newspaper. If she was serious in making them, I'm convinced she was far off base in her reasoning. Hollywood has produced some great boozers, as she calls them, and, unfortunately, the ones with whom I'm familiar have ruined their careers or died too young, and under tragic circumstances, because of their indulgence. From a medical point of view, boozing proves a detriment, not a boost!"

Some two days after Lauren's newspaper interview, Hollywood was shocked by the untimely death of Gail Russell. Her heavy drinking, which degenerated into alcoholism, snuffed out her life at thirty-six. There was at one time so much promise for Gail. But that was before she filled her head with the sheer nonsense that she should drink her way to popularity, drink her way to better roles in pictures, and drink at all social functions in Hollywood.

So it was stimulating to hear Doris Day express herself convincingly, close on the heels of the Lauren Bacall interview and the tragic alcoholic death of Gail Russell. It is a fact, drinking will never influence her life or her career. No one will ever succeed in getting her to drink at a Hollywood banquet, film gathering, or club on the promise that a cocktail will make her more popular or a better sport.

(Turn to page 30)

DORIS DAY - IN
LOVE WITH LIFE

THERE never has been a time in history when narcotics addiction has not been known. Prior to the beginning of recorded history there were medicine men and primitive mystics who dealt with drugs, including narcotics. There has never been a time, as far as we know, when human beings have not sought artificial means of making life more pleasurable or diminishing its discomforts. The use of leaves, roots, and extracts appears in the earliest histories of all known civilizations, either as a part of mystical ceremony or in the treatment of disease.

Our primitive ancestors learned by rude and costly trial and error that their extracts, concoctions, and fermentations produced certain definable and anticipated results. Some of these preparations produced distasteful perceptions, and some produced pleasurable sensations. The latter inevitably came

from those groups of medications and preparations that are habit-forming.

The primitive medicine man was probably the earliest experimenter in pharmacology or the science of drugs. His observations were handed down jealously from father to son through the generations, embellished by ritual mysticism. Nevertheless, historical evidence shows that some of the ancient drugs were intelligently administered with foretellable results. For example, although the white man has known the

basin and the Near East until about A.D. 850, when Arabian physicians introduced opium into India. There its use medically and otherwise became extensive. Prior to this date there is no record of any opium addiction either in India or in the Far East, but it was used extensively in the Mediterranean area.

By the fifteenth century opium became known in China. The British East India Company sponsored and encouraged the use of opium and its derivatives in China, where its use became the mark of social distinction and was limited largely to the wealthy merchant class. In the early times it was believed that only the upper classes, the elite, could use narcotics, and to have a well-developed habit was a mark of distinction.

The immense profit from the opium trade finally resulted in the Opium War, by which the British forced the Chinese to accept an expanding opium market. It is difficult to rationalize a so-called Christian nation's policy in forcing this vicious and degrading use of addicting drugs purely for the purposes of profit, but this is the case. The same East India Company brought cheap opium to Europe, and from thence to America, where it was used extensively in the colonies. The medical literature of Germany, England, and America indicates wide use and abuse of crude opium and morphine during the nineteenth century.

The characteristic means of using opium varied in different areas of the world. In China it was fashionable to smoke opium, but in India it was and still is eaten with food, usually being used as a condiment. In America opium was usually taken in infusions or tinctures, such as paregoric. The smoking of opium in America was introduced by Chinese immigrants who came to the west coast in the early 1800's.

Prior to the isolation of morphine, in 1805, in Germany, opium was used in its crude form. When analytical chemistry showed that the alkaloids were the active principles in opium, it was not long before the other derivatives were isolated. In 1832 codeine was synthesized in Germany, to be followed by heroin in 1898. At first heroin was thought to

use of the cinchona bark for only about 240 years now, the use of that bark has been known to the South American Indians for at least 1,000 years.

Many of the drugs thought to be the results of medicine's work in only the last few hundred years have been used intelligently for long periods of time at some place in the world. Among these are opium, rhubarb, iron salts, liver extract, curare (important in anesthesia), and extracts of cocoa leaf. These are only a few used by the ancients.

Wine and opium mixtures were widely used by the Egyptians before 3,000 B.C., and in some of their earliest works it is repeatedly mentioned that the Egyptian physicians administered certain drug concoctions. In fact, some of the ancient Egyptian writings describe operations, especially the craniectomy, in which a hole is made in the skull. Operations on the brain and the chest cavity were made while the patient was under the influence of these drug preparations. And it has been since shown in various physiology laboratories that there is an accurate foretellable result from the use of such concoctions. That implies, of course, that the ancients experimented with combinations of narcotics until they obtained a combination they thought to be adequate.

The cultivation, preparation, and use of opium were described on clay tablets written by the Sumerians about 3500 B.C. and found in the Mesopotamian area in 1910. The Egyptians, Greeks, and Persians all had recognizable pharmacopoeia written out and tabulated, including the medicinal use of the opiates.

So far as is known, the use of narcotics was limited to the Mediterranean

HISTORICAL ASPECTS

E. K. Distler, M.D.

OF NARCOTICS ADDICTION

have all the advantages of morphine as far as sedation and analgesia were concerned, without the extreme disadvantage of addiction. However, it was soon found to be the most malignant of all narcotics in this respect, and the medical profession hastily warned against its inadvertent use.

In this connection a glimpse into the pharmacological aspect will be profitable. If you take the opium poppy, scratch the unripe seedpods, collect the white, latexlike juices and dry these, you will obtain crude opium. From this, with a little refining, comes morphine. If you break that down by the use of acetic anhydride, you will get heroin, or diacetylmorphine. Heroin is about seven times the analgesic that morphine is, and it has many times the addictive power of morphine. It is easy to produce. Anyone with a pot in which he can boil something can produce heroin. In Mexico I have personally visited some of the places up in the hills where crude heroin is made. The quality of heroin depends directly upon the quality of the original opium from which the heroin is made. First, morphine is made from the poppy, and then heroin is made from the morphine.

One of the biggest sources for heroin and other opium derivatives, is the Near East. Until World II the greatest illicit source was the Far East, but because of the war in the Pacific such supplies were cut off and the narcotics users turned to Mexico, Central America, and the Near East. However, Mexicans are not careful in the preparation of their heroin, and no self-respecting addict would think of using Mexican heroin if he could get anything else. Of course, there are few addicts who are worried about that when they are facing withdrawal; but the best heroin, according to addicts at Lexington, comes from the Balkan States, from southeastern Turkey, Turkestan, and the little oases and valleys of Iraq.

Egypt still raises a great deal of opium, but Egypt became a member of the League of Nations Narcotics Commission in 1929, and it has sporadically attempted to limit exportation of this drug. Under his regime, Nasser has made it a capital offense to be caught *(Turn to page 30)*

Listen, May-June, 1962



Addiction was fashionable in New York in the 1880's. Well-to-do ladies used solid gold or silver hypodermic syringes set with jewels and diamonds to inject themselves with the enslaving drug morphine.



In collaboration with the Western nations, the Chinese began producing opium in the latter nineteenth century.



This poster of a Chinese Gulliver in the power of a dope ring illustrates the national reaction against opium in the early twentieth century. In 1907 all opium dens in Shanghai and Canton were closed.



Opium eaters line up in an Arabian bazaar. This picture is from an eyewitness painting by the Russian artist Vereshchagin.



Waging war on Egypt's narcotics problem, Cairo police here prepare to burn pipes and other containers used in the smoking of hashish.

WHAT is new in the field of understanding alcoholism and rehabilitation? One thought that carries great promise for constructive action in making a real impact upon alcoholism is derived from the approach by public-health officers and epidemiologists. They assert that "no mass disease is ever cured by treating the individuals affected. Preventive measures must be taken."

Who can challenge their contention that if alcoholism is a disease, it has reached epidemic proportions! Five million

against the damage from drinking. This is already becoming vocal in regard to protection against the drinking driver. Feelings are growing relative to the menace of the intoxicated person in a jet plane endangering the lives of all aboard. Society has a right to protect itself and will progressively do so, insisting that the alcoholic go through treatment for his own good and the good of society.

As we rethink rehabilitation, we must include work with victims of all of the alcoholisms, not merely the traditional one. We must reach all to whom alcohol has become a problem. This means work with drinkers in the earlier stages of the disease. Techniques must be devised to reach the teen-age alcoholic, the young adult problem drinker,



A NEW LOOK

victims of an incurable disease, with 5,000,000 more in the earlier stages of the disease, is quite an epidemic! The prophetic statement by the epidemiologists has thus far been ignored by most of the authorities in the field of alcoholism, who still cling to the outdated theory that there is no problem with alcohol, but with alcoholism, and no answer to alcoholism but rehabilitation. Every encouragement possible should be given to this *preventive* approach, for it possesses great potentiality as an effective scientific answer to the total alcohol problem.

An equally revolutionary theory in its implications for rehabilitation is found in Dr. E. M. Jellinek's book, *The Disease Concept of Alcoholism*. He observed that though the disease concept had been widely advocated for many years, it still had little "clinical perception." He sought to fill in the vacuum left by science with a much deeper concept of meaning. He found it necessary to break from the traditional ideas fondly held by many, saying, "In spite of the respect and admiration to which Alcoholics Anonymous have a claim on account of their great achievements, there is every reason why the student of alcoholism should emancipate himself from accepting the exclusiveness of the picture of alcoholism as propounded by Alcoholics Anonymous."—Pages 6, 38.

Dr. Jellinek's thesis is that there is not just *one* alcoholism but *many*. In minute scientific detail he describes five types of alcoholism, labeling each with a Greek letter. Briefly, Alpha alcoholism is "undisciplined" drinking; Beta alcoholism causes dietary deficiencies and cirrhosis of the liver; Gamma, craving and loss of control; Delta, inability to abstain; and Epsilon, periodic alcoholism. His definition is very simple, yet extremely comprehensive: "Alcoholism [is] any use of alcoholic beverages that causes any damage to the individual or society or both."—Page 35.

I foresee a shift in thought implied in this definition. That is the reassertion of the right of society to protect itself

and the alarming, rapidly developing problem of the hidden woman alcoholic.

There is an indication that something can be accomplished in these earlier stages. The highest percentage of success in rehabilitation efforts is found in the industrial programs. The alcoholic, in this case, has not lost his job and usually still has his family and community relationships intact. For the sake of these things, he is willing to follow a program and arrest his disease without going all the way down to skid row. Since this type of rehabilitation is indeed proving more successful, it should be further encouraged and developed.

In the early part of the century people took a look at the alcohol problem and reasoned, "When man and alcohol get together, trouble begins. Therefore, let us take alcohol away from man." This eventually brought about the prohibition amendment. It failed for two reasons: first, there were people who demanded alcohol; and second, there were others who could make huge profits by selling liquor to them. These two groups became very vocal in their demands and lawless in their methods and in due time brought about repeal.

The alcohol problem was intensified. America went on a prolonged binge. Once again the thinking people took a good look at the problem. This time they said, "If we can't take alcohol away from man, let us take man away from alcohol." Thus was born a movement which has now held the public eye for more than twenty-five years—that of *rehabilitation*. *It has become as much of a failure as prohibition was as far as solving the problem is concerned.* Experience teaches that it is no easier to take man away from the bottle than the bottle away from man. The stubborn fact remains—some people crave their liquor, while others can make their millions by selling it to them.

I reassert my basic assumption that the alcohol problem has not yet been solved by religion, law, education, or

science. Ironically, each group that thinks it has *the* answer eventually becomes a part of the problem.

Prohibition is held up now as a sort of club over the heads of the American people as a threat to their freedom. Rehabilitation is a smoke screen behind which people hide to evade facing the real problem of alcohol. Were every doctor, psychiatrist, social caseworker, and minister to give major attention to the matter of rehabilitation, and were A.A., alcohol information centers, and treatment centers to increase tenfold, and were billions to be spent instead of millions, rehabilitation would still not solve the problem, because of the nature of alcoholic addiction. It is stronger than individual self-control or rehabilitation techniques; these

straighten out his inner life, calling upon help if need be, before dependence upon alcohol is acquired.

3. "The alcoholic is socially sick." If he is to recover, it is essential that he readapt to the environment in which he lives—home, business, church, and community.

Since millions of people already find satisfying social relationships without dependence upon alcoholic beverages, the other millions of potential alcoholics could be taught the same means of living in this highly complex society without alcohol. We need to offer people in other ways the social values supposedly derived from social drinking.

4. "The alcoholic is spiritually sick." To recover he must resolve his guilt, find forgiveness, and reestablish a vital



cannot overcome it except in a small percentage of cases.

Theoretically, everyone agrees that the answer to the alcohol problem lies in a twofold program—prevention and rehabilitation. Practically speaking, temperance-minded people have little or no concern for rehabilitation, and rehabilitation-minded people ignore even the thought of prevention. Both are committed to the use of educational methods to accomplish their purpose.

One says, "Temperance education is the key to the solution of the alcohol problem," and the other, "Alcoholism education is the key to the solution of the alcoholism problem." There is no commonly agreed-upon philosophy of education nor content of material to bring things together into a more unified whole.

Does the matter of rethinking rehabilitation have any value in dealing with this problem? I submit that it does, and further that *every therapeutic principle effective for rehabilitation is equally valid for prevention.*

1. "The alcoholic is physically sick." Alcohol, at least in part, has caused that illness. Rehabilitation begins when alcohol is taken away and health is restored by the use of good food and vitamins.

Education for prevention is on a sure basis when it teaches that we don't need alcohol, lifts up the positive health values to be derived from voluntary abstinence, and promotes all the basic rules of health.

2. "The alcoholic is mentally sick." For rehabilitation A.A. stresses a complete moral inventory, and psychiatrists and counselors work out with the patient all the inner conflicts that have driven him to indulgence.

For prevention every individual owes it to himself to

relationship with God. Spiritual resources are always available but not always used.

Prevention is basically evangelistic. Among the people of our nation who solve the alcohol problem either by leaving liquor alone or using it in strict moderation, before or after rehabilitation, the religious motivation is the strongest single motivation causing them to take this stand.

I personally am ineligible for membership in A.A. since I am not an alcoholic. Nevertheless, I carry a card with the twelve steps of A.A. with me constantly and read them frequently. Every statement is as good for me as it is for an alcoholic. I find, as he does, that my life is rather unmanageable and that I have to reach out for a Higher Power than my own to straighten me out.

The A.A. prayer, "God grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference," has straightened me out in many a trying hour. Let me state my sincere conviction that the alcohol problem is one that is definitely in the area of things that can be changed.

By following the twelve-step program *before* instead of *after* the use of alcohol, we have as sure an inoculation against alcoholism as smallpox vaccination is against smallpox.

An understanding of rehabilitation principles and the application of rehabilitation techniques are the best preventive measures available. When temperance-minded people and rehabilitation-minded people realize this fact and work together as a team for both rehabilitation and prevention, a real impact can be made on the whole alcohol problem.

L. D. McGladrey

There is as sure an inoculation against alcoholism as smallpox vaccination is against smallpox.

Aglow with rapidly spreading flames, the "Morro Castle" suffers its death throes. Arrows indicate passengers awaiting rescue, which in many instances never arrived.



of the death ship

It was September 8, 1934. In the predawn darkness a flaming object was seen off the New Jersey coast. After ships at sea and crowds lining the beaches had watched it for more than

half an hour, the burning ship sent a weak distress signal identifying herself as the passenger liner "Morro Castle," eight miles off Barneget Light.

As the skippers of all ships in the vicinity headed full speed toward the stricken vessel, they could not have imagined the disgraceful circumstances that led to the tragedy.

In 1930, when the "Morro Castle" was launched, she was called "the safest ship afloat." As one of the most luxurious of small turboelectric liners, she had every convenience for comfort and safety. Her fire-fighting equipment was the latest. With 318 passengers and a crew of 244, she was returning from a seven-day Labor Day cruise to Havana.

The captain, Robert Willmott, had died of a heart attack the previous Friday night, before the sumptuous captain's dinner. The dinner was canceled as was the captain's ball which was to follow, traditionally held to celebrate the last night aboard. Technically, the ship was in mourning.

It was 4:23 a.m., Eastern Daylight Time. The ship was due back at her pier in New York at 6 that morn-

ing. Now with the acting captain standing on the bridge she was plowing full speed ahead into the teeth of a northeast gale with fire sweeping the full length of her superstructure.

Forced to jump by the advancing flames, passengers were drawn into the propeller stream and cut to death by the whirling blades. It had been 45 minutes since the fire was discovered.

In a pouring rain sometime between 3 and 4 a.m. dazed passengers had first begun scrambling out onto the decks. No fire alarm had sounded. They saw the ship's midsection, a pillar of flame. Scarcely any crewmen were on hand. Lifeboats were burning at their davits. Some boats were being launched fumblingly with hardly anybody in them. Windows had not been closed nor ventilator fans shut off. The ship's elaborate system of fire doors had not been put into operation.

The ship was finally brought to a stop and anchored. There was no light except for the weird glow from the fire. Nobody had thought to switch on the emergency lighting system. Unthinking passengers

jumped without life preservers. Some put on their life jackets wrong, and others failed to tie the cords and the jackets flew off as they jumped.

Some were killed when others jumped onto them. A crowd standing numbly at the rail, not daring to jump, was rushed by a frenzied mob, some with clothes afire, who clambered over their heads and dived into the water. Many were trampled to death.

As the murky dawn broke, rescue ships began to arrive. This was two hours after the fire was discovered! Crowding the rails of the liner "Monarch of Bermuda," passengers watched the flames leap from deck to deck of the "Morro Castle" and saw the senseless running around and heedless jumping.

The water was alive with screaming men and women. Not all those trapped below were mercifully overcome by smoke. Horrified passengers and rescuers saw faces appear in the small portholes below decks pleading for help. Nothing could be done for them.

At first, officers and crew of the "Morro Castle" assured news reporters that all was orderly aboard ship during the emergency. It was not until an inquest, ordered by the Secretary of Commerce, that the public got some idea of what actually happened aboard the unfortunate vessel during those terrible forty-five minutes before the distress signal went out.

One of a group of seamen who had tried to lead passengers to a lifeboat said, "We pleaded with them, we tried to herd them, but few of them would go. Many even tried to fight past us and get back down to the lower decks."

Another crewman said, "There was the wildest confusion on the port side. Women were shrieking and screaming as if they had gone mad."

This cruise to Havana had become popular during the bootleg era because it afforded a binge in the gay Cuban city. This was the first boisterous summer after repeal of the Eighteenth Amendment, when American steamships once more had bars aboard. All restraints on drinking could be flouted with hilarious abandon. Although many of the passengers had, no doubt, taken this trip for wholesome relaxation, a large portion of them had no other purpose than to "live it up."

Cancellation of the captain's ball had left many of them "all dressed up with no place to go." In no mood to respect the atmosphere of mourning on their usually gay last night aboard, they started drinking parties.

The acting captain, when questioned about drinking, stated at the inquest, "There were several drinking parties aboard that I heard about. I was told of one where they took six or seven drunken girls to a stateroom."

It was brought out at the inquest that the "Morro Castle" had not kept up the lifeboat drills required by law. Passengers were often so indisposed to participate that stewards had taken to serving them afternoon tea instead. A steward estimated that on the night of the fire, at least one third of the passengers were either seasick or intoxicated.

When the first black headlines came out in the newspapers, accounts carried the usual stories of heroism and self-sacrifice by the crew. But reporters must have had to fabricate those stories from precious little information. When the first crewmen landed in lifeboats they were tight-lipped. The Ward Line, owners of the "Morro Castle," sent lawyers out in a tug to board the Coast Guard cutter and rescue ship, "Tampa," to accompany their acting captain and some of his officers down the gangplank to make sure they would not talk to reporters.

When the inquest opened on September 10, 1934, Ward Line lawyers were all over the place. They even stood beside crewmen as they testified. However, they were not able to suppress testimony of the passengers.

"The chaos on board the 'Morro Castle' was beyond description," stated a Catholic priest, one of the sober passengers. "There was absolutely no command; apparently nobody was in charge."

Officers denied vehemently that crewmen fought with passengers over the lifeboats, but a New York policeman among the passengers told of pulling his service pistol and halting a crewman who tried to grab a place in a lifeboat ahead of the policeman's invalid wife.

Hardest for the Ward Line to explain was the inefficiency in launching the boats. A lifeboat was suspended by one end, dumping occupants into the water. Another one was dropped 25 feet. The only passenger in this boat said most of the crewmen were sick, possibly from smoke inhalation.

"You could not handle the lifeboat very well?" a crewman was asked at the Federal Grand Jury investigation. "Was that because of the weather, or lack of skill?"

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S. E. CLARK / Unanswered questions have long covered the burning of the "Morro Castle" in mystery, but causes of the disaster are not as mysterious as some have claimed.



Tangled, shapeless scrap iron is all that is left of the top deck of the luxury liner which was once known for its reveling and wild parties.



At the Federal inquiry into the "Morro Castle" disaster, this passenger at the witness stand testified concerning drunken crew members on the ship preceding the tragedy.



Unidentified bodies of fire victims present a grim array in a temporary morgue at Camp Moore, New Jersey, where they were brought for identification.

it's the brain that counts

Joe Ellis grimaced as he looked about the small, cluttered kitchen. He shoved aside an unwashed breakfast plate and tossed a half-melted ice cube into his glass. Sticky summer heat simmered in the airless room. Joe mopped his face with a grimy handkerchief and downed his last drink in one gulp.

Today had been like every other day for the past three months since Martha's death. He dreaded coming home. He often wished he could work around the clock rather than face the cheerless, lonely evenings in the untidy apartment.

How long had he kept Mr. Lawrence's books? Twenty-five years, come December, mused Joe. "Old Reliable" was what his employer called him, a nickname it had taken all twenty-five years to earn; and that was about all he had, come to think of it.



California's Medical Facility at Vacaville is finding new hope for certain emotionally disturbed persons who heretofore have been considered virtually hopeless.

Evelyn A. Wilkes

Joe's restless mood grew. He should eat some dinner, but the heat discouraged an appetite. A twinge of nausea gripped him. The thing he needed most was another drink, Joe decided, eyeing the empty bottle.

Across the street, an attendant took a last hurried check of the used-car lot and drove away. Probably going home for dinner, Joe observed. Why not "borrow" one of those fancy cars and take a drive? The lot was

packed—who would miss one automobile from the lot?

The plan seemed so reasonable that Joe experienced no twinge of conscience or embarrassment as he loosened the lot's chains, chose an almost new automobile, and drove off to his favorite neighborhood. There were several bars, and Joe sampled the wares of all.

Some hours later, a thoroughly intoxicated Joe Ellis extricated himself from the upturned car, and, unharmed but shaken, tried to answer the questions of the patrolman who soon arrived at the scene.

In time, Joe found himself dismounting from a bus to join the endless parade of new admissions at one of California's newest and most modern prisons, the California Medical Facility at Vacaville.

Many of his bus companions were like Joe, first offenders. Some were returned parolees, who greeted the inmate-clerks in the reception room as old friends. To the new arrivals, the unprisonlike atmosphere of the reception center brought a vague sense of relief. Joe noticed that the workers who took his case history, fingerprinted him, and cut his hair also were inmates. The few official attendants present carried no arms. Joe Ellis decided that his commitment had been fortunate.

In the prison's reception guidance center, Joe began an evaluative series of medical and psychological examinations that had been designed to find those individuals who are emotionally disturbed and who might respond to treatment. If an inmate is considered likely to benefit from therapy, he will serve his term in the prison hospital. Others are sent to conventional prisons.

According to Dr. David Owens, chief medical officer, and Dr. Robert Kuehnert, psychiatrist and director of clinical services, Joe Ellis's impulsive, unperceptive offense while drinking is an old story which they hear often when they examine hundreds of Joe's counterparts.

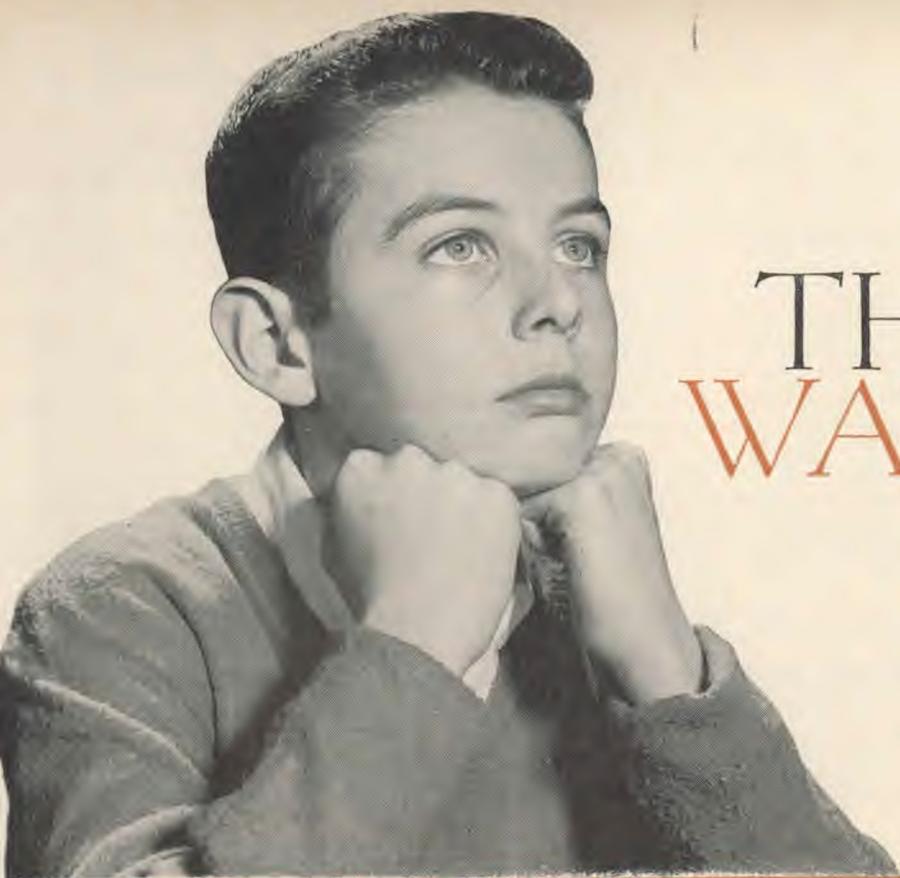
Joe was embarrassed when he described his crime to Dr. Owens. "I just don't know what came over me, Doctor. I've worked hard for twenty-five years and have never been in any trouble with the law. But I've been lonely since my wife died. The day I stole the car started out like any other. After work, I came home to relax with a few drinks—I had five, I guess. Anyway, I felt pretty good. Then, all of a sudden, I had to steal a car from that lot."

In line with his theory that a particular kind of crime will often indicate certain physical defects, Dr. Owens and his colleagues carefully studied Joe's X rays, his electroencephalogram, and his psychological test results. They concluded that he showed signs of brain damage. Dr. Owens attributed Joe's condition to a prolonged use of alcohol. His history fitted the recently recognized concept that social drinking over a period of years can cause brain atrophy with resultant unstable behavior.

Dr. Owens explained, "Whenever we see a first-offense prisoner like Joe Ellis, about fifty years old, who has been a 'social drinker' for several years, we examine him for organic brain damage caused by alcohol. Often our examinations prove our suspicions correct."

Irrefutable proof of a high correlation between criminal activity and alcohol is found in the prison records. Of Vacaville's total population of 1,400 prisoners, Dr. Owens estimates that as high as

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THEY'RE WATCHING US!

William Folprecht

A WORD TO ADULTS ONLY

We were engaged in idle conversation while driving along the highway. My wife, riding in the back with our teen-age daughter, mentioned a certain new dish for dinner. As she spoke, I tried to make a wry face as I uttered an unsympathetic remark.

I accidentally turned to observe Ted, my fourteen-year-old son, who was seated in the front seat with me. To my surprise, he was looking at me and deliberately making the same kind of face.

Teaching my tenth-grade English class one day, I appointed a student to stand in front of the class and lead in a vocabulary drill. As I walked around observing the students' response to the pupil at the front, I suddenly realized that the boy was imitating me very closely.

All his gestures, phrases, and intonations were the same as my own. "We'll find the correct pronunciation of that word *right now*," he said emphatically to one fellow student, "here in this blue book!"

He lifted my desk dictionary high in the air and then handed it to another student. "Look it up!"

I realized that his actions were identical to mine. The class tittered at his dramatics. But halfway up the row of seats, the realization hit me as it had in the car several days previously, that these young people, our own children and others, are watching us, watching us far more than we realize.

The National Safety Council reports that some \$1,600,000,000 of the cost of traffic accidents is directly traceable to drinking drivers. Along with this alarming figure comes the news that young people are drinking more than ever and at a younger age.

Why do youth drink? The most startling reason has been

unearthed by the Gilbert Youth Research Company. Their report, based on interviews with 939 young people, indicates that the example of the parents was the most important reason for a young person's developing or not developing drinking habits.

Of the youth questioned, three out of four boys who did not drink claimed that their father's good example of not drinking prompted them to shun liquor. Where both mother and dad had set good examples by not drinking, the large majority of the children did not develop drinking habits.

In contrast, where parents drank even a little, the children tended to be drinkers. One father admitted he was worried about what would happen to his daughter when she would leave home to attend college. Would she start drinking? When frankly questioned, he admitted that he and his wife both drink. "But we've taught her to drink like a lady," he claimed. The sad truth is that those who are taught to "drink like a lady" by their parents may very well wind up in institutions and hospitals the same as those who have no such training.

Another father said he was concerned about his twelve-year-old son. According to rumors, the boy had taken strong liquor at a party. The father reluctantly admitted that when he himself drank at home he had often given the little fellow "samples."

Here we have two damaging facts: (1) Americans are killing each other (and themselves) on the public highways at an alarming rate, and (2) at the same time, American parents are teaching their children to drink!

There is no use denying that the home is the real school of life. Here parents have an opportunity not only to speak to their children about wholesome (Turn to page 29)



YOUTH

**- ITS
PLEASURES
AND
PROBLEMS**



Ann Landers answers 24 questions

Miss Landers, what would you say makes today's young people behave as they do?

Youth today actually suffers from a lack of motivation, which is rooted in a lack of necessity. In other words, economic conditions today are such that most teen-agers have everything they want, and often a great deal more. They don't have to go out to work for those things as young people had to do in the days of the depression, when I was a teen-ager.

Secretary of Labor Arthur Goldberg is looking into the possibility of altering the child-labor laws. Originally, those laws were designed to protect the young from being exploited, to make sure that the eight-, nine-, and ten-year-olds would not be made to go out and work from dawn till midnight, and that children would not be forced to leave school at eleven, twelve, or thirteen to work.

Today the law has defeated its own purpose. It has made it impossible for fifteen-, sixteen-, and seventeen-year-olds, in many instances, to get jobs. The law should be changed so that such teen-agers can get work to fill out their spare time. Teen-agers today have too much leisure time, too much money to spend, and there's too much driving around in cars with no place to go. There is no pressure on them to do or produce anything constructive.

What would you say are some of the major problems today's teen-agers face?

One problem is the lack of communication with their parents. Their parents don't give them enough attention. The home is no longer the center of family activity. Mother and father are taken up with their own activities. And when it happens that all of the family is indeed home together, they turn on the TV. Then no one talks to anyone else at all, and as far as communication between them is concerned, they might as well each be in different counties.

What is your opinion of the influence of television in the home?

TV offers some good entertainment and some informative programs, but it also offers a lot of garbage. Children should not be subjected to violence, killing, and shooting for several hours each day. Of course, some say that the good fellow always wins in the end, but it does not matter whether it's the good fellow or the bad one who wins. It's the violence that leaves the impression.

How should youth be guided today?

I believe that any child, through high school age, whether immature or well-integrated, should have limits set for him. His parents should be in control of the situation. Children might rebel against such controls, but actually they want them. They must know that their parents have better sense. They actually *want* to be told *No* at times; it gives them a better feeling, a feeling of security that there is someone who guides them.



Ann Landers and daughter Margo.

We hear that teen-agers like to feel they are adults. Might they be more likely to act like responsible adults if their parents treat them as such?

Oh, trust is an important thing. You will get out of the child what you expect of him. If you don't make the child feel you expect something of him, you will not get anything in return. You must treat him as if you feel he has integrity, and not keep questioning and questioning and prying.

The child wants a set of expectations to live up to, and it is the parents' job to give him something worthwhile to live up to! But the test of parenthood is to know where to draw the line, to know how much freedom to allow a child and when to apply the controls.

Certain things the child must be allowed to learn on his own, for there are some things that are best learned the hard way. You can't always protect the child against what goes on outside.

On the other hand, there are some things on which you, as the parent, must speak out firmly. For instance, if a child wants to quit school, the parent must take a firm stand and forbid him to do it. The same would be true when a sixteen-year-old decides he wants to get married.

To turn to one major problem of youth about which we know you are very much concerned, the problem of drinking. Why should young people want to drink?

Young people want to drink for different reasons than older people do. The young do it for fun; they feel it's perfectly safe and that it's the smart thing to do. It is the older people who drink in order to avoid tension. Some speakers tell me that they must have a drink to relax before they go on the platform, but they end up with three drinks, generally, when they planned to have

IF YOU go to a hotel where Miss Landers is registered and inquire for her, the desk clerk will look at his room record and tell you, "We have no one by that name checked in."

The reason, of course, is that she is registered under her family name, Eppie Lederer.

Probably not many persons know her as Eppie, except her businessman husband Jules, who owns a coast-to-coast car rental system and her twenty-two-year-old-daughter Margo, who is a student at Brandeis University. You might also add her eight secretaries in her Chicago *Sun-Times* offices, plus close acquaintances, and old community neighbors who knew her when she was a housewife in Eau Claire, Wisconsin, or a schoolgirl in Iowa.

On the other hand, millions across the nation know her as Ann Landers and flood her with "Dear Ann" letters, asking her valued advice on everything from mooching relatives to dyeing hair, from feeding the cat to buying faucet handles from a next-door plumber.

Talk with Ann, and you readily see why she is today's most widely read advice columnist. Her interest is people, her concern is helping them meet life, her dedication is aiding in preparing modern youth to live abundantly and happily.

Ann doesn't carry around with her the traditional air of an advice writer, but is a small, chic woman with the concentrated drive, as one close observer says, "of a falling brick," a mind "functional as an IBM machine," but with "the warm heart of a woman."

Ann Landers would not be Ann today were it not for a fortunate combination of coincidence and her adventurous drive. Some six years ago, soon after settling down in a new gray, scarlet, and white apartment on Chicago's Lake Shore Drive, she called the *Sun-Times* to ask whether she could help with mail received by the paper's Ann Landers column.

Meet Ann Landers...

Amazed, she learned that the column's author had just died. In six weeks, after competing with twenty-eight professionals for the job, she was told, "You are the new Ann Landers, and you will be writing for twenty-six papers instead of one."

Entirely lacking experience, she fell into the water and started to swim. Evidently she has paddled well, for now nearly 50,000,000 readers of some 520 papers avidly await her next column, either to agree and accept or disagree and vocally remonstrate.

Though constantly in a swirl of activity, Ann does not go in for much social life as such, preferring generally to spend a busy evening at home

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only one. I think they, and others, too, would do better *not* to drink just when they think they need it most.

All drink does is to release inhibitions, so that the speaker thinks he has done very well; he doesn't know that he faltered and stammered throughout his lecture. It is the alcohol that makes him think he's tops.

Alcohol paralyzes the censor agent in our minds; it blurs up our mental machinery, so that the person who drinks gets an entirely false picture of himself and his achievements.

You say that the young think drinking is the smart, up-to-date thing to do. Would you say that advertising is a major factor in inducing young people to drink?

Well, I don't like advertisements for liquor which picture people who look like they might be teen-agers, for that gives teeners the impression that drinking is the thing to do. But actually ads don't usually do this. They're generally aimed at the older, the sophisticated crowd, you know, the man with the graying temples, the woman with the ermine wrap.

We are told that more than half of the youth who start drinking got started at home. Why should this be so?

A great many young people who drink have parents who drink also. On the other hand, some eminently successful people had parents who drank, and they were so shocked and horrified by what they saw alcohol do in their homes that they themselves never afterward touched a drop of liquor.

I have seen parents permit their children to drink at an early age, and to join them at their cocktail parties. I can think of nothing more revolting than the sight of children at cocktail parties helping their parents serve drinks and eating the olives out of the martinis that get passed around.

It's anything but cute; it's certainly not gracious. This is the way children absorb the wrong atmosphere; they grow up with liquor.

Why should parents want to teach their children to drink?

Some parents may think it's smart to teach the children to drink at home, feeling that the children won't then go wild outside. They think temptation will be less if the "forbidden" aspect of drink is removed. But this just isn't so.

The children should know that liquor is destructive. It alters the personality. It makes them do things they would not dream of doing otherwise. It is expensive, and damaging to health. It simply isn't smart. Parents have the responsibility to teach their children that liquor can bring about some very unhappy results.

Even if you look at it only from the vanity point of view—did you know that women who start drinking early and go on drinking over a period of time age much faster than they need to? Liquor is destructive to tissue. Now, I am forty-four, but I think I would pass for thirty, and I sincerely believe I kept my youthful looks because I stayed away from liquor all my life. If you want to stay young, keep away from liquor. The woman who drinks destroys the sparkle in her eyes and the freshness of her complexion. And liquor has calories, too!

Talking of women, relatively speaking, how much more important is the mother's influence here than anyone else's?

Very important. When the mother drinks, it is pretty hard to tell the daughter not to.

Some teen-agers say that they feel the religious reason is the most logical argument for not drinking. What would you comment?

That depends on the religion, of course. The Mormons are opposed not only to alcohol, but also to smoking, and even to coffee and tea. So are some other religious groups. If the young people are strong believers in one of these churches, religion may be a factor in keeping them away from drink.

We said before that drinking does seem to take away feelings of inferiority and shyness that handicap some young and some older people as well. Is this never a desirable thing?

When you take liquor, you remove the "policeman." That's the most dangerous effect of drink. Liquor gives you what they call "bottled courage." Under the influence of liquor you will say and do things you would never say or do ordinarily.

You are not yourself. You are totally disarmed—helpless. This loss of inhibitions may make the person feel good, make him feel he's grand, when all that's happening is simply that he is saying and doing things without restraint by his better judgment.

It's like saying that a store is a safe place because they have taken away the policeman who was on the lookout for pickpockets and shoplifters. Actually, inhibition is a very good thing. People need inhibition and good judgment if they are to act like human beings. This is what makes man different from the beast.

How does drinking affect the sex drive?

Oh, that's a matter of record. Everyone knows, of course, that the sex instinct is very strong in young people. Kinsey, in his report, said that a boy of seventeen or eighteen is at his peak sexually. Why, that's enough to scare you to death.

But there are some factors that make teen-agers behave themselves. First of all, there's fear—fear of pregnancy, of loss of reputation, or fear that people might find out. Secondly, it is a matter of standards. Many young people have sound personal standards acquired by training. But when they drink, all that goes by the board. Then they do whatever they think is fun for that minute, with no thought of anything else. It's stupid to wreck a life for a few moments of "fun." It's plain dumb!

What about those so-called "inbibited geniuses" who feel that they can express themselves more freely when under the influence of drink?

If this were true, then all literature, all the material that writers and artists put out, would have to be produced under the influence of alcohol. But people just can't function that way. People who take liquor because they think it helps their style may think that if one drink is fine to "relax" them, then six drinks ought to make them six times as free and easy. But this isn't so. Drink only dulls the senses, and after a while they can't even see straight, much less put out a good piece of work of any kind.

In the case of a woman, particularly, does drinking affect her looks?

Liquor "washes you up." A letter from a Seattle woman tells the story:

"If a woman can't think of a better reason to leave the bottle alone she should consider what it does to her looks.



My mother has twin sisters. They are thirty-five years old. The alcoholic twin looks twenty years older than the twin who doesn't drink. The nondrinking aunt has had five children and has worked hard all her life. The drinking aunt has had one child, has never had to work, and she goes to the beauty shop twice a week. This example in our own family has made a teetotaler out of me."

How can youth today find better escapes or more wholesome outlets than drink?

There are many things young people can do today. They can keep busy with wholesome activities. Boys have athletics—baseball, football, track. They can even build a boat. And kids can mow the lawn and help their mothers instead of running around.

The combination of liquor and the automobile has been a most destructive force since the last war. Twenty-five years ago, when I was a teen-ager, kids didn't own cars. Now they do. Put four wheels under them and they're off, off to a community where they're not known and where they can do what they like. And more than likely there's a bottle of bourbon in the back seat. Put a car and liquor together and you have homemade trouble.

The "plus" in life always takes work, even mechanics or truck driving. Life is competitive. One must think on the positive side—and beer doesn't help in that direction.

If we're on the subject of drink and driving—what should a girl do if she's out with a boy who's had too much to drink?

Well, many girls have testified from hospital beds that they should have found other transportation immediately. There are many youngsters—and parents—who write me about bad accidents that happened when the boy at the wheel had been drinking. That's what keeps parents awake and worrying on party and prom nights.

But the young aren't the worst offenders. I've seen adults leave parties in such a state of intoxication that I wondered how they'd ever get home. And many times it's the drunken driver who comes out all right, while the others, in his car or in the other car that's involved, get killed.

What about the girl who feels awkward in her crowd because she's the only one who orders ginger ale?

If a girl feels she must order a drink in order to rate with the crowd, then she's simply in the wrong crowd. Her refusal to take liquor is exactly the thing that makes her a shade more "special" than the girl who does drink. No girl ever lost a date—with a fellow worth going out with—just because she refused to take a drink. In fact, if she sticks by her policy, she might even find herself in a new group more in conformity with her standards.

How do you talk to young people about these things?

I put it right in their laps, and tell them, "It's up to you what you are going to make of your lives. What do you want to do? You are becoming adults now—begin raising yourselves! You are at the age of reason. God gave you a good mind and body; what will you do with them?"

What do you say about smoking, especially to the girls?

Personally, I don't put a moral stigma on smoking, but a girl who smokes is unfeminine. She reminds me of a

horse on a cold day, blowing steam out of his nostrils. Boys tend to think of her in terms of another boy. Smoking cheapens a girl, putting around her the atmosphere of a pool hall.

The effects of smoking may not be apparent for a time, but when the smoker falls apart, she falls apart fast! For example, models may smoke, and drink, for a time. After ten or fifteen years, though, they've had it! They go just like that! Some people say they smoke in order to have something to do with their hands. If they can't do anything more constructive with their hands than that, they're bankrupt mentally.

Do you think it might help if the schools would teach teen-agers about this?

The pattern of behavior is set in the home, and school can't undo damage that has been done at home. All the school can do is implant some good ideas in the student's mind.

And, of course, a major factor here would be what kind of youngsters enjoy positions of importance on the campus. The others are inclined to follow the example of the kids they feel they should admire.

Is motivation essential in developing right habits?

Indeed it is. Ask a young person, "What do you want to be in life—a mere rum bucket?" Youth should count the cost—know the price, and be ready to pay it. They should know that the drinker tends to become the low man on the totem pole, that he doesn't do as well in his studies, on the job, anywhere in life. Drinkers wind up with drinkers; they feel more at ease with them.

It seems to be necessary in these days to drink and smoke in order to be popular in school, doesn't it?

Applesauce! I did neither, and I was one of the bunch. It didn't hurt my popularity one bit because I stayed away from these things.

Is there anything further you would like to tell our readers from your personal experience in connection with these problems?

Yes. Many young people feel they can be part of "the crowd" only if they drink. They don't want to be the only ones in the gang not drinking.

There are even adults, particularly in the literary world, who tell me, "Doesn't it make you feel uncomfortable to be the only one who refuses a cocktail? Why don't you just hold a cocktail glass in your hand so you won't look out of place at the party?"

But I don't think it's necessary for me to hold a drink or pretend I'm drinking in order to be "one of the crowd" in the literary world. And I don't feel a person not drinking should be looked down upon. At the same time I don't think that I'm better than everyone else simply because I refuse to drink. Nor do I feel I must camouflage that fact to make others more comfortable. This is my personal belief, and I owe no apologies for the fact that I hold it.

If someone offers me a drink, I say frankly and quietly, "I don't care for one."

Actually, I have never known a single person who was improved by drinking, or smoking either, for that matter.

AS THE

WORLD

TURNS

Morocco • *TANGIER INCIDENT*

Article and Photos by J. Mortimer Sheppard

Recently a Tangier newspaper carried the report of a flagrant violation of the Moroccan antidrug law. A Moroccan countryman was seen carrying a sack. Although there was nothing furtive about the man's manner, a police officer, acting upon a hunch, asked him what he had. "Kif," the man replied, using the North African term for marijuana.

The officer arrested the man.

At the trial the judge asked the man, "You were found carrying twenty-four pounds of kif. Don't you know that the law prohibits any traffic in this kind of tobacco?"

The culprit shook his head in bewilderment and replied: "I have been growing and selling kif all my life, and have never known that it was wrong. I am sorry that I have offended the law, and I promise not to do it again."

The magistrates (there are two judges under Moroccan law) consulted briefly, and the charged man was fined 1,900

dinhars (about \$45), which is the minimum in such cases.

The growing and selling of marijuana, or kif, in Morocco has been widespread for centuries. When Sultan Mohammed ben Yousif was made king of Morocco, he passed a law against any growing or trafficking in kif, and his son, who became king upon the sultan's death, still endorses the law.

But it is not an easy matter to enforce prohibition of this insidious drug. Much of Morocco embraces foothills of the Atlas mountain range in North Africa, and in this area kif is widely and openly grown. It is off the beaten track for tourists.

Law-enforcement officials have not dared to penetrate this area, where most of the population are Berbers. These people are a race unto themselves, who have often been in open conflict with the Moroccan Arabs, and who regard the Atlas range as their own territory.

International smugglers are aware of this situation, and their wholesale purchases are ultimately used in Europe and even the United States.

It is expected and hoped that Moroccan authorities will be able to reduce the traffic in kif, but they have a most difficult task.



◀ An Arab Moor crosses a Moroccan street with a bag under his arm which may contain marijuana. This photo was taken in Casablanca, Morocco's largest city. Note the street sign, which is in both French and Arabic.



◀ Trafficking in marijuana is both common and dangerous. This scene in the Casbah or Souk part of Tangier, Morocco, depicts a man hauling rubbish. However, it is under seemingly innocent loads such as these that marijuana is often concealed.



◀ This street scene shows an apparent vendor of handicraft articles whose sideline could be selling marijuana cigarettes. About to make a sale to the turbaned Moor at the left, the vendor is not very happy over having his picture taken.

▶ At times women are employed in the illegal distribution of marijuana, but it is virtually impossible to apprehend them. The vast majority of women in Morocco still wear the veil, and it is unthinkable that any man should speak with, much less question them.



TOO LATE Eddie Lee Shelton wrote this personal story for "Listen" from his prison cell in the Oklahoma State Penitentiary at McAlester. The story was his first sale after months of writing and sending his stories to various publications, but he did not live to learn of the acceptance. The day before the acceptance letter from "Listen's" editor got to him, he was strangled in his cell by his cellmate in an unprovoked attack. However, the pathos and impact of his personal experience should serve as a timely warning to many who might be tempted in the same way he was.

Yes, I was a pill head, an addict to those seldom-heard-of narcotic pills known as benzedrine, dexedrine, and various other forms of narcotics related to amphetamine.

This kind of drug is ordinarily prescribed by physicians for persons suffering from nasal congestion or overweight. It acts as an effective weight-reducing agent because it minimizes the appetite, but it also stimulates the nervous system and shortens sleeping regularity.

I was introduced to "bennies" while still in high school in Fort Worth, Texas. They were offered to me by an associate who used them for thrills and kicks. He informed me that they were not habit-forming, as some people believed, but could be taken or left alone.

For a year I believed him and used benzedrine quite often. The tablets appear to be nothing more than an oversized aspirin. I later became acquainted with dexedrine, which is the same drug but comes in lighter potency with fewer grains per tablet. These are commonly referred to as "hearts" among addicts because of their triangular shape.

The feeling I experienced from this lighter form of narcotic was exhilarating, and my mind seemed to function with peak efficiency. I could react with amazing speed to any situation. The sudden loss of depression I felt, created a satisfaction and contentment within me heretofore unknown.

I found that, contrary to popular belief, most drug addicts do not have peculiar or telltale habits that are easily detected by merely observing them. However, a drug user under the influence of an amphetamine can often be spotted by police or men trained in the narcotics field. The user's eyes are dilated, he appears to be overly alert, and is often chewing gum because the drug dries the saliva. Overdosage or prolonged effect will result in involuntary twitches or jerks of the jaw and facial muscles, causing the user to grind his teeth. His appetite for solid foods is gone, and sleep is slow in coming until the full effect of the narcotic has worn off.

I feel very fortunate that I was never addicted to the harder narcotics, more commonly known as morphine, opium, cocaine, and heroin. Unfortunately,

some of my friends were, and through them I have been given some insight into their problems. As for myself, I was still under the delusion that I had no habit and that I could quit anytime I wished. Several of my associates, now addicted to "hard stuff," had often tempted me to try their drugs, but I managed to resist this temptation simply because I was afraid of the needle. If the drugs couldn't be taken orally, I did not tamper with them. I've many times since then thanked God for instilling that fear in me. One of my more unfortunate friends is now serving fifty years in the penitentiary because he was caught in possession of "hard stuff."

Though amphetamine drugs are cheap in comparison with the stronger narcotics, they more often must be obtained illegally by addicts. They can be pur-

ILLUSTRATION BY JAMES CONVERSE



— Eddie Lee Shelton —

chased in most states by prescription only, and most doctors are wise to the hardship stories used by the addict.

On one occasion, while several friends and I were on a pleasure trip, we stopped at a border town in Mexico. Shortly after our arrival we went into one of the pharmacies and tried to purchase some dope. We were unable to secure the popular drugs or opiates, but we had no trouble in buying benzedrine and dexedrine. The tablets were in small bottles of twenty-five, but a more brazen companion bought a larger bottle containing one thousand!

We carried them openly during our brief stay in Mexico and even displayed them. We were obviously noticed by everyone, as we made no secret of it, but were never questioned by authorities or anyone else for possessing the tablets. They were strictly legal there in every sense of the word. Mexican authorities apparently didn't care.

Upon returning to the United States, we smuggled an ample supply of them across the border with no trouble at all. Everyone was well supplied for several months. Due to continued use of amphetamine, I slowly began to lose my health. I lost weight, suffered from loss of appetite, slept fitfully, and occasionally suffered from hallucinations.

I think I should also mention another form of stimulating narcotics that has recently spread across the country. This consists of a certain type of nose inhaler one sees in nearly every drugstore or supermarket, and which may be purchased by anyone. The inhaler is a plastic tube that can be inserted into the nasal opening if a person suffers from nasal congestion or sinus trouble. It is a simple matter for an addict to break the plastic covering and swallow the drug-soaked cotton padding inside.

I purchased one after a friend told me what they could do for me. "Try it, Eddie. It's the same drive you get from bennies. Just swallow the cotton, that's all there is to it," he coaxed.

He was right about the effect, but the taste was awful going down and I almost gagged on the terrible taste of the cotton. I finally had to drink a Coke to take the taste away.

However, my first experience with this inhaler was my last. After the stimulating effect had worn off I became violently sick to my stomach. It was a week before I could retain anything in my stomach, and then only in small amounts.

My friend had suffered the same effects at first, but he claimed that it didn't annoy him after the first time. "Your system gets used to it after a while," he explained. I wasn't going to give mine a second chance. Once had been enough for me.

Out of curiosity, while looking for a clue to what kind of drug the inhaler contained, I later read the directions regarding its usage given in fine print on

the tube. Horrified, I saw the words, "Not to be taken internally"!

How did the manufacturer expect anyone to do that unless he was already aware that addicts were doing it? If so, why was there no control over the drug? This inhaler was, and probably still is, as easy to obtain as a package of cigarettes. It would appear that some drug manufacturers have become lax in their efforts to control certain forms of drugs now flooding the markets. Among these are some types of tranquilizers and the so-called "happiness pills."

I can remember when I first suffered from a hallucination after using "hearts" for about thirty-six hours, with no sleep or rest during the elapsed time. I had ridden home with a friend after a party and I was still feeling "high" as I started up the steps to my front door. It was quite late at night, and as I was about to open the door, a large tomcat darted out of the shadows and hurried past me. I imagined it was a tiger! It scared the breath out of me, and I nearly tore the door from its hinges getting into the house. It was some minutes later, while I nervously looked out the window, that I saw it for what it really was. If there had been a gun in the house when I first entered I would probably have shot someone's cat.

It seemed amusing to my buddies when I spoke of it to them later, but it was far from funny to me at the time. It was at this time that I first became aware that several of the fellows had experienced both auditory and visual hallucinations during their drug-taking. One fellow swore that while driving down the street in his car he thought he saw alligators biting at the side of the car! It was no joke to him, either. He told it as though it were the honest truth.

Shortly after this I decided to shake the habit, but this did not prove to be as easy as I had imagined. Although I had never suffered the dope-addict's tremors, shakes, or chills, I had become emotionally unstable, nervous, irritable, and constantly depressed.

I finally gave up and went back to using amphetamine, and through continued association with undesirable characters in my community, I entered into a life of crime.

My ignorance and disregard for the law finally resulted in my arrest and conviction for theft, which landed me in the penitentiary.

From all of this, I hope I have finally overcome this terrible habit. If anyone is in doubt, I think this should be adequate enough to show the terrible potency of these tiny brain killers and the folly of becoming involved in their use.

I WAS A PILL HEAD

a NEW trend geared to convict drinking and drunken drivers may sweep many major cities in the United States within the next several years. This new idea is the taking of sound motion pictures of drivers suspected of being impaired by alcohol. Effectiveness of this new procedure already can be measured in money saved and increased convictions.

For instance, Denver, Colorado, one of the first cities to adopt this new law-enforcement technique, saved at least \$30,000 in 1960 above the costs of equipment and film processing, according to Police Captain Leonard Johnson.

As far as convictions are concerned, one of the greatest problems facing law-enforcement officials today is the inability of prosecutors to win convictions against drinking and drunk drivers, even in the face of incriminating evidence. What happens is this, say these officials. Those on the jury, many of whom are drinkers, look at the defendant and say to themselves, "There but for the grace of God go I."

The defense lawyer does everything in his power to cast doubt on the testimony of witnesses or officers. "The defendant is all cleaned up and looks like the nicest guy in the world," says Captain Johnson. "Our biggest problem is in convincing the jury of his guilt."

But with the motion-picture device the situation now is changing. In Denver, for instance, about 20 percent of impaired or drunken drivers pleaded guilty in 1959, before motion pictures were used. However, in 1960, when the movies were taken, this figure jumped to 85 percent who pleaded guilty.

As Captain Johnson puts it, the apprehended driver comes in with his attorney the next morning, and is invited to view a short motion picture taken the night before. The driver takes one look at himself and says, "I wouldn't stand a chance. I plead guilty."

Thus, such court costs as clerical work and impaneling a jury are saved, not to mention the time of the patrolmen who can work their beats instead of spending forty to fifty hours a month testifying in court. Since the innovation of the movies, Denver officers average only about four to eight hours a month in court.

When a suspect is brought in, the Breathalyzer test is given first, with the driver's consent. If he refuses to take the breath test, this is recorded, and he then goes through the movie-making process, which takes about three minutes, on the average.

About 120 to 150 feet of film is used while the impaired

How the plan works--



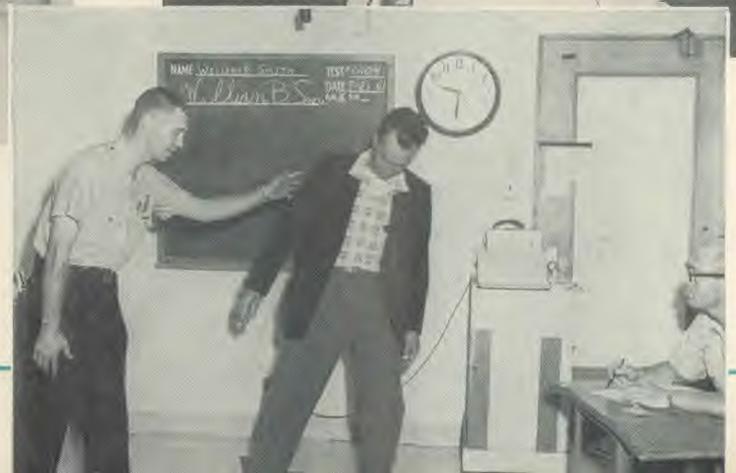
Apprehended at the scene of an accident, a driver who shows signs of impairment is taken to police headquarters . . .

. . . where he takes a Breathalyzer test to determine the alcohol content of his blood.



In writing his name on the blackboard, he misjudges the amount of space and, a bit bewildered, looks back at the officer.

He tries to walk a black line, placing one foot in front of the other, but the officer has to catch him after he takes the first step.



driver answers questions and performs several physical feats such as walking along a black line, touching his nose with his fingertip with eyes closed, and picking up several coins from the floor, as demonstrated in the posed pictures below.

The comparatively simple physical activities usually show up the swaying or staggering characteristics of an impaired driver. Also, they reflect his coherency or lack of it in speech and his mental state as he attempts to answer questions and carry out instructions.

Lieutenant J. F. Moomaw, head of the Denver Police Crime Laboratory, points out the effectiveness of the motion pictures in a particular case. An elderly woman about sixty was apprehended for drunken driving. A grandmother complex would have killed the jury and any hopes for conviction, he points out. "If it hadn't been for the film she would have gotten off scot-free." She was convicted.

Lieutenant Moomaw originated the moving-picture idea in 1948. It took him eleven years to sell it, but Lieutenant Moomaw is a persistent man. When he presented his idea to the mayor's council eleven years later, there was not one dissenting vote.

"Drinking is like Russian roulette," he says. "Every person has a zero tolerance level for alcohol, when just one



Captain Leonard Johnson (left) and Lieutenant J. F. Moomaw (right), of the Denver Police Department, have helped develop the motion-picture approach to establishing evidence for drunk-driving cases.

drink makes him a threat on the road. One's reaction time is dangerously impaired in such a case, and no one ever knows when this comes. It is too much of a risk to take even one drink and plan to drive," he emphasizes.

The Denver Police Department spent about \$4,500 for the camera, sound equipment, and zoom lens (which enables the cameraman to focus on the defendant's face, catching all details as he answers questions). Film costs ran about \$6,000, besides processing.

Two areas affected by alcoholic

(Turn to page 32)

"With your arms outstretched touch your nose with your fingertip," says the officer. He misses completely.



Then he must pick up several coins from the floor with one hand behind his back. Many who are impaired cannot do this at all.



All the while the camera records the action from an adjoining room.

Article and photos by
MIKE A. JONES

drinking

DRIVERS NOW CONVICT THEMSELVES

WARM AND SUNNY,

the beach stretched away in two directions until it disappeared from sight. Long white breakers, sharply outlined against the deep blue of the sea, one after the other roared onto the golden sand, rattling bits of broken shell and tiny pebbles, then vanished with a whisper, leaving foam-flecked bits of broken sticks and seaweed to add to the litter already forming the high-tide line.

After each wave, busy little shorebirds probed the bubbling sand for the tiny mole crabs, racing to safety on toothpick black legs almost under the curl of the next breaking wave.

On the upper border of the beach, the sea oats gossiped in the breeze, nodding their golden heads knowingly. Back of them stretched a mile of rolling dunes, spotted here and there with strange-looking, wind-swept trees. This desertlike terrain extended all the way to the blue waters of the sound.

Except on the eastern horizon where billowy white clouds reached out of the ocean far into the sky, the sky was intensely blue. Later in the day these clouds might reverberate with the rumble of thunder and spark with the flash of lightning, but now they were a

painted backdrop to a peaceful scene of the sea. This was Cape Hatteras, off the coast of North Carolina.

Having lived in the eastern part of the United States for many years we were accustomed to newspaper headlines or radio announcements such as "Hurricane Warnings Up From Hatteras to Block Island," or "Freighter Aground on Diamond Shoals." Always there seemed to be the Hatteras area involved. And so it came to carry with it a connotation of wild storms, danger, brave men, and sometimes loss of life.

Now we stood in the sand and looked up at a black-and-white diagonally striped barber-pole shaft rising into the azure sky. Our heads went back until our necks began to hurt as we strained to look up at the light, 191 feet above us, the tallest lighthouse on our coast. Its light spears the darkness for twenty miles.

In our imagination we could see ships' captains as they first sighted its shining beam on a murky night or got their first glimpse of its shaft in their marine glasses on a stormy day. We could see them instinctively turning their ships a little farther out to sea. They know that there are

shifting sandbars and suddenly shoaling water, a coast more deceptive than any other.

Their charts show them that Diamond Shoals Lightship lies twelve miles off the Cape, and that between it and the shore are Outer Diamond Shoals, Inner Dia-

mond Shoals, and Hatteras Shoals, all treacherous shifting sand. The chart of this area one year showed a spot nearly six miles at sea with only three feet of water.

Could the lighthouse speak, what tales of terror and anguish might it tell! What stories of beautiful sunlit days, or glorious nights when moonlight silvers the crest of the waves until they break on the beach with the sparkle of a million diamonds! Man's record says this coast has claimed 2,200 ships, but perhaps the lighthouse could add more of which we know nothing.

This area abounds with stories of the sea. In fact, many of the oldest names on the Banks, the name by which the area is called, are of those who once were wrecked here and then made it their home. Now their descendants, a number of whom are in the Coast Guard, are still here.

One of the intriguing stories is that of the ship, the "Carroll A. Deering." One morning some of the Bankers (residents of the coastal area) awoke to find a ship directly in front of their homes, it evidently having grounded during the night. There was not much breeze, and her sails flapped idly. Because no one left her to come ashore, some men from the Banks rowed out. They were greeted by a well-fed cat at the rail of the ship, but no one else.

They boarded her and searched her. There was food in the pots in the galley. But her mystery has never been solved. One can see her capstan in front of a gasoline station in the town of Hatteras, for the owner of the service station salvaged it.

Hatteras was also one of the hideouts of Edward Teach, better known as Blackbeard the Pirate. He would lie in wait inside an inlet to one of the sounds, and when he saw a goodly prize sailing up the coast, out he and his buccaneers would sail, usually returning with much spoil.

Not all the pirates used Blackbeard's tactics. There is a souvenir sold at most stores along the beach, a hand-carved bony nag with a lantern hanging around its neck. According to the story there were those who, on dark nights when there was no moon, hung lanterns around horses' necks and walked the horses along the beach. Vessels not familiar with the coast would see the bobbing lights and, assuming that they were on other ships riding safely at anchor, would venture in too close. About the time they heard the crash of surf on the beach, they felt the crash of their vessels upon the shallow shore. Perhaps some of those who had been wrecked and lost their all upon this shore, felt justified in making a living in any way they could. Today near the tallest sand dunes is the town of Nag's Head.

A few miles north of Nag's Head is Kill Devil Hill, where stands the Wright Memorial. What amazement and unbelief might be written on the faces of Wilbur and Orville could they walk up the steps and enter a modern deluxe jet airliner and take off for Europe, Asia, or Africa!

Twelve seconds off the ground with a man aboard, was their first record made in (Turn to page 28)

SUN, SAND, AND SEA



More than 2,000 ships have been wrecked on the Hatteras coast.

Rail in foreground helped launch the Wright aircraft, and markers in background indicate lengths of first flight attempts.



Man's first heavier-than-air flight is commemorated in this memorial at Kill Devil Hill.

R. H. Riecks

Photos by the Author



On a 191-foot barber-pole shaft is the Hatteras light, visible for some twenty miles at sea.



Most popular souvenir of Hatteras area is a bony nag with a lantern hung from its neck, reminiscent of the days when mariners were lured onto the shoals by lights dangling from the necks of horses led along the beach.



Romance and realism uniquely combine to rule the rugged realm of Hatteras.

On the upper border of the beach, sea oats gossip in the breeze.



MEET ANN LANDERS

(Continued from page 18)

with family and work. She deals vigorously with everybody else's problems, but is just as straightforward on her own personal convictions and actions. She spurns cocktails, honestly but graciously, not even taking one to nurse it, and holds the same conviction about smoking. She simply doesn't go for either, and minces no words in warning her young readers of the potential dangers in both habits. In fact, she told one objecting Moderate Mixer that she intended to "continue to harp on the subject until my typewriter falls apart." If one sees her new electric machine in her den, it is obvious that she intends writing on the topic for many years to come.

With such carefully considered thought and conclusion on this and many other thorny problems today bothering millions in their personal lives, Ann indeed exerts an influence which is helping direct a myriad of thankful recipients of her advice into better paths of living.

SUN, SAND, AND SEA

(Continued from page 26)

1903. Go to the Smithsonian Institution in Washington, look at the plane they used, and you will marvel at the progress of fifty-nine years.

The memorial is a sixty-foot granite monument standing atop a ninety-foot sand dune. Close by is another stone marker at the exact spot from which their plane lifted. Protruding from the mound upon which the stone rests is a portion of the iron rail used to help launch the plane on its skids (it did not have wheels).

If you climb the narrow stairs inside the stone shaft which is the memorial, you will come out onto a tiny observation platform about 150 feet above the sea and will have an excellent view of the surrounding terrain. North is the marker previously mentioned, and just beyond it the polelike markers of the distances covered in the ensuing successful flights.

To the east the ocean is restless and blue. To the west, beyond the desert-like dunes with their wind-bent trees, the sound is serene. Toward the south is a fresh-water lake looking as though it had been dropped in the middle of the dry expanse of sand. You will notice from your lookout that the wind is steady, probably as constant as it was more than half a century ago, when that quality was a deciding factor in

causing the Wright brothers to stay.

It was about the middle of 1587 that one of Sir Walter Raleigh's expeditions settled a colony on Roanoke Island, which lies back of the Outer Banks, between Pamlico and Albemarle Sounds. This was not his first expedition to these shores, but the colony he established then was destined to be remembered forever as The Lost Colony.

After some time it became necessary to send back to England for some essentials and also to report to Raleigh, who had remained in England. When Governor White left he expected to return within a year. He left among the colonists his own nine-day-old granddaughter, Virginia Dare, the first English child born in America. There were about one hundred settlers in the colony.

Because of trouble with Spain, Queen Elizabeth refused to let any ships be sent from England's shores. So it was about two and a half years before once again ships set sail for Virginia (as it was then called, after their Virgin Queen). Upon landing, the party found the houses intact. There was no sign of a massacre. Nothing was burned. But there was no sign of life. Carved upon a tree was what appeared to be C R O A —, possibly part of the word "Croatan." Croatan was a long distance to the south on the mainland. Was that where they went? No one has yet found out what did happen.

Another story that apparently has no explanation is that, in the month of February, 1955, the beach along Kitty Hawk literally became alive with whales. Mrs. Orville Baum, who belongs to one of the old families of the Bankers, said the only way to describe it is "that there were miles of whales."

Groups of people contrived to get some of them back into the water, but most returned again to die upon the beach. Why did they come in? This is another of the mysteries of Hatteras.

Back again in the bustling city, we now know that not many miles away is a land of stormy seas and wild beauty, with memories of pirates, hidden treasure, wrecked ships, many legends, and some of America's earliest beginnings.

It is fringed by a sun-drenched beach of golden sand, where the sea oats nod in the breeze, the swift black feet of the little shorebirds outrun the foaming, white breakers, and ghost crabs scurry on velvety, silent feet to disappear into their burrows. Overhead cotton-white clouds sail serenely across an azure sky, while on the horizon thunderheads pile up, majestic in their snowy whiteness. Over it all hangs the subtle spell of mystery and the tangy smell of the sea.

THE SOFT SELL

(Continued from page 6)

Last year's per capita liquor consumption in the United States was 1.3 gallons, slightly below the 1946 figure. This worries the liquor makers. They want to see the people drinking much more. In California in 1960, they did drink more. In that state alone, a record \$51,000,000 was collected in state revenues on alcoholic beverages.

Yet this in revenue paid only a small part of the enormous burdens imposed on the state by the alcoholics and the so-called social drinkers. Much of the burden was in the form of increased hospital and jail costs, but there were also additional crime and automobile accidents closely related to the increased liquor consumption.

"Two thirds of all men in American prisons have an alcohol problem," Kenyon J. Scudder, author and former prison superintendent, has said.

At least half of the traffic accidents, which claim around 40,000 lives in the United States annually, involve drinking, if not outright drunk driving. Add to this the senseless, drunken murders and wrecked homes, and you can get some idea of the enormous price America is paying for increased liquor consumption.

But the liquor makers and dealers want to sell more. Nearly 1,600 of the nation's liquor and beer dispensers met in New York last November to consider ideas for boosting sales.

One of the clever ideas proposed at the convention was to hide the clock. Don't have a clock in sight in the tavern or bar. It is apt to remind customers that it is time to go home. *Hide the clock? The hour is later than many Americans think!*

But the big threat is the snare that liquor exploitation by radio and television exerts in "hooking" the young.

On August 23, 1961, Senator Magnuson and Senator John O. Pastore of Rhode Island addressed a letter to LeRoy Collins, president of the National Association of Broadcasters, calling attention to "the recurrent rumors as well as stories in trade publications concerning the plans of large distilling companies to use broadcast facilities to advertise liquor."

Pointing out that they believe this to be a matter of "grave importance to the American public," the Senators made their opposition unmistakable.

"You will recall," they wrote, "that the Committee on Commerce has held numerous hearings with regard to this issue, specifically the bills that would

prohibit the advertising of liquor on radio and television.

"When the broadcasting industry spokesmen appeared before this committee they urged that no action be taken with regard to the legislation because the industry was capable of handling the situation itself. It was generally agreed that this type of advertising should not be permitted and as an indication of good faith adopted provisions in its code to the effect that 'the advertising of hard liquor should not be accepted.'"

Collins, president of the National Association of Broadcasters, replied that "the advertising of hard liquor is banned in unequivocal terms in both the Radio and Television Codes" of his association, but added: "Unfortunately, all broadcasters do not now subscribe to our codes. Subscription is voluntary, and nonsubscribers are not obligated to conform to code standards. It is also true that all code subscribers are not members of N.A.B."

There is the big loophole that may let the camel put his head even farther into the tent. With beer and wine advertising, he already has his nose in.

What good is a code that is being flagrantly disregarded with impunity by certain broadcasters?

Let the liquor sellers hide the clocks in their taverns, if they will. But Americans who wish to protect their homes from this new invasion of the liquor sellers, must keep their eyes on their own clocks. Now is the time for action!

What can you do? You can organize meetings and adopt resolutions voicing your protest against allowing any hard-liquor advertising on radio or television stations. You can forward typewritten copies of such protests to Senators Magnuson and Pastore in Washington, D.C., along with letters proposing legislation that will make advertising liquor over radio or television illegal.

You can send copies of these letters and resolutions of protest to your newspapers, magazines, radio, and television executives, or to LeRoy Collins, president of the National Association of Broadcasters.

Organize a youth committee in your church to discuss this problem and set up a speakers' bureau to supply speakers for local civic and service clubs. Keep talking and writing. But continually stress this one point: We must have laws, not merely voluntary codes, if we are to save our homes from this proposed invasion.

Only an aggressive campaign of aroused, determined Americans can defeat these new promotional schemes. Let's make our voices heard!

SOCIAL DRINKING AND BRAIN DAMAGE



RECENTLY recognized in top medical circles is the concept that social drinking over a period of years can cause brain atrophy with resultant unstable behavior, at times leading to crime.

"Alcohol is a poison," declares Dr. David Owens, chief medical officer of the newly opened California Medical Facility at Vacaville. "Even moderate use destroys inhibitions and distorts judgment, providing a fertile soil for crime. Prolonged use can result in irreversible brain damage."

THEY'RE WATCHING US!

(Continued from page 15)

living, but also to set examples by their own conduct. Actions still speak louder than words. Children do imitate their elders, to a remarkable degree. Watch little tots "playing house." They try to do all the things mom and dad do. Studying their actions can be an eye-opening experience.

These young folk, ranging in age all the way from preschool to their teens, are watching us. They are watching with an intensity of which we seldom are aware, watching for hints on how to live. However, some of us are failing these youngsters because we are not setting the best example.

Young people have always wanted exemplars. In earlier times they were taught to follow the leadership and example of such outstanding figures as Theodore Roosevelt, Florence Nightingale, and Abraham Lincoln. Some teachers still point out the noble characteristics of such leaders as George Washington Carver, Nathan Hale, and others.

Youth today, living in an age of cynicism, still need to be shown outstanding lives of great leaders.

However, the home is the most important school. It is here that the beginning of personal habits and the formation of character take place.

Boys and girls are in school as much as thirty-five or forty hours each week. They attend services held in the church two or three hours. The rest of the 168 hours are spent at home, or should be, under the influence of their parents. What are parents doing to help mold these growing personalities?

I meet all kinds of students in the senior high school where I teach. I can tell immediately the ones who come from homes where the parents are teaching respect for authority, decency, and graciousness. I can see and pity the young folk who are being short-changed by parents who are not teaching the things that make for good character.

Most of our boys and girls today are good, solid, and decent young citizens. In far too many cases, however, they are being misled by low-class ideals. They need higher standards set before them, to help bring out the true values and worth within them.

Parents, teachers, ministers, editors—in fact, all adults—should furnish these standards. Our young people are waiting for us to supply them.

(Continued from page 7)

When that kind of foolish reasoning and thinking gains sway in Hollywood, Doris wants no part of it! She intends to go on being her natural, in-love-with-life self. To her, achievement of a constructive nature comes first. In her sights one must have human worthiness to be great, a dedication to clean living and a feeling of humility.

Doris is known as a nondrinker, and you will never find liquor in her home. She needs no artificial stimulants or lubricants, as she has high spirits enough in her own personality.

When Doris Day launched her career as an actress and singer, she was a "wide-eyed, natural, and wholesome girl." That description still fits her, except that she now has more poise, purpose, and maturity.

She weighs the same today as she did when she started on her acting career during World War II. "I have been the same for years because I eat what my body can use," says Doris.

Doris also possesses some other positive concepts in respect to good living habits besides the good judgment she uses regarding nutrition. She believes that a healthy mental attitude is much more important than most people think. She has learned not to let herself stay annoyed, mentally distressed, or disappointed. Although it has taken considerable practice, this is now a part of her thinking.

Some skeptics at the outset of her career thought there was "no demand for wholesome young women in movies." They were all for shutting the door on her, but undaunted Doris kept persevering in the direction she thought was best. She stuck by her convictions, and within two years she had graduated from minor roles to major ones. The warmth of her talent and of her wholesomeness shone through all her performances. In time, Doris Day became a top box-office attraction.

"I believe that you will get what is right for you," she says, "that I have a place no one else can take, nor can I take the place of anyone else." Doris thinks that a person is in an unsuitable business if he cannot attain his goal in life by proverbially "taking it easy."

Her devotion to clean living won her another signal honor recently. This reporter conducted a survey of Latin-American sentiment, among roving diplomats, exchange students, and tourists, to determine which American women create the most goodwill for the United States in that part of the world.

And what five American women were chosen? Mrs. Eleanor Roosevelt, Senator Margaret Chase Smith of Maine, Author Pearl Buck, Lady Bullfighter Patricia McCormick, and Actress Doris Day. Those five, according to the comments and responses I received, have done the most to sell their country, to create a genuinely friendly feeling for it in the nations to our south.

In urging Latins to name the American actress most admired in Latin America, it was my expectation that some movie "siren" would win handily. But it was Doris Day who received the vote of confidence of Latin men and women in an overwhelming measure.

Her simplicity and natural charm were praised by Latin Americans, qualities they evidently admire in an actress. Some of the Latins gave this appraisal of Doris Day: "She's the kind of woman we could look up to and respect. We'd feel free—and proud—to marry someone like her!"

And it is obvious that such opinions are held in much wider areas than merely Latin America.

HISTORICAL ASPECTS

(Continued from page 9)

with crude narcotics or heroin, and because of the immediate execution of the death penalty the amount of heroin being produced in Egypt has been somewhat reduced.

The hypodermic syringe, although a tremendous blessing in the administration of medications, becomes an instrument of abuse in the hands of addicts. Its introduction about 1853 marks the beginning of an era of addiction. The use of morphine by injections in the Civil War undoubtedly relieved much pain and suffering, but thousands of addicts emerged among the veterans of the conflict. It is estimated that there were at least 400,000 confirmed narcotics addicts in this country in 1900, most of whom were residuals from the war. Since there were no laws limiting the sale of opiates or hypodermic syringes in that era, addiction rapidly became a vicious social problem.

Cough remedies, patent medicines, soft drinks, and various other mixtures were sold containing opiates. This resulted in another group of addicts. It was not necessary to have a prescription to obtain opiates, so every drugstore had its regular customers who were frequent patrons and confirmed addicts.

It wasn't until about 1914 that agi-

tation came about which eventually resulted in the passage of the Harrison Narcotics Act, by which the calibration and the prescription of narcotics were made legal. This is an important date in narcotics history, for it abruptly forced addicts to register as users and to obtain their drugs legally. A subsequent result was the establishment of forty-two clinics throughout the country for the treatment of all registered addicts.

This system proved futile for a very logical reason. The ill-fated results of the clinic system should have been anticipated by those who established it, for a very clear-cut reason, well known to every addict—the phenomenon which we call drug tolerance. Those who advocated, and there are those who still do, the legalization of narcotics addiction, letting everyone have whatever amount of narcotics he needs through a registered clinic system, disregarded one of the most important aspects of narcotics addiction. No addict can permanently remain on the same amount of drug per dose (or per day), simply because as his body's drug tolerance increases, more of the narcotic will be required to keep him content and satisfied.

Addiction is a continual march to ever-increasing and larger doses, and inasmuch as all addicts vary in their usage of drugs, it is impossible to apply standard rules to supply them through a clinic system. The result of clinics is that in order to obtain satisfactory quantities of his drug, the addict is forced to circumvent by legal or illegal means the very regulations (under the clinic system) necessary to control him.

If I were to give any one hundred people enough narcotics to induce addiction, registering all of them at the onset of the experiment, within a very few weeks practically all of them would be getting drugs illegally. Why? Because the more narcotics you use the more you must use. The author has seen addicts who were consistently taking a daily dose of 3,000 milligrams of demerol per day. Now, the average dose for medical use of demerol is 50 milligrams per four hours with no more than 100 milligrams in the same time interval, in cases of severest pain. But many people actually walk and talk rationally with thirty times the normal therapeutic dose of demerol in their system. It requires a great deal of ingenuity for the addict to obtain these tremendous doses by legal or illegal means. The climbing curve of tolerance makes it impossible for the addict himself to estimate today what his usage will be a month from now.

The free use of narcotics under control of government clinics was given a generous trial in this country, but was a total failure. It was also tried in Germany, England, Russia, and twice in Sweden. The pros and cons of the clinic system were debated for two decades in this country, while gradually a change in attitude toward the entire addiction problem evolved. It became increasingly clear that addiction treatment involved rehabilitative treatment and education of both laymen and professional people.

The average physician has only a vague notion of what the addiction problem is. The author practiced medicine for eight years before he had any idea of the size of the problem. When a person goes through medical school, he learns all the pharmacology and expected clinical evaluations of the various narcotics preparations, but not how to treat addicts. Until the medical profession as a whole becomes aware that satisfactory treatment of drug addiction involves hospitalization with extensive psychological and spiritual rehabilitation, there can be no great improvement in the early treatment of these human derelicts. Progress is being made, however, due to the greatly increased amount of information on the subject appearing in current medical literature and thus available to doctors.

The layman has a similarly inadequate idea of the narcotics problem, often picturing the addict as a "fiend" with long fingernails, hands in the air, poyeyed, drooling, and fighting with knives. Nothing could be farther from the truth. Ninety-nine out of a hundred addicts are quiet, peaceable persons who want to be left alone to go some place to sleep and enjoy their drug. By and large, addicts are easy to get along with. I have had some very good friends among rehabilitated addicts.

In 1935 the Federal hospital at Lexington, Kentucky, was built to begin a program of treatment, rehabilitation, and research. The Bureau of Narcotics at that time estimated that there were approximately 50,000 addicts in the country. That estimate has since been revised upward. Roughly, one in 3,000 of the population today is an addict.

During World War II the number of addicts increased, for various reasons, one of which was the abrupt cessation of trade with the Orient and the opening of new channels from Egypt and Turkey and the Balkan States. As a consequence the narcotics syndicates found a ready source of supply for their illicit trade.

From 1947 to 1950 there seemed to be a sudden increase in addiction, noted in



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.

If parents are alcoholics, are the children more likely to drink?

"Like father, like son," is an adage as old as the hills. If it was true centuries ago, then it is even more likely to be true now. If the mother in the family is an alcoholic, then it is doubly likely to be true. For it is natural to think that what our parents do is the thing for us to do when the day arrives in which we can make our own decisions.

The happier the home, the more surely this saying will hold true. The more the misery that has been endured in the home, the more surely the children will seek to change the conditions under which they live as they gain the knowledge that it did not have to be as it was in the home in which they were reared.

the younger age groups. The number of admissions to the Federal Narcotics Hospital, under the age of 21—and this is a key point—increased from 22 in 1947 to 440 in 1950. An increase of 2,000 percent!

In June, 1951, the director of the Crime Prevention Bureau in Chicago stated that arrests for narcotics violations of persons under the age of 21 had increased from 126 in 1948 to 1,017 in 1950. These facts showed a definite trend toward younger addiction.

Although there was a relative and actual increase in teen-age addiction in those years, a careful study of the facts in the various cases shows that the addiction problem was confined to a great extent to large cities like New York, Chicago, Detroit, Washington, D.C., and Los Angeles. Youth addic-

tion in small cities and rural areas remained about the same.

But each child will have to mature sufficiently to have a stable determination that it will be different in his home. Without the first drink, alcoholism cannot develop.

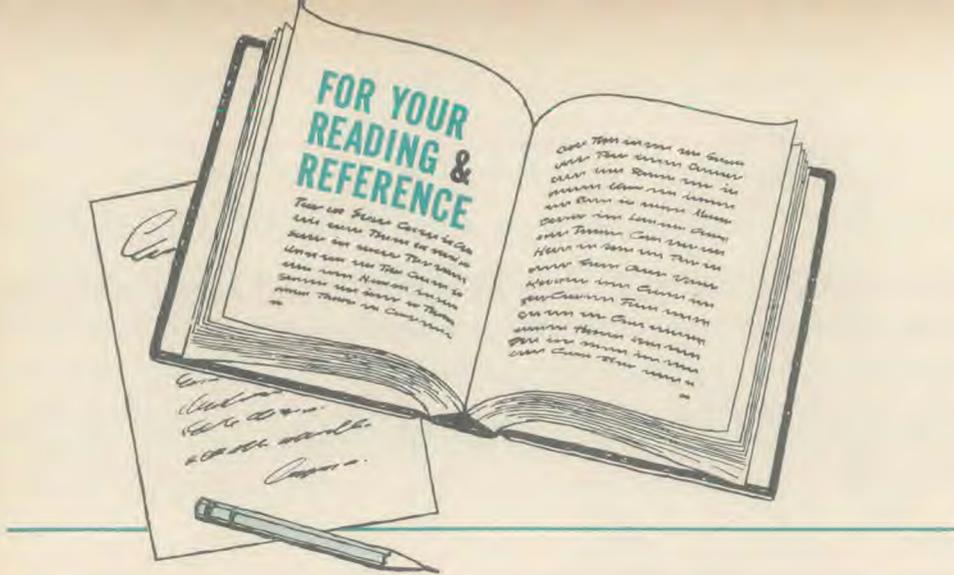
Is it true that liquor taken in extreme moderation is good for the blood system?

"Alcohol should be recognized as a rapidly acting sedative and should no longer be regarded as a coronary vasodilator."—*Journal of the American Medical Association*, 153:207, 1953.

This statement in the official medical journal of the United States makes it clear that alcohol is not an efficient and safe medication to aid in dilating the blood vessels of the heart. Neither can alcohol be said to improve the condition of the blood vessels nor of the blood itself.

Incidentally, seven eighths of our present narcotics addiction comes from heroin. In recent years there has been a significant increase in addiction to the synthetic opiates such as demerol and methadone, and also in the barbiturates. This is expected inasmuch as medical practice has increased the usage of these newer drugs. Though non-addicting as far as tolerance is concerned, marijuana definitely contributed to the increase in the use of heroin, especially on the west coast.

In the nation it would appear that the overall picture indicates that present control measures now in effect have decreased the total addiction problem from what it was in 1914, when the Harrison Narcotics Act was adopted.



DRINKING DRIVERS

(Continued from page 25)

consumption are attitude and judgment, which indicates we are dealing with a mental impairment rather than a physical impairment, says Captain Johnson. He goes on to note that the chemical tests (the Breathalyzer) only serve to confirm that the impairment, which must be determined by other means, was due to alcohol. Thus, both the chemical test and the sobriety examination must be used to supplement each other for a complete presentation of the facts.

"The mental state of the defendant is probably the most important part of the sobriety examination," Captain Johnson states. "Mental state is difficult, if not impossible, to describe. Personal observation of the behavior of an individual is the only accurate way this matter can be presented."

Problems arising here include the officer's ability as a witness to describe the defendant's condition in language understandable to a court and jury, and personal prejudice of the officer. Captain Johnson says both these problems confronted police officials before the movies came into use.

But now it would seem that sound motion pictures have more to offer than any other technique presently available, he states. "First, the undesirable aspects of personalities and prejudices are almost entirely eliminated without any loss of the intimate detail that is often necessary to prove mental state.

"The condition and performance ability of the defendant as well as his mental state, and that all-important intangible thing called attitude, are there for the court and jury to see, evaluate, and compare with the defendant's sober state in the courtroom."

Captain Johnson says the only drawback comes in connection with a borderline case where the defendant might display symptoms of impairment significant only to a qualified physician. In such a case as this even sound motion pictures leave something to be desired, he says.

As far as the legality of sound motion pictures is concerned, this is well established, he says. Referring to *The Evidence Handbook*, by Donigan and Fisher, he states: "Moving pictures are admissible in court upon the same principles and subject to the same limitations as still pictures, of which motion pictures are merely a series, the only substantial difference being in the manner of the presentation."

With the legality of this technique

Peter V. Karpovich, M.D., M.P.E., PHYSIOLOGY OF MUSCULAR ACTIVITY, Philadelphia: W. B. Saunders Company, 1959.

Too technical and scientific for the average lay reader, and intended as a reference work in its field, this book details the effects of all types of muscular exertion on the body.

Significant is the observation by the author that neither alcohol nor tobacco can add anything desirable to muscular performance. At the same time he describes the need for additional experiments to determine the effect of alcohol on athletes accustomed to beer or wine with their meals.

David Ebin, editor, THE DRUG EXPERIENCE, New York: The Orion Press, 1961. \$5.95.

Rather massive in size and coverage, this volume is an anthology of some forty first-person accounts by writers, addicts, scientists, and others of their experiences with drugs—some deliberate, others unexpected.

These voyages "out of this world" piloted by hemp, opium, peyote, heroin, mescaline, and other drugs should indeed give any thinking person pause to consider carefully how he can preserve for himself and for society the best use of his mental and physical faculties, especially in these days when complete control over oneself is so vital.

It is best not to start reading this book shortly before going to bed, else daylight could well break before the reader has completed his vicarious journey into the realm of the unreal.

Lieutenant Thorvald T. Brown, THE ENIGMA OF DRUG ADDICTION, Springfield, Illinois: Charles C. Thomas, 1961.

This volume, written by the head of the Vice and Narcotics Control Divi-

sion of the Oakland, California, Police Department, is a major contribution to general knowledge in the field of narcotics, their nature, their effects on the user, and their impact on the community. It is virtually a handbook, covering all aspects of addiction, and can be used with profit either by professionals dealing with the problem or by the layman who is desirous of learning more about addiction. It is especially valuable to educators in areas where drug addiction may be a live problem.

Also interesting is the firsthand material on the Nalline Test, which was originally developed in the Oakland area and has since spread to many other sections of the country.

New York City Youth Board, REACHING THE FIGHTING GANG, New York: New York City Youth Board, 1960. \$3.00.

Probably the most difficult group in our society to influence for right principles is the fighting gang which has become characteristic of some of our large cities.

This book is the story of a daring and unique experiment by the New York City Youth Board, the agency charged with the control and prevention of juvenile delinquency.

Today, a decade after the new program started, this experiment has grown into a progressive project providing essential services to more than a hundred gangs, services to isolated, hostile youth who were not previously served by any existing agencies.

The book is well worth reading as it shows one effective approach that is being used by a large metropolitan area in combating juvenile problems, many of which are brought about or made considerably worse by the use of narcotics or alcohol.

verified and with its effectiveness already shown, the only remaining factor to consider is financial. And on this subject Captain Johnson declares: "The cost of taking sound motion pictures is not too great. Excluding the initial cost of equipment, a figure between \$8 and \$10 per subject will take care of black-and-white movies. Compare this with the cost of a jury alone, and the investment is minor. We feel we will save money using them."

Along with several other cities around the country, Denver, Colorado, is making excellent progress in coping with the drinking-driving problem, which is a major factor in 20,000 traffic fatalities in the nation each year. The reason is sound motion pictures, which are making for quick convictions or quick acquittals.

In Denver, at least, a fellow had better pause before taking that first drink. If apprehended before he kills someone else or himself, he won't be able to play on the sympathies of a jury. He will convict himself—through the eyes and ears of a sound motion-picture camera.

MYSTERY OF THE DEATH SHIP

(Continued from page 13)

"No, sir," the man answered, "mostly the weather, and most of us were sick."

Only eighty-five passengers were carried ashore in the eight lifeboats launched, of the twelve the ship carried. One boat had eighty crewmen and only five passengers. Another boat had four crewmen and no passengers. Each lifeboat had a capacity of seventy persons.

Officers explained that the Ward Line always had difficulty in hiring competent help, due to low wages and poor working conditions. A large portion of the crew had to be replaced at the terminus of every trip because of inefficiency and drinking. A drunken radio operator had been discharged on that trip. Passengers spoke of seeing "a bunch of drunken waiters. One of them had to be carried out of the dining room," they said.

"I don't mind helping when we're shorthanded," one of the chief stewards had confided to a passenger, "but I certainly don't like it when they're all lying dead-drunk in their bunks."

Passengers said they had not seen many of the crew around that night after the captain's death. No night watchmen were seen. It was later admitted that only seven men of a crew of 244 were on duty at the time of the fire.

William F. Warms, chief officer who

took over after the captain's death, was pictured in those first flowery news reports as a hero standing courageously on the bridge giving orders to his men. Only the amazing facts brought out later show how few reasonable orders he gave that night.

The ship was not stopped until fifteen minutes after the fire was reported to him. Fire fighting was not ordered until the upper decks were a raging inferno. The general alarm to rouse passengers and call them to their lifeboat stations was not sounded until fire had cut off escape for all those below decks. There was never any order to abandon ship. Neither was the distress signal ordered.

Early in the fire the chief engineer abandoned the engine room, although it was not threatened by fire. When all power was turned off, fire fighters on deck were left holding flat hoses! In the presence of the acting captain, but without his permission, the chief engineer stepped into a lifeboat and left the ship.

Only one witness among the crew could speak freely without fear or favor of the Ward Line. The second radio operator, George I. Alagna, was due to be discharged for protesting against the poor food and unsanitary conditions. From him the grand jury heard with amazement how the acting captain and his officers were behaving on the bridge during the most critical moments of the fire. Alagna had been sent by the first radio operator to plead with the captain to order a distress signal sent before fire reached the radio room.

"In the wheelhouse the man at the wheel was turning the wheel in different directions as though it was out of order," Alagna testified, "and other men on the bridge were running around."

He saw the chief engineer standing on the wing of the bridge farthest from the fire wringing his hands and saying over and over in a whining voice, "What are we going to do?"

Alagna was sent to the bridge five times to beg for an order to send the SOS signal.

"I told Captain Warms I was sent there by Mr. Rogers," he said, "but I had to follow him around before he noticed me. I had a suspicion he didn't recognize me."

He heard the acting captain muttering over and over to himself, "Am I dreaming or is it true?"

"They're a bunch of madmen up there on the bridge," he reported back to Mr. Rogers.

It was then that the first radio operator sent the SOS on his own initiative

and barely escaped from the radio room when it burst into flame.

About the only defense Captain Warms offered at his trial was that, at the time of the fire, he was sorrowing about the death of Captain Willmott, who had been a lifelong friend.

In February, 1936, Captain Warms was convicted of criminal negligence and sentenced to twelve years in prison. The chief engineer got four years for abandoning his post. The vice-president of the Ward Line received a one-year suspended sentence and a fine of \$5,000. The company itself was fined the highest penalty permitted by law, \$10,000, with the judge expressing regret that he could not make it heavier.

Later, Captain Warms and the chief engineer appealed, and on April 19, 1937, the United States Circuit Court of Appeals set aside their convictions, placing the entire blame for the tragedy on the Ward Line. The court held that both men's behavior that night was due to "smoke inhalation."

Burning of the "Morro Castle" was one of the worst maritime disasters on the Atlantic coast. There were 124 victims at the time, and many more ultimately died of their injuries. The cause of the fire was never exactly determined.

First a steward saw smoke coming out of a locker in the writing room near the lounge. While he ran to find a night watchman, who was supposed to have been on duty, the fire grew too big to handle with fire extinguishers. It was likely that the extensive absenteeism among the crew prevented the fire from being discovered hours earlier when, as passengers testified later, they smelled smoke.

Many crewmen must have never reached the deck. In spite of their high-handed tactics in commandeering lifeboats for themselves, 18 percent of the crewmen were victims, compared with 29 percent of the passengers.

While the burning hulk of the ship was being towed to New York by the Coast Guard cutter "Tampa," which was also carrying Captain Warms and other "Morro Castle" officers, the cables parted inexplicably and it was beached at a point oddly inaccessible to fireboats. The Ward Line immediately sent guards to prevent news reporters from going aboard. After desultory attempts to reach it with hoses from shore, the fire was allowed to burn itself out, consuming every combustible part of the ship.

It's an intriguing question as to what the Ward Line was afraid reporters would see. Could it have been a peculiar distribution of liquor bottles?

ITS THE BRAIN THAT COUNTS

(Continued from page 14)

20 percent may suffer from organic brain disease, caused in many instances by alcohol.

"Alcohol is a poison," Dr. Owens states flatly. "Even moderate use destroys inhibitions and distorts judgment, providing a fertile soil for crime. Prolonged use can result in irreversible brain damage."

When examining Vacaville's inmates, Dr. Owens also looks for old head scars from a past accident as a clue to brain damage. In such cases, the use of alcohol is disastrous.

One patient, George C., after several years of unstable but noncriminal behavior, suddenly committed what authorities considered a senseless, non-profit-motivated crime. After burglarizing a home, he made no attempt to dispose of the stolen items or to conceal his crime. Having been quickly apprehended, he was released on probation, but it wasn't long until he had forged a check. For this second offense, he wound up in C.M.F. for diagnosis before sentencing.

Staff doctors noticed a depressed area in George C.'s forehead. By X ray, a bone chip was found three inches deep in his brain, the result of an auto accident ten years before. The physicians agreed that the bone fragment could account for George's history of anti-social behavior and the epileptic seizures that had begun after the accident.

Prison doctors removed the bone chip and also made plastic correction, which greatly improved the patient's appearance. Shortly after recovery from the operations, George was released from prison.

Dr. Owens said, "We considered George a good parole risk. We released him with two warnings: he was to continue using an anticonvulsant drug for

his epilepsy, and he was never to drink alcohol.

"We explained to him that for persons with his kind of brain damage, whether it has been caused by injury, infection, or toxins, the use of alcohol is extremely hazardous. For one thing, drinking could increase atrophy of his frontal brain cells which had already partially withered away because of the bone chip.

"We further cautioned him that individuals with this kind of brain damage tend to be unstable and impulsive, and have poor tolerance to frustration. Alcohol, even in small amounts, may release strong drives and thus precipitate unusual or criminal behavior."

Dr. Owens's parting counsel to George was emphatic: "You must learn that you cannot drink, and that if you do drink you will most likely find yourself right back in prison!"

George C. failed to heed Dr. Owens's advice. Upon release, he started working and seemed to be adjusting well. Then he took a drink. Once inebriated, he wrote another bad check and was promptly returned to C.M.F. as a parole violator. At present, away from alcohol, he is a reliable clerk in the prison, where he continues to receive treatment.

But keeping men in prison indefinitely in order to keep them sober is expensive and impractical. Dr. Owens feels that men like George could more surely be rehabilitated if they were given some sort of supervision or "moral support" when paroled. Without support, they may do a variety of things for lack of good judgment, that will get them into trouble, mostly when drinking.

Dr. Owens feels that if George C., and others like him, can be reeducated to a knowledge of their limitations, there is a strong chance that they will be able to live useful lives in society.

"Many ways have been tried to keep a man from drinking," the doctor goes

on, "psychotherapy, drug therapy, conditioned-reflex therapy, hypnotism, to name a few, but the most successful has been Alcoholics Anonymous."

The prisoners themselves recently demonstrated their faith in A.A. as a protection for the released alcoholic and brain-damaged parolees. With the permission of the prison superintendent, inmates planned a symposium aimed at finding ways to arrest recidivism in parolees.

Their request was triggered by a California Public Health Survey of some 2,000 paroled prisoners, showing that almost 85 percent of such prisoners drank after release from prison. In many cases, drinking brought on new offenses and a return to prison.

The unique gathering resulted in the formation of an organization called by inmates the "Clinton Duffy Fellowship," after California's popular, now-retired San Quentin State Prison warden, who has given the prisoners enthusiastic support in their venture.

The organization plans to sponsor throughout California groups of no more than ten parolees, who will get together weekly to discuss their problems. Counseling and moral support will come from local parole officers and members of A.A. groups in their area.

Vacaville's prisoners hope that these sessions will bridge the now-existing gap between the community and the ex-convict and that in this way parolees will obtain reassurance and a sense of belonging at times when they might falter.

Their objectives as stated by the parolees are simple: to remain sober and to stay out of prison.

In 1960 the expenditure for each man, woman, and child in America for beverage alcohol was \$60. This represents more than the per capita income of one quarter the inhabitants of the earth.

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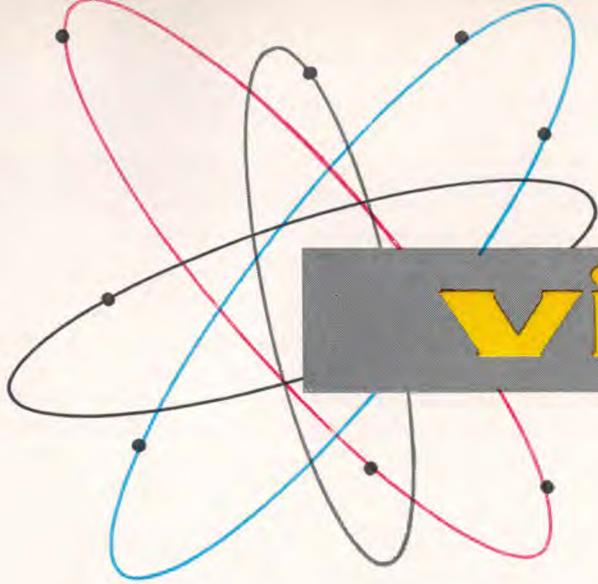
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views

❖ **DIET ISN'T EVERYTHING.** There is a chance of a drinker's developing cirrhosis of the liver even if he drinks only one quart of wine, six ounces of bourbon, or seven ounces of Scotch per day, says Dr. J. Caroli, of Paris, France. All who drink twice this much every day develop cirrhosis in spite of their diet. Between these limits, about 40 percent develop liver trouble.

❖ **JURY DEMANDS NARCOTICS EDUCATION.** "The choice of whether or not this program of education should be presented should not be left to the discretion of the school administrator and the faculty, but should be made a compulsory program in every secondary school's curriculum. It is up to the state department of education to make proper narcotics education mandatory."—County grand jury, Los Angeles, after considering 291 cases involving narcotics violations, many of them young people.

❖ **PHYSICIANS' PROBLEM.** Physicians should be on the lookout for alcoholics among their patients, Dr. Marvin A. Block, University of Buffalo School of Medicine, Buffalo, New York, told the clinical session of the American Medical Association. "The vast majority of alcoholics were under medical care for other reasons than their alcoholism," he reported, adding that "only 3 percent of the alcoholic population are the skid row type of drinkers."

❖ **LIQUOR AND THE MILITARY.** "Whereas some of the troops from Massachusetts have taken sundry suits of clothing and other things out of the purser's stores and sold them for spirituous liquors, contrary to the Third Section of the Articles of War, therefore no person or persons shall sell them liquors, or anything else from the government stores."—Colonel Frye of Chignecto, in 1755, when troops from Massachusetts were stationed in Nova Scotia forts.

❖ **ABSURD!** "To license the liquor business and then undertake to suppress the crime to which it gives rise is something worse than absurd."—Bishop Warren Chandler.

❖ **HIGH SCHOOL DANGER.** In a study of 220 high school seniors who had been questioned concerning narcotics in one large city, 64 percent admitted they had been offered habit-forming drugs at one time or another.—Wenzell Brown, "Monkey on My Back," page 34.



GOVERNMENT CHIEF ON DRINKING DRIVING

AS USUAL, there are those who claim "that a few drinks don't affect my driving at all," or, "I drive 'better' after a couple of highballs." What they are really saying is that they "think" they are driving better after a few drinks. Available statistics, which are becoming quite formidable, strengthen the opposite point of view. Either because of diminished reflex responses or impaired judgment, driving skill, in a great preponderance of cases, begins to deteriorate with the first drink.

The separation of drinking from driving will be painful to many people. The very idea will be stubbornly resisted by those who have long combined the two, some with remarkable success. But eventually the fact that drinking alcoholic beverages is associated with about 50 percent of traffic deaths (pedestrians included) will have to be dealt with. New cultural patterns, designed to separate drinking from driving, will have to be developed.—Dr. A. L. Chapman, Chief, Division of Accident Prevention, Public Health Service.



Jakob Pettersen



PARLIAMENT PRESIDENT

Jakob Pettersen is well known for his service as president of Odelstinget, the branch of the Norwegian Parliament which prepares all laws that are passed for the country. Odelstinget consists of three fourths of the 150 members of Parliament.

Elected to the Norwegian Parliament in 1945, Mr. Pettersen was appointed head of the Ministry of Communications, a position which he held for three years. In 1958 he was appointed to the Finance Committee in Parliament.

This leader in Norway has long held strong convictions as to the nonuse of alcoholic beverages, and has publicly stated his stand. He has signed the Declaration of Purpose sponsored by the International Commission for the Prevention of Alcoholism, specifying that no such beverages will be served at state functions for which the signer is responsible. Scores of leaders in many nations have now signed this declaration, placing the influence of their high position on the side of the non-use of alcohol.

I have seen many under the influence of alcohol behave in a way that is not very impressive;

I believe we as human beings have responsibilities for one another, and are duty bound to set a good example for others;

I think it is a waste to use money on something as unnecessary as alcohol;

I think life in itself is so rich and many-sided that it is completely unnecessary to create artificial "joy" through the use of alcohol; and finally,

As a technician and driver of a car, I believe that we in this age of machines must be alert if we reach the goals we have set before us.

These are not all my reasons for the nonuse of alcohol, but I think they are sufficient to defend my stand.