

LISTEN



Teen-ager Bill Merkel
INTERACT CLUB

Drugs and Children

When the mother first saw her new baby, its arms and legs were not normal. Her mother heart sank in distress and consternation—the baby was deformed.

This experience occurred some 5,000 times in West Germany and 1,500 times in other countries during the four years from 1957 to 1961. Thousands of adults suffered nerve damage.

These cases came about because of the drug thalidomide, a type of sleeping pill, the wide use of which has been called one of the worst disasters in modern medicine.

When mothers took the drug during early pregnancy, their children were often born with deformities. Their arms and legs were either missing or reduced to small size and shaped like flippers. Some of the children had hearing defects or other severe disabilities.

In the wake of all this tragedy, criminal charges have been filed against nine executives and researchers of the company which made and marketed the drug, accusing them of "causing bodily harm and death, both deliberately and through negligence."

The legal case has taken five years to prepare, the indictment covering nearly a thousand pages. The trial, expected to begin in 1968, probably will take at least a year, with 400 persons, mostly parents of "thalidomide babies" appearing as coplaintiffs.

In our chemical age it is evident that the market is being flooded with new drugs for one purpose or another. At times the good intent of the producers to combat disease or induce better health is lost because of unfortunate side effects. For this reason, every effort to protect men and women, children and youth, from dangerous drugs is commendable.

In this connection, however, our minds go to another drug, which in many countries is perfectly legal and alluringly advertised.

The impact of this drug on the individual and on society is well known. The tragedies which result from its continual use are myriad, and manifest in many forms.

Its effect on the next generation is not as well known. If the whole story were known, such influence might frighten the most stouthearted. We submit that both parents transmit their own characteristics, mental and physical, their dispositions and appetites, to their children. As the result of parental habit, children often lack physical and mental strength.

We believe that a consistent user of the drug alcohol will tend to transmit his craving to his children. We express our strong conviction that when the habits of the parents are contrary to natural law, the injury done to themselves will, at least in some respects, be repeated in future generations.

Though the impact of drinking may not become manifest in flippers on human babies, yet its total effect on children should be carefully studied and appropriate remedial action be instituted.



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LISTEN

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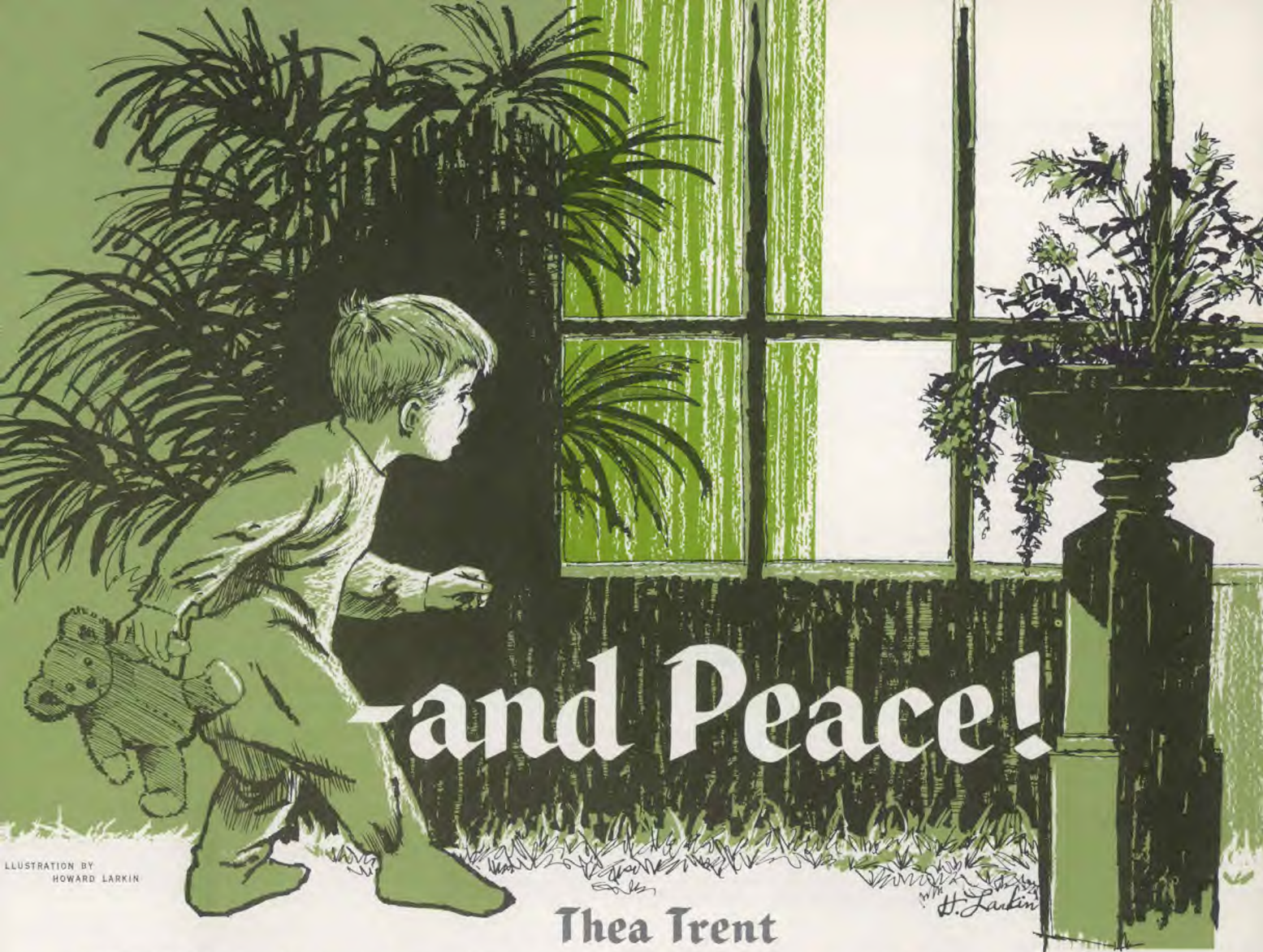


ILLUSTRATION BY
HOWARD LARKIN

Thea Trent

OUTWARDLY, Ronald's surroundings could not have been more beautiful: a great, Spanish-type house, with broad lawns sloping down to a canyon that led to the sea. Every type of flower seemed to bloom in the garden, especially famous varieties of roses. The air was always filled with their perfume.

The interior of the house might have been that of a small palace, so rich were the carpets and so rare the paintings. The drawing room, with its floor-length cloth-of-gold drapes, was full of treasures fit for a museum.

Ronald was, in effect, an only child, for his sister was married before he was born. An entire wing had been built onto the mansion for him and his trained nurse. His father was a top executive of a large aircraft plant.

There were many dinner parties and entertainments in the main building. Some of the guests were from the moving-picture world, for Ronald's mother had been a famous star.

The young boy knew nothing of these things, or of the constant drinking indulged in by his mother and father. For a long time his parents seemed unreal to him.

There was a beautiful lady who came in for a minute sometimes when he was tucked in his crib at night. She always smelled sweeter than a flower, and she would put her soft, white hand on his head and say, "Sweet sleep, little one!" Then, rustle, rustle, and she was gone.

Then there was a man. Sometimes when Ronald was

already asleep, he would be suddenly snatched up in strong arms and tossed high in the air. The man caught him on the way down. Sometimes Ronald screamed with fright, and the man looked angry and threw him down in the crib. "No use for sissies," he would say, and stamp out.

The time came when he was told that the beautiful lady was his mamma, and the man, his dad. When he was six, he still lived in his own part of the house, and he still had the smiling nurse called "Gertrude."

Then he discovered the most wonderful person of all. Her name was "Katie," and she was big and rosy and kind. Afternoons, she would let Ronald stay in her kitchen and watch her get things ready for dinner. Sometimes Katie would tell the most wonderful stories about the Little People in Ireland—so much more real than Gertrude's stories.

"And whin yer havin' a day off, Gertie, mind you leave Ronnie wid me," Katie would say. "No fear! I'll make him worrk fer his livin'!" And all three would laugh. From then on the little boy wouldn't answer to any other name than the one Katie gave him, "Ronnie."

Then the boy began to notice things. Often at night he was awakened from sleep by wild laughter; sometimes by the smashing of a glass or loud voices. He began to be shy and secretive with everyone but Irish Katie. Sometimes when the voices were loud, he would creep out of his bedroom and, hidden by the shrubbery, he would see

Play Your TENSIONS Away

Irwin Ross, Ph.D.

through the dining-room windows the people drinking and talking and laughing. Once he had seen a man lean over to pick up his handkerchief from the floor. The man had fallen down and everyone had screamed with laughter.

Not long afterward, as he walked past the kitchen window, he had heard Katie say: "Faith, an' 'tis a cruel shame the drinkin' that goes on here; though, mind, 'tis not my place to say so!"

"Why is it wrong to drink when you're thirsty, Katie?" he had said, walking into the kitchen. Gertrude looked frightened, but Katie just patted him on the shoulder with one of her big red hands.

"Indade, 'tis the wee pitcher wid big ears come walkin'," she said laughing. Then, suddenly serious, "Drinkin' the things the good God gave us is fine: pure wather, like, or milk, or limonade, or fruit juice whatever! 'Tis the devil's drinks makes folks silly and bad, and dizzy they fall down entirely!"

"What are those drinks, Katie?" the boy asked anxiously.

"Whiskey, wine, beer, an' all—I call 'em all 'booze,' and many the heart it's broke, and many the life it's ruind!"

"I'll never drink them as long as I live," Ronnie said.

From that time on, Ronnie knew his parents drank, and that it made them silly or cross and noisy. And he was more and more ashamed.

By the time the boy was nearly nine, he had attended birthday parties of several of his schoolmates; and for some reason his mother suddenly felt he must give a party too.

"Please, Mother, I'd rather not! I don't like parties. I'd lots rather go to a movie with Katie."

"What have we got here, a son or a sissy?" his father said angrily, coming into the room with a glass in his hand.

So preparations for the party began. First the invitations, then the decorated cake from the caterer, offending Katie bitterly. It was on a school day, and the children would be coming straight from school. Ronnie hated to go home, and loitered on the way as long as he dared.

When he reached the house, he saw little groups of children outside. Some were snickering while others looked frightened. Through the open door Ronnie saw his mother and father lying on the floor, dead drunk! This shock and shame burned his sensitive nature like a blowtorch.

As years passed, and he was sent away to school, and later, to college, he never outgrew his terrible sense of insecurity. Mentally he was more than a match for his friends, but he never felt at ease in social groups; nor was he tempted to break his childhood pledge never to drink. Alcohol for him stood for everything that was loathsome and cruel. His one release was speed, which he found in the racing car which his father had given him when he turned twenty. Faster! Faster! The wonderful sweep of power, and forgetting!

At the senior prom a girl he had known as a child met him more than halfway, and he kissed her.

But terror then closed in on him, with the insecurity haunting him through the years, descending in all its fright. He flung himself into his racer, fastened the heavy seat belt, and drove at murderous speed up the winding road to the cliff, with its sheer drop to the sea below.

He heard the police sirens screaming behind him, but he knew they could never reach him in time, not in time to stop his complete renunciation of life—over the cliff's edge, down, down to the black sea, and peace!

THE LINES deepened on the brow of the patient as he recited his symptoms. "My stomach's upset. I can't sleep."

"How much do you play?" the doctor interrupted.

"Play?" The patient looked even more pained.

"Why, doctor, how can anyone take time out to play with a third of the world going hungry? And the foreign situation. And the—"

The doctor popped a thermometer into the patient's mouth to end the torrent.

Physical examination revealed no constitutional defects or disease, and the doctor handed the man a prescription blank. On it were written two words: "Play more."

Many of man's ailments today could be cured by more play. Play is a necessary contrast to responsibility and routine. It prevents us from taking ourselves and our jobs too seriously.

Some people feel guilty at play, as if they were wasting time. However, play is one of the most important spiritual factors in human experience.

If playing is unpleasant to a person, it is work, not play. If you like games, they are play. If you don't like them, they are work. To get any good out of play you must have fun.

I like the story of the postman who called a young couple to ask them to join the hikers' club. "But why should *you* want to hike for recreation?" they asked.

He answered, "Can you imagine a better recreation for me than to go for a walk in the woods without having to run up to every tenth tree and give it a letter?"

Exercise, if indulged in for physical conditioning only, ceases to be play and becomes medicine. When sports become an end in themselves, they are no longer play.

Play can be either mental or physical, preferably both. Walking is the simplest form of exercise.

There is much to be said for sheer loafing as a form of play. We all know the recuperative powers of lying in the sand on the beach, building castles to be washed away by waves. To lie on a mountain meadow of daisies affords delightful, lazy play.

A certain quack once made a fortune by developing a collar of wire which he placed around the neck of his patient, who was required to sit in a comfortable chair quietly for thirty minutes. People said they felt better when they got up. There was nothing magic about it; the rest had done them good.

Out of active play and quiet rest periods often come the solutions to problems which have defied concentrated attack. The physiologist Goltz did his most creative work while fishing. Gardening and canoeing are idea-breeding. The brain, like the good earth itself, must lie fallow for certain seasons to be productive. But one should not play with the intention of accomplishing something.

Doctors advise at least two hours of play a day; one day a week; one long weekend a month; one month a year. The daily two hours of play should be divided between exercise, preferably out of doors, and social intercourse or reading. Strenuous sports should be eased off when the age of forty is reached.

The person who "thinks" for a living should choose play involving exercise. The manual worker should seek rest and quiet play, not wear himself out further.

Today is one time when doctors should prescribe more relaxation and play for almost all of us. More play would soothe many a troubled brow.

The floor of a room in which I spend a great deal of my time is covered by two large matched rugs from the tiny mountain village of Sarouk in Feraghan Province, Persia.

Although I have looked at them over a long period of time, I have never ceased to marvel at the beauty of the colors, the intricate patterns, and the careful workmanship. Often I stoop down to feel with my fingers the soft, deep tufts of wool woven so closely together.

Somehow there always seems to be present, almost as if he were still sitting there busy at work, the patient and persistent person who created these objects of beauty. Those familiar with handmade Oriental rugs tell us that rugs of this size and of this superior quality would require not less than ten years in the making of each one, twenty years for the two, or a good portion of the average lifetime of a man in the Orient.

On one occasion there was a small hole in one of the rugs resulting from a careless accident. We called upon the expert importer who for years had taken care of these valuable pieces of art work following his purchase of them for us. Although the hole was not large, hardly more than half an inch across, he spent most of one day weaving the damaged spot. He used wool he had imported from Tibet, from the long-haired sheep raised there. He dyed the strands himself with special permanent colors. As he sat there, cross-legged on the floor, slowly and carefully weaving, threading, tying, knotting, and cutting, we had a small-scale re-enactment of the original manufacture of the rug. We could imagine that small spot being multiplied many times as the skill and patience of the original worker was painstakingly applied hour after hour, and day after day, until years had passed by in the finishing of the rug.

I used to wish that by some magic I could meet the person who had done the creative work on those Sarouk rugs; that I might have watched those expert fingers, and seen his eyes, so intent upon his work. I would like to have known him and thanked him for the great pleasure his years of effort have brought to the many persons who have looked upon the rugs during the almost half a century they have graced my room.

Suddenly I realized that I *did* know him! Was he not revealed and immortalized in this beauty he had created? Looking anew at the rugs, I was aware of his personality, his aliveness, his industry, his purposefulness, his desire to create. The delightful patterns, the lustrous colors, the texture, the workmanship were all part of the living person, woven so intimately into the design and fabric of the rug.

There is no such thing as complete anonymity. Our names and our personalities are written into everything we do. Our influence and an actual part of us become ingredients of everything to which we put our hand, our mind, and our soul. We give of ourselves in all our endeavors, tangible or intangible. Our handiwork, the product of our minds and talents, may go out and beyond us into places we may never reach in person, and to others we may never know, into a form of immortality that cannot be anonymous, for the identity persists—that touch of a specific personality.

We look for dependable names on labels. Yet often a product speaks for itself without the name imprinted on it. And the many unlisted workers are identified with the product, especially if it is done well. Every time we use something, or touch it, or listen to it, or taste it, or look at it, or think upon it, the unnamed persons behind the scenes who put of themselves into its manufacture and creation become a part of us.

I heard a teacher once recall the oft-repeated example of a tiny pebble, tossed into a pool. The waves caused by the pebble circled out and out until they reached the shores confining the pool.

"You cannot walk along a street," the teacher continued, "and pass people without having your life influenced just a little by them, or without your having an influence upon them in turn." The impact of a smile or a single word can be significant; and think of the untold influence when you spend hours or days or years in close friendship, in a parent-child relationship, a teacher-pupil or husband-wife relationship, or as classmates or business associates.

We have just returned from a trip to New York City by bus. We saw people we may never see again. Of some there was only a fleeting glance, and then there were others: the young man who volunteered his help with my excess luggage; the charming young woman of different race, with whom I shared the bus seat; the driver who handled the clumsy vehicle so expertly in traffic, and whose patience was so remarkable. We also saw some persons who were discourteous and ill-tempered, but we remember mostly those who were kind and cheerful. Their mark of identity is now part of our lives.

Not all of us will leave a hand-knotted Oriental rug, or a Mozart composition, or a Rembrandt painting, or a Lincoln, Washington, or Kennedy heritage, or even a Robert Frost book of poems. But in our daily acts we leave creations and impressions with our identity upon them. Let them be worthy of our best. Someone, somewhere, someday, will take them into his heart and know us through them.



Grace Shults Davis

Your Name Is on It

Nix

on Negatives!



Today he is a member of the President's Council on Physical Fitness, serving on the sports advisory staff.

CLEAN living is "fun" living. Over the long haul, there are more "kicks" in kicking a football with your family or friends than in having to kick some bad habit.

I learned that at the Olympics in 1936, and I relearn it every day now as a member of the President's Council on Physical Fitness. Whether I'm producing sports films for Ted Williams or entertaining a pair of Japanese businessmen looking for new ideas in swimming pools, I find that sound habits make for a sound life. And most of all, I find it with my own family. The family that plays and works together is the family that stays together. It has worked for me, so I'm not about to knock it any more than I'd knock that gold medal I was lucky enough to win in the Olympics.

But that doesn't mean there's only one way to play and work. People are different and have to be respected for their differences. Like my own four youngsters. With one I might skin dive, with another I might experiment in our homemade chemistry lab, and with my girls—but you get the idea.



Adolph Kiefer wins his gold medal in swimming at the 1936 Olympics, and starts on an amazing series of wins in the years immediately following.

Adolph Kiefer

There are some things we never do, though. Smoke. Drink. I've seen these ruin families just as they have ruined many an Olympic athlete.

And there are some things we all do together.

We all indulge in activities for physical fitness. We exercise together, not simply for physical reasons, but for mental health as well. If all the children in America were exposed to sound physical education programs at an early age, we could possibly erase a \$2 billion tax bill that is spent for mental and penal institutions.

How? Physical well-being produces self-confidence and sound thinking, and points the way to a worthwhile purpose in life. Let me be specific. First, our children are all good swimmers and mountain climbers. A family can do these things no matter where it lives or what its economic situation is. Walks in the woods are as good as trips up the side of a mountain.

Second, we practice our religion together. This probably goes back to my own boyhood. My family—I was one of

seven children—used to go to church every Sunday and from church to Lake Michigan for a swim—no matter what the weather!

In Berlin, when I won the Olympics, I refused all congratulations until I had had my moment of prayer. It was simply a part of my life.

As I think back, I feel it was clean habits and a faith in the goodness of God that made me the youngest man to win in the Olympics. And it helped even more in those years afterward when I swam 2,000 races without a defeat. But it means the most day in, day out, with the little things concerning those you love. They make for the big things later. I see it now in the careers my children are choosing. For example, Dale, our oldest son, set his sights on a Ph.D. in oceanography. He's working at the University of Oregon on a scholarship, after working his way through Yale.

Jack, a senior at Yale, has chosen a business career. He began ten years ago selling lemonade for a penny a cup on the corner of our block. Cathy, studying at Vassar, is interested in conservation and biology. Gail is a high school sophomore and a cheer leader. She hasn't chosen a career yet, but she's out to be a top-flight cheer leader!

Whether they are typing, taking shorthand, driving a car, or swimming, we encourage them to do the best they're capable of doing. Strive for positives—get rid of negatives.

I remember once when I was a boy of eleven, I came home crushed because I had lost a swim meet. My father consoled me by saying, "Son, you may lose a lot of races, but if you make up your mind to it, someday you can be the best swimmer in the world."

I never had time for bad habits, so even though I was pretty busy, I got what I wanted because I had nothing holding me down.

We are enthusiastic campers and often have a three-car caravan crossing the country on a camping trip! We take turns driving and may not pitch camp until ten o'clock at night. The caravan often stops en route for a hike or a swim, to water-ski, or to visit a museum. Driving time passes quickly with each of us taking a turn sharing information about a territory—points of interest, nature lore, historical notes, things like that. Actually it all becomes very educational, but we don't look at it that way. We do it for fun.

One of our family goals is to try to swim every lake in the United States. On our last trip we took a dip in the

famed Crater Lake—a great experience. The water was wonderful, an unbelievable vibrant blue, a breathtaking contrast to the white snow rimming the edge. Dale was the first to dive in, the girls the last to muster their courage!

Joyce, my wife, gave me a knowing wink that day as we watched Dale go through the water. He's a champion swimmer, but there was a time when he was a scrawny, sickly young lad, always shivering under a huge towel. He just kept trying. A natural handicap usually can work to your advantage. Most champions have some kind of disadvantage. It develops the will and determination, and there's

How the youngest Olympic champion went on to win 2000 swim meets without a defeat!

no substitute for that. The handicaps to avoid are the self-made ones, such as bad habits or a bad attitude.

Adventure is important to all people, young and old, and we never outgrow our need for it. As a family we enjoy exploring. What do I mean by "exploring"? Doing something we have never done before. For instance, on this last trip we "discovered" Oregon. Oregon offers the most beautiful coastline in America, with steep bluffs for climbing, quiet coves for swimming, and great stretches of sand beaches. For many miles there are no buildings to mar the setting—it's completely natural.

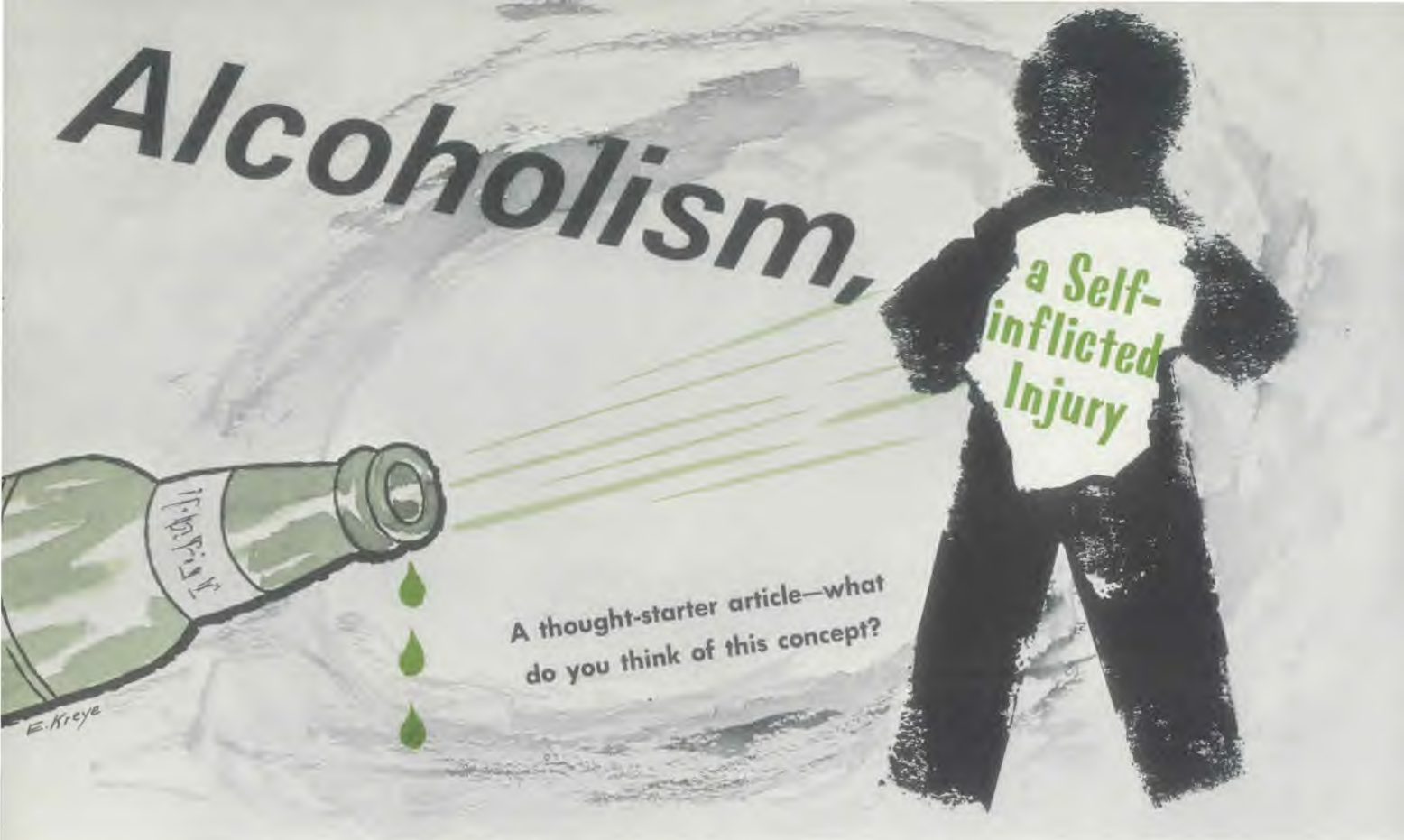
We explore streams for fishing too, and catch and cook our own dinner, and often eat it by candlelight. It's even an adventure to create an exotic salad, you know. I am chief cook on our camp-outs, and salads are my specialty.

But adventure doesn't always come in climbing mountains and deep-sea diving. It may be wandering through a museum or an art exhibit, or meeting new people. We've found friendly souls all over the world. Solving a problem is another form of exploring. Speaking of this need to "explore," my father is over seventy. He rides a bicycle five or six miles a day, always in a new direction. He still goes "adventuring."

We're all far too busy for the negatives!

From the early years, the Kiefers have been a swimming family.





TODAY'S popular concept that "alcoholism is a disease" inhibits new ideas in this field of preventive medicine. This concept is based only on the aftereffects on the body of the consumption of alcohol, and not on the act which itself starts the individual down the one-way road to alcoholism.

However, if we consider that alcoholism is a self-inflicted injury, this is a type of diagnosis that can bring us face to face with reality in considering alcoholism. Scholars in the medical, social, and religious professions could then meet with the victims of alcohol, their relatives, and other concerned persons to draw up workable programs to cope with this seemingly insurmountable problem.

Let us first analyze the act of taking that first drink. No one would dispute the statement that one takes that drink of his own volition. There are many excuses given for doing it, but the only valid one would be, "I was forced to drink."

One may blame the husband, the wife, the mother-in-law, the bomb scare, the war, a job, the boss, the city in which he lives, or a host of other things. These are childish excuses. They are about as sensible as blaming the automobile alone for the nearly 50,000 killed each year on the highways.

If one can concur on the point that a person takes the first drink of his own volition, we can then say that the adversities that follow in the path of those who continue to drink are the full responsibility of the drinkers themselves, and not of the society in which they live.

With the vast array of information available from press, radio, television, movies, magazines, and educational institutions about the effects of drinking on our bodies and on society, there is hardly valid excuse for anyone to become an alcoholic because of ignorance of the end result.

In spite of such full exposure to this flow of information, every member of the drinking population at some time has taken that first drink. They had, at the time, complete con-

trol of their faculties. It can be truthfully said that they took their first drink while being fully aware of the facts about alcohol, the same facts that have kept many others *from* alcohol. The blame for the consequences, therefore, is placed where it belongs.

Here there is a close resemblance to the case of the new smoker. With all the information available today about the dangers of smoking, it is difficult to understand how individuals would expose themselves to tobacco. If they develop lung cancer, or other disease, they can only blame themselves.

Based on the concept so popular today that alcoholism is a "disease," the responsibility for this "sick" person would rest on you and me. This is neither right, nor is it fair to those who do not drink. Moreover, it lets the liquor industry off too easily.

All who have ever taken a drink of an alcoholic beverage are aware of its effect on them. They cannot plead ignorance, because in the quantities commonly consumed today, one cannot drink and not feel the effect. And the effect can only be increased or lessened by the individual himself, by increasing or decreasing his consumption, or entirely stopping it. Once the liquor is consumed, the result cannot be changed by anything the person does normally, except to wait for the effect to wear off, commonly known as "sobering up." These same people, after each bout with alcohol, realize the effect it has on their bodies by the hangover. This should be educational enough in itself, but the drinker seems willing to ignore it.

If the effect lasted only long enough for it to wear off without any complications, the problem would not be so difficult, and something could be done about it. We could build "drinking resorts," and if one wanted to get good and drunk, he could go to one of those resorts, the only

place where liquor would be sold; have a blast for as long as he had money; take a few pills to sober up; and then return again to society.

It is not this simple. Each time a person comes under the influence of alcohol, his body and brain change. The degree of change increases in proportion to the damage done to the organs of the body by the alcohol, which varies in direct proportion to the amount consumed. Time has shown that this degree of change is detrimental not only to the drinkers, but also to those closely related to them. It also affects millions of other people, mentally, spiritually, and financially.

What the individual does while he is under the influence brings us to another major problem related to drinking. It is the nucleus of many of our social ills.

There is a direct connection between drinking and mental health. Alcohol plays an important role in illegitimacy, divorce, murder, and crime of all kinds. The percentage of alcoholics in tuberculosis hospitals is increasing significantly. There is a direct connection between heart disease and the consumption of alcohol. Alcoholism costs industry billions every year in lost time and manpower. These are only a few of the areas where alcohol does damage.

If any other product made in this country and sold legally would produce as great a social problem as does alcohol, it would be taken immediately off the market. To do this with alcohol, however, would be well-nigh impossible. Nevertheless we should start on the premise that no one should drink alcoholic beverages, and work from there to cure the ills directly associated with this product.

If we could agree on this new concept that alcoholism is a self-inflicted injury, and that the responsibility for all the adversities that follow are those of the drinker and not of society as a whole, many solutions could be adopted to stop alcoholism and our social ills.

Here are a few suggested solutions:

1. Total abstainers should not have to pay any of the cost of alcoholism to society. This includes the cost of drunkenness. This cost should be paid by the drinker in a higher price for liquor and reduced profits to producers.
2. Life-insurance rates should be much higher for drinkers, while the cost for abstainers should be lowered.
3. Life insurance issued to drinkers should be canceled if the person becomes an alcoholic.
4. Total cost, as ascertained by the courts, of any accident caused by a person under the influence, should be borne by the drinker.
5. Anyone convicted of drunken driving should have his driver's license suspended for one year for the first offense, five years for the second, and life for the third.
6. A law should be passed prohibiting the driving of any vehicle for at least eight hours after a drink.
7. All car insurance policies should be at least \$250 deductible for drinkers. This would make people think more responsibly when they drink and then try to drive.
8. All benefits under a health and accident policy should be denied if a person becomes an alcoholic.
9. Job classifications should be set up, stipulating those positions that cannot be held by drinkers, and those that cannot under any circumstances be held by an alcoholic.
10. No marriage certificate should be issued to an alcoholic.

These are a few of the suggestions that could be imple-

mented if responsibility for drinking and its results were to be placed on the drinker. To proceed on the concept that alcoholism is a self-inflicted injury would make it possible to bring about such changes.

No one denies that a change is needed today to curb alcoholism. New solutions are needed because the battle against alcoholism is not gaining ground. The problems connected with the consumption of alcohol are mounting. With the advances being made in all walks of life, there is no legitimate excuse for society to continue to produce alcoholics.



TRACK STAR OF SALT WATER!

Clare Míseles

In warm waters off the coast of Florida and Bermuda, there is more to be found than coral reefs, shrimp, and barracuda. There is also the track star of all salt water—the wahoo!

This fish can outrace them all! He thumbs his gills at slow fish, leaps up like a marlin, shows his razor-like teeth, puts his streamlined body in high gear, and clips off at thirty-five to forty miles an hour. When he really gets up speed, he goes like sixty!

Speed is his blessing when he encounters man, his enemy. He seeks peace, but since he can't have it, he puts on steam, and the challenge is on!

If he's a big fellow, all of his hundred pounds or more are thrown into the fight, and he shows courage and perseverance. He won't give up easily. He can't, if he wants to live. Besides, instinct tells him that too few of his family are about, and that if he gives up there will be one less of the diminishing wahoo.

There are too many misconceptions as a result of the disease concept. One that is obvious is the belief that "over-consumption" is our only major problem. Science is proving that only one drink may contribute to the problem related to drinking.

Another misconception is the belief that an alcoholic is merely a sick person. To treat him psychologically as a sick person makes about as much sense as giving my son an aspirin for receiving a speeding ticket.

It must be noted here that the concept of alcoholism as a self-inflicted injury does nothing for those who are already alcoholics. These cases are an entirely different problem. It does, however, make the prevention of alcoholism in the future possible.

TEEN-AGER BILL MERKEL =

equally at home with books or balls

WHAT would you say, Bill, has been the greatest thrill of your life?

Winning this school year what is supposed to be the biggest football game ever played in the state of Delaware.

That indeed must have been a thrill. What would you say is your greatest ability in playing football?

I think my best ability is my versatility. I have been asked to play just about any position except that of an interior linesman.

You have made your greatest contribution, however, as quarterback, haven't you?

Yes, I have.

What awards have you received in football?

I have been chosen to the all-conference team, then the all-state team here in Delaware, and recently I was chosen to the all-American team in *Scholastic* magazine. My latest award is my selection as scholastic athlete in Delaware, which is a much-coveted award in that it combines scholastic achievement with sports. I also received a trophy as the outstanding back in Middletown High School last year.

Do you feel that playing in competi-

tive sports like this helps prepare a young person for life?

Yes, because on a football field a person is under a great deal of tension and stress, and if one can face up to these early in life, then it should help in later years. Sports also help a person to round out his character, by training him to take defeats in stride along with the wins, and accepting each equally well. This applies to schoolwork too, for there will be setbacks as well as satisfactions.

I understand, Bill, that a number of schools have been after you to attend them when you finish high school. Perhaps because of your ability to play football, or because of your scholastic ability, or maybe both. What is your ambition for the future?

I want to attend a good engineering school.

In your interest in becoming an electronics engineer, do you look forward to a space career specifically?

Space to me holds a great deal of mystery. I think this would be a life that would always be interesting and full of new discoveries.

Bill, perhaps in a few words you could tell us what is an Interact Club.

The Interact Club is a Rotary-sponsored youth club. It's worldwide, and has about 40,000 members to date, composed of boys from grades ten to twelve.

What are the major purposes of the Interact?

Interact Club helps boys learn more about the outside life, as you might call it. We have two projects which we are supposed to take part in according to our constitution. One is a domestic project, the other is a foreign project. Our domestic project is to raise a \$100 scholarship for some high school student, our foreign project is to help the Peace Corps in building a school overseas.

What would you feel, Bill, is the major benefit of an Interact Club to a student body and to a community?

In a community the club shows older people that youth can be of great help to them in many ways, and that teen-agers are not all bad as some people seem to think. In a school we are the future leaders and as such must command respect. We kind of set the pace.

I would like to ask a few questions concerning your thinking and convictions, especially about young people. Listen magazine is youth-slanted

(Continued on page 12)



Though he excels in both studies and sports, Bill is more intent on getting an education than in accepting one of the half dozen or more scholarships that have been offered him. His favorite subject: mathematics.

Awards and trophies crowd Bill's little home desk, and his wallboard flutters full of invitations from some twenty schools, as he ponders which application form to fill out and send in.



Our Cover

It isn't often that both books and balls can be handled equally well by a teen-age boy, but Bill "Sonny" Merkel of Middletown, Delaware, High School has shown it can be done, and that he can have fun doing it! Listen's cover of Bill was taken by Bent Rohn, teacher and yearbook photographer at the school.



INTERACT FOR some sixty-two years now, "service" has been the watchword of Rotary International, ever since that February 23, 1905, when in Chicago four men met, appropriately, in the Unity Building to discuss how businessmen could promote more friendly relations with each other.

It was inevitable that Rotary, since grown to a world service network, would enlist youth. Thus in 1962 was born Interact, to "open a window to the world" for young men who would dedicate themselves to service and international understanding.

In about five years the idea has mushroomed, until now there are 1,644 clubs in fifty-eight countries, with some 40,000 members. Only 631 of these clubs are in the United States, scattered across forty-five of its fifty states.

Middletown is a rather small community in central Delaware, with small business and farming the main occupations in the area. It is "typical" of thousands of similar towns across the country.

Interact started in Middletown only this school year, when its Rotary, active for twenty-five years, suggested to the high school such a club to strengthen the link between school and community.

The idea germinated and sprouted. On the basis of their leadership abilities, about twenty boys in due course became charter members, who in turn began to infuse enthusiasm throughout the school (500 students) for their carefully chosen activities. Teen-ager Bill Merkel took over the gavel.

His Interact has been busy on two big projects, as is the case with every such club—one of local interest, which for Middletown is the raising of \$100 scholarship money for their own high school, the other of overseas concern, which in this instance is the providing of \$1,000 for material to

help build a school in another country, the country to be specified by the Peace Corps.

On a world level, other Interact clubs might, for example, support the literacy campaign in India or Nicaragua, contribute to a book bank in Chile, provide tutoring services to fellow students in Australia, finance a polio vaccination campaign in Brazil, or work with handicapped children in Japan.

"FUN," Bill Merkel replied with a sparkle, when asked the purpose of Interact. He meant that young people have real fun when they contribute to a worthy cause and participate in something having major returns. Interact has the same aim as its sponsoring parent, the Rotary Club. It encourages its boys to get their "kicks" through service. The result pays off not only for themselves, their school, and their community, but across the world in helping people.

Middletown's "big twenty" in Interact are top boys, best in scholarship and best in every other way. It is an honor to belong, an honor coveted by other students who admire those who have achieved that honor.

It isn't a matter of one student saying to another, "See what I have done"; but the example is something to be proud of, and something others desire to follow. Membership in Interact encourages a well-rounded person, good in scholarship, with good physical habits and mental balance.

Interact, Bill goes on, helps lift the horizon of teen-age boys, putting them in a better position to make decisions for life, and this right at the very time when the most important decisions have to be made in their lives.



President of Middletown's new Interact Club, Bill inspires its twenty members, and through them the entire student body, to activate its many projects.

He was born with a competitive nature, he says. "So I like to be first in whatever I do. Grades are most important to me, more so than football. They will mean the most in life."

and in it we try to gather some of the opinions of young people. Bill, what do you think about the young people of today?

I think that they are advancing so rapidly that it is difficult for a lot of people to keep pace with them. One can see it in athletics especially, how much bigger, how much taller, and how much better they are becoming than they were in the last decade!

That is rather an encouraging picture. What would you say are some of the major problems that young people face today?

Gaining adequate knowledge seems to me to be one of the most urgent. If the younger generation has the necessary knowledge, and is able to use that knowledge, then they should make out all right.

In other words, you feel that gaining an education is very important for the average young person?

It is absolutely necessary if one is to go ahead and reach out for everything that is there. Life is becoming a lot more crowded and a lot more competitive, and education is the solution of many of our problems. I feel every young person is capable of a high school education. It is offered for the benefit of everyone, so why should anyone refuse it?

That doesn't give much room, then, for a young person who is a dropout. What is your opinion of dropouts?

I think dropouts are misinformed people, or people who haven't been informed at all. Dropouts don't have much to look forward to, unless they are really ingenious, and perhaps these would be only about one half of one percent of them.

What do you consider to be a well-rounded young person?

A young person should have a religion, because God is always a part of our lives. He must also have the desire to learn, whether it be mathematics, science, or any other subject, and have a competitive spirit. I think participation in athletics plays a big part, because it helps round out a person and make him both physically and mentally fit.

Do you have any suggestions as to how an average young person can keep himself in the best physical condition?

I have learned through health classes to avoid many bad habits, such as smoking and drinking. Habits like these are ridiculous for a young person. I believe that smoking is the worse evil of the two, for not many young persons become alcoholics until much later in life, but smoking can become a habit right away. So it seems in our school, anyway.

All who desire to participate in athletics can do so, whether they play first team or not. If they wish to keep their bodies in good physical shape, they can go to physical ed classes, participate in athletic teams, and just try to do their very best. I think this helps to keep one's body in good shape.

On this matter of smoking, what do you feel is the basic reason smoking is bad for a young person?

There are many ways that young people can have fun without resorting to smoking. The only reason they start smoking is because it makes them look big, or feel big. Then, after they start, sometimes they find it is very hard to stop.

There has been much publicity lately about smoking and lung cancer, heart disease, and the like. Do you feel that the average young person is aware of this information?

I feel that smoking will not cause cancer until much later in life, maybe in twenty or twenty-five years. Therefore, for the present, I wouldn't worry about it. I figure in about ten years I could stop smoking if I wanted to, and typical of youth today, I don't worry about things that are so far in the future. I will not smoke today, mainly because I don't want people to look down on me, and they will if I smoke, seeing I am an athlete. Others who are not athletes and do not smoke, I would imagine, do not do so because they see no good in it, and are just being sensible about it because they are well-informed, which is very important.

Do you find in the young people with whom you associate any change in their thinking about smoking? Are there more now who are avoiding smoking, or do you think it is about the same?



An all-around athlete, Bill says his favorite is football ("A very complex game—it helps develop a person very rapidly"). His second choice: Baseball ("It was the easiest"). Other sports: Basketball ("Seems a very simple game"), track ("Just running").

Smiling boys from grades ten to twelve make up Interact, through which they develop their own leadership qualities and do something constructive for their school and community. They also sponsor projects in faraway places. President Bill is at right, standing.

Although most young people don't think about the effects of smoking until later in life, I think some have been affected, because not as many in my school are smoking as there used to be, especially among the athletes. I can remember four years ago when many on the football team would sneak a smoke in the bathroom. Now you'll find very few doing that.

As far as you're concerned, do you plan to take up the habit of smoking?

No.

I have noticed in recent months several studies that indicate that a person cannot use his mind as well if he is a smoker. Do you have any comment on that from your observations?

Not really, because people who do smoke don't usually do much studying anyway.

Do you think the smoking contributes to that, or do they smoke because they are more or less lazy?

These are people who seldom fall into the spotlight and therefore smoking, they think, seems to make them look bigger to their companions. It doesn't really, but if they like to think it, that is their choice.

This leads to a very interesting point. Do you feel that the more active and involved a young person is in high school activities and good projects, the less inclined he would be to take up such habits as smoking and drinking?

This is definitely true because if they take part in a number of activities, they're not going to waste time smoking, or they won't need to make themselves look big before others, because they're doing this in a different way.

About this matter of drinking, what dangers do you see in the habit of drinking?

To my knowledge many more kids drink than smoke, mainly because they think drinking is the only way to celebrate some important event. Also those who smoke

because they don't participate, also drink more excessively than those who drink just once in a while to celebrate.

As a matter of interest here, Bill, have you ever thought of drinking yourself?

I have had beer at home, but I found it very bitter and not at all pleasing to my taste, therefore I don't think I could get drunk because I couldn't stand drinking long enough.

Would you say, Bill, that if a young person is occupied profitably, inducements such as these would not be much of an attraction to him?

I think this is true without a doubt. And I think that this is especially so, for example, where the Interact Club helps boys avoid such unpleasant aspects of life.

What would you say, Bill, are the most important influences in a young person's life?

I think a young person's life is influenced a great deal by his parents. If parents show a lot of interest and try sincerely to help as much as they can, then the young person will be set to face the outside world a lot better than would one who comes from a disrupted home.

Would you say that one should have a specific aim in life?

Yes, because too many people don't know where they're going. If their goal is set, they would have something to aim at.

Do you feel that young people should be interested in world events and look forward to taking a more active part in them?

I think it is quite necessary because, thanks to progress, we are only a step away from our neighbors across the sea or our neighbors below us, and this is going to be the big thing in the near future.

Bill, through the pages of Listen magazine you will be speaking to, say 200,000 to 300,000 people, many of them young people across the country. If you were asked to give them a personal message, what would you tell them?

I would tell them that in the schools and throughout the nation there are plenty of opportunities for everyone, and that it is up to us to take advantage of these. No matter what school you may be in, education is there if you want it badly enough. With an education you can go as far as you want to, but it is up to each one to take full advantage of it, and not let it escape him while he is young. If it does escape him, he's going to have a hard time catching up with it when he is older.



Few students work harder than "Sonny" Merkel in his studies, or are more conscientious in the school program. However, it is evident his achievements haven't gone to his head. He often says, shyly, "I'm not tremendous."

Bill smiles as he tells his principal, Charles I. Jones, of his acceptance at West Point Military Academy, the first of 500 Congressional appointees for the class of '71.



PICK - UPS / BLOSSOM ENGEN

School days pass so quickly. The year hardly begins before it ends, and for that matter college graduation almost follows preschool nursery. Let's capture some of the carefree school days tonight in a—

KINDERGARTEN KLATCH—

or in case you aren't with it, a

KID PARTY

Invite each friend to arrive as a famous juvenile, and be prepared to give a prize for the best interpretation. Who knows? You may meet Lord Fauntleroy, Heidi, Becky Thatcher, Jack Horner, or Three Men in a Tub!

Decorations for the evening can be furnished by accommodating neighborhood kindergartners who love to produce artful masterpieces, and this will add authenticity to your evening. Try a few interest centers if space permits, a table of Tinker Toys, a Barbie doll with wardrobe, some squishy finger paints.

Plan the entertainment around favorite children's games, but for variety try some of these:

SECRET MESSAGE: Divide into groups of ten or twelve for a relay. Provide as many simple sentences as there are people in a group. Number off. While No. 2 is blindfolded, No. 1 gives him a pencil, and while holding his pencil hand, guides his hand in writing the first sentence. When No. 2 has guessed what he has written (or gives up!) he removes his blindfold and places it on No. 3 where the procedure is repeated. The sequence is duplicated until each person on the team has had an opportunity to try it. The winning team is either the one to finish first or the one who has the most messages successfully deciphered. Sentences should have about the same number of letters in each. Examples might be "You have lovely green eyes," "Go with me to the moon," "Happiness is a lollipop," or "Yippee, school is out."

PIN THE DOOR ON THE SCHOOLHOUSE: You don't have to be gifted to draw a school. Give each contestant a door and see which one, after being blindfolded and thoroughly turned around, comes the closest to a logical door placement. Use cellophane tape for sticking and you won't scar up a wall or door.

MUSICAL COMEDY: Divide into groups and present personalized versions of common nursery rhymes. Each group will want to appoint a conductor, soloists, et cetera. You don't need musical ability—strictly originality.

BALLOON DRIBBLE: Divide into groups for a relay. Give each contestant a balloon. At a given time have each blow up his balloon and tie it, and then in a numerical sequence each player dribbles his balloon from a starting line to a finish line. The catch is that this also becomes an obstacle course with chairs, branches, upturned tacks, and so on, placed in the way. Should a balloon break, the contestant should be provided with an extra one. Better have lots on hand.

THE LITTLE ENGINE (AND CABOOSE) THAT COULD: Line up two teams of opposing contestants. Number one is the engine. The last one the caboose, and intermediaries are cars loaded with such things as lumber, uranium, potatoes, green beans, et cetera. The leader calls out the name of a load, whereupon the engine and caboose rush to usher the load to the little town on the other side of the mountain (a suitable goal). The car to get there first scores a point. The train reassembles after each run. This will become hilarious especially as tension mounts, and undoubtedly the more excitable "loads" will have several trips to make.

REFRESHMENTS

In keeping with the theme, pick out two of your more gullible and verbose guests to take the first serving of refreshments, and

make it graham crackers and milk. For the remaining guests and later your picked-on guests, serve a higher educated version—

- * Graham Cracker Torte
- * Pocoa au lait

GRAHAM CRACKER TORTE (6-8 servings)

- 16 graham crackers, rolled fine
- 1/2 cup butter or margarine, melted
- 1/2 cup sugar
- 1/4 teaspoon cinnamon
- 2 small packages vanilla pudding and pie filling prepared according to directions.

Meringue of

- 3 egg whites, beaten until stiff
- 1/4 teaspoon cream of tartar
- 1/2 cup sugar, beaten gradually into mixture

Mix first four ingredients together. Reserve 1/2 cup for topping. Pat remainder into deep 9" pie pan. Bake at 300° for ten minutes. Pour cooled filling into cooled crust. Spread meringue over cream filling. Sprinkle with remaining crumb mixture. Bake until delicately browned, about 12 minutes at 350°.

POCOA AU LAIT (16 servings, 6-ounce)

- 3 tablespoons cocoa
- 1 tablespoon Postum
- 1/3 cup sugar
- 1/3 cup water
- 3 quarts homogenized milk

Combine cocoa, Postum, sugar, and water. Boil 1 minute. Add milk and heat slowly. Beat with a rotary beater at intervals during heating and just before serving to prevent a skin from forming over the top.

Drink Up--for School!

Alabamians will have to buy 2.35 billion cans of beer by 1991 to pay off a \$47 million bond issue floated to begin the state's massive trade-school and junior-college program.

The bond issue was for \$30 million. The interest amounts to just under \$17 million over the next twenty-five years. And the total is being paid off by a two-cent tax on beer, or fifty cans on the dollar.

Multiply 50 times 47 million and you get 2.35 billion cans of beer, and that is merely a drop in what appears to be a bottomless bucket, with huge costs yet to come in completing the program.

Smoke Lets Germs Work

Smoking cigarettes destroys the germ resistance of the air vesicles of lung tissue, thus opening the way to a wide variety of lung diseases, including bronchitis and possibly emphysema, report Drs. Gareth M. Green and Diana Carolin of Harvard.

The effect of smoke from five unnamed brands of cigarettes in different lengths, either filtered or unfiltered, was demonstrated by inserting them in a closely fitted rubber tube attached to a syringe gauged for smoke withdrawal similar to human smokers' "draw."

The smoke was introduced into a flask containing cells from the lungs of rabbits mixed with the organism *Staphylococcus albus* found in boils and suppurating wounds.

The air vesicles are known to be susceptible to many environmental substances and to organisms which

Urbanites Spend More for Medicines



Some people start early to take medicine and spend their average \$21 a year for this purpose.

tend to set the stage for infection.

The researchers undertook their investigation with the anticipation that cigarette smoke might suppress the ability of the alveolar macrophages (mobile cells) to fend off the germs. It did.

Don't Count on Coffee

In the old days it was customary to press on parting guests one final drink "for the road." This had no very bad effect in traffic when horses were the common means of locomotion. But the old custom is potentially lethal in the automobile age.

Most hostesses now know better than to offer "one for the road." What they do is offer coffee. Their motivation is excellent. They think this will keep the driver awake and neutralize what liquor he may have consumed.

Philip C. Wallwork, safety director of the Automobile Legal Association, takes issue with this bit of folk wisdom. Once alcohol enters the bloodstream, he reports, coffee has no sobering effect.

Assuming the truth of this, one could argue that the motorist who takes a few drinks and then tops off with coffee "for the road" may be worse off than the fellow who skips the coffee. The man who takes coffee will have a false sense of security. He will expect the coffee to sober him up so that he can drive safely.

He will be wrong. The saying that gasoline and alcohol don't mix holds true—and it should be added that coffee doesn't improve the mixture.

Americans spent an average of \$21 each for medicines during the one-year period ending in June, 1965, according to the United States Public Health Service.

Of this total, an estimated \$15.40 was spent for medications prescribed by physicians, while the remainder was spent for nonprescribed medicines, including tonics, pills, salves, ointments, vitamins, and first-aid supplies.

These and other statistics on the costs and acquisition of medicines were based on a nationwide sampling of approximately 42,000 homes, comprising some 134,000 persons.

The study revealed that the average cost per person for prescribed medicines increased steadily with age—from \$6.40 a year for children under the age of fifteen to \$41.40 for persons over sixty-five. Similarly, the average annual expenditure for nonprescription items rose from \$4 to \$8.80 in the respective age groups.

Also, the study showed, women spent more for prescription medicines than men did, averaging \$18.60, as against \$12. The difference in expenditures for nonprescribed medicines, however, was slight.

Expenses for medicines were higher among residents of metropolitan areas than among residents in rural areas.

During the year under study, an estimated 879,800,000 prescriptions were filled at an average of 4.7 prescriptions per capita. The average cost per purchase was \$3.60.

On the basis of another study, the National Center for Health Statistics estimated that 13,600,000 surgical operations were performed on 12,800,000 Americans who were discharged from short-stay hospitals during the year ending in June, 1964.

About two thirds of the persons discharged from these hospitals were estimated to have had all or part of the surgical treatment paid by insurance. Only about 5,200,000, however, had at least 75 percent of their surgical fees paid in this manner.

In This NEWS

★ Someone should shoot down the liquor industry's phony balloon. See page 16.

★ Will eating with your drinking protect your liver? See page 17.

★ Britons have found their drug-problem solution isn't working so well! See page 18.



Say No to cigarettes, and you may say No to germs in your lungs. Science is finding that smoking reduces the ability of your lungs to fight off germ infections.



TODAY TREADMILLS, TOMORROW THE MOON. Looking as though he had just collided with some huge spider web, a test engineer checks out a prototype of a life-support backpack designed for duty on the moon. Here it is being tested on a treadmill in a space-environment chamber.

Lung-surgery Survival

If a patient is going to die after surgery for lung cancer, he is most likely to do so in the period immediately following the operation, says Dr. George A. Higgins, chief surgeon at the Washington, D.C., Veterans Administration Hospital, reporting findings of a study group reviewing data from twenty-three hospitals.

Among 933 men patients, the average death rate per month was 15.5 percent in the first postoperative month. The rate declined to 3.1 percent at two to eighteen months, 1.8 percent at nineteen to thirty-six months, and 1.2 percent at thirty-seven to sixty months after surgery.

Of the total 933 men, 330 were alive three years after surgery, and 268 of these were believed free of cancer.

Liquor's Claim of Moderation Is Myth

Don Maclean

It's about time somebody shot down the liquor industry's phony balloon about the "drop" in per capita consumption of distilled spirits.

This is a myth perpetrated by the booze moguls to make us think that, despite the fact that they're enjoying the highest sales in history, Americans are becoming more moderate in their drinking habits.

Many liquor spokesmen have made statements on this subject, utilizing statistics, of course; and many newspapers and trade journals have quoted them as authoritative sources, alas. However, before turning the whole matter over to my firing squad, let me give you the beverage industry's little legend.

It comes in many forms, but typi-

cal is a statement prepared by the National Women's Association of Allied Beverage Industries, Inc., better known (if it's known at all) as WAABI.

At any rate, a recent WAABI bulletin states that with the repeal of prohibition, "people showed their belief in native common sense. . . . At the height of our prosperity we are more moderate people than we have ever been. In the period from 1947 to 1962 the annual per capita consumption of distilled spirits has averaged 1.25 gallons."

It goes on to say that in 1850 Americans slugged away 2.71 gallons per capita. From 1920 to 1933 the average American downed 1.95 gallons.

Except for one slight fact WAABI has ignored, it would appear that the average American is drinking less and less.

What the alcohol tycoons have left out is the irrefutable knowledge that the average American is getting younger and younger, and that today, at the point of lowest per capita intake of liquor, almost 20 percent of our population is below the legal drinking age in most states!

In only a few years statisticians estimate that 40 percent of our population will be under twenty-one. It figures that the "per capita" intake will drop even more, since 60 percent of the people will be doing the drinking for everyone.

Naturally, when the great majority of Americans were adults the per capita drinking figure was higher.

But the drop in the per capita figure is far outpaced by the drop in the over-twenty-one percentage of the population. Far from showing that the average American is drinking less, the industry's figures indicate that adults are drinking more.



Woman Dies 250 Times

Doctors at South Davis Community Hospital in Utah say they revived a forty-seven-year-old woman, Mrs. Charles Denhalter, nearly 250 times before her heart gave out and she died.

At one point during a seventeen-hour battle to save her life, Mrs. Denhalter was reported to have revived sufficiently to thank doctors and ask for something to eat. But then her heart began failing again and doctors revived her another seventy times before their efforts failed and she was pronounced dead.

Lung Cancer Rise

"Epidemic" is the word used by the National Advisory Cancer Council to describe the present rate of lung-cancer occurrence in the United States.

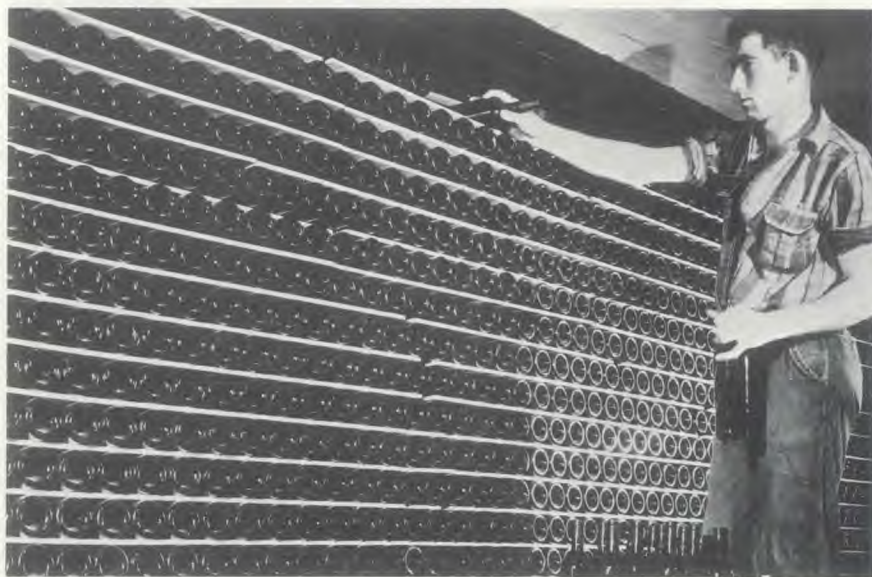
The Council urges greater efforts to warn the public on "the fatal consequences of cigarette smoking."

Lung cancer, says the Council, now kills 50,000 Americans every year.

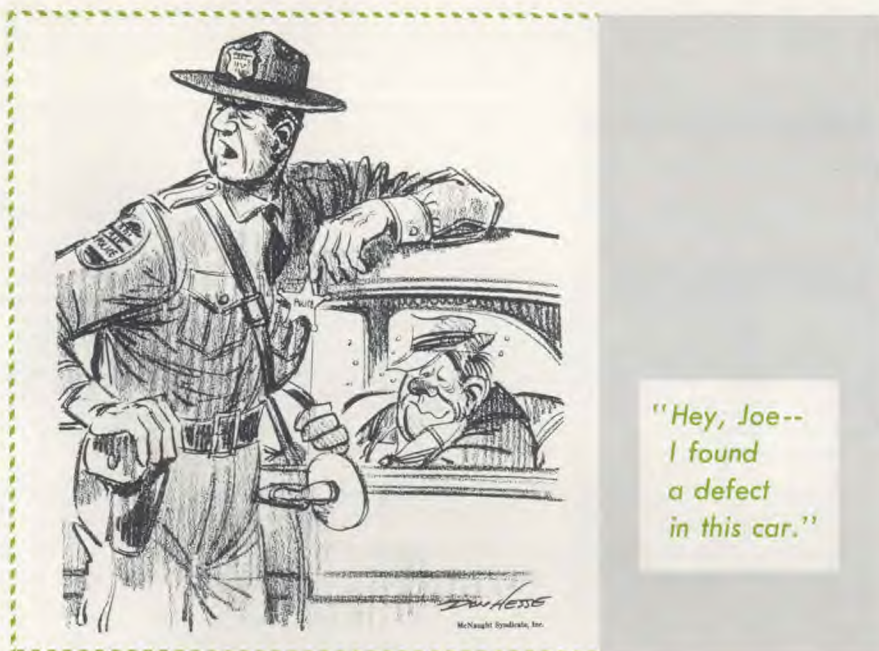
Aspirin Accidents

Youngsters under five gulp down more harmful overdoses of aspirin than of any other substance in swallowing accidents, constituting some 25 percent of the 63,000 such accidents.

The Industry That Bacchus Built



Bottles of wine being put to bed for several months in the "binning" process, in order to give the wine greater clarity and ripeness.



Smoke "Safe" - Then Ads

All television ads for cigarettes will be discontinued until such time as "a safe cigarette is developed and proved," if legislation asked by Senator Warren G. Magnuson of Washington is passed by Congress.

He urges as a substitute, that tobacco companies cooperate with the networks in providing public-service programs on smoking and health.

Also the Senator is pushing for the legal requirement that cigarette packages and advertisements carry a listing of tar and nicotine contents.

Last year Congress passed a law requiring that every cigarette package carry a health-hazard warning.

Alcohol Is Cirrhosis Culprit, Not Diet

Some people—heavy drinkers, that is—believe that if they eat and drink at the same time, the liver won't notice the alcohol. Those people are wrong.

According to Dr. Charles S. Lieber of Cornell University, "fatty liver, the initial stage of alcoholic cirrhosis, can be attributed to alcohol itself independent of nutritional deficiencies."

Cirrhosis of the liver, a dreadful lingering malady, is a leading cause of death among young and middle-aged residents of urban areas, Dr. Lieber says. Most cases "occur in chronic alcoholics, and are preceded by a stage of fatty liver."

Many studies have associated alcoholism and bad diet. And in rats, at least, it has been found that "dietary deficiencies alone injured the liver."

But both in rats and in volunteer alcoholics, Dr. Lieber reports, it was found "that alcohol can produce a

reversible fatty liver in the absence of dietary deficiencies and even in the presence of an excess of proteins."

Dr. Lieber also has discovered that heavy drinking slows discharge from the body of uric acid, accumulation of which causes that exceedingly painful inflammation of the joints called gout.

This discovery, he says, "represents the first known link between gouty attacks and one of their precipitating factors, namely, excessive consumption of alcoholic beverages."

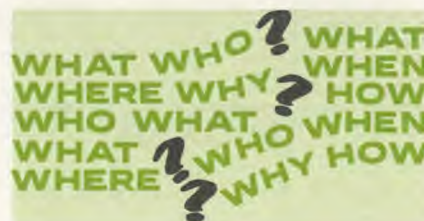


Sylvanus and Evelyn Duvall

DO LOVE AND MARRIAGE
"GO TOGETHER"?
YES ☐ NO ☐



YES. The popular song is right; love and marriage do go together "like a horse and carriage." Studies show that illicit affairs rarely succeed for long, and that the partners fail to find the contentment possible in marriage. It takes continuing caring, both for the marriage and for one another, to keep love alive. Love is good for marriage, and marriage is good for love—the two go together.



★ Over a period of eighteen months, a total of 130 persons with LSD-induced psychoses were hospitalized at New York's Bellevue Hospital. Hallucinations induced by LSD may return days or weeks later, and a single dose may be enough to cause permanent personality changes. (Dr. Donald B. Louria, Cornell University Medical College)

★ Women are more of a flop at quitting smoking than are men. In a study of 1,002 persons who had attended stop-smoking clinics at Hinsdale Hospital near Chicago, 37.9 percent of the men were still spurning cigarettes a year later, while only 29.4 percent of the women were still off. (Dr. Charles L. Dale, chief pathologist)

★ More than 7,000,000 persons each year are in trouble with a criminal-justice agency in America. On any one day some 400,000 are confined in correctional institutions, whose cost of operation comes to \$1 billion a year. (National Crime Commission)

★ During 1966 there were ninety-seven persons killed in District of Columbia traffic, the leading factors being drinking, accounting for forty-three deaths (44 percent), and speeding for twenty-nine deaths (30 percent). (Traffic Director, George A. England)

★ One out of every 193 Japanese was killed or injured in road accidents during 1966. Deaths reached an all-time high of 13,895. (National Police Agency)

★ In Prescott, Arizona, an N.S.O.W. club has been formed—"no smoking on Wednesday"—in order to reduce smoking and "make your life more enjoyable (and longer) in coming years." (AP)

★ About 45 percent of drug addicts are high school dropouts. (Boston Rehabilitation Board)

Alcoholic Teen-agers

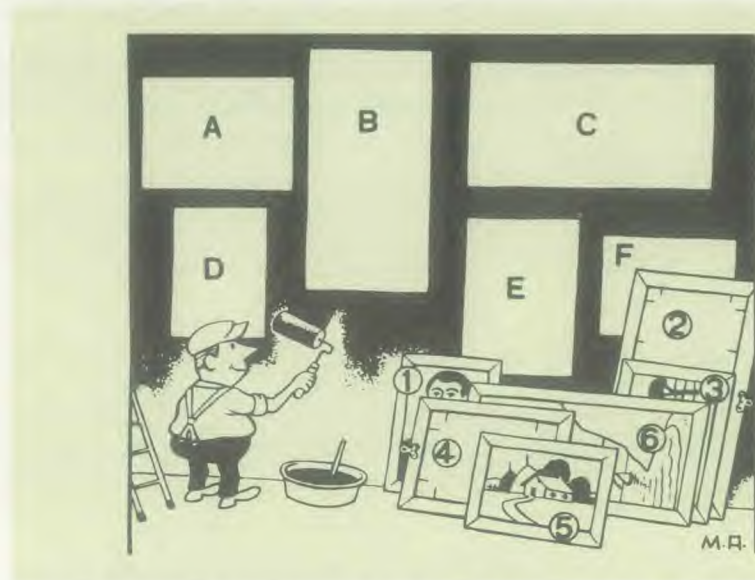
A center to combat teen-age alcoholism is being opened in Prague.

The center will supplement the work of a young-alcoholics clinic which was set up nine years ago and whose youngest patient is twelve years old, the Czechoslovak press agency Ceteka reports. The oldest patient is not yet eighteen.

The clinic has more than 500 patients, seven of them girls. About 82 percent of the patients are sixteen years of age, the agency says.

ARE YOU PUZZLED?

Singer Features



"PAINSTAKING PAINT SAVING." In order to save paint, Mr. Jones, in redecorating his house, has left blanks on the wall corresponding to the sizes of the paintings usually hanging there. Which picture hangs where?

British Drug Solution Isn't So Successful

Public concern about a growing menace of addiction in Britain has persuaded the government to restrict narcotics distribution.

British physicians have been able to prescribe narcotics for known ad-

dicts, officially estimated to number 1,036 in Britain.

But addiction is increasing. A recent survey predicted there will be almost 11,000 addicts by 1972.

Health Minister Kenneth Robinson said that under a new dangerous-drugs bill, selected physicians would be licensed to prescribe narcotics for addicts.

Physicians also would be required to notify a central authority about new addicts among their patients.

Under the bill the home secretary would be able to ask a tribunal to investigate possible cases of overprescription.

An expert committee reported in 1965 that overprescription was responsible for much of the entry onto the illegal market of heroin and cocaine.

Only for Oldsters — Past Forty, That Is!

Many men over forty fight their own physical fitness, says the American Medical Association.

These are individuals who assume that because of their age they are no longer capable of much physical effort. One of the greatest dangers to men past forty is falling into sedentary ways, either because of job confinement or sheer laziness.

The male past forty is advised to do two things relative to exercise:

1. If he is not reasonably adept at a specific sport, such as golf, tennis, or swimming, he should take in-

struction in at least one of these, or in some other form of physical recreation.

2. He should take an inventory of his physical activity in the course of his regular daily schedule. This includes physical activity on the job and at home. It might include such chores as gardening and maintaining the home, sports activity, and what he is doing in the way of regular calisthenic exercises. Often these do not provide enough activity.

For the sedentary person who decides to become more active, a good starting point is walking. This means a brisk posture walk, holding the belt line level and raising the breastbone. Then, in addition to regular physical activities, start devoting part of the weekend to a pleasant physical activity like golf, bowling, or swimming—something that is really enjoyable.



BOB BROWN



PROBLEM: An air car.

NEEDED: An old long-playing record, a thread spool, a candle, a large rubber balloon, and a smooth surface.

DO THIS: Whittle one end of the spool down so the balloon can be slipped over it. Attach the other end of the spool to the center of the record with candle wax. The holes should match each other.

Inflate the balloon, slip its mouth over the spool, place the record on the smooth surface, release the balloon, and the record will glide with very little friction over the surface.

HERE'S WHY: When the record rests on the surface it tends to remain there because of the friction created when the surfaces move against each other. The air stream from the balloon puts a thin layer of air between the surfaces, eliminating most of the friction.

Glass That Twists



Glass of such high strength that it can be twisted without breaking has been developed by Corning Glass Works, in New York, by using a method involving several different chemical treatments and special glass compositions that make a product five times stronger than heretofore possible.

Solution: A-3; B-6; C-2; D-1; E-4; F-5.



POEMS with a PURPOSE

by "Listen" Authors

Life's Precious Things

Beatrice Munro Wilson

My dearest joys are simple things—
A little wind that stirs at dawn,
Butterflies with jeweled wings,
Small boys and puppies on the lawn.

And little girls—they're candy-sweet—
Cuddling dolls and picking posies,
Helping to make home gay and neat
And fragrant with cookie smells and roses.

How can one list most precious things?
Snow in season? Sun again?
Sunshine for me, the bluebird sings,
And I, and the robins, joy in rain.

I'll never covet the eagle's wings.
I give glad thanks for simple things.

Inner Peace

Claire Miller

With blue sky above us,
Sun brightening the day,
The tumult of nations
Seems far, far away.

The flowers breathe fragrance,
Trees waft it in air
With caresses most soothing—
Gone, gone is all care.

With sweet songs of praises
All nature is ringing;
Though the world's out of tune—
Still I cannot help singing.

The Nature of Things

Minnie Mondschein

If I were an artist,
I would paint a rose,
Soft petals a-flutter
Or gently in repose.

If I were an artist,
I would paint a palm
Laden with sun-blest fruit,
Truly nature's psalm.

If I were an artist,
I would paint a bird
Winging to dizzy heights,
Colorful feathers all blurred.

If I were an artist,
I'd paint the ocean;
The pulsating waves—
Intoxicating motion.

If I were an artist,
How happy I would be,
Boldly re-creating
Nature's awesome scenery.

Never Look Back

Lin Crawford

Never look back to see your old track
Or water that's over the dam;
Never just moan over slips of your own,
A sin, a mistake, or a sham.

For when you look back and decry your own lack,
You live it all over instead;
Self-pity like this will cause you to miss
Many good things that lie up ahead.

It's great when you know how far you can go;
You can be just about what you will.
So, shake off that load and get on the road—
Keep your eyes on the top of that hill!

mind if I SMOKE?



BILLIONS OF CIGARETTES are consumed by Americans every year. Have you ever wondered what the unbiased facts are about smoking? What do cigarettes do for you? Be informed on these vital facts.

- ◆ ◆ THE VALUE OF FILTER-TIP CIGARETTES
- ◆ ◆ CIGARETTES AND HEART DISEASE
- ◆ ◆ THE CLAIMS OF CIGARETTE MANUFACTURERS
- ◆ ◆ THE INCREASE OF LUNG CANCER AMONG WOMEN
- ◆ ◆ THE BEST WAY TO STOP SMOKING

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