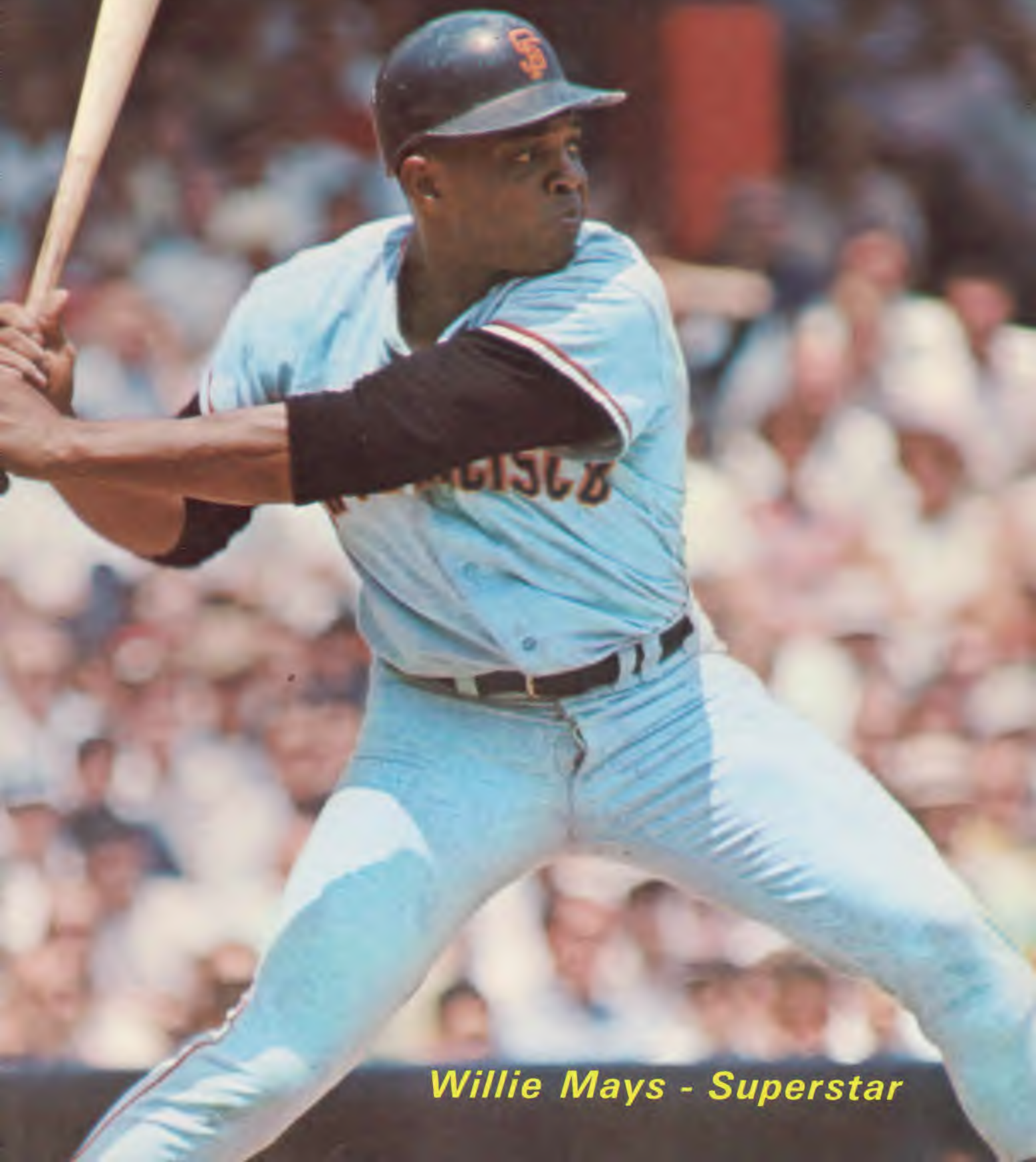


LISTEN

A
JOURNAL
OF
BETTER
LIVING



Willie Mays - Superstar

Sense of Food Value

On a widely distributed advertisement we saw the other day there was this heading: "\$5 for whiskey, 26 cents for milk."

The ad went on to point out that in many areas these days it is not unusual for the homemaker to buy the week's supply of groceries at the food store, and to include in this the weekly supply of beer and liquor for the family.

"The gal who may pay \$5 or more for a fifth—not even a quart, but a fifth—of whiskey may be the same person who is overheard complaining loudly because the price of a quart of milk increased from 25 cents to 26 cents. This is far from being an extreme example of the mixed-up sense of values many of us have acquired through the years when it comes to buying food."

Imagine! The amount spent for one fifth of whiskey would buy about twenty quarts of milk. Think of the difference in clearer minds, in physical nourishment, in safer driving, in better health.

In defining a bit more this "mixed-up sense of values," the ad drew this contrast: "The average cost for a quart of milk in the United States is about 26 cents when purchased at the store in half-gallon containers. . . . So let's get back to the shopper who bought both whiskey and milk. If she were to feed two 8-ounce glasses of the whiskey to her husband each day, you know pretty well what would happen. A few moments, perhaps, of euphoria. Then headaches. Hangovers. Candidacy for delirium tremens and cirrhosis of the liver.

"On the other hand, if she serves him two 8-ounce glasses of milk each day, she is providing him a big step toward a well-balanced diet. These two glasses of milk supply, for a moderately active adult man, 26 percent of the protein (and it's a very high quality, complete protein) recommended for his daily intake, 72 percent of his calcium (and adults need calcium just as much as growing children), 49 to 65 percent of his riboflavin, 13 to 18 percent of his thiamine, and 11 to 15 percent of his daily calorie needs."

When figured by the pound (a quart of milk weighs 2.15 pounds), the milk would come to slightly more than 12 cents a pound—really a very reasonably priced food when compared to the general price scale of today.

And even more reasonable when compared to the price paid for the empty calories and questionable food value received from alcoholic beverages, be they of whatever variety.

Indeed, this advertisement well phrases its message when it declares that "it's time for Americans to examine our sense of values when buying food."

Francis A. Soper

LISTEN

JOURNAL OF BETTER LIVING

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How Much Should I Compromise?

WE HEAR a lot these days about the value of compromise. In order to get along harmoniously with our fellowmen we are told it is necessary to give and take, to surrender our own preferences and accept some of those of our associates. We are advised to make concessions.

But how far should one go in the matter of compromise?

Ruth was a teen-ager who had always prided herself on correct behavior although she was no prude. She had high standards and tried to live up to them. She enjoyed an enviable reputation.

One day Mary, a schoolmate, said to her, "I'll go to the parties you give if you go to mine. I want you to meet some of my close friends."

Ruth was dubious, but she reluctantly accepted. At the first party sponsored by Mary, she met some pretty trashy boys and girls. Some of the talk was coarse. This fell far short of what Ruth was accustomed to.

One of the boys she met kept after her to go out with him. At first she rebelled; but he was persistent, and she capitulated. She will pay for that indiscretion the rest of her life.

Did it pay her to compromise?

"I play tennis with you," John told Harold, both high school juniors. "How about joining the bunch I horse around with at night? Or do you think you're too good for us?"

When he put the matter that way, Harold agreed to join in the fun. After all, he enjoyed his tennis with John and figured it was only fair to reciprocate.

The group was picked up for smashing traffic signs along a main road patrolled by state police. Although Harold had no part in the vandalism, being only a spectator, he was with the bunch and was arrested too.

He had compromised his convictions, and he paid the penalty.

Helen did not come from a religious family, but on the invitation of a chum had started going to Sunday School. One weekday a girl friend of the same age invited her to play golf with her on Sunday morning.

"I'm just beginning to like Sunday School," Helen told Doris. "If I play golf with you I'll miss it."

"So what?" demanded Doris fiercely. "Sunday School is for the birds anyway. I've helped you plenty with your chemistry at school. The least you can do to repay me is to join me on the links."

Helen played golf with Doris on Sunday morning. It became a habit. Now she never goes near a church.

Did it pay her to compromise?

Then there was Richard's case. He and young Jim planned an outing together. Richard wanted to play it safe and hike over fairly level country. Jim wanted to ascend one of the most dangerous mountain peaks in the area.

"My folk have warned me never to attempt that peak," Richard declared.

"Aw, don't be such a baby," chided Jim. "All right. How about going up Pine Mountain instead? Surely, you're not afraid to do that. It's nothing more than a little knoll." His tone was derisive, almost insulting.

"That one's steep and dangerous too," Richard asserted. "I'm supposed to stay away from it also. There have been many accidents on Pine Mountain, but it's a lot safer than the one you first proposed. I'll go with you."

During the ensuing climb Richard fell from a cliff, and had to spend six weeks in a hospital.

Did it pay him to compromise?

Indeed, there are compromises—and compromises!

Double Trouble - AND THEN SOME!

THE BODY of an attractive thirty-seven-year-old mother and physician's wife was found in the crawl space beneath a \$25,000 Lake Michigan cottage. The autopsy showed no cause of death. The ambulance driver who removed the body said, "She looked just like you would if you had crawled in, pulled your legs up under your chin, covered yourself with a blanket, and gone to sleep."

The victim's husband, an anesthesiologist in a Midwestern hospital, said that his wife had been taking tranquilizers, and speculated that a combination of the drugs and alcohol might have been a factor in the death.

Stories of this kind appear more frequently these days. We read with horror of the tragic deaths of Marilyn Monroe, Dorothy Kilgallen, or Alan Ladd, but may not realize the same thing is happening to people in our own community, people who have no idea they are taking their lives in their hands when they drink three or four cocktails after having taken a tranquilizer.

The cause? Potentiation.

Potentiation is present, according to the Smith, Kline, and French Laboratories' Advisory Panel, when "the total effect on the body of two drugs, particularly those with sedative properties, may be greater than the sum of the effects of each drug taken alone. One drug intensifies or potentiates the effect of

the other. For example, barbiturates and many tranquilizers potentiate the depressant effects of alcohol." This could be what occurs when a man is arrested for drunk driving and says truthfully, "But, officer, I only had three beers."

According to Dr. James M. Landis, clinical investigator for SKF Laboratories, "the combination of alcohol and drugs is clearly a case where two plus two equals five or six." For example, an autopsy performed on the body of Dorothy Kilgallen following her death as she lay reading in bed November 8, 1965, showed concentrations of alcohol and drugs which, by themselves, could not have been lethal. Clearly, one had potentiated the other.

The widespread use of drugs and alcohol today is an emblem of our age of anxiety; in fact, it's the subject of the best-seller *Valley of the Dolls*. People feel they need comfort to face the realities of living; noon cocktails are a way of life in many communities. A good number of those who regularly drink two or three martinis before lunch and three or four more before dinner with a nightcap to ensure a good night's sleep are the same people who are taking three librium capsules a day and a seconal before bedtime. Yet they don't consider these habits unusual.

Drinking and reliance on pills are so widespread they have become a status symbol. Many peo-

ple are familiar with the trade names of different drugs and openly compare medications, often in an effort to outdo each other and thus indicate the extent of stress they must be facing in their daily lives. The name of the game is "Can You Top This?" These same people would rebel at the thought of taking marijuana, yet they regularly abuse other drugs. The tragedy is that they aren't aware of the risks they are taking.

Pills of all kinds are readily available without resort to the black market. One can withhold pertinent information from his doctor, use medication prescribed for other members of the family, take more than the prescribed dosage, or go to several different doctors. In such cases, the doctor is often unfairly blamed if an undesirable reaction occurs. On the other hand, sometimes the patient is unaware of the danger because he was not adequately warned by this doctor.

According to Dr. William W. Unangst of the Norristown State Hospital in Pennsylvania, "There may be ten million people who are impairing their capacities to live fully and function effectively by the use of alcohol and drugs. . . . I have personally seen literally hundreds of wild, bizarre, irrational periods of behavior after the ingestion of alcohol by patients on a maintenance dose of one of the more common tranquilizers."

Drugs may be dangerous when used singly

What are these drugs? How do they work? Basically, mood-changing drugs can be divided into five general classes. The *analgesics* (pain-killers) include narcotics such as heroin or morphine and simple aspirin. The narcotics work on the central nervous system (in the brain and spinal cord) by inhibiting perception of pain, but they must be carefully controlled lest physical dependence result. As tolerance develops, ever-increasing doses are necessary to produce the same effects. The withdrawal symptoms of narcotics ("cold turkey") may be intense and last as long as ten days.

The *sedative and hypnotic drugs* such as alcohol, barbiturates, and tranquilizers make up a second category. They are used to depress the central nervous system, producing a calming effect or sleep. While they can be useful in treating anxiety states, hyperthyroidism, or high blood pressure, the dose must be properly supervised. Tolerance and physical dependence may easily develop, followed by withdrawal symptoms of delirium or even coma. Potentiation is most likely to occur when two sedatives with a similar depressant action on the brain are used together, because they intensify each other in combination, making the total effect more potent than the sum of the two used alone. Therefore, a man who may drink six or seven highballs in an evening may find himself incapacitated after three drinks if he has previously taken another depressing drug.

The main difference between barbiturates and tranquilizers is that the latter is more likely to calm without producing sleep. Tranquilizers reduce anxiety with less impairment of mental and physical functions.

Stimulants comprise the third category of drugs that are dangerous if combined with alcohol. They, too, act on the central nervous system, producing alertness, wakefulness, and a feeling of be-

ing "alive." The stimulants most likely to be abused are the amphetamines ("pep pills") which are properly used for a variety of the milder depressions and overweight conditions. Tolerance develops with the stimulants too, but it has its limits. With very high doses a psychosis characterized by delusions and hallucinations appears. The addict may think he is being followed or hear nonexistent voices talking about him. Milder symptoms include excitability, talkativeness, and sleeplessness.

Hallucinogenic drugs, the fourth type, create a distortion of perception and produce bizarre, sometimes criminal behavior. The psychedelics, mescaline and LSD, largely make up this category. At the present time, they have no medical use, nor is there any proof that they can cause physical dependence.

Finally, there are the so-called *psychic energizers*, or antidepressants—the monoamine oxidase inhibitors such as parnate and nardil, or the mild psychomotor stimulants like ritalin. While they stimulate, they are seldom abused because the user gets no immediate "kick" or sense of well-being and is not tempted to increase the dose.

And then there are the combinations of any of the above, such as dexamy and elavil, composed of an antidepressant combined with a tranquilizer.

According to Dr. Richard C. Bates of Sparrow Hospital, Lansing, Michigan, "All of these substances are addicting in susceptible people. It is quite safe to say that anything that changes a person's perception of the world about him, his mood, or his feelings about himself and others, is potentially addicting for certain people."

The abuse of drugs seems to appeal to those who are emotionally dependent. The euphoria produced provides a temporary escape from reality. These people often begin with alcohol, but then they go on to more potent drugs. Frequently

alcoholics are introduced to tranquilizers or amphetamines by well-intentioned doctors to help alleviate withdrawal; and if the patient is not carefully controlled, he may increase the dose, searching for more comfort, and thus go on to more dangerous addictions. As pointed out by Dr. R. Gordon Bell, of the Bell Clinic in Toronto, Ontario, "People who can't control their dose of alcohol will usually pyramid other sedatives too, even cough syrup and aspirin."

There are other reasons why people combine alcohol with other drugs. Take hangovers. Anyone who has experienced "the morning after the night before" knows that misery. Taking a sedative depresses the central nervous system and lessens the unpleasantness. In addition, the euphoria gained from the alcohol may be recaptured. The sufferers discover that pills are easier to carry than a flask, that they are relatively inexpensive and that they leave no telltale odor. Others who feel let down during a hangover take amphetamines straight or in combination with sedatives. In time, individuals with the addictive trait are more than likely to consume additional alcohol while the pill is in effect. Since reactions to medication vary as widely as do types of people, limitless combinations of intoxicants are used.

People who take amphetamines to lose weight often unknowingly join the ranks of those who combine alcohol and pills. While these drugs may depress the appetite center of the brain, they increase the blood pressure and pulse and cause feelings of jumpiness. As a result, in order to combat these effects, sedatives may be offered. Alcohol helps too. Amphetamines can then become a dangerous crutch. It is best that they be used only as prescribed, for short periods and never combined with alcohol.

People who use medicine and alcohol together are found not only

(Continued on page 9)

LISTEN interviews

Dr. Paul Dudley White

FAMED HEART SPECIALIST

DR. WHITE, what is the importance of good health?

Quite naturally we expect and want to have good health for all people, young and old. And the health of older people depends very often on the health habits of the young. I'm concentrating most of my attention to help establish health habits in early life which will allow people to remain healthier and to live longer, and to be more useful as the result.

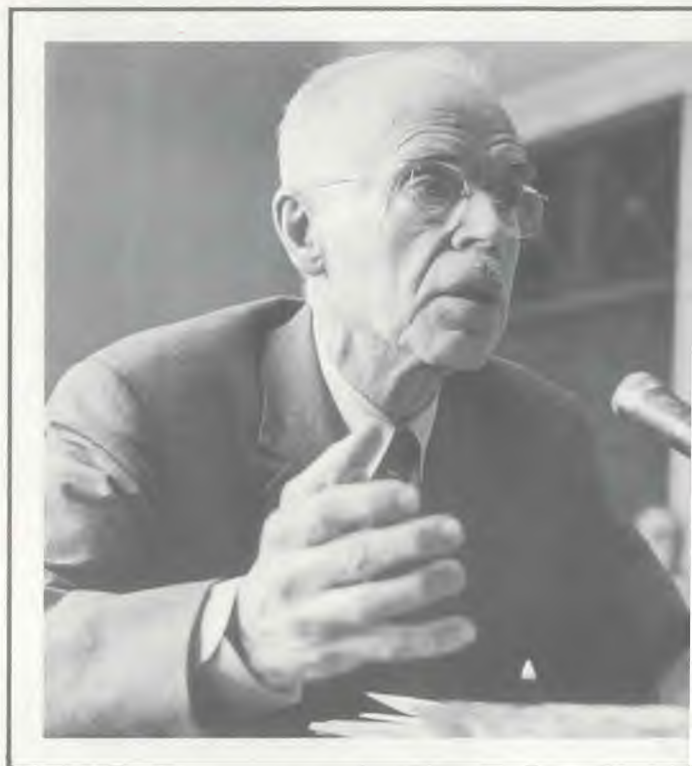
This requires a certain amount of research as well as the application of knowledge we already have. We don't yet know for certain how to avoid the present epidemic of atherosclerosis—we call it a cause of heart attacks, strokes, and sudden death. These are responsible for the great majority of the deaths of men and women in America today.

Men have this type of disease earlier than do women, the men dying seven years earlier in life at the average age of sixty-eight while their wives continue until seventy-five. This is the great problem of today, because these diseases begin sometimes early in life. Not infrequently I see patients who at the age of thirty-five or forty are struck down and even killed by these diseases that I'm sure are preventable.

Therefore, we may summarize this by saying: Of course, do the things that we know should give good health—like avoiding a bee sting, not smoking, and so on—but also support the research that's going on today. I mention specifically the heart drives all over the country, for that is my area of primary interest.

You mentioned, Dr. White, the matter of smoking and preventing heart disease. What is the relationship of smoking to the heart?

Well, I think there has been perhaps an overemphasis on its relationship to the heart, except that we know statistically that those who smoke heavily are more likely to die early of arteriosclerotic diseases like that of coronary heart disease.



We do know clearly that tobacco damages the lungs. To my mind, that's the main element. The lungs are as important as the heart, and if one is acquainted with the delicate structure of the lung, and then sees what tobacco can do to that delicate structure, he'd never smoke again. It's not, then, merely its relationship to heart disease, nor merely its relationship to cancer. Of course, it is true that cancer of the lungs has been increasing, especially in men; but it will increase also in women—undoubtedly due to tobacco. But it isn't just the cancer, it's the fact that every lung is damaged by continued smoking.

You would suggest then that young people today avoid the habit of smoking?

Oh, yes. There's no doubt in the world about it. It is significant that many older people are stopping smoking too. Doctors also have cut down their use of tobacco very much, and you can't expect a doctor who smokes to have much influence on his patients when he advises them to stop smoking. We doctors have got to set the program, set the pattern; and parents should set it for their children. If the parents smoke, naturally the children do. The difficulty is that nothing has been done really well yet to avoid the starting of smoking by children twelve, thirteen, fourteen, or fifteen years of age. This is where the rub comes, and this is where even the tobacco companies should help us.

To your mind, then, the most effective way to keep young people away from the habit is example?

Yes, teachers and parents must stop smoking themselves.

Can you overexercise? Is stress good for you? What about D? Do we blame our ancestors too much? Is alcohol good medicine? Nonsmokers--are they affected by tobacco smoke?

Frequent witness before Congressional committees investigating medical problems, Dr. Paul Dudley White uses no words in urging people to observe the rules maintenance of good health and physical fitness.

Can a smoker protect himself by not inhaling?

Many people say they don't inhale, but in a way they do inhale. To avoid inhaling, a person should turn his head sharply behind him when he takes a breath in after he has blown some smoke out. If he doesn't do this, he is bound to inhale some of the air he has just blown out. It has been shown by experiment, careful experiment, that if you inhale you take in some 90 percent of the smoke. If you don't inhale you still get some, because you are inhaling the smoke you've just blown out.

Would that bring an element of danger to the nonsmoker who is forced to inhale smoke?

Yes. I don't suppose people who really dislike tobacco would tolerate sitting in a smoke-filled room very long. We don't have, as I myself have experienced, such smoke-filled rooms as we used to have. At least I haven't been in them. Perhaps I've avoided them on purpose. I can remember when the air used to be so thick with tobacco smoke that I've gasped for breath.

I haven't smoked for years, but now I think that the older individuals, the adults who are likely to assemble in meetings, and perhaps the young people too, realize the unsatisfactory atmosphere that they have to suffer when too many people are smoking. And there is better ventilation nowadays. Nevertheless, if you should attend many meetings where everybody is smoking you would have danger even if you don't smoke yourself.

Do you see an element of danger in the habit of drinking?

Yes. It can damage the liver, that we know for certain. We know that it interferes with proper mental physiology, and I'd say it can damage the heart in excess. It used to be thought that a drink would be beneficial to a person who's had coronary heart disease, that it might dilate the blood vessels and give a sort of relaxation, but that is a false idea.

I've seen too many young alcoholics with acute coronary thrombosis to make me believe that alcohol protects the heart in any way. It may not damage it greatly unless you get a lot, but often a person has other difficulties from alcohol before the heart is damaged. But alcohol really does no one any good.

You do not agree, then, with the story that made the rounds some time back that a person can smoke and offset the effect of smoking by drinking?

No. I had a friend, a very nice doctor in Philadelphia, who once, because he liked both alcohol and cigars, said it was best to go through life with a highball in one hand and a cigar in the other, but I never subscribed to this. I'm sure it isn't true.

Some people say that they use alcohol as a medicine. Is there any good in this?

I never advise a patient to take up the drinking of alcohol as a medicine. A few people, old people especially, may have a little beneficial effect.

Would this be any reason for the average person to go out and use it indiscriminately?

No, and I might refer to some of the tonics that are recommended. Every generation has its own tonics. I remember one time there was a tonic which contained a good deal of alcohol. It was very popular, largely, I think because of the alcohol. But I would say that there's no sense at all in it.

What parts of the body bear the real impact of drinking?

The liver perhaps is more commonly damaged than the heart, but excessive alcohol can hurt the heart too.



Former President Dwight D. Eisenhower (left) uses a golden stethoscope to "listen" to the heart of Dr. Paul Dudley White, who treated the President after his 1955 heart attack. Dr. White is the first recipient of the gold stethoscope award, given for contributions to peace as well as international medicine.

Do you think the average person recognizes that alcohol is a drug and that according to the ethics of medicine, it is dangerous for a person to self-administer a drug?

The same is true of tobacco and many of these other drugs now being experimented with. Yes, I'm sure that alcohol is not a medicine. Some call it a food, since it has calories. A person who is trying to lose weight should restrict his alcoholic intake even more than his food.

Do you think that the overuse of food could be as dangerous as the habit of drinking?

Oh, yes. It is much more common. I suppose, actually when the final answer comes in, we'll find that heart attacks today result more from overnutrition and rich food and the use of too many calories than from any other factor including heredity.

I think heredity does play a role, and so do other things like the lack of exercise, and we know that tobacco too doubtless is important, and perhaps excessive stress. But the inheritance of the environment is probably more important than the inheritance of the genes. Too much is blamed on our ancestors.

But our ancestors, especially our fathers and mothers, and that's true still today, may have set too rich a table. They have too many automobiles and are smoking too much. These three habits handed down, you might say by inheritance, probably are much more important than the genes.

Then you'd say that it is a major responsibility on the part of the present generation to see to it that their habits are carefully chosen and controlled?

Of course, the fathers and mothers can't always succeed in telling their children they mustn't smoke, they mustn't get fat, and that they should walk more. But if

parents themselves smoke and overeat, then it's a little difficult to persuade the children against these habits.

I've met young people all over the country and all over the world. It is nothing new that young men, young women, would like to do something different. They revolt, you know; this is common. So we have a good thing for them to do, to establish what their parents didn't establish for themselves, namely, good health habits. The young man can do this now in "defiance" of the father—"So, I'm going to live a better, healthier life than you have lived."

What is the long-range effect of our drug age on the heart?

I do think too much medicine is being used. I suppose there are about twenty medicines in the whole list that are very important and should be retained, but the others might be thrown into the sea. This would be bad for the fishes, but it would help mankind. I suppose I spend more time taking patients off medicine than putting them on. But many medicines are inert and aren't very important, that's to be sure.

That applies to the vitamins. We don't need to take all the vitamins that we are accustomed to take. Very few people need vitamins. They aren't usually harmful, but they can be. If you have enough good food you don't need additional Vitamin C, and you don't need the other vitamins such as A and B, or E, if you eat an average diet.

Well, this may be an innocent waste of money in medicines, but there are some drugs that may have a certain value for one symptom but be dangerous otherwise. You take the example of thalidomides. In Germany and a few other countries, this did sedate the mother's in the first three months of pregnancy, but severely injured the fetus. The use of tranquilizers and many other drugs should be carefully controlled. I find that the best tranquilization after all is physical fatigue, and not any drug.

You would say, then, that you tend more toward the "natural" type of life rather than what might be termed the artificial?

Yes. I have a talk I give called "Man Against Nature." Man may have had to fight nature when he was a cave-man and through medieval times in order to protect himself from animals, from the elements, from starvation, and from germs and so on. Now we have protected ourselves against most of these things, but now we're no longer working with nature; we're fighting nature in not using proper health habits.

In other words, nature would not like to have us fat. I'm sure nature would back us up very much if we used our leg muscles more, and nature isn't interested in our damaging ourselves by smoking.

Can the average person overexercise very easily?

No, I think not. The average healthy person can't be hurt by exercise, except that he may get a sprained ankle or an injury of that sort; but he doesn't hurt his heart by any amount of exercise.

If, however, you begin to take up the idea of establishing good health habits when you're middle-aged, you should probably do it gradually. It wouldn't be sensible to

start running a few miles the very first day. You'd find you couldn't do it anyway. Your legs wouldn't stand it, but it simply isn't sensible. Therefore, the re-establishment of good health habits should be gradual. But it's never too late to mend.

What is the effect of the tenseness of today on heart health?

Some stress is necessary for life. In fact, the best definition for stress that I have heard was at a symposium on stress two or three years ago. "Stress is life, and you'd better enjoy it." This is a very good definition.

You can't live without stress; but it is possible to have excessive stress, and that's bad perhaps for the nervous system more than it is for the heart. Some people under great stress can become exhausted nervously and have many symptoms from that, but very few people who are healthy to start with are hurt by stress. People sometimes blame their work. They may say, "Oh, this hard work gave me this heart attack." Well, that's perfectly silly.

What suggestions would you have especially for young people in their relationship to the chemical age in which we live?

I think some experiments may be wise, but not these experiments like testing the effect of opium, morphine, or the use of alcohol. It's very easy to get into a bad habit, such as morphinism, or become tied to the use of some of these other drugs that are now being handed around a little freely.

Many people are experimenting with psychedelic drugs like LSD. What comment would you have on them?

They can be almost as harmful as opium or morphine; in fact, more dangerous at the time because of the quite complete change in the personality of the person. He may not realize when he's over the effect that perhaps he had established a state of mind which could have been injurious to others as well as to himself.

Dr. White, would you say that, as far as health is concerned, it is better to put emphasis on prevention rather than on cure?

Oh, yes. This is my chief interest in medicine today, the prevention of many of the diseases that we've become so clever in diagnosing and treating. If we'd done no more than diagnosing and treating typhoid fever and tuberculosis years ago, our hospitals would still be full of typhoid fever and tuberculosis as they were when I was a young doctor. So we've got to do the same thing with these other diseases. There's no reason at all why we can't control practically all of these diseases that are now so prevalent, which include not only cardiovascular disease but also many of the mental troubles today.

So I'm optimistic about the future, but we've got to have much more research than is actually being done now on the causes of disease. Sometimes we learn things, and then they are forgotten and we rediscover them, or we're very slow in applying them. This is perhaps one of the most important jobs we have, to apply more practically what we already know.

DOUBLE TROUBLE

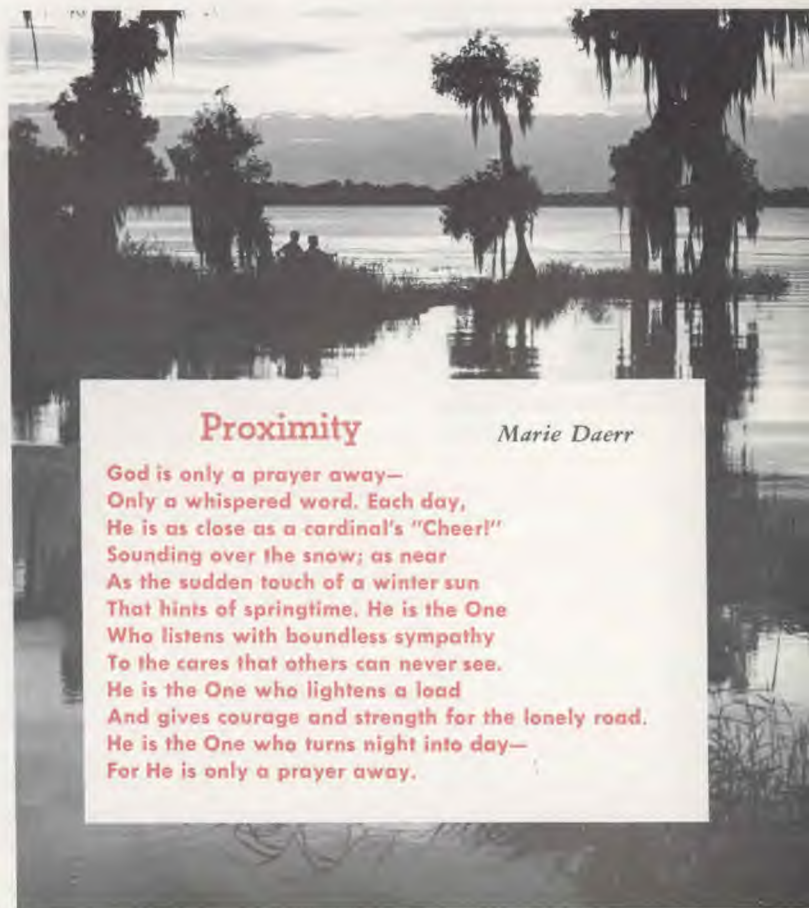
(Continued from page 5)

on Madison Avenue or at country club bridge tables. People from all social classes and age groups can become the victims of potentiation. Take students. In view of the pressures they study under, it's not surprising that a recent poll of students by *Seventeen* magazine revealed that 47 percent either took drugs themselves or knew someone who did. It is safe to assume that many also used alcohol. Dr. James H. Ewing of Philadelphia's Mercy-Douglass Hospital points out the tremendous demands college makes "for the organized accumulation of great sums of knowledge. This coupled with creative and inspirational needs creates an intense conflict which the student often tragically finds can be relieved by the use of alcohol and drugs."

It should be made clear that abuse of any drug (remembering alcohol is a drug) does not in itself imply addiction. If there is no evidence of physiological dependence, the user is not addicted in the medical sense of the word.

It should also be pointed out that it is easier to take a lethal dose of pills than of alcohol (either intentionally or not) because alcohol in large quantities may cause vomiting which rids the body of the excess. Contrarily, sedatives have a non-emetic effect while their soporific properties result in deep sleep with the result that death comes silently.

"Could this happen to me?" Who knows? Not all of those who combine drugs with alcohol suffer the fate of the physician's wife or of Dorothy Kilgallen. A few may seemingly have no undesirable effects at all. Others may be only temporarily ill. But many die.



Proximity

Marie Daerr

God is only a prayer away—
Only a whispered word. Each day,
He is as close as a cardinal's "Cheer!"
Sounding over the snow; as near
As the sudden touch of a winter sun
That hints of springtime. He is the One
Who listens with boundless sympathy
To the cares that others can never see.
He is the One who lightens a load
And gives courage and strength for the lonely road.
He is the One who turns night into day—
For He is only a prayer away.



Willie M



After a game Willie frequently gets mixed up in autographing parties for admiring youngsters.



The golden glove to Willie even

INTERVIEW BY HENR

ASK any youngster today who is the greatest right-handed home-run hitter in major league history and he'll come right back with the name Willie Mays.

Ask the same youngster who has the best chance of smashing Babe Ruth's once insurmountable lifetime home-run record of 714, and you can expect the same reply, Willie Mays.

A certain candidate for the title Mr. Baseball, Willie Mays is, even after seventeen years in the game, one of the most exciting players in the majors. Wherever he plays, his name is magic and attracts thousands of fans. Often a major leaguer's playing days end after five or six years, but Mays is still punishing baseballs with his fast-swinging bat.

Watch Mays today, a man in superb physical condition, as he reports for pregame warm-ups, and it is evident why he has made so many sports reporters eat crow with their usual announcements that the star's legs and eyes are going bad.

"Oh, sure, I've slowed up some, but age takes care of that naturally," Mays insists. "I can remember when they were predicting before the 1964 and 1965 seasons that I was on the skids. For those two seasons I hit ninety-nine home runs and had fewer than seventy-five strikeouts."

Cynosure of all kids, particularly at ball parks, and most sought-after player for an autograph, Mays is a living example of the value of high-quality living habits.

A player who approaches every game as though it were his last, Mays literally pours his whole existence into baseball. No wonder that during intense competition, when the Giants were fighting to remain in the pennant race, Mays collapsed. No other player works as hard at the game. His case was simply one of complete mental, physical, and emotional exhaustion.

"Without his superb condition and his good living habits Mays would have been finished," one doctor concluded.

Never a preaching type of baseball star, Mays is the type who teaches through example the importance of good living. He knows that nondrinking and nonsmoking have performed wonders for him, but he prefers to let his daily play, his fine condition, tell the story.

When questioned by youth at various group meetings about his convictions on drinking and smoking, Mays will encourage the questioner not to start such habits, and then point to his record, indirectly tossing out the question, "Do you think I could have achieved this goal by carousing?"

Players on his own team recognize the good living habits of their outstanding player-teammate. To most of them he is an idol. Named captain of the team by then team manager Alvin Dark in 1964, the first and only Negro captain of a major league baseball team, Mays has become a sort of father confessor. Players come to him for advice.

"That's the way it should be," says Mays. "Perhaps I can help the men."

A talk with coaches and players on the Giants team reveals that Mays is insistent about the players remaining in good condition throughout the year.

"We tried him out one day at a social when we offered him some wine," one of the coaches recalls. "He turned it down vehemently, and then subtly lectured us about the evils of drinking. He will also encourage the men to give up smoking and many of the players have followed his nonsmoking example, seeing in him an outstanding example of what these good habits have done for him."

Mays got an inkling of the importance of good living habits

Mays - Superstar



Francisco has been awarded
he has been in the league.



He doesn't always hit the ball; but when he
misses, he certainly is anything but happy!



President Warren Giles of the National League pre-
sents Willie the Most Valuable Player Award for 1965.

F. UNGER

om his father, William Howard Mays, in Birmingham, Alabama. Born during the depression years, Mays had dreams about becoming a cowboy. His father, however, insisted that he must attend college.

Even when he was only two years old, Mays was taken in and by his father, who was in semipro baseball. His father could offer suggestions and demonstrate the correct way to field a baseball.

"There were no little leagues in my days," Mays recalls, and we had no uniforms like today, but I didn't mind that. I began to like baseball and soon forgot my cowboy ambitions. I can remember that my father took me to baseball games when I was about fourteen years old, and when the score would become lopsided I would be permitted to play."

Impressed with his father's superb physical condition, the future major league sensation determined that he also would remain in top condition all the time. From his earliest days, Mays never tried to smoke or drink and often would get annoyed to see others wasting their health away with these habits.

Today, Mays standing about six feet in height and scaling almost the same weight throughout the year, has no problem to overcome physical shortcomings for spring training sessions.

"He always reports in top condition," Giants manager Herman Franks says, "and we just let him work out any kinks during spring training. There's no need to be concerned about Willie Mays whether he is in good playing condition."

Always eager to enter the batting cage for batting practice, Mays performs routine body exercises and limited shagging of balls along with some running.

"I guess the club officials realize that I can get into perfect condition by myself and be ready for the season opener, and

so let me work out this routine," Mays says. "I believe that a well-balanced diet daily, without overeating, getting plenty of protein and ample sleep and rest, in addition to the other exercise, keeps me going from season to season."

Mays knows the value of complete relaxation when needed, likes to get about ten hours of sleep a night. He knows that exposure in the sun, the tenseness of baseball games, and the fearful physical beating administered by the daily grind of major league baseball play drains the body of energy.

Today, Willie Mays, the former "Say Hey" kid, who at thirty-six years of age should be considered over the hump as far as major league baseball play is concerned, is on the trail of the immortal Babe Ruth's all-time home-run record of 714. Starting out the 1967 season with his own record of 542 home runs, Mays however has his own philosophy about reaching that exalted record. "Don't set baseball goals for self. Then you start pressing and wind up not doing anything."

Sporting a salary of \$125,000, Mays, who led the National League in home runs for the 1955, 1962, 1964, and 1965 seasons, is no longer a follower but the team's leader.

As star catcher of the Giants, Tom Haller, puts it, "He's a lot more outgoing now. He takes the trouble to help out the rest of us on little things. But the really amazing thing about him, and you have to play with him day to day to realize it, is his physical strength."

Mays has come a long way from that day in late May, 1951, when he reported fresh from a slugging career with the Negro team Black Barons and a Class B team.

Placed in his first game in the major leagues, the slim-hipped, broad-shouldered Mays produced exactly no hits in five times at bat. It was a repeat performance in his second

...Developing True

George Kinney

Phil Regan—Los Angeles Dodgers

WHEN he came from the Detroit Tigers, Phil Regan was a righthander whose pitching stirred things up in the National League. Appearing in sixty-five games as a relief pitcher, he compiled a great 1.62 earned-run average, won fourteen games, lost only one, and had a thirteen-game winning streak at the end of the season. He was voted the Comeback Player of the Year, and was selected by his proud manager for the National League all-star team. Credited with seventeen saves, he actually took part in a total of thirty-nine Dodger victories.



"Major league ballplayers are looked up to by the younger generation, and so many times our example is what is copied. We must make our lives better patterns for them to follow."

game, followed by a similar dismal action in his third game.

Mays who had insisted that, "What I want to do most is to play baseball," sat in the dressing room and cried.

"Send me back," Mays sobbed to manager Leo Durocher. "I can't hit big league pitching." It was typical of the humble Mays.

Encouraged by Durocher, who saw great potential in him, Mays returned to the lineup, and on his first appearance in the Polo Grounds, home lot of the New York Giants, he belted his first hit, a home run, off the incomparable Warren Spahn. Then came more hits, and confidence was restored in Mays.

Mays, who had aspired to become a pitcher, proved that faith in him was not wasted. Coaches recognized that here was a player whose unusual moves on the field seemed to accomplish the job, like his catching fly balls at his belt buckle.

"When I catch the ball down by my belt buckle, my body automatically takes the most comfortable position for me. This wrong way is the most convenient for me," says Mays.

Well-liked by fellow players, and given more authority as team captain by Manager Franks than merely to carry lineups to the umpires, Mays is admired for his remark, "I am not trying to set records. I'm just trying to help the team win games."

Mays is the type of player who imparts confidence to younger players. "Whenever I can help them I try to do this," Mays says. "I know that being in top condition is very important in this game of baseball if you are to last any length of time in it, and I know that good living habits add to your life in it."

Always cheered lustily by fans when his name is announced, Mays became the target for a large contingent of baseball re-

porters and for millions of baseball fans when he was in pursuit of a new lifetime home-run mark.

Excitement soared when Mays blasted a 415-foot drive in the Houston Astrodome to tie Mel Ott's National League lifetime home-run mark. Excitement continued when Mays surpassed Ted Williams's mark of 521, and finally in August, 1966, the smooth belter hit another baseball out of the park to become with his No. 535 the greatest right-handed home-run hitter of all time, outdistancing the celebrated Jimmy Foxx.

Even Stan Musial of the opposing St. Louis Cardinals leaped up to cheer, and in an unusual gesture toward greatness, behind-the-plate umpire Chris Pelekoudas shook Mays's hand as the slugger crossed the home plate.

As Pelekoudas put it, "We're supposed to be impartial, and I suppose an umpire shouldn't do a thing like that, but when a man reaches baseball immortality, well, I'm not sorry I did it."

Whether Mays ever surpasses Babe Ruth's record of 714 home runs depends, according to Mays, "on several important factors." It is noted that Ruth required twenty-two years to reach his goal. Mays reached his total of 542 in sixteen years.

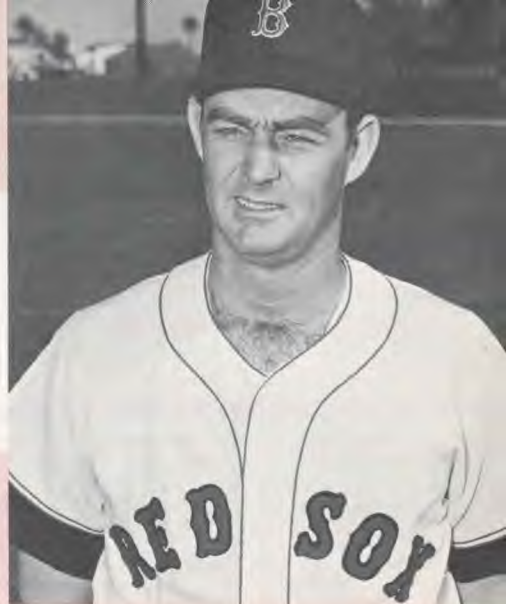
Today, playing with the enthusiasm of a rookie, Mays during his off-season attends to his insurance company and plays considerable golf to remain in shape.

Willie Mays, superstar, is the first person to agree that baseball has been good to him. Receiving a greater pay than does the President of the United States, Mays could have the retort of Babe Ruth, who when questioned about the same subject, said, "I'm hitting better too," but Mays prefers to play with his whole heart and his whole body because as he says, "I love the game."

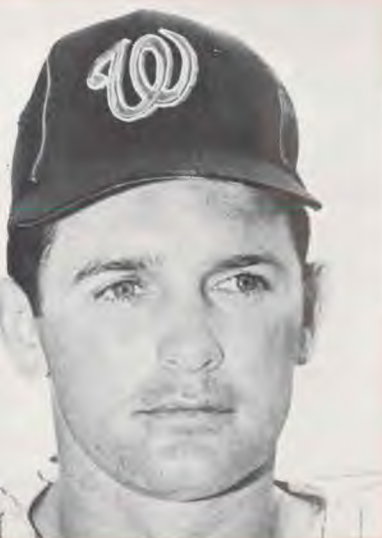
Ideals of Life

"My whole way of life changed completely when at twenty-one years of age I invited Christ into my heart. That was the turning point in my relationship to the high ideals of the Christian life. Then, and only then, could I set the right example for others to follow, for people know only too well the fact that if you can't tell how Jesus has changed your life, you just haven't got it."

BETWEEN 1962 and 1965 big Don, 6'4", set a major league fielding record with 266 consecutive errorless games. On graduation from high school, he signed with the Dodgers, and after six minor league seasons came to the majors in 1959 to stay. He played in all six of the World Series games for the Dodgers that year, and has since been with the Phillies, the Tigers, and the Red Sox before going to the Cleveland Indians this year. He hits with authority, and helps provide a solid outfield.



Don Demeter—
Cleveland Indians



Bernie Allen—Washington Senators

"Any poison like alcohol and tobacco has no business in a Christian's body, in that his body belongs to God. I feel that my life is so much better when I live the clean life as my parents did before me. I would suggest to the younger generation that they follow the straight path that leads to true happiness."

WHEN with the Minnesota Twins, this up-and-coming second baseman always seemed to do better in the Washington Stadium than anywhere else. So he had a special incentive when he joined the Senators. On the honor roll for fielding, Bernie had a high .983 percentage in 1962 with the Twins, but was halted for a season because of a knee injury. He is out to go "all the way" to baseball success in the nation's capital.

Don Sutton—Los Angeles Dodgers

"I feel that God has given me the ability to play baseball and the opportunity to use it, and I want to use it effectively to witness for God. I play on God's team first and on the Dodgers' team second. Representing Christ to me means having each day completely sold out to Him; and being completely sold out to Christ, I want to live a life that with God's help will be free from the harmful habits which can be destructive to me mentally and physically. My body is the temple of the Holy Spirit, and with God's help I will treat it as such."

HIGH among the candidates for Rookie-of-the-Year award, but sidelined late in the season by a bad arm, Don Sutton made a highly creditable twelve-victory contribution to the Dodgers' 1966 pennant pursuit. Boasting one of the finest curves in the majors, and the ability to get it over the plate, Sutton actually started twenty games which eventually were concluded in Dodger victories.



When you first
begin to drive
a car, make up
your mind that-

Driving Is Serious Business



WHAT is the key to safe driving? It is simply having the right attitude from the beginning of your driving career. Courtesy and skill both are important factors too. You must be considerate of others, for if you are not, you cannot be a safe driver. Being considerate, you automatically train yourself to be prepared for the unexpected, and the unexpected often happens on the road.

You want to be a safe driver. You realize that your car is not a toy. It is a serious responsibility placed on you, and you must handle that responsibility with intelligence and care. You do so because you really want to. You know full well that you must use mature judgment at all times. Aware of all these things, you become a good driver and a credit to your community.

Here are some major precautions you should take to be a safe driver:

1. Avoid driving when overtired. Being tired, you are not an alert driver. Your perception, judgment, and quickness of action are alarmingly slowed down.
2. Don't drink. Drivers under the influence of alcohol in any form contribute to all types of accidents.
3. Keep your mind on your driving. Don't daydream at the wheel. Keep your eyes on the road ahead of you at all times. At higher speeds, it takes only a second for your car to veer off the road or oftentimes into another car.
4. Make certain your visibility is good. Not only look where you are going, but make sure you see what's ahead of you. Keep your headlights clean. Make sure your windshield is clean and that your wipers are in good condition. If you wear glasses, make certain you wear them when you drive.

5. Slow down when approaching curves. Speed on curves is a major cause for accidents. High speed on a curve allows centrifugal force to take over control of the car.

6. Avoid skidding. Slippery roads cause many types of accidents. You can prevent skidding by cutting down speed, thus avoiding the need for hard braking. Even slightly wet pavements can be slippery.

In addition, always be alert for maneuvers by other drivers, such as improper passing, ignoring a stop sign, or turning from a wrong lane. It is not safe to assume that other drivers will always behave in a normal and predictable manner.

Avoid collisions with reckless drivers by allowing yourself a margin of safety. Don't follow cars too closely or cruise at high speeds alongside another car. Do not approach major intersections at high speeds.

Don't try to prove anything when you are on the road. Driving is too serious to play with. As a mature and responsible driver, you are aware of the fact that a car can be a dangerous weapon, that it must be used wisely and be kept under control at all times. For this reason, you choose to observe the speed laws, and always make certain that your car is in top shape. Make up your mind from the beginning of your driving career to respect the rules of the road and always to be aware of the rights of others on the road. You must regard driving for what it really is—a serious business.

Increasing protection for motorists is now possible through the making of better highways, safer cars, and bigger signs. But none of these can be made foolproof. The real responsibility for safe driving rests upon you, the driver.

Marijuana Is Not Innocent, as Many Claim

Want to Flunk?

Drugs Will Help You!

College students who turn on regularly with LSD or marijuana are odds-on favorites to flunk out, the student health director at the University of California's Berkeley campus reports.

"The chronic use of hallucinatory drugs is not compatible with academic life," Dr. Henry B. Bruyn declares. "Drug experience becomes their way of life. They cannot study when they are on drugs, and they cannot stay away from drugs because they are so fascinated with them."

He estimates that about 25 percent of the 28,000 Berkeley students smoke marijuana, and about 6 to 8 percent take LSD trips.

He called LSD one of the most powerful chemical substances ever known and says it can create excruciatingly severe panic which makes users feel as if the whole world is crashing in on them, sending about twelve students a year to the university hospital.

Dr. Bruyn disagrees with users who feel that LSD and marijuana improve creativity and the thinking



Enough LSD for more than 67 million trips, with an assessed value of "well over \$1 million," was seized by Federal agents in Denver when they discovered in this creamery truck a mobile laboratory and some fifteen pounds of the drug.

process. The drugs in fact disorganize the mind.

"People who take these drugs are bankrupt in some way," Dr. Bruyn says. "They are seeking something that most people get without drugs."



TAMARA ANDREEVA

DANGEROUS DRUG—Easy to grow, the marijuana plant contains dangerous properties when prepared in the form of cigarettes and smoked. The habit of smoking "pot" often leads to addiction to "harder drugs" such as heroin.

Illicit marijuana traffic in the United States has more than doubled in the past two years, spreading at an alarming rate among middle-class college students, says Federal Narcotics Commissioner Henry L. Giordano. The Bureau of Narcotics is particularly concerned that the increased marijuana traffic is reaching age groups and economic levels which were relatively drug-free previously.

"Increased traffic among college-age persons of middle or upper economic status represents a radical change in patterns," Giordano has told a House Appropriations Subcommittee.

Giordano discloses that the Narcotics Bureau has conducted investigations at fifty universities across the country into beatnik or dropout-type fringe groups involved in the use of marijuana, LSD, goof balls, and pep pills.

"I think really the problem is the attitude that is developing among some people that there is nothing wrong with marijuana, which encourages these people to engage in this traffic," he says.

"It is a dangerous drug, no matter how you spell it. It is not, as some people say, less [dangerous] than alcohol or less than smoking tobacco."

While the Government has no statistics on the number of marijuana users who graduate to opium and heroin, a survey made several years ago revealed that about 40 percent of heroin addicts admitted starting on marijuana.

"Not every individual who smokes a marijuana cigarette automatically goes to heroin, but the individual who starts using marijuana normally is looking for some kicks, and after a while the marijuana kicks are not enough and he goes on to heroin," Giordano says.

In This NEWS

★ Does smoking help a girl get married? See page 16.

★ Russia teaches morals in its public schools. See page 17.

★ A nonsmoker feels he should get more pay. See page 18.

What About Smoking and Marriage?

Dr. David Goodman

"Whatever happened to that pretty girl, Joan, you used to take to all the college sociables?" Mrs. X asked her premed son, Donald.

"I dropped her."

"You dropped her! Why? You seemed crazy about her. I was beginning to fear that any day now you'd bring her home and say, 'Mother, meet your future daughter-in-law.'"

"I know, but I dropped her."

"Why?"

"Because she was a heavy smoker."

"Come, come, Donald, don't tell me a fellow drops a girl that he's beginning to feel serious about just because she smokes cigarettes. I smoke, and Daddy smokes. But it hasn't spoiled our marriage."

"That's because you both smoke. But I made up my mind early that I'm never going to smoke. A man who doesn't smoke is a fool to marry a girl who does."

"Who gave you that silly notion?"

"I got it out of my own cute mind," answered Donald with a grin. "I also got it from Uncle John, my godfather. You know how he feels about his wife's smoking. He once said to me:

"Donald, don't smoke. And don't marry a girl who smokes. They can't quit, and you'll be living with that tobacco smell all your life. At a distance it may not bother you, but up close it's mighty unpleasant. You'll never have any real kissing fun. Marital lovemaking won't be as satisfying as it might be either. It's too much to miss. Tobacco will take the cream right off the top of your marriage."

"Your Uncle John is a nice guy, but he's a nut on that subject."

"You say that because you smoke. But you smokers don't realize how you affect us nonsmokers, the few of us that are still left."

"I noticed it with Joan. First her dress smelled, then her hair smelled, then she smelled. One night at a long-drawn-out party it hit me."

"Joan had smoked one cigarette after another. As we were getting ready to say good night, she leaned over to tell me something and I got a full whiff of her cigarette breath. It was awful. I kissed her fondly good night, as I always did; but I felt like saying, 'Girlie, you may not know it, but this is our good-bye kiss.' I haven't dated her since."

It would be good for girls to realize, as much research supports, that cigarette smoking lessens a girl's sex appeal, and therefore lessens her marriage chances.

If you want to get a husband, don't smoke.

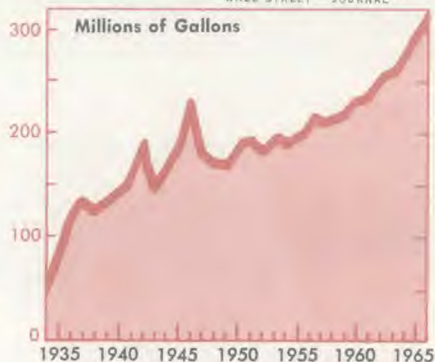
It would also be good for wives who smoke, and have husbands who don't, to realize that their smoking presents a very real marriage hazard. The man may be too amiable a fellow to make much of it, but you can be sure he doesn't like it. Since statistics show that more women

now smoke than men, this problem is sure to grow. Marriage counselors are already beginning to run into some serious cases of it.

When women were more feminine, they were more marriageable.

More Down the Hatch!

WALL STREET JOURNAL



Drinkers consumed a record 309 million gallons of distilled spirits in 1966, up from 294 million gallons in 1965.

Be Sure to Know Your Subject Well Before Talking

"It's crucial we educate ourselves," says Dr. George Mizner, University of Colorado psychiatrist, speaking of the role educators must play in warning students away from drug use and abuse.

He pointed out that the use of alcohol is the "greatest problem" on American college campuses today.

Sleeping Pill Tests

Sleeping pills flood the market in tremendous numbers. Some work. A lot don't.

Surprisingly little data separates the two, says pharmacologist Saul S. Bloomfield, who has found that drug studies on normal sleepers can be used to predict the way sleeping pills work on insomniacs.

Forty volunteer medical students and twenty-seven psychiatric patients who couldn't sleep all reported similar effects from a 200-milligram dose of secobarbital, a common sleep-inducing drug. The only difference that showed up in this first study of its kind was that the students had a drug hangover the next morning while the psychiatric patients did not.

Leukemia Drug

Leukemia may have found its match at last.

An experimental drug called statolon protects some mice against the disease. Given the virus either before or after the drug, they were shielded. They also resisted a later follow-up inoculation.

The drug is derived from a penicillin mold, and is known to induce in the mice large amounts of a protein that cells manufacture to attack viruses and kill them.

Air Conquers the Last Frontier



AUTHENTICATED NEWS

OLD AND NEW—At the bottom of the world, this dog team, such as those used to pull sleds as the only means of transportation in the Antarctic, moves in front of a U.S. Air Force C-141 Star Lifter at McMurdo Station. Traveling "light," the plane brought 25,000 pounds of cargo and twenty-eight persons to aid the Navy's Operation Deep Freeze, and was the first jet ever to land on the Antarctic ice.



Russia Points the Way Teach Morals in School

Reed J. Irvine

It is interesting to note that Russia, supposedly the most revolutionary of societies, depends very heavily upon the public schools to teach and enforce moral conduct.

The child entering school is required to learn twenty rules which are supposed to govern his conduct not only inside the school, but outside as well. A pupil who violates the rules may be expelled. These rules include the following:

1. To acquire knowledge in order to become an educated and cultured citizen.
2. To obey the instructions of the teacher without question.
3. To come to school clean, well-groomed, and neatly dressed.
4. To be polite to one's elders, to behave respectfully in school and outside.
5. Not to use coarse expressions, not to smoke, not to gamble.
6. To protect school property and to be careful of one's own belongings and those of others.
7. To obey one's parents and help them take care of small brothers and sisters.
8. To maintain cleanliness and order in rooms.
9. To cherish the honor of one's school and class.

The government is very assiduous in instructing parents on the proper supervision and discipline of children. This is done through books, parents' magazines, journals for teachers, and thousands of lectures annually.

The schools are strict in enforcing discipline, and Western visitors to the Soviet Union are impressed by the precise behavior of the children. Those children who persist in violating the rules of conduct are sent to correctional institutions.

What is more, the parents of such

children are also subject to punishment, since the parent is held responsible for the behavior of the child. If the parents are found to be uncooperative in giving their children proper supervision, the children may be taken from their custody and placed in boarding schools.

The Soviet Union has delinquency problems in spite of these measures, but they do not appear to be as serious as might be expected in a society where terribly overcrowded housing and a high proportion of working mothers are an obstacle to parental supervision and discipline of children.

Example Is Even Worse

Dr. James Lieberman, psychiatrist and consultant to the National Institute of Mental Health, at a symposium in Washington, D.C., on "LSD and Youth," after warning that the drug is dangerous if used indiscriminately:

"What many adults are doing to their children, through their example in the use of cigarettes, fast cars, and alcohol, is worse than what the kids do to themselves with LSD."

Addicts Hard to Cure

Half of the narcotic drug addicts released from prisons or discharged from hospitals as "rehabilitated" return to drugs the very same day they leave, according to the Indiana Medical Association. Within six months, 83 percent of addicts have become readdicted.

Over 90 percent are authoritatively reported as readdicted within two years after release from institutional supervision.

Only a very small percentage of addicts are able to support their habit out of their income or capital. It is estimated that it costs about \$10,000 a year to support the drug habit as an individual, and male addicts mainly turn to stealing to raise the money.



★ Despite Britain's permissive attitude toward narcotics, the drug problem there has been rising. The number of known addicts has increased from 464 in 1960 to 1,139 in 1966. The real total may be double that. It is predicted that by 1972 there will be 11,000 heroin addicts alone. (New York Times)

★ Dutch schoolchildren are getting the no-smoking message this year by means of a record advising them in a "go-go sort of way" to "make a long-playing record of your life by not smoking anymore." (UPI)

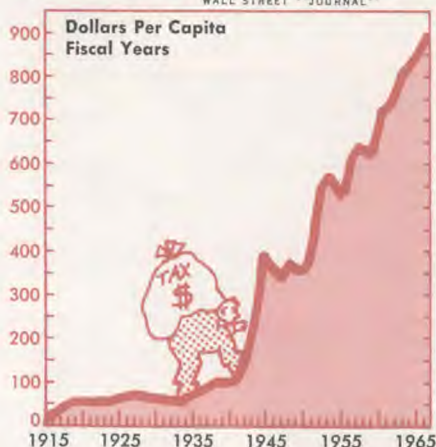
★ Playwright Neil Simon, who has had four shows on Broadway, is successful, yet a "robust rarity." He doesn't smoke or drink, doesn't have an ulcer, earns about \$20,000 weekly. (W. Winchell, columnist)

★ In Britain, all pedestrians killed by cars are to be examined to find out if they had been drinking. Last year blood alcohol tests were ordered on motorists and motorcyclists involved in fatal accidents. (AP)

★ A million Americans a year are giving up smoking. (Surgeon General William H. Stewart)

MORE AND MORE TAXES

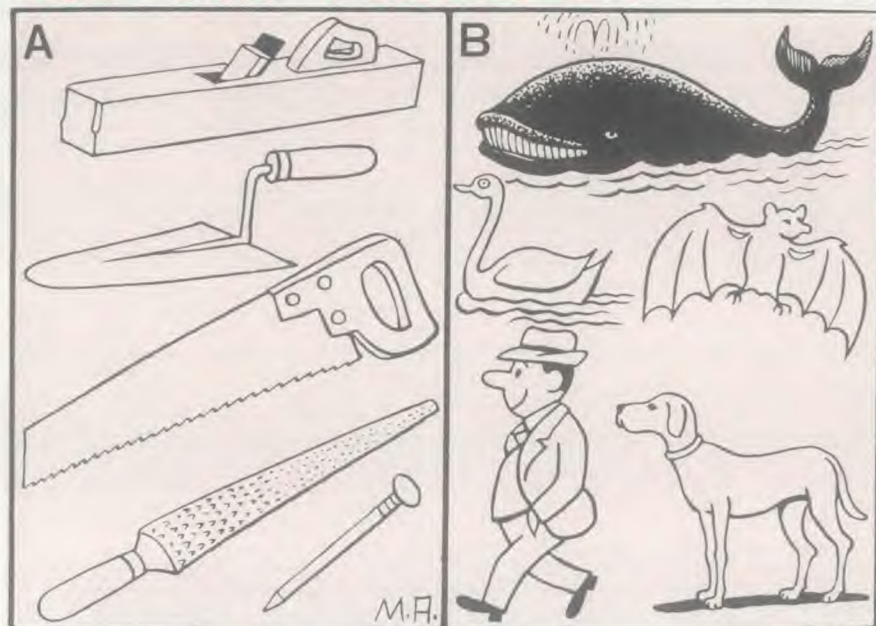
WALL STREET JOURNAL



The tax load on each man, woman, and child in the United States in the year ended June 30, 1966, rose to \$899 from the \$860 in fiscal 1965, the Tax Foundation reports. Of the new figure, \$597 went to the Federal Government, \$161 to state governments, and \$141 to local governments.

ARE YOU PUZZLED?

Singer Features



MISPLACED: In each of these panels one item does not belong collectively to the others. Which are they?

Nonsmokers Worth More

The following exchange appeared in the popular Ann Landers column, showing some of the economics of of the smoking question:

Dear Ann Landers: I have heard all the arguments against smoking, which have to do with health. Here is something else to consider.

Research shows that nonsmoking office workers contribute $\frac{3}{4}$ to $1\frac{1}{4}$ hours a day more working time than their smoking co-workers, more if

the smokers must run to the restroom to smoke.

Based on \$2 an hour, 5 days a week, 20 days a month, every nonsmoker should be given an immediate \$40-a-month raise for the average 20 hours a month extra he puts in while the nicotine addicts search in their purses and pockets for cigarettes, light up, hunt for an ashtray, puff away, gaze, cough, brush the loose tobacco off their clothes, and put out the small fires that start in the wastebaskets.

I, for one, would like to see that extra \$40 a month added to my next paycheck.—WORKIN' NOT PUFFIN'.

Dear Workin': I'm for you, Bub, but don't spend the money yet. You'll have a hard time getting this one through—especially if your boss smokes.

Wobbly Webs



DOPEY SPIDER—A Quebec scientist injected LSD into a spider, which then took thirty minutes to spin a web. Fed morphine, it took three hours. With marijuana it spun a rectangular web, and with LSD, an oversized one.

Law Is More Lenient

Because of a decision handed down by the Arizona Supreme Court recently, new procedures in handling drunken drivers involved in traffic accidents are now being used by law enforcement officers throughout Arizona.

The decision, in the case of Arizona vs. Nixon, prohibits the arrest of a driver on a charge of drunken driving except in cases in which the officer actually sees the person driving.

When it is discovered that the

driver is involved in other violations, such as disturbing the peace or being drunk and disorderly, he can be arrested on these charges. Likewise, if he should attempt to drive his car from the scene while drunk and in the officer's presence, he can be arrested for this offense.

When the accident develops into a fatality, a felony is introduced, and the officer can arrest the suspect under the existing law.

Drug Problem Bigger

In April a "ton" of marijuana was seized in Los Angeles by narcotics agents, representing the largest single seizure of this kind in California history.

Commenting on the action, Attorney General Thomas Lynch said, "The most dramatic aspect of California's narcotic problem in 1966 is the massive increase in marijuana offenses."

The State Division of Criminal Law and Enforcement further describes this grim picture: "The 1966 total of 28,319 adult drug arrests is the highest annual arrest figure recorded by the Bureau of Criminal Statistics to date. This figure exceeds the year-earlier total by 32.1 percent. About 38 percent of the subjects arrested were under some form of probation or parole supervision at the time of arrest. Juvenile drug arrests increased in number from 2,691 in 1965 to 5,034 in 1966—an increase of about 87 percent."

LSD Hard on Genes

A Buffalo scientist reports the existence of evidence suggesting that the drug LSD may be damaging the users' chromosomes, the carriers of heredity contained in every human cell.

Dr. Maimon M. Cohen of the State University of New York School of Medicine says chromosomal changes that could lead to mental retardation and physical abnormalities in the offspring of LSD users have been observed in human cell cultures developed with tiny amounts of the drug.

"Our rationale was to show that LSD isn't as innocuous as people believe," the geneticist says. "We've shown now that with LSD there may be covert biological damage beneath the behavioral changes that we see on the surface."

The type and extent of changes are yet to be proved in humans, and evidence of transmission to the offspring of users is lacking, although chromosomal damage was detected in a mental patient given LSD.

Investigations are under way at Bellevue Hospital in New York to find out if the children of women who had used LSD in pregnancy are born abnormal. Other researchers with the drug report that two LSD users in Los Angeles had spontaneous abortions during the period that they were taking the drug.

SOLUTION:
A. The cement trowel—all the other tools are carpenter's tools. B. The swan—the other animals are all mammals.

Pokey Watson-

Teen Swimming Star

Interview by Harriette Wells

"WHEN I was twelve, I was trying to walk on stilts one day. Clumsy me—I fell and broke my arm. I didn't want to give up my training, so the doctor put on a fiberglass cast. I couldn't use my arms much, but I could kick. Before this, my kicking had been weak."

Perhaps someday this broken arm will be seen as making an Olympic swimming champion out of teen-ager Pokey Watson. The 1964 Olympic team tryouts were held in Astoria, Long Island, New York, before Pokey turned fourteen. "I didn't get a spot in an individual event, but I was lucky enough to win a place on the girls' relay team," says Pokey.

Thus, Pokey won the distinction of being the youngest

birthday present by establishing herself as the premiere freestyle sprinter of the world. She improved Dawn Fraser's long-established world mark for 200 meters by more than four seconds, and became the third girl in swimming history to break a minute for the 100 meter.

Pokey doesn't deny that swimming and training are hard work, but says, "Anything in life that you really want to do requires hard work if you want to reach your goal."

Like many other swimming champions, Pokey was exposed to the water early in life. "She really wasn't a child prodigy," explains her mother. "As a matter of fact, three different instructors told us we were wasting our money giving her lessons!"

All this changed when her family joined a newly formed swim and racquet club near her home. "From the very first time I entered a swim meet, I found it exciting, and did my best to win," Pokey says.

What Pokey doesn't tell you is that after just one year of training she engraved her name on six national age group records and ranked nationally in fourteen others.

With emphasis, Pokey doesn't feel that she has missed or is missing anything by concentrating on swimming. "I'm just like other teen-agers. I like to listen to records and the radio, and to watch TV when I have time."

To Pokey swimming is deadly serious business, except . . .

... when she learns she has broken a world record--then she smiles!



member of the entire 1964 Olympic Squad from the United States. She further distinguished herself by swimming the fastest time on the gold-medal-winning U.S. women's 400-meter relay team. She is perhaps the youngest swimmer in the Games history to win a gold medal.

Since then she has continued her rigorous training under Coach George Haines of the Santa Clara (California) Swim Club, who has developed more champions and outstanding swimmers than any other person. Swimming has become a way of life for perfectionist Pokey.

In the summer of 1966, Pokey gave herself a sixteenth

Pokey has definite ideas about smoking. "I will never smoke," she says with conviction. "I think it would be pretty stupid to do something to harm me in any way physically. One second of time means so much in a race."

What about drinking or the LSD or dope problem among teen-agers? Pokey says, "Well, really, I don't know much about any of that. I know that I wouldn't want to try any of it. My best friends are in training too. They all swim with Santa Clara, and none of them smoke or drink. Believe me when I say they give me the world's best competition every day!"

Pokey Watson is one teen-age girl who knows where she is going. Next for Pokey? She has her sights set on the Olympic Games in Mexico City in 1968. Perhaps that broken arm when she was twelve, plus her everyday common sense in choosing life habits, will put her on the gold-medal winners' stand.

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