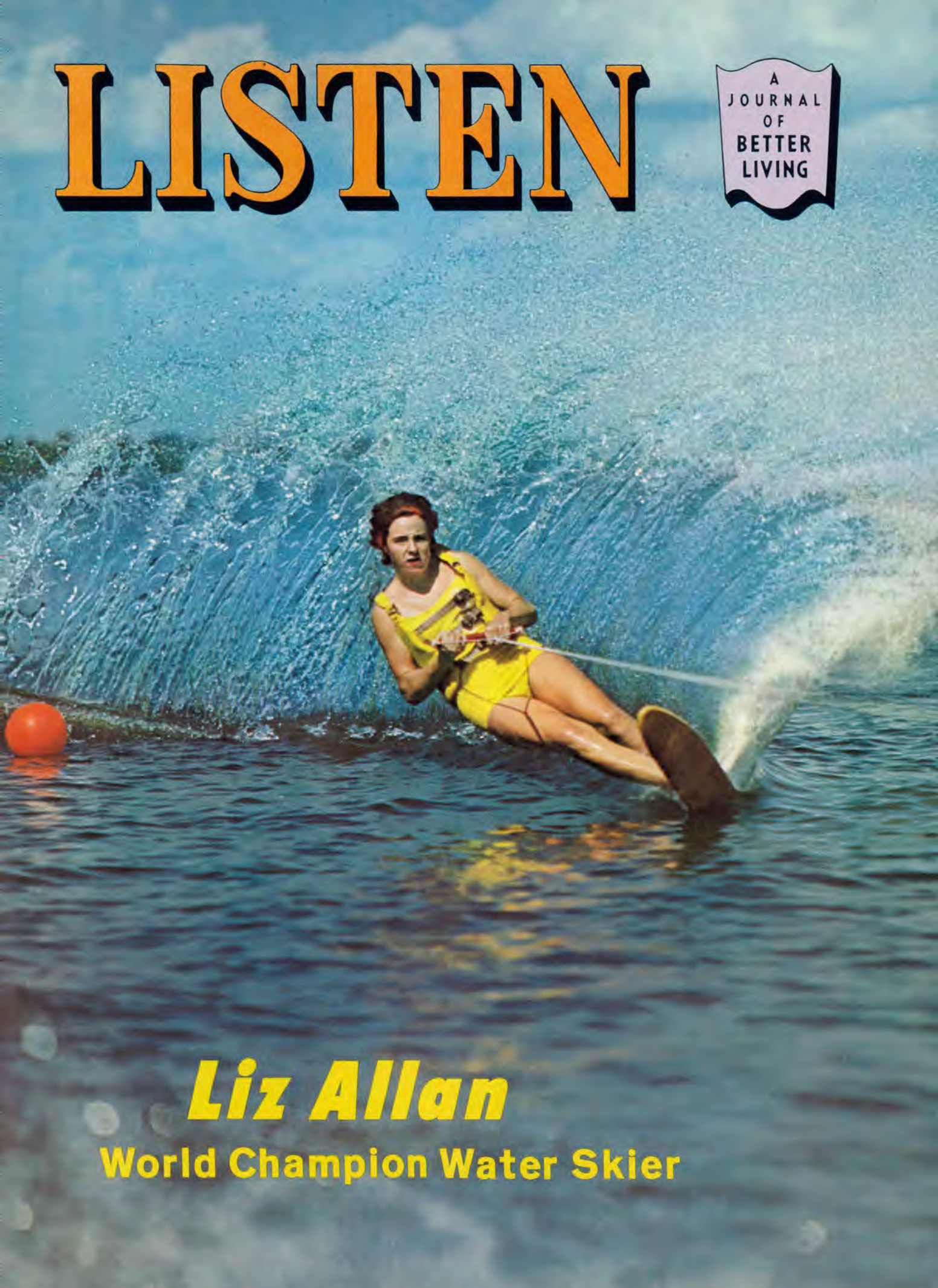


LISTEN

A
JOURNAL
OF
BETTER
LIVING



Liz Allan

World Champion Water Skier

Cashed Paychecks

"Blazing" was the word to describe the summer sun. It was really hot that afternoon as we traveled across one of the Southern States. Everything in our car seemed to melt, including the children and us.

For some time we had been searching for a sign reading "Ice." There didn't seem to be any such dispenser in that part of the state.

Suddenly, however, "Ice" loomed up in brilliant red letters to the left of the expressway and next to a service area.

We exited and drew up in front of the store alongside a string of cars at the curb. Only then did we notice that the store was a liquor dispensary and that payment for the ice had to be made inside.

Stepping through the door into the cool, air-conditioned store, we noticed a long line of men at the counter, and others selecting their wares from the well-stocked shelves.

One after another of the men in line moved up to the clerk. Each one took a slip of paper from his pocket, endorsed it, and passed it to the clerk. In return, the clerk counted out the 20's, the 10's, the 5's, and the 1's in exchange for the paycheck of the customer. Probably scores of paychecks were cashed there at that liquor store that afternoon, the same thing that happens in many parts of the country.

Each customer, after giving up his check, would order and receive his liquor—a six-pack of beer, a fifth of whiskey, or wine.

As I stood in line, waiting to pay for a small bag of ice cubes out in the dispenser, and watched those men give the first dollars of their week's paychecks for liquor, the tragedy of the tableau struck me with new force. Before any of their money went for food, for rent, for clothing, for their children, for church, the check was cashed to buy first the week's supply of liquor.

Judging from the counting of the money by the clerk, I estimated the paychecks to range from \$75 to \$125 each. Also I noticed that their purchases ranged up to \$10 or \$12. Quite a bite to take out of a week's wages before any essential bill is paid!

How much better would it have been if the family table were supplied, the children's shoes bought, the rent paid, gasoline for the car provided—in other words, the essentials purchased first.

One man I particularly noticed wore patched overalls and a ragged shirt. He stood eyeing a bottle—a small one—with the price tag \$4.50. He bought the bottle. Well could he have put that \$4.50 into a new shirt or work pants.

All too often across the country it happens as illustrated in that liquor shop that hot afternoon. If a person drinks, the tendency is to put drink first, before anything else. And the more a person drinks, the greater this tendency. Perhaps that is one reason the average liquor store specializes in cashing paychecks. At least, it is assured of the first bite!

How much trouble could be avoided if this whole process could be reversed, if such places as the grocery store, the cleaners, the dress shop, the toy store, the savings account could get first attention.

Then if anything is left—

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LISTEN

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MARK TWAIN once observed, "I am an old man and have known a great many troubles, but most of them never happened."

Experience of life reveals that most of the fears and worries that beat everyone from time to time are needless. But even if we are aware of this fact, most of us cannot refrain from worrying every day about a great many problems and troubles that in fact never happen.

Studies made by the General Motors Corporation in Detroit on the health of their executives have shown that 35 percent of the persons analyzed had emotional strain at work, and 14 percent had emotional strain or tension of some kind

Beat Your Daily Tensions

Do You Need Fixing?

W. Schweisheimer, M.D.

at home. Some of them were under strain for useful purposes for the company that employed them, and some were under additional strain since they could not do anything without that strain.

A forty-eight-year-old production manager complained to his doctor of constant fatigue and shortness of breath. A medical checkup revealed that he was organically sound, but he showed signs of extreme nervous tension, high blood pressure, and a moderate degree of overweight.

He told his doctor, "I haven't taken a vacation for the last five years. There are always so many problems that it takes all my time and effort just to keep going."

The doctor warned him that the habit of working long hours day after day under tension was likely to lead to a breakdown. He followed the doctor's advice to lose weight, made some changes in his daily routine, relaxed over weekends, and went fishing again.

Six months later he had lost fifteen pounds and his blood pressure had dropped. He was rid of that worn-out feeling and said with satisfaction, "I get more work done now, with far less strain. My family and I, we are enjoying life again."

A certain amount of worry is a natural

part of our daily lives. It pushes us to get things done and makes us aware of what would happen if those things were not done. Worry, in the normal sense, means protection. If we did not worry about untended campfires or faulty car brakes, for example, the consequences could be disastrous.

One word may chase the worries away. Dr. Walter C. Alvarez of the Mayo Clinic emphasizes that one of the great sources of worry and distress among wage earners comes from their uncertainty as to their status. In every company, he says, there is need for a "pat-on-the-back" department, headed by some official who each month goes through the plant saying to

certain men, "Your work is good and the old man is pleased." Without such reassurance, even a man who is doing good work may worry himself into illness.

Dr. Alvarez remembers a bank teller who went to pieces nervously when he saw more than six persons lined up in front of his window. He needed to be reminded that since he could attend to only one at a time, it was foolish to worry about the others in the queue.

Normal worry can easily change to pathological anxiety. Sometimes we worry to the point where we cannot enjoy what we are doing because of worry about what we ought to do next or what we should have done earlier.

Everyone experiences some tensions that cannot be helped. The important thing is to know how to handle them. Here are eleven ready-to-hand suggestions by Dr. George S. Stevenson, medical consultant, National Association for Mental Health. They are meant to make life more bearable, even for nervous and keyed-up people.

1. When something worries you, talk it out. Talking to other people helps to relieve the strain and puts the worry in a clearer light.

2. Escape for a while, not permanently,



but until you are in a better emotional condition to deal with the actual problem on hand.

3. Work off your anger, your fears, your anxiety by doing something constructive such as gardening or some other do-it-yourself project.

4. If you find you are frequently getting into quarrels, maybe you need to give in occasionally.

5. Stand your ground when you know you are right, but do it calmly and remember you could be wrong.

6. If you worry about yourself all the time, try doing something for somebody else. This takes the steam out of your own worries and gives you a feeling of having done well.

7. Remember to take one thing at a time because tension sometimes makes the normal work load seem unbearable. Pitch into the most urgent tasks first and forget the rest.

8. While you are working, shun the "superman urge" that makes you expect too much from yourself. Give it all you have, but do not expect the impossible.

9. Do not expect too much of the other person either, whether wife, husband, or child. Search out a person's good points and go easy on criticism.

10. Give the other fellow a break; this will very often make things easier for you. When he stops looking on you as a threat, he stops being a threat to you.

11. If you have that left-out feeling, make yourself available, but do not be too forward, which may lead to real rejection. Participation is essential to physical and mental health.

Life insurance companies, through their surveys, understand the close connection between everyday tensions and worries on the one hand and poor physical health on the other.

An excellent medicine for the treatment of daily tensions and attacks of anxiety is the creation of extra time. Time pressure makes one tense, nervous, and grumpy. A certain amount of spare time gives the possibility of straightening out irregularities and avoiding tensions.

It is characteristic of the great man, the good organizer, that he always has time, time for the essentials, time for the important things. He does not waste his minutes; he is clear and to the point in his time schedule. Thus he always has time for important matters that come up unexpectedly.

One point surely is valid for everyone. Any activity which deprives a person of sleep does not create extra time. The man who is not rested is nervous and irritable, and he is not likely to accomplish much. Lack of sleep decreases the usefulness of the available time.

In recent years the use of tranquilizing drugs has increased enormously in order to bring people relief from nervous tensions and feelings of anxiety. Reserpine, chlorpromazine, meprobamate, and similar compounds are sold alone or in combination with other drugs under nearly eighty trade names.

There is no doubt that for many people the occasional use of tranquilizing drugs, under supervision of their doctor, means welcome relief from common anxiety, nervousness, emotional upsets, and the routine tensions of everyday living. However, their use should not become a habit. Leading physicians stress the point that modern man cannot solve his problems of daily living with a pill.

Are You Friends With Yourself?

Constance Quinby Mills

ASK yourself these questions. Then give yourself an honest answer.

Do you enjoy your own company without getting bored? Do you have so many interests and so much to keep yourself busy and happy that the day isn't long enough to do all the interesting things you want to do? Do you enjoy taking a long walk by yourself in the woods or by the sea, with just your own thoughts to keep you company; to enjoy the beauties of nature and to meditate on them; and to gather strength from being akin to your natural surroundings?

Or do you need the continual excitement of being with other people, and having to be amused with TV programs, parties, and all sorts of gatherings?

It is good to be sociable, and to be an extrovert, but it is also necessary to be alone once in a while in order to charge your batteries.

The happiest people are the ones who do not have to rush around to be continually amused. They have an air of serenity about them, and an atmosphere of peace. They have resources within that keep them going. They have balance. They can stand alone, as well as in a crowd.

Some people are always chasing rainbows. They are looking for happiness just around the corner. They are continually moving about or changing jobs. If things were a little different, they feel, they would be happy. Life hasn't given them a square deal. They have been singled out by fate as unfortunate victims of circumstance. They do not realize that happiness comes from within and that nobody in life escapes misfortune.

Some people bow under the strain but then accept adversity and rise above it. They even grow stronger and better because of it, while others become more and more unhappy.

It depends on you as to which kind of person you will become—the one who must continually rush around searching for happiness, or the one who has matured within and knows the secret of living at peace with himself.



When youth loses its mental balance, it

may go "far out" in its search for "kicks."

ADDICTION IN THE KITCHEN

Leo Rosenhouse

WHEN a fourteen-year-old San Francisco Bay area boy was found wandering alone near the Golden Gate Bridge, the factor which attracted the police was that the youngster was clad in thin garments for a raw foggy day, and he was screaming unintelligible sounds at the top of his lungs.

"He wouldn't stop even when we hauled him off in an ambulance and took him downtown to the emergency hospital," a police attendant said. Examination by a physician indicated the boy was in a state of violent hallucination, and so the youngster was hospitalized while technicians took blood and urine samples to determine what he might have swallowed. No needle marks were found on his body to suggest an injection of a narcotic-type drug, yet suggestive symptoms were there.

An investigation team found the boy's home empty. His parents had taken a weekend vacation, arranging for a neighbor to look after the youngster when he refused to accompany the family on their outing.

The kitchen was a sorry mess, but very revealing. A pile of scraped banana peelings was found on the kitchen table, and a pie tin of the scrapings, turned dark brown from baking, was on the open door of the oven. Half the contents of the pan had been eaten.

"My pals put me up to it," the boy said later when he partially recovered from his narcosis. "Lots of kids at school have been eating banana scrapings and saying it gave them real kicks. I felt I had to see what would happen, so I tried it for myself."

The youngster was released to his parents a few days later. He had already endured periods of hallucinations which set him screaming and resulted in some dangerous moments of coma.

This experience occurred in early 1967. Already the ba-

nana-skin-eating fad had reached out to areas far beyond San Francisco Bay. In vogue for more than a year, getting high on banana scrapings is by now a dangerous way of life with thousands of young men and women throughout the United States and Canada.

What has stunned educators, doctors, law-enforcement authorities, and others concerned with community health, is that the kitchen, of late, has for careless experimenters become an easy road to addiction to dangerous drugs, foods, and food products.

The banana fad has become so extensive in San Francisco that an overnight firm has opened in the "hippie" district by Haight Street, selling specially processed bananas to those who want a dangerous try at new thrills and strange kicks.

Unfortunately, this banana product may be bought through the mails. It consists of baked ripened banana peelings which have been reduced to a dry powder. When smoked, it supposedly gives an effect similar to that induced by marijuana, but may leave the victim in an elated state for a longer period, often many hours or an entire day.

Another respected and favored product in the kitchen has fallen into dangerous misuse. It is nutmeg! About two years ago the nutmeg eating fad began. Until then, nutmeg meant only a seasoning "topper" for a milk shake to most youngsters, and a good spice to use in baking in the kitchen. As a flavoring for eggnog, nutmeg is usually at its height of popularity at Christmastime.

During the spring of 1967, the United Nations put out an official bulletin shocking readers by declaring that this aromatic spice is a deadly narcotic when taken in quantity.

Harvard Medical School, which researched the dangerous aspects of nutmeg for the UN, states that nutmeg taken in large amounts can cause serious symptoms and reported that



Teen-agers and young adults have lately tried to find psychedelic experiences from some food products found on the kitchen shelf. Such food substances as banana skin scrapings, spices, and some mushrooms can give the taker a feeling of euphoria, but may prove dangerous and even deadly.

an eight-year-old boy who ate two whole nutmegs died within twenty-four hours.

The United Nations Bulletin advises that young people seem to be taking nutmeg deliberately to escape from reality. It points out that the seasoning is giving prisons a problem in that inmates try to use it, taking it from institutional kitchens. The Bulletin also states that high school and college students frequently turn to nutmeg when they cannot obtain marijuana.

Most students will take a teaspoonful of nutmeg powder; others chew on the whole nutmeg. Reactions come on slowly, taking from two to forty-eight hours to reach a peak and subside, depending on the body chemistry and the amount ingested. Users go "on trips," and some have a bad hangover.

Besides dangerous hallucinations, there may be severe stomach cramps, dizziness, and dry mouth. Fresh spice is more potent and can affect the brain. A feeling of euphoria gives way to psychotic reactions. Some victims act intoxicated.

Mace, which is closely related to nutmeg, is also being recently misused by teen-agers. Another spice, oregano, has become a recent favorite drug at pot parties. Used essentially to flavor meat dishes, oregano is mixed with marijuana and smoked. Teen-agers who have done this say the high feelings of marijuana are thus intensified.

Even common seaweed, purchased dried and shredded at health-food stores and supermarkets, is being mixed with marijuana, supposedly making a longer, more flavored smoke.

Psychedelic-tuned youngsters have also been misusing peyote, a cactus derivative rich in mescaline, a poisonous alkaloid. This cactus, found essentially in Mexico and along the Rio Grande border states, was used ceremonially by Indians, but the teen-agers have taken over and have acquired dream trips from eating or smoking the dried cactus.

Some species of mushrooms will induce hallucinations too. The Aztecs used mushrooms in their temple ceremonies, and the custom has been carried down to present-day generations of Mexican Indian tribes, but young adults have been eating them to get thrill effects and sensory il-

lusions. Unfortunately, such trances may lead to death by accident, intoxication, or poisoning.

There have also been late reports that ergot, a fungus which attacks rye and related grasses, may provide narcotic-like effects. Obstetricians have known this for a long time and use ergot carefully for certain pregnancy problems. Misuse of ergot can cause serious intoxication and narcosis.

The fact that drug addiction is possible from products lying on a kitchen shelf or in the open food market and the supermarket, has worried and puzzled many responsible people.

No one knows how many youngsters are addicted to a dangerous drug or product or have attempted addiction. A survey of "hippies" has intimated that one in ten college students is now an addict to one or more dangerous drugs. Possibly four students out of ten have tried addicting drugs.

The tendency has been to break away from "hard" narcotics such as heroin, because easy-to-get products are readily available and can be secured for little more than pennies.

Adolescents seem to like to play with danger. Young people deliberately form pot parties, and before going off into euphoria, comfort themselves with an interchange of false ideas excusing the using of pot.

Dr. John D. Walmer, director of the Mental Health Clinic at Pennsylvania State University, has suggested that for people who are "chronically unhappy," drugs bring some relief from their "world without purpose."

According to George H. Gaffney, Deputy Commissioner of Narcotics, students who take drugs do so because "of the growing disrespect for authority, because some professors just don't care to set any kind of moral influence, and because of the growing beatnik influence."

A psychiatrist believes that youngsters are rapidly becoming drug addicts because they are not content to take such drugs by themselves. The psychiatrist, a member of the medical faculty at the University of California at Los Angeles, advises that LSD and other drug users develop "a remarkable missionary quality. They want to turn on their friends, their families—and in some cases, even the family dog."

Seemingly, among campus thrill seekers today, there's a new phrase that's popular. "Turn on and buzz," the adolescents are chanting. They excuse their dangerous practices by saying parents and adults have shown themselves to be hypocrites.

This is an invalid excuse, but then the drug users spend much of their time seeking the illogical reasons for what they have become. For some, the kitchen has proved to be a new drug bonanza. It is a tragic reflection of current times, and illustrates how far experimenters will go in their deranged search for thrills, which turn out to be not only dangerous but at times downright deadly.



Banana peelings, which will be scraped and baked until the peeling product is dry enough to be powdered, are used by misguided persons seeking strange kicks and mental experiences. Some people have suffered hallucinations and dangerous mental reactions from eating banana scrapings.

LIZ ALLAN

World Champion Water Skier



TO GET acquainted a little bit, Liz, have you been water-skiing all your life?

Well, just about. I was five years old when I started skiing, and when I turned ten I started competition skiing.

What started your interest in this sport?

I simply started out skiing, like everybody else does in Florida. There was a club that started to form, so I joined the club and learned to ski on a jump and in the slalom course, then do tricks.

I see you live on a lake. Have you lived here all your life?

No, I lived on another lake, but then the expressway took over our house, so we had to move.

Are you attending high school?

Yes, I am. I'm a junior.

Do you have hobbies other than water-skiing?

I like to surf and ride horses and swim.



A fish-eye view of Liz soaring off on a long jump. She will come down more than a hundred feet farther on.

You'd say water is your element then?

Yes, just about.

Has your father always served as your coach?

Yes, he has. We get information from other people too, but Father is my main coach.

Does he coach others as well?

If somebody asks him, he'll tell him what they're doing wrong, and all, but not, you know, as their coach.

What is his profession?

He's a retired Army colonel.

Do you really like competition?

I do, that's best. I like it better than practice because you have something to look forward to.

How long have you held the world championship?

For two years.

And the competition is every second year?

Yes, every two years on the odd year.

How is the world championship determined?

Well, for tricks they look at your form and how many tricks you do within twenty seconds. You have two runs, two twenty-second runs. In jumping the judges watch your form on the ramp, in the air, and when you land, also how far out you go. And in slalom, when you go around buoys you see how many buoys you make through one pass, you go faster and faster each pass; then they start shortening the rope at thirty-four miles an hour and you see how much you win by how many buoys you make.

When you speak of form, your hands have to be just right, your legs just right?

Yes, in jumping you have your one hand out holding the rope and your left hand, if you're a right-handed jumper, next to your thigh. You can't have it flying around like you're off balance. You have to have your skis parallel in the air and you can't have any erratic movement. In tricks, it's how you go from one trick into another. You make sure you're not almost falling when you make one trick. In slalom, it's making the buoys. There's no form in that, as long as you make the buoys.

Do you have to come down on two skis evenly?

Yes. If you come down on one it's OK, but they take off a little from form.

Then the championship is determined by total number of points?

Yes, each time you win you get 1,000 points.

Are there a number of countries in competition?

Yes, I think there are twenty-one, from Europe, South America, North America, Australia, Japan—just all over.

Is this part of the Olympics?

They don't consider it in the Olympics because it's mechanical. Anything mechanical they don't consider.

What is your concept of teen-agers today?

Well, I think they're a little more independent today. They don't rely on others so much. And they seem to be more outgoing, a little faster in growing up.

Would you say that life in general is faster than it used to be?

Yes, I would. I think teen-agers seem to be growing up faster. They seem to want to be more outgoing, and try new things all the time.

What do you think are the main influences on the lives of teen-agers today?

I think the home and the school, and probably mainly the church.

What do you think teen-agers are most interested in?

I imagine it would be their future, what they'll be when they get older, and how they should bring up their families.

Do you think teen-agers show early what they are going to be?

Yes, I do. I think in their schoolwork, that shows a lot. I mean if you do good, you'll become good. And if you're just kind of a, well, a tramp, and you don't care, your adult life will tend to be that same way.

You speak about a good teen-ager. What do you mean by that?

Well, making good grades all the time, you know, and being of good sense, and not drinking and smoking. This doesn't help things at all—being a good all-around person.

Evidently one major aim in your life is to achieve in this sport. How do you train?

Before tournament I train every day for about two weeks. If it's a real big one, I practice about two months before tournament. If there's not any big one coming up, I



OUR COVER

At the age of fourteen Liz Allan walked off—pardon, skied off—with the world championship in water skiing, and this year won it again, the first time the same person has won it twice consecutively. Before, and since, she has won nearly every title and award in sight. More than 200 trophies adorn her home, practically pushing the family right out the door.

kind of relax a little and think of my school more, but still stay in shape. You have to ski about every day.

Do you think teen-agers today follow the crowd too much?

Somewhat, I do, especially the boys. If somebody says they're chicken not to drink or smoke, well, then, they'll kind of have to do it because of somebody calling them chicken. But if they were more individual, and thought for themselves instead of following what other people are saying, I think they'd learn to live better for themselves, and other people would respect them more.

In this matter of smoking and drinking, do you think teen-agers indulge in these simply because somebody else does?

Yes, I do. Before a person starts, his friends start, then it seems to go up to a big group, and then everybody else seems to be in it. It shouldn't be that way. If one person does it, that doesn't mean that you have to too.

Do you think they really find pleasure in such things?

Sometimes they say they do, but then they always seem to end up the worst.

Have you ever been invited to indulge in these habits yourself?

Yes, I have. Sometimes when you're out on a date, you know, boys like to drink. And I say, Well I want somebody who says No because I can always do something better than they can if they're drunk. That kind of stops them in their tracks and they think, Well, if she doesn't drink, I don't think she likes me to drink either, so they don't.

You've never been embarrassed then because you don't do these things?

No, because as I said, I can always do something better than they can when they're drinking.

You feel you are better off because you don't have these habits?

Yes, especially when it comes to drinking. You can be out with a bunch and if they start drinking, well, you may never get home. You could be in a wreck or something. So I always feel better about it, I feel safer at least.

In women's jumping at the world tournament in Australia, Liz won first; Jeanette Stewart-Wood of England, second; and Deirdre Barnard of South Africa, third.

I assume you have learned some of these things in your home?

Yes, I have. My father keeps telling me, Don't drink now, don't drink. I think I know that a little better now because I know some friends who have had drinks and they got into all kinds of trouble.

What would you say is most needed to succeed in a sport like water-skiing?

Practice, and just don't give up. When you get disgusted, kind of relax for a few minutes. Or if you're really doing bad, relax for a little longer, but then go back at it and you'll feel much better. Never say, I can't do it, because there is always a chance you can.

How fast do you go in these tournaments?

On tricks you have to go about seventeen miles an hour so you can turn around. "Tricks" are turning around, jumping the wake, turning backward, and putting your foot in the toe sling. If you go too fast you're going to be wobbly and off balance. In slalom you go from twenty-six miles an hour up to thirty-four, and then they start cutting the rope off. In jumping, the boat goes only twenty-eight miles an hour, but you get on the side of the boat and cut toward the ramp at about fifty miles an hour.

I see awards all over the house here. Do you have any idea how many you have won?

I tried to count them, I think there are something like 204 or 205. I have some from Nassau and California, Australia and Massachusetts and Minnesota, down to Miami again.

Do you plan to keep up with your water-skiing?

Until I get to college, and if I can still ski and go to college too I imagine I will.

Is there only one world championship as far as women are concerned, and one for men?

Yes. It doesn't matter how old you are when you go to a world tournament. If you can do as well as the other person, you can go. The males go by themselves and the females go by themselves.

Were you the youngest girl in competition in Australia?

"For teen-agers," says Liz Allan, "you can't beat skiing and other water sports for good clean fun. No meanness spoils water-skiing."



Yes, I was fourteen years old, and the others were about eighteen up to twenty-three years old.

In this sport does a person excel for a short time and then taper off?

If you get up to about twenty-four, that's where you can reach your peak, and can stay that way for a long time, but usually you start slacking off and finding other things.

Does it pay to be small physically in this sport?

Not really, because when you're flying through the air you have to have some muscle and some weight to keep you down, and then in slalom you have to have some weight to keep you down in the water because you're accelerating so much from buoy to buoy.

What is your distance record?

106 feet, I set it last year.

Is that the world championship?

Yes, that is the world record.

How does that compare with the men's records?

Well, the men's record is about 158 feet, but they also go thirty-five miles an hour over a six-foot ramp, and the girls go twenty-eight over a five-foot ramp.

If you could pick out one experience as the greatest thrill in your life, what would that be?

I guess it would be when I jumped 100 feet for the first time, because I was the third girl ever to jump 100 feet, and my next thrill I guess would be holding the record of 106 feet.

Roads to ultimate victory are strewn with many failures. Here Liz inspects some of her broken and cracked skis, which during her training periods have contributed to her development leading to eventual championship.



In smoking there's a chance of ca and if you're athletic in any way, it because it causes shortness of bre well, your reactions are a lot slowe a lot better not drinking. In champi things don't fit, not at all. In fact, th

Do you anticipate breaking that record?

I'd like to. I'd like to hit 110 if I could. I'm practicing now at it pretty hard.

I suppose you have to have smooth water for competition like this.

Yes, choppy water isn't too good because then you have to slow down a little bit and be more careful, but in glassy water you can also slide a little, so I like it, well not real glassy but not real choppy either. You just get water conditioned.

In other words it would make quite a difference in the condition of water as to how you come out in your competition. Would the judges take this into consideration?

In a way they do, but in each event all persons ski in the same water, so they do about the same. If I was jumping 106 feet in smooth water, I might jump about 90 feet in rough water, but everybody else would go down about the same.

During your training period before competition what special things do you watch, such as diet and sleep?

I go to bed around nine-thirty or ten every night, and my diet, well, I don't really eat that much. My swimming usually keeps that down. If I start putting weight on, that's why I swim a lot.

What would you say distinguishes a champion from the average person?

Practice, endurance, good sportsmanship. A lot of people can be great skiers, but they have a terrible personality toward it. They might think, Well, I'm better than you, don't touch me, and they even say things like that. That's one way you *can't* get around! The more people you know the farther you'll get ahead in the world.

Then sportsmanship is important not only in sports, but in life in general?

Yes, very much.

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Liz Allan

What is a good sportsman?

Well, if you seem to mess up, you can take it easy and say, you can't win them all, that's for sure. You shouldn't beat your head on the water, or say all sorts of things, but take it lightly.

Would you consider water-skiing a dangerous sport?

No, I don't. If you wear a life jacket, it's not dangerous at all. As a matter of fact, I think anybody who is skiing, no matter how good he is, should ski with the life belt on. In jumping, if you take it easy and learn as you go along you'll be OK. And in slalom, well, the only place there you could fall is when you hit the wake and skid along the water a ways. But in kite flying, that is kind of dangerous, especially if you get terrified when you're up in the air. All of a sudden you panic—look how far up I am, and the kite can go off and you can fall, but I haven't heard of many people getting hurt that way.

Is kite flying part of your competition?

There are kite-flying tournaments, but I don't kite-fly. I don't care for it too much. It scares me. One time was enough for me.

I assume you have learned your water-skiing mostly by experience rather than by theory?

Yes, I have. My father has taught me most of the things I know how to do. He has asked champions and other people how to do this and that, and what she's doing wrong, and they come around and help me. I've even gone to other people's homes, where they ski, and they help me in more tricks.

I take it that you, being a normal girl, like to have dates. What is your idea of a good date?

I like to go out and have a good time, go to parties and even go on picnics. I like for the boy to be real nice and all, and just not do vulgar things, but go out and have a lot of fun.

What do you look for in a boy?

I guess his personality—how he thinks about things, like

drinking or smoking. About every boy now thinks he ought to drink and smoke, but you can kind of put him down a little bit about doing these things. Some of them who drink and smoke, don't around the girls because the girls don't seem to like it. I know a lot of boys who don't like girls to do these. Well, they seem to have a lot of fun trying to find other ways instead of being a hotshot.

Why do kids want to grow up so fast today?

I think they want to be free, kind of independent, be out on their own. But once they get to thinking about it, once they get out on their own, they are going to find out that Mom and Dad aren't around to give them a dime if they want to go to the store and get some candy. But then, they do want to learn to live and grow up to be adults and do things right.

Would you say that you have a motto or slogan you go by in life? Or you might call it a code of living?

I guess, trying to do your best, never give up. Hardship does come, but you have to take it like everybody else.

Every champion has a skilled trainer in the background. Champion Liz Allan is coached by her father, Colonel Allan, who here enjoys with his daughter some of her trophies. In the foreground (left to right): 1966 Masters (American), 1965 Oscar (Australian), World International (won in London, June, 1967—overall first place), Grand Slam, 3,000 points (California) 1963.





Taffy
Jones,
author
of

FRAZZLES

takes
a
look
at—

TODAY'S LIFE

FRAZZLES are her life—not her own frazzles, that is, but other people's. She asks about them, thinks about them, writes about them, bringing them out into the open to take a look at so something can be done to take care of them.

What are they? Frazzles—"tag ends" of life, or frustrations, little ones that add up. Perhaps one frazzle by itself doesn't amount to much, but together they may cause trouble. Everybody has them, especially in these days of tension when we are constantly on the go.

Taffy Jones should know about frazzles. For some years this petite New Yorker has been searching out well-known people to find what bugs them, then writing a syndicated

column now being picked up by papers over the country.

Taffy loves people. That is evident as she talks. And she has met a bushel of them and can rattle off a list of names as long as your arm—Van Cliburn, Robert Taylor, Senator Robert Kennedy, Edie Adams, Marian Anderson, Don Budge, Ted Williams, Governor Nelson Rockefeller, Pearl Buck, Debbie Reynolds, Jackie Robinson, John Gary, Rod Sterling, Dr. Ralph W. Sockman, Madame Chennault, Johnny Hart ("B.C." and "Wizard of Id"), Don Sherwood (Dan Flagg), Showboat Hall and T. C. Gibson of the Harlem Globetrotters, and on and on.

Taffy, wife of a Bendix vice-president and group manager and mother of two (Ron, twenty-one, and Laurie, fourteen) is not only a writer but a drama teacher as well, a model, a TV director, commentator, and a dramatist.

More important, she has strong convictions about life, youthful life, how to live it without frazzling out. For example, here are a few of her ideas about youth—their problems, their opportunities, their ideals.

Youth—There is a great gap between generations, but each must try to understand the other and go down the road together. What hurts youth the most is to have everything handed to them. They must learn to stand on their own feet.

Extreme styles—I'm not as much worried about them—they're only fads, and will pass. Teens want to show off. Just let adults take it up—the teens will leave it off!

Religion—Young people are basically religious. They must find God for themselves. It is all right to question, but then the question must be resolved. Religion is especially basic in the home.

Biggest problem—The teen is in the middle—not old, not new, between the present and the past. It's hard for him to know where he really belongs.

Drugs—A youth goes to pills and LSD because he has nothing to hang on to. It shows an underlying lack. If he has God, ideals of country, he has something solid to tie to.

Drinking—It is insidious. Why start down a road that dead-ends? A teen has not yet developed enough to judge whether he keeps to "moderation." One drink may not hurt so much, but he doesn't stick to one. There is enough bad in life already, why add something to make it worse?

Smoking—The habit is a crutch. I like to make life on my own, without a crutch. From a health standpoint, it's plain stupid to fill your system with smoke. For a woman, smoking is not feminine—it coarsens her.

Example—To show the best way, live it, not try to force it. You can't prohibit. Best persuasion is on the basis of one's own good.

Television—We have overused it, become slaves to it. It has caused us to want too many things, takes too much time. TV tends to make us mentally lazy.

Sex—Too much of it flaunted these days. It lowers us to advertise it the way we have. Youth should never get in a spot they can't control.

Future—Youth have more opportunities these days, more responsibilities. The present generation is much smarter than we were. There are more scientists, more specialists. Everything is speeded up. It's the more important, then, to find balance, security, and satisfaction.

Need New Effort to Solve World Food Crisis

Germs Outsmart Drugs

Infectious diseases used to be an easy target for antibiotics. But once-defenseless bacteria have learned to resist the drugs and, scientists are now discovering, transfer that resistance even to other bacterial strains. Resistant strains pose an increasing threat to man's ability to control disease.

Drug-resistant germs are on the rise throughout the world, according to Dr. Naomi Datta of Postgraduate Medical School, London. "The spread of drug resistance is encouraged by the heavy use of antibiotics in both humans and animals," he says.

Typhoid, dysentery, and infant diarrhea are all becoming more difficult to treat.

Dr. Sydney Ross of Children's Hospital, Washington, D.C., reports an increasing number of drug-resistant cases in children's diarrhea. *Shigella*, rod-shaped bacteria that cause dysentery, salmonella, and another disease-causing bacteria called *Escherichia coli* were all found to be immune to several antibiotics. He names sulfadiazine, tetracycline, and chloramphenicol, once the most commonly used treatments, as the least effective now against diarrhea in children.



A new cardiac pacemaker—the smallest available in this country—next to a model of a human heart.

The pacemaker is surgically implanted. Flexible leads are attached to a weakened or damaged heart and electrical pulses from the transistorized, battery-powered pacemaker generator stimulate, or "pace," heart muscles so as to restore and maintain a normal heartbeat. More than 15,000 Americans now have their hearts electrically "paced."



An effort, "unparalleled in the peacetime history of man," is needed to solve the world's food problem of the future. Why waste so much valuable grain and other food products in making alcoholic beverages?

Why Not Health Ads?

When the FCC ruled that radio and television must allow time to present arguments against smoking, the Denver Post had this bright idea:

Human health gets time with cigarette advertising on radio and television, according to an order of the Federal Communications Commission (FCC). We're glad to see it. We feel sure that some of the industry's best writers have been itching to unleash their talent in behalf of health.

While FCC hasn't specified where and how the stations should present their "cigarette-can-hurt-you" public-service announcements, we think the industry should go first class.

A little brainstorming ought to produce the conclusion that what works in selling cigarettes also should work in selling health. Just turn the message around. That would be perfect equal time.

"I'd rather die than quit" could be intoned by an actor who then turns to the camera—not with a black eye—but with dark bags under both eyes from smoking too much.

Instead of having the little guy's super-king-size cigarette get caught in the elevator door, the camera could show the elongated fag being crushed by a coffin lid.

And the car which goes down the street with a sign, "Show us your Blanks," could bring quite a different response. Instead of showing their Blanks the people could throw rocks at the camera.

The rugged gent with the tattoos could be standing in the lung ward of a hospital while someone booms out the words: "This is emphysema country."

The world has only twenty years to solve its food crisis if it is to avert massive starvation. If it is solved during that time, it will "be manageable for the years thereafter."

So states a report on world food supply by the President's Science Advisory Committee after a year's study by more than 100 authorities.

Developing nations will need twice as many calories in 1985 as they had in 1965, which would require a 4 percent growth in food production each year, the report estimates. Current growth rates are about 2.7 percent annually. Only a few countries, such as Mexico and Taiwan, show adequate growth.

The report makes clear that neither birth control nor exotic new food sources—such as algae, or protein from petroleum or from the sea—will measurably affect food supply during the critical period. Time is too short.

Therefore the bulk of new food must come from conventional farm sources. It is absolutely essential, says the panel, that developing nations shift from sustenance farming to modern commercial agriculture, despite the difficulty and expense.

Only massive efforts, "unparalleled in the peacetime history of man" and involving both developed and developing nations, can hope to solve the food crisis.

Fit for the Marines!

Tony Senir, seventeen years old, turned down by the British Royal Marines, asked the recruiting officer what he could do to prove he was fit for service.

"Show me you can use your feet," the officer said. Tony about-faced and started walking. He did not stop for nine hours and fifty-two miles.

Then he telephoned the officer. He was sworn in the next day.

In This NEWS

★ Mind drugs do have a good use! See page 14.

★ You have never seen a poster like the one on page 15.

★ Keeping youth from the new "youth culture." See page 16.

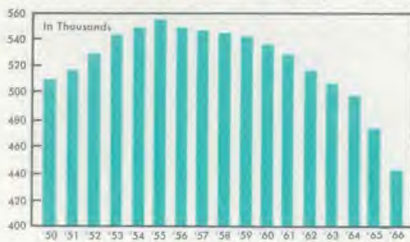
Mind Drugs Do Have a Profitable Purpose

Fifteen years ago a mind-influencing drug was first administered to a psychiatric patient. Since then the number of Americans confined to mental hospitals has been cut sharply.

Leading psychiatrists agree that the drugs, commonly called tranquilizers or antidepressants, are responsible. The chemical compounds, they say, have revolutionized treatment of the mentally ill. Their hopes for even more dramatic advances are unlimited.

Dr. Roy Menninger of the Menninger Foundation in Topeka says use of the drugs is "the single most important factor in the reduction of the number of people in state hospitals across the country in general."

"It's enabled a great number of patients to be managed as outpatients enabling them to stay out of



Mental hospital population began to drop when tranquilizers began to be used in 1955, as shown by this graph showing the estimated number of resident patients in state and local government mental hospitals in the United States.

hospitals," he said. "No longer are violent and uncontrollable patients a common sight. Drugs have done this."

Most importantly, the drugs do not cure mental illness. They have no effect on the factors which engender emotional disturbances.

But they do alleviate the symptoms of mental illness and thus permit literally thousands of persons who once would have spent all their years in close confinement to lead productive lives.

More Liquor, More Violence

Liquor and violent crimes are close companions, according to the sixth task force report on United States crime.

Heavy drinking and criminal assault bear the closest relationship, especially for low classes of both Whites and Negroes, reports Dr. David J. Pittman, director, Social Science Institute, Washington University, Saint Louis.

The liquor-violence link is based on studies in Philadelphia, and Columbus, Ohio. Both found a high rate of intoxication in cases of murder, cuttings, and other assaults. For cuttings the relationship was eleven to one; for carrying concealed weapons it was eight to one.

Two thirds of the homicides involved drinking, by the offender or the victim or both.

Dr. Pittman suggests that when aggression is normally only weakly controlled, alcohol triggers its release. The crimes often occur in taverns, he said, when someone's personal honor, masculinity, or legitimacy has been impugned.

Drunkenness accounts for two out of three arrests in America each year. Often the same people are arrested and processed through the criminal courts time and again.

Let Teens Aid in Plans

Adult leaders must allow teenagers to share in planning their community.

"This younger generation we have today is the finest we have ever had in this country," says Clarence G. Moser, of Bethesda, Maryland, known as the "dean" of Y.M.C.A. youth workers.

He says young persons are "eager to have a voice that will be heard in the constructive building of their community and country."

Adults who are upset by extremes of teen-agers should be willing to work with teen-age leaders—who, in turn, will take care of those who misbehave in their own group, he comments.

Only a small percentage of youngsters get into trouble, Mr. Moser says, adding that young people continually test the rules of the adult world.

The trouble is that the adult rules keep changing rapidly today and even the adults aren't always sure about them.

Monkeys Help Make Better Men



Just like boys—little male monkeys romp in the University of Wisconsin's primate laboratory—a small part of the nation's vast biochemical research effort. By placing monkeys under various psychological conditions, the laboratory has revealed much about possible personality development in human beings.



Alcohol and Crime

Alcohol is a factor in more than half of all the crimes committed in the United States, says the President's Crime Commission.

A report prepared for the Commission by Richard H. Blum of Stanford University's Institute for the Study of Human Problems says that in a majority of the big-city murders, either the victim or the killer had been drinking.

The White House panel cites other statistics from FBI reports that in 1965, 52.6 percent of all arrests were for alcohol-related offenses.

The Commission adds that drinking is a major factor in suicides and accidents.

World Drug Law

The underdeveloped nations shook a recent session of the World Health Assembly with demands for new international laws to protect them against useless and allegedly murderous medications.

They mounted pressure for the immediate drafting of international regulations, binding on nations that sign a treaty similar to the long-time quarantine laws requiring action on outbreaks of plague and other infections.

Under the proposed regulations, nations having pharmaceutical exports would guarantee that drugs in world trade were subject to the same strict quality control procedures as medicines produced for the home market.



"We regret to inform you that your father was killed in a highway accident over Labor Day weekend."

WHAT WHO? WHEN
WHERE WHY? HOW
WHO WHAT? WHEN
WHAT WHO? WHEN
WHERE WHY? HOW

★ More than 500,000 deaths a year in the United States are caused by heart attacks, one third of them among men in the prime of life. (Gabe Mirkin, M.D.)

★ Drug traffickers have access to enough opium every year to provide three grams for every man, woman, and child on the earth, the equivalent of about 11,000 tons. (United Nations)

★ Army researchers have developed a powerful mind-alerting psychedelic drug that can cast a daydreaming spell over an enemy force. Called "Agent BZ," the drug has not been used in combat, but it could be utilized where military necessity requires control of a situation and where there is good reason for not harming the surrounding population or even the troops. (AP)

★ Drinking and driving is "the No. 1 killer on the nation's highways," says Dr. George M. Wheatley, senior medical director of Metropolitan Life Insurance Co. A concentration "of as little as .01 percent increases a driver's risk of having an accident by six to ten times. A level of .15 percent hikes the chance by twenty-five to fifty times." (Denver Post)

★ Claims a Church of England bishop, the Right Rev. Edward Wickham: "There is nothing like a drink or two to induce honesty, frankness, revelation, and mutual response to overcome inhibition." (AP)

How to Become Sick

Chronic heavy drinking apparently confers some measure of protection against kidney stones—if the drinker is willing to accept a higher-than-average risk of cirrhosis of the liver, hypertension, and other chronic diseases.

This relationship between problem drinking and chronic disease appeared in a statistical survey of nearly two thousand problem drinkers and nondrinkers or persons for whom drinking is not a problem, as carried out by specialists of the E. I. du Pont de Nemours and Company, Wilmington, Delaware.

Cirrhosis of the liver was found in 29 of the problem drinkers and in only one person from the control group.

Chronic diseases which appeared more often in the drinking than the control group included: coronary heart disease, cerebrovascular disease, nephritis, asthma, chronic bronchitis and emphysema, diabetes mellitus, gout, and neuritis.

Only in the category of kidney stone did the drinkers score lower

than the controls: 32 cases to 55.

Whether alcohol itself should be given credit for protecting against kidney stone is debatable, the investigators cautioned.

Heavy drinking may also be associated with nutritional deficiencies, use of other drugs, psychosomatic disorders, and a disorderly way of life in general which may lead to neglect of basic health habits.

DOWN To EaRTH

Though I'm thought square as
I can be,
I'll take no trips with LSD.
I'll go, and go without a fuss,
By plane or train or even bus.
Whatever means, whatever
station,
I like to know my destination.

—Richard Armour,
Wall Street Journal.

Where Drugs Come From

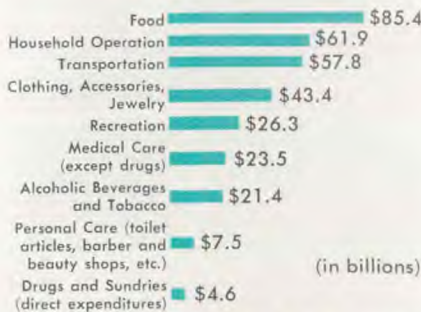
"At present the Far East is not thought to be a major source of the illicit narcotics being smuggled into the United States. The drug chiefly implicated in smuggling from abroad is heroin." So says Secretary of the Treasury Henry H. Fowler.

"The Bureau of Narcotics estimates that some 80 percent of heroin reaching the United States is manufactured in France from opium diverted from legitimate cultivation in Turkey." Another 15 percent of this habit-forming drug is thought to originate in Mexico.

Fowler says that the remaining 5 percent could be attributed to sources in the Far East. Much of this comes from Yunnan Province in mainland China, but he notes that this "is only one of several active opium-growing provinces."

Opium is cultivated also in India, Thailand, Laos, and Burma.

Personal Expenditures by Americans



Above items represent \$331.8 billion out of total \$431.5 billion of personal consumption expenditures during 1965.

Seeing Straight?



This poster was drawn by Tom Peterson of La Sierra College, California, for entry in a national poster contest sponsored by the American Temperance Society for college students.

ARE YOU PUZZLED?

Singer Features



Accentuate the Positive:
To which of the
five numbered drawings
does the negative
in the top left-hand
corner belong?

Look in the Mirror!

How would you rate the family life in your mortgaged cottage?

Strong or weak? Steady or uncertain? Real or synthetic?

Answering that question the right way can pretty much tell you that your teen-agers won't sprout drinking problems, take trips on LSD or dope, or pop pep pills into the oral cavity.

Milton G. Rector, director, National Council on Crime and Delinquency, says solid family life is needed to help adolescents withstand the powerful tug of the youth culture—including pills, dope, drink.

What else is needed: good parental example and sound values. On the example, the message is simple. Look in the mirror. If you don't want junior to inherit your vices, shape up.

Rector says that the value of providing a warm, satisfying family life as a fortification against turning to mind-affecting substances has been stressed by everyone studying these problems.

"The old injunction remains valid," he says.

"Provide an environment in which the child feels loved, wanted, and understood—or at least needed."

You don't do this by heaping the

offspring with the joys of unlimited toys.

"The stream of material goods some better-off parents heap upon their youngsters won't make up for impoverishment in these basics," Rector says.

"Even in desperate slums, where most heroin addicts live, we've found many of the nonusers come from the more cohesive families."

The youth culture, according to many experts, is springing up in part because parents and other adults are not sure of their values and standards.

"Perhaps never before and never after will being one of the gang seem so important as during adolescence," Rector observes.

"This is important to keep in mind when exploring teen-age experimentation with drugs and drinking. The evil 'pusher' hanging around the high school doesn't hook innocent teen-agers.

"Rather, the use of heroin is spread by the boys themselves within their special defiant, escapist subculture.

"When the teens drink, they like to do it together. When they 'turn on' with marijuana or LSD it's likely to be a group affair."

But is it expecting too much to have the adolescents do as their parents say—and not as their parents do?

The pot still hasn't the right to call the kettle black.

Another Trouble Spot

Some teen-agers in Florida have found a new source of drugs on which to get "high," one that is every bit as far out as glue sniffing and probably far more dangerous.

They smoke the dried leaves of the common periwinkle plant that thrives in virtually every part of the United States.

As attractive and harmless as it appears, the periwinkle—like many other flowering plants—holds deadly qualities. Dr. George Dame, health officer of Florida's Manatee County, has issued a stern warning of the

dangers involved in smoking the leaves.

Unknown to most teen-agers and adults as well, the pharmaceutical profession uses periwinkle to produce a potent drug called vinistine sulfate. It's one of the leading specifics employed against leukemia in children. The drug has the effect of radically reducing the numbers of white blood cells, which are vital in combating disease.

Dr. Dame says that inhaling smoke from periwinkle leaves creates the sensation that the user's skin is tingling or burning and often that something, such as ants, are crawling over it. More hallucinations follow.

Far more dangerous, steady smoking of it will result in serious lack of bodily coordination, as though the affected person were under the influence of alcohol. Continuous smoking of the leaves can produce substantial loss of hair and the gradual wasting away of muscle tissue.

Alcoholism Is Costly

In the United States one adult in twenty-five is an alcoholic. Alcoholism is partly responsible for 50 to 75 percent of all divorces. Many of women's accidents in the home are related to alcoholism.

So says Dr. Richard C. Bates, medical director of the Alcoholism Treatment Unit in the Edward W. Sparrow Hospital, in Lansing, Michigan.

Of 1,000 male alcoholics, 55 percent were not living with their wives or were bachelors or divorced, and lived alone or with other men. A fourth were still with the first wife; another fourth had been divorced; about a third had been married two or more times.

New Machine Tracks Down Disease in Body

A \$15,000 instrument that could replace X-rays in pinpointing brain troubles, cancers, and other internal obstructions is under process of development.

The transistorized instrument acts like radar, locating trouble spots in the body with ultrasonic waves, according to Dr. James Galloway, of St. Joseph's Hospital in New Mexico, where testing is being done.

In the past, the only way to track down and diagnose brain problems was by X rays, which is time-consuming and can be dangerous, or by injecting air into the patient's skull, which is extremely painful, Dr. Galloway says.

When the sound waves meet an obstruction in the brain or other parts of the body, they register as a "mountain peak" on a screen tracking the waves. At other times the lines on the screen are straight, he adds.

"If a patient has been in an automobile accident, this machine can be taken to his bedside and we can find the blood clot in a matter of minutes," Dr. Galloway explains.

Birds of a Feather



One helicopter rescues another as a U.S. Army Skycrane (Sikorsky CH-54A) retrieves a victim of enemy fire in Vietnam.

Solution: 4. No. 4

Sink or Swim

Relli Wells



H. LARKIN, ARTIST

CARL took another swallow from the bottle and blearily contemplated the whitecapped water in front of him. The Gulf of Mexico—May-hee-co—not very euphonious. That's a nice word. E-u-p-h—must try it sometime at a party. Dora would like that word. It rolls, like the waves. Dora would like it. Oh, Dora—

The tears ran down his stubbled face. Dora wasn't here anymore, and he couldn't live without her. Oh, Dora, why did it have to be you?

The bottle was empty. He set it down gently, tamping the sand around it so it would not tip over, his movements careful and deliberate in the way of the very drunk. Poor dead soldier, must take care of the poor dead soldier, dead, dead, dead.

He fell back on the sand and closed his eyes. One part of his mind, still working clinically, warned him about the sun. Check on heatstroke. Check Cecil's *Textbook of Medicine*, under "Diseases Caused by Physical Agents." I'm done

with Cecil, thought Carl. I'm done with medicine. It hadn't saved Dora. The best doctors available, the newest equipment, the most recent knowledge—and Dora was dead. Dead and buried four days ago, or was it five?

Dora was dead, and her baby would never know its mother. Too bad. Carl hiccuped. Baby would be brought up by its aunt and call her Mommy. It's a crying shame. And Carl cried some more, for the baby, for himself, for young, lively Dora who was dead, for the lovely beach that had death stalking in the sun and in the waves.

He lay on the sand, his sodden body giving no hint of the unceasing activity of his mind. Nothing quieted his mind. It raged while he tried to sleep, it battled against the stupor of alcohol, it defied sedatives—over and over his mind beat against the events of the past few days.

Dora and he had looked forward to having a baby. All through medical school, while he studied and she worked, they had planned for this time, when he finally would have

that precious M.D. and she could retire into motherhood. His internship was a good one, professionally and financially. It seemed just the right time to start the family they both wanted so much.

During the months of waiting, Dora had been fine. Not a single bit of trouble, not even morning sickness. She bloomed, as a few women do. The birth was an easy one, and because Carl was part of the hospital family, the chief of service himself had officiated at it, with a pediatrician standing by for the baby and an extra staff waiting in the wings to make sure that everything—absolutely everything—would go all right. The hospital had seen to it that there could be positively no slip.

But there was. Somehow, through some freak, the needle that injected the pain-killing anesthetic into Dora's spine also injected a contamination that killed Dora. Within forty-eight hours after the birth of her baby, with Carl and the whole hospital staff helplessly watching her, Dora died.

Carl did not blame the hospital. He knew the statistics on such an accident—it was the type of thing that could not happen, but once in a million times did. The chief of staff had released him from his duties for a week to give him a chance to recover, but Carl knew he could not work in the hospital where his wife had died.

What good was it to finish that internship? Why bother practicing medicine? Why bother living? Better to lie on the beach and hope that someday soon the alcohol would give him enough courage to finish the job of killing himself, or do it for him. When the first clump of dirt hit Dora's coffin, his own life was smothered by it.

The roaring in his head mingled with the roaring of the waves. Dimly through his stupor he heard a cry. He struggled against the sand that held him, and wobbled to his feet. Squinting in the brightness, he looked across the pounding water. The cry came again. Out beyond the surf he glimpsed a dark head and a hand outstretched in agony. Dora could not stretch her hand out for help. It could not be Dora.

He shook his head against the cloudy, reeling confusion of his mind. That was not Dora, but it was someone in trouble. Carl had sense enough to shed his shoes before he plunged into the breakers. The sting of the water and his years of training in reacting quickly to an emergency helped sober him up before he reached the boy.

For a boy it was, young, desperate, and thrashingly afraid. Carl struggled with him and finally dragged him onto the beach. Panting, he helped the youngster get air instead of water into his lungs. Then he rocked back on his heels and

looked at what he had saved from death a moment before.

The boy was about sixteen, with the gangling thinness and lankiness of the age. His black hair was plastered every which way to his head. His bent body dripped salt water onto the sand, a body alive with youth and the promise of manhood, but curved in a strange dejection. The boy lifted his dark eyes to Carl, and Carl felt as though he had been struck.

"Why did you do it? Did you have to come after me? I was scared, but a couple of minutes more, and it'd be over. Why did you come after me?"

With a shock Carl realized the boy had been trying to commit suicide.

"You called for help," Carl said.

"I didn't mean it. You should have left me alone. Why did you come after me!" The boy sobbed.

Carl was horrified. Sure, he had been crying himself, in his drunken grief. But this kid, what could have happened to this kid, who was very sober and very young, to make him carry on this way?

Between gasps the story came out. He had had this girl. They were steadies, and he was real proud of her. Last night they had broken up, not quietly between the two of them. There had been a scene at a school party, in front of all his friends and classmates. She had laughed at him, and so had the other kids. He couldn't go back. She had made a fool of him, and life was no longer worth living.

Good grief, thought Carl. To throw away the precious gift of life for something as trivial as that! Yet Carl was not so far removed in years from this boy, that he could not remember how desperately deep humiliation bit.

"I can't go back. How can I, with everybody laughing at me?" There was a wail in his voice, a cry for help.

And how can I help him, thought Carl. I'm doing the same thing he is. We're not even trying to keep our heads above the water. When the going gets rough, down we go. Oh, Dora, you wouldn't be very proud of me, would you?

"Look, kid, you have to go back. You're almost a man and you have to act like one."

The boy stared at Carl for a long time without saying a word. Carl could feel those dark eyes inventorying what they saw—the dirty T-shirt, the unshaven cheeks, the bloodshot eyes, and the empty bottle glistening in the sun.

"Yeah?" said the boy.

"Yeah," said Carl. He stood up, brushed the sand from his trousers, and turned his back on the water. "You have to face it all, with dignity and courage—like a man. Come on, let's go. We both have a lot to do."

Treasures for Hoarding

Grace Shattuck Bail

Smile, pretty wife,
Smile in the morning and at night;
Revel in ecstasy
For woman's precious hours.

Dance in a realm of starlight content,
Reach for the golden moon;
Or play you are a queen—
And always smile!

For a merry wife the stars all gleam;
They too are glad.
At dawn greet the new day—
And laugh!

For his morning kiss give thanks;
Rejoice with your husband.
In the warm sunlight of youth
All joy is yours.



Blondes, Bombs, and Creditors!

(A few of the reasons why Americans need *Listen*)

*With a pretty little blonde in the middle of his brain,
The threat of the bomb nearly driving him insane,
With the cost of living soaring
While his creditors keep roaring,
No wonder he'll try anything to drown out his pain.*

And no wonder ominous medical warnings fail to faze him.

He knows about the harmful side of liquor, narcotics, and cigarettes. He's read the statistics and heard the warnings, but he thinks they don't apply to him.

Maybe one reason he ignores the facts is that he's been shown only one side of the coin. In a world full of distraction, everybody forgets to mention that "clean" living really means "happy" living, that

a clear head means more fun, that a healthy body means new strength.

Everybody but the editors of *Listen*. *Listen* is the one magazine today that shows the young American that healthful living equals happiness. It's a magazine as modern as the day he lives in. Its bright, attractive pages are packed full of the kind of articles that produce action. Hundreds have told the editors about the positive change *Listen* brought to their lives.

Yes, *Listen* can lead to happier, healthier, more vibrant living. Why not introduce a friend of yours to *Listen*? Just \$3.50 for a twelve-month subscription.

Pacific Press



Publishing Association

It Mattered

ERNEST HEMINGWAY, winner of the Nobel literature prize in 1954, represents for many young people the revolt against moral standards. His works have become a symbol of the imagined utopia of freedom from restraint toward which many of today's youth are striving.

Hemingway's tragic death in 1961 was widely mourned. It followed a series of hospitalizations which were all the more widely publicized because of attempts to hide them. There were reports that he had begun to drink too much, that he was obsessed with the thought of failure after the critics panned one of his books, reports even that he had committed suicide.

Anyone who commits suicide usually does so because he believes his life to have been a failure in one way or another. For anyone to have enjoyed as much of this world's fame, fortune, and pleasure as had Ernest Hemingway and then to have assessed his life as a failure means that the judgment must have been based on some standard beyond mere outward success and enjoyment, the only standard his heroes seemed to acknowledge.

Evidence that Hemingway was conscious of such a standard is to be seen in *Papa Hemingway*, the memoir in which A. E. Hotchner describes his association with the celebrated author during the final sad years.

One of the most illuminating passages in the book is worth pondering by people who believe that introducing someone to social drinking in our society is an innocent gesture. Hotchner describes the groups which formed around Hemingway at the French racing meets he attended. A young woman, Jigee, who belonged to one of these groups, joined Hemingway at a bar one day prior to the placing of a large bet. She announced that she was about to take her first drink.

Hemingway was astounded. He couldn't believe that anyone her age (she was in her thirties), a member of his rather bibulous circle, could never have tasted hard liquor until then. Jigee assured him

that she was telling the truth. She explained that she had simply never wanted to drink until this particular moment.

Still astonished, Hemingway set aside his race calculations in order to ponder whether she ought to abandon her abstinence. He decided that she should, after a considerable weighing of the pros and cons.

He then instructed her how to drink so as to get the maximum pleasure from the experience. She seemed to enjoy it. Hemingway took this as a good sign and went back to figuring the horses.

Hotchner describes a visit he made to Hemingway's hotel room in New York several years later. Since Mrs. Hemingway was out, Hotchner answered the phone. He thought he recognized the voice on the other end of the line, but since the words were indistinct, it took some time to recognize who was calling.

It was Jigee, whom neither Hotchner nor Hemingway had seen for a long while. There was another telephone in the room and Hemingway picked it up so that all three could talk.

Jigee's speech got worse instead of better. She refused to tell where she was, although it must have been outside New York, since the call was long distance. She tried to find out how long Hemingway was going to stay in New York so that she could come to see him. Hemingway replied that he was leaving for Spain and wouldn't be able to see her.

After the phone call was completed, the author went silent for a while. He hadn't heard about Jigee's alcoholism, although Hotchner had. Finally Hemingway exploded: "I'm the _____ who gave her her first drink. You remember that Scotch sour that day at the Ritz?"

Hotchner tried to console his friend by pointing out that if he hadn't given her the first one, someone else would have.

It didn't help at all. "Maybe, but I was the one and I could kick my brains out for that!" the novelist said.

Hotchner went on trying to soothe Hemingway's conscience. "Whatever we are we are," he insisted. "Does it matter who turns it on?"

"It matters to me! It _____ well matters to me!" was the retort.

Hemingway couldn't have been the writer he was if he hadn't placed a high value on people. Evidently something besides "nada" (nothing) was part of the novelist's hierarchy of worth. He must have been aware of the truth that "no man liveth unto himself."

As it was, Hotchner tells us, Hemingway walked over to the hotel window and watched the pigeons parading up and down along the gutter spouts.



Sydney Allen