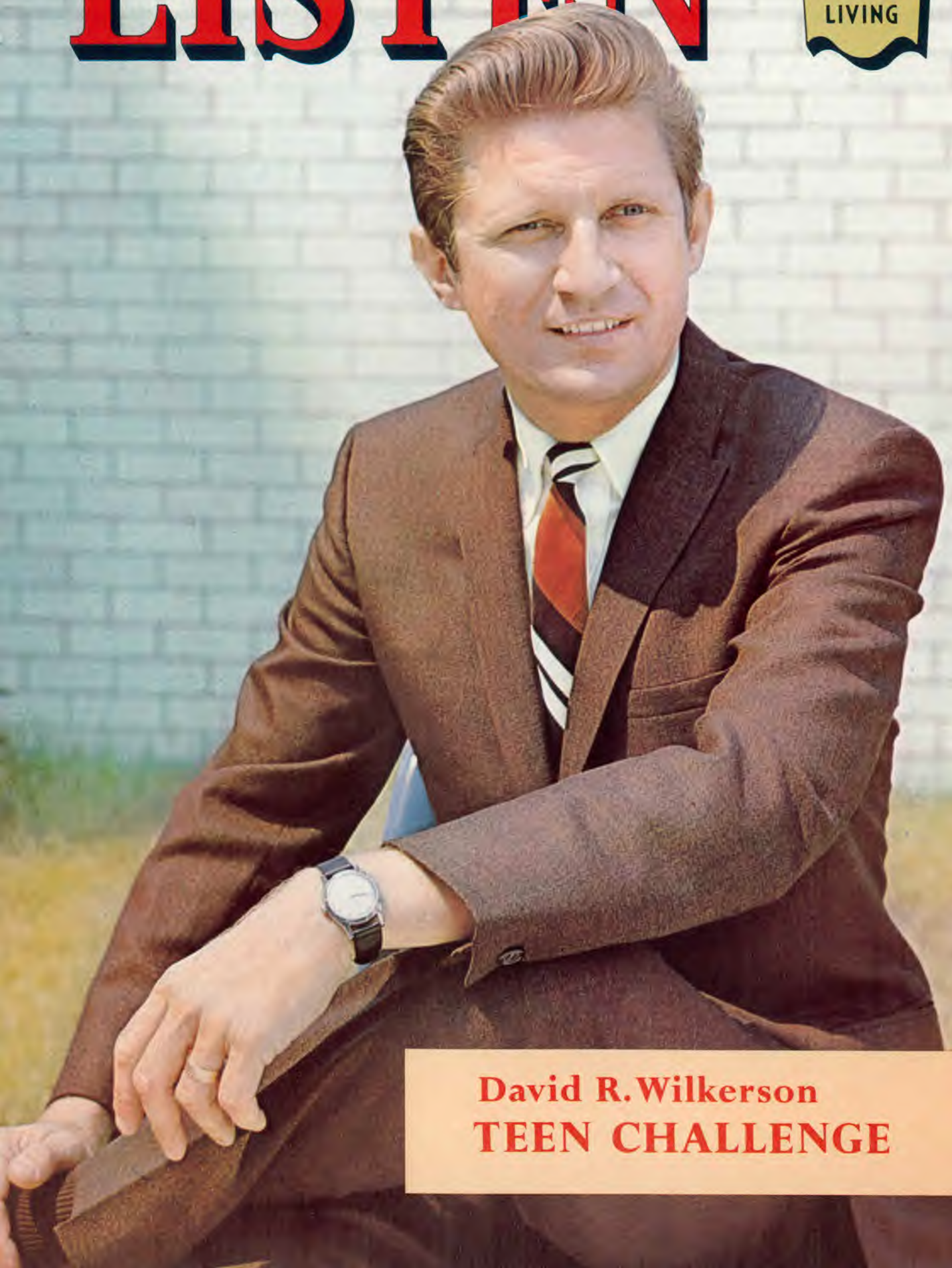


LISTEN



David R. Wilkerson
TEEN CHALLENGE

"One-horse Cocktails"

David P. Buckson is attorney general for the State of Delaware. In addition to his legal duties, however, he is interested in horses and often goes in for sulky racing at harness tracks.

Not long ago he was scheduled to drive his Miss Becky Pike in the seventh race at Harrington Raceway in his home state. But just before the race began, he was barred from participating and suspended for ten days from the track. Why?

The track requires a sobriety test prior to each race, and Attorney General Buckson failed this test. Any sulky driver is disqualified if, after breathing into a balloon, it is shown that his blood contains in excess of .05 percent alcohol. He is considered as unfit and unsafe to drive his horse.

"Very standard," says John E. Ducharme, presiding judge at the track, in describing the suspensions under balloon tests; they could result from "just one extra cocktail at dinner." A person might say then that the "one-horse cocktail" is thus prohibited.

On our highways in most states the maximum legal blood alcohol level is .15 percent, three times as high as the maximum allowed for the race track!

So it is that Mr. Buckson takes an extra cocktail and is debarred from the race because he is unfit to drive a horse. Yet under the law he would be adjudged fit to drive the hundreds of "horses" under the hood of his automobile, at many times the speed his horse would run and in the midst of crowded high-speed traffic lanes. In fact, it may well have been that he drove to the track in perfectly "safe" condition.

We don't object in the least to the stringent regulations at the race-track. The horses and sulkies need to be protected. It wouldn't be good for them to go weaving down the track.

But what about our highways, jammed with high-powered missiles rushing along in close quarters? Do drivers here need to be only a third as fit?

It is evident that as far as racetracks are concerned legal requirements for sobriety of horse drivers are quite up-to-date, appropriate, it might be said, for a mechanical age such as the one in which we live.

On the other hand, when it comes to legal requirements for the sobriety of automobile drivers we are back in the horse-and-buggy days.

It would be far better for the "one-horse cocktail" to be forbidden, not only on racetracks, but especially on our motorized raceways.



LISTEN

JOURNAL OF BETTER LIVING

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*Sales and Promotion**... in this issue*2 "One-horse Cocktails" *Editorial*3 The Pace That Kills *W. Schweisheimer, M.D.*4 Goals and Gains *Gene Church Schulz*5 Teen-agers Who Should Make the Headlines *Junior Achievement Interview*7 David R. Wilkerson, Director Teen Challenge *Interview by Francis A. Soper*13 Christmas for the Kids *Eunice Soper*14 Try It (poem) *E. Jay Ritter*15 **COLOR STREAK SPECIAL** *Listen's newspaper in miniature*19 Holidays—Danger Days *Marie Layne**... in the next issue*

★ How many teen-agers own a house as an investment, keep it up themselves, and pay all expenses? This is only one project for Pamela and Brent Miller. Their story comes next month.

★ Twelve-year-old Sam smokes constantly but he does it to show other people why they shouldn't smoke. Read "Sam Was Caught Smoking."

★ For the girls, "Being Truly a Woman" says it is possible to look into your mirror and see there reflected the woman you always dreamed you might be.

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"The hurrieder I go, the behinder I get."



The Pace that Kills

W. Schweisheimer, M.D.

A MAN once built himself a cabin in the California Sierras, so the story goes. An old mountaineer used to come and watch him. One day, as the man was sawing violently at a log, the mountaineer remarked that the man sawed like all the city fellows, going as fast as he could to get the log sawed.

"Now," said the old man, "when I saw, I just saws."

All people with tense nerves could almost cure themselves by learning to "just saw." Instead, what are we doing on a busy day?

We are busy, so extremely busy. Out of bed, eat a quick breakfast, rush through the streets in a hurry, barely making the bus or train to the shop, or the factory, or the office, then lunch in a crowd, back to work, more hurry to supper, then to a picture or a party, finally back on traffic-jammed highways, a few hours of troubled sleep—and the whole routine starts again.

There are always some people, tough supermen, who can stand this kind of hurried living without visible punishment. To most people, however, it means physical harm and nervous trouble as well as less productivity. One industrial adviser says, "Activity on production lines should not be sped up to the point of inefficiency."

From this whole situation develops a sort of underground irritation which becomes obvious in unexpected contacts with other people. It means quibbling and quarreling over trifles, it means stubborn decisions on unimportant differences.

Eating under strained conditions will do you no good. You rush into a cafeteria and gulp down whatever is being served, cold or hot. You limit your meals to a few minutes.

Hurried eating does not allow care whether food and drink have the proper temperature. Stomach and intestinal troubles may result, even peptic ulcers. Such lack of care leads to harmful effects on the whole nervous system. There is no use in preparing well-balanced meals if lack of time compels you to swallow them in a hurry.

Heart diseases today constitute the leading cause of death in most countries. Part of the cases are produced by undue strain. Often the coronary arteries are impaired.

A warning that coronary disease is the product of nervous strain has been given to Congress by Dr. Calver, capitol physician in Washington, D.C. Four members of Congress died of this ailment during one session.

The disease can be limited in its effect by observance of a proper routine of living, eating, and exercise, with a bit of relaxation to break the tension of the day. It is of no use to burn both ends of the candle at the same time, but current pressure often compels to nervous haste.

Working people cannot help going through periods of intense strain. This is part of a normal life—but many occasions might be eased by better organization of one's life.

Your daily routine may need some changes. Surprising as it may seem, great benefit in most cases can be brought by

only slight changes. A short period of mental rest and quiet thinking even on days of hurry and tension will do you good.

If you can manage to leave your home in the morning a few minutes earlier, you will be spared the nerve-racking strain of catching bus or train or of fighting the traffic jam at its peak. Nothing is impossible in this curious world of ours, so you may find time during that critical morning rush hour to have a look at a nice flower bed on the square or at a painting in a shop window. Such measures are too simple to be mentioned in a doctor's prescription; still they are effective ways to quiet nerves and relax mental strain.

Short periods of mental rest create new energy. Not everyone needs a nap after lunch, but everyone can enjoy a quiet after-lunch period of fifteen minutes or so. Short periods of rest are nearly as important as sufficient sleep, yet difficult to achieve for many working people.

Sleep by night is deeper and more relaxing if hurried working or intellectual strain immediately preceding sleep have been avoided. Try to divert your thoughts before going to sleep by listening to good music, by playing a game, or by reading a relaxing book.

Thorough relaxation on weekends is an effective counter-measure against the nervous grind of the working week. You are well off when you can include a few more hours in your relaxing weekend schedule.

A particular strain for a good many people is what is called discreetly, "indiscreet social events." Use more self-economy in this respect, and you'll feel better for both living and working.

The right kind of diet is important. Too hearty eating is not good for arteries. You should get a well-mixed diet when you work under stress, preferably with plenty of vegetables, salads, fruit, and fruit juices, but with the proper amount of proteins such as the ones contained in eggs and cheese. Your personal experience will tell you what kind of food or drink is helpful for you.

Normally there is a certain amount of sugar in the blood. It is small but vital. In diabetics this amount is too high, but in some persons it is too low, the condition called hypoglycemia. People who have such a tendency must have a special diet as prescribed by their doctor. They need regular, unhurried meals. Our knowledge of hypoglycemia is recent, but it is of utmost importance in medical treatment for several conditions.

Some doctors advise people who have taken sick because of their hurried ways of living and working to look for new health in a resort. Those cures no doubt are helpful, but the same good results can often be achieved at home and in everyday life, if an intelligent and quiet kind of living allows time for meals, for rest, and for diverting thoughts.

People who feel physical discomfort and mental strain because of their hurried tempo usually are intelligent enough to understand what is important and necessary for them, but often they lack the energy to put precept into practice. Yet they must learn to do it if they wish to prevent harm to themselves.

Use for your relaxation what you like most. Of all rest periods, though, the most important is a relaxed weekend, with no fuss or fancy. You really should become conscious of this personal need. Nothing will take better care of your efficiency and working ability during the working week.

Goals and Gains

Gene Church Schulz

GOALS are essential to success. No one can get what he wants until he knows what he wants. For teen-agers, as for adults, planning toward definite goals is an important principle to follow in mapping out the future.

In the words of the late industrialist Henry J. Kaiser, "Decide what you want most of all out of life; then write down your goals and a plan to reach them."

1. SET LITTLE GOALS ALONG THE WAY.

Fred's dream once seemed unattainable. He wanted to be a doctor. On the advice of his high school counselor, he set himself a series of goals along the way. He worked to improve his science grades. And it WAS work. Then he tried to gain entrance to a college with a good premed program. The college turned out to be several states away, and Fred did not get home often because money was a problem too. Perhaps this handicap was a factor in his making a success of college. With less money to spend on trips and treats he studied regularly. But here is Fred's real secret: He didn't start worrying about medical school until he was enrolled there. Get the picture?

Someone has said that goals must be near enough to make us feel that we can reach them. This is why short-term goals are so important to our plans.

2. PLAN ALTERNATIVES.

Richard's goals were set. Things were going great for him when Uncle Sam threw a draft notice into the works. Since there was not much choice, Richard decided to make the most of this experience. Most men who have served in the armed forces say the training was valuable. Many of them found a spirit of comradeship previously missing from their lives. Others learned a skill or trade that became useful in civilian life. Still others gained maturity from facing danger. They declare that standing on the perilous line between life and death helped them gain a perspective about themselves. They were better able to decide what was important to them.

When something happens to upset our carefully laid plans, we need to select alternate goals, as Richard did. The person who can revise his goals to suit the circumstances will not be cheated out of life's rewards.

3. WORK HARD.

Plenty of people set terrific goals for themselves—but never get off the launching pad. They dream of soaring to the moon without making any real effort of their own.

Jean dreams of becoming a writer. She signed up for journalism, but she is usually "too busy" to handle the rougher assignments. She likes poetry and writes a good deal of verse, but rarely completes a poem. In short, she knows what she wants but refuses to go after it.

Without real effort, goals are meaningless. Real effort, of course, means hard work. That is the essential ingredient in most success stories. No astronaut goes into outer space without fierce determination and dedication to the training program. No one achieves a worthwhile goal without hard work either.

4. PLAN AHEAD.

Harrison prepared himself for a career in art. He practiced drawing in his spare time and took a leading role in designing the high school annual. But there was no money for art school or college. After moving to the city, he applied for one job after another. Everywhere he heard the same answer: No one could afford to hire an untrained boy with only a dream. Finally, Harrison got a job in an art studio, sweeping and cleaning up. He watched, and he learned. Finally his opportunity came.

All of which seems to prove what poet Robert Browning pointed out over 100 years ago: "A man's reach should exceed his grasp, or what's a heaven for?" Meaning, of course, that nothing is impossible for the person with determination to reach the top!

JUNIOR ACHIEVEMENT is a nationwide program for wide-awake teen-agers. **Listen** here takes a glimpse at the San Diego chapter which proves that J.A. really works.

PAUL lifted the brightly colored towels out of his sample case and genially told his prospective buyers, "Now, here's one that's very popular. Isn't that a beautiful shade of red? Or, maybe you'd prefer this cool green."

You see, Paul Allen is totally blind. His fingers read the Braille-coded tags he has attached to each sample product. At this particular moment he was in Denver representing his city of San Diego as its Best Salesman of the Year, and competing with representatives from thirty-six Western cities and two provinces in Canada.

Paul has been sightless since the age of nine, when both retinas were detached in an automobile accident. His father, a test pilot, had been killed four



Paul Allen, Mr. Junior Achievement Businessman of 1967, receives his honor award along with Miss Junior Achievement Businesswoman of 1967, Mary Jo McKay.

Year, and coveted title of Mr. Junior Achievement Businessman of the Year presented by the Administrative Management Society.

Paul is but one of some 800 San Diego Junior Achievers now gaining valuable, practical pre-business experience by organizing and operating their own small-scale businesses. Meeting one night a week during the school year, these young people are increasing their knowledge of the American free enterprise system through this unique youth program.

Each miniature company is composed of fifteen to twenty teen-agers who organize their firm under a pseudo-legal charter and usually capitalize it for \$150. This risk capital is ob-

TEEN-AGERS WHO SHOULD MAKE THE HEADLINES!

years earlier, and Paul has grown up under the guidance of his mother and his grandfather.

An outstanding student (19 A's and 22 B's), Paul graduated from San Diego's Hoover High in January. He is now enrolled in California Western University, working toward a law degree and a minor in business administration. He and his seeing-eye dog, Biff, already are sorely missed at Hoover High for Paul's genial sense of humor and active participation in school projects as well as for his accomplished performance as a pianist and organist.

Hundreds of San Diegans have listened to Paul as he addressed dozens of civic association meetings throughout the community. His theme, "Behold, I place before you an open door which no man can close," plus his sincerity and professionalism of delivery, has jolted many out of the drab pattern of everyday thinking and inspired a fresh look at the people and events who make up their lives.

Paul acquired the confidence and ability to speak out from his membership in Junior Achievement, the national organization dedicated to developing business leadership in future men and women.

In his two years of J.A. membership Paul has racked up a formidable record of honors, including the vice-presidency and then the presidency of the business training organization's model chamber of commerce, the trophy for Best Public Speaker of the Year, selection as Best Salesman of the

tained from sale of stock at \$1 a share. Each business is assisted by adult businessmen representing local business concerns or civic or professional

service groups. These advisers are experts in the field of production, business, and marketing.

The program has no political, religious, or other affiliations. Any tenth, eleventh, or twelfth-grader is welcome regardless of race, color, or creed, as long as he is interested in learning about the free enterprise profit and loss system.

Junior Achievement's aim is to produce employers, employees, and citizens who know the meaning of freedom, incentives, and opportunities available in free enterprise and private ownership for the worker, owner, manager, and investor.

These objectives are provided in a workshop situation in which the social and economic concepts learned in school acquire form and substance—learning-by-doing in action.

San Diego Junior Achievement's executive director, Edward Peterson, Jr., explains that the program "takes a mature approach in presenting the free enterprise system to today's young people." They learn to make decisions and to enjoy the rewards of personal accomplishment.

When a student like Paul Allen first comes into J.A. at the beginning of the school year, he is assigned to a new "company" with fifteen to twenty other students who may represent a dozen different schools. "There's no place else in town," observes Executive Director Peterson, "where you'll



Production assembly line of Calypso Enterprises makes novelty figures for sale by young Achievers in this miniature company.



Edward Peterson, Jr., executive director of San Diego's Junior Achievement, receives the George Washington Honor Medal Award from Frank Gard Jameson of the Freedoms Foundation.



A Junior Achievement company treasurer makes a deposit in the J.A. Bank of Opportunity as teller Linda Edwards gets ready to make the record. Mrs. Jeanne Hadley, former Achiever herself and now an employee of the Bank of America, advises.

see youngsters from city, county, and parochial schools mix together without sooner or later roughing it up. We haven't had a single incident of that sort in our eighteen years of operation in San Diego."

First challenges facing the newborn firm are to organize and elect officers, select a product, and capitalize its operations. Paul was chosen chairman of his company's research and development committee, which decided on a candy or catchall dish they hoped would be attractive to housewives. A J.A. survey had proved that women hold 70 percent of the nation's spendable cash.

Thanks to a highly successful stock sale campaign, the

company was capitalized at \$100. Within two weeks after organization, their assembly line in the J.A. center's machine shop was turning out the first copies of the novelty product. This time it was a calypso figure about eleven inches high, holding a metal bowl in his hands and balancing another on his head. The head and body were of wood; arms and legs were fashioned from bottle caps strung on wire.

At the end of the school year Calypso Enterprises' president happily reported to stockholders that "liquidation left our corporation with a 'thick' bank account after all liabilities were met. The return you are receiving with this report should verify this. But more important than the profit is our 'check' of appreciation. We feel that the investment which you have made will help create a better future for our nation. The experience, knowledge, and enjoyment gained by the youths you supported help to build an elevated society more appreciative of the United States economic system."

Some J.A. companies find the going rougher than Calypso Enterprises did, but Executive Director Peterson says the personal growth achieved by individuals in the least successful operations is ample reward for the evenings and weekends of hard work. "The maturity of character that takes place before your eyes," he adds, "is positive reassurance about the country's future in the hands of these young people."

Typical of the young businesswomen produced by the J.A. program is this year's Miss Junior Achievement Businesswoman, Mary Jo McKay. A seventeen-year-old senior at Crawford High School, Mary Jo served as president of her company in this, her second year in the program.

The contributions of responsible community and business organizations have enabled J.A. to move from its former cramped, 5,000-square-foot quarters to the present 15,000 square feet in the building located at 38th Street and University Avenue. When modifications are completed, the new quarters will be able to accommodate 1,300 Achievers.

"Thanks to the donation of modern equipment and advisers by the Bank of America," Peterson points out proudly, "our J.A. bank is open for business from 7:30 to 8:15 each meeting night and can supply any banking service that Bank of America's main downtown branch can provide."

J.A.'s stress on economics has garnered for it the Freedoms Foundation George Washington Honor Medal Award two years in a row. This achievement is of reassurance to the nation's leaders who are concerned with the trend toward an anti-business attitude among many students.

In San Diego an estimated 11,000 juvenile arrests were made last year. At first glance this is a high figure. However, many of the juvenile arrests were of second- and third-time offenders and teen-agers from out of town arrested in San Diego.

The actual number of local teen-agers arrested is estimated at about 5,000 a year, less than 6 percent of the city's estimated 92,000 teen-age population.

What about the other 94 percent, the teen-agers you *don't* hear about? Of course some of them are as misoriented and destructive as the offenders who make the lurid headlines. But an acquaintance with the great majority of San Diego's adolescents would doubtless erase much of the bad impression that hangs over them. Especially would this be true of the hardworking Junior Achievers, the teen-agers who should make the headlines.

DAVID R. WILKERSON



Director, TEEN CHALLENGE

In past issues *Listen* has featured a number of varied approaches being used to deal with drug addiction problems today, such as HAVEN, directed by Dr. Robert Baird, Synanon and its group therapy, the Federal Public Health Service hospitals, Narcotics Anonymous, and others.

Now we feature another approach—the religious program being carried on by Teen Challenge, with headquarters in New York, but working through a score or more of similar centers in the United States and other countries.

Rev. David R. Wilkerson, the director, is one of the most dedicated men of our time in developing means to reach addicts and their families and bring them back to normal life in society again.

WHAT would you say was your conviction that started you in this direction?

I call it a holy obsession to get involved in youth problems rather than just preach about them—rather than merely making statements about faith, to try to understand the real love that motivates one to deal with human need.

In other words, it was religious conviction?

Well, I've heard a lot of talk about relevancy. But I wanted my relevancy to be more than political. I wanted it to embody all the love commands in the New Testament. This gave me the best vehicle. I really set out to prove that the gospel I preach actually works and can change life patterns, such as those of drug addicts and homosexuals.

Would you say you have proved this?

I have proved it to myself and to anyone else who will listen. I believe that the Lord is healing today by His power.

Is this your life career, would you say?

There are two groups that I want to work with the rest of my life, God willing—the beatnik, and the “goodnik” group. The goodnik is the young man from a good home, a good background, and a good church, but who is having a reaction to all the wrong kind of action and the inaction today, the “in” crowd. Boredom is really a reaction from too much of the wrong kind of action. I've been traveling now almost full time on weekends in city-wide youth crusades around the world. I'm finding that this is the (To page 8)



"Desperation" is the keynote of Teen Challenge, which specializes in cases who have been given up by everyone else as hopeless.

greatest challenge I've ever had. I'm hearing confessions from teen-agers in this group that surpass any I've heard in the gutters.

You're having a good response to these programs in the various cities?

We're drawing up to 8,000 teen-agers on weekends. I recently was in England for thirty days. Mods and rockers and dossers (there are thousands of these kids called "dossers" who dropped out of schools and now carry sleeping bags traveling around the country) attended our meetings. Many were converted to Christ. I was told that four of our crusades outdrew the Beatles two to one.

What is the actual drawing card for your meetings?

Well, my book *The Cross and the Switchblade* has sold more than two million copies in twenty-one languages around the world. It was a best seller in England. It helped draw the crowds. Too, there's a great interest in the press concerning this approach to drug addiction, and we talk about all the problems that are pressing teen-agers down, including alcoholism, drug addiction, homosexuality.

Are you setting up Teen Challenge centers abroad?

We have twenty-one centers affiliated indirectly with the New York Teen Challenge. They are located in various cities of the United States, Canada, and Puerto Rico. There are experimental programs in New Zealand, in Australia, in South Africa, in England.

Where did this name originate?

We started as Teen-age Evangelism; but because of the fact that we were involved in more than evangelism, we

changed it to Teen Challenge. We originally started working with teen-agers, but we found we couldn't turn down addicts of any age when they came to us desperate, so we work with all groups now, including the little people. These are the "baby" gangs from eight to twelve years of age.

Do you deal only with cases given up by others?

We prefer to get the most desperate cases. That's the key to our program, desperation. We don't feel that you can force help involuntarily on anyone; he has to come voluntarily. We like to get them when they're at the end of themselves—at the end of their rope.

Do most of your cases come to you by referral?

Some come by referral from hospitals, clinics, doctors, churches, and parents. Most of them, however, I think come to us through contact with other addicts who have found a cure. These return to their old neighborhoods and testify to the power of Christ. The addicts who are in their circle of friends see the great change and say, "He was worse than I am. If God can do it for him, He can do it for me." This induces many to come for help.

Most of your program then has developed by personal witness?

The original concept of Teen Challenge is a person-to-person relationship on the street. The concept is that it's easier to love the whole world than to love your neighbor. Usually today you apply love like a mustard plaster—over the whole world—and it's easier to love the world than to go next door and wipe the sweat off somebody's brow. So our whole concept here has been a person-to-person relationship, not through mass media, but through personal contact.

Do you have more trying to get into your program than you are able to accommodate?

Oh, there are thousands of teen-agers all over the world who write to us who want to get involved in intercity work, in urban slums, and I hope they keep that vision before them, because there is a great need for Christian social workers. There's an open door for all denominations or mission boards to set up similar programs providing inpatient care for all incorrigible youths. You could raise up a vast army of young people dedicated to this kind of work.

Teen Challenge offers hope for those who want to be cured. When suffering from involuntary withdrawal, addicts know they can get help, not only in that difficult time, but also on a continuing basis.





Dave Wilkerson believes that addiction involves spiritual problems which can be truly solved only by the power of God operating in human lives.

Do a majority of the young folks coming into your program continue in it to help carry it on?

Once you get this meat in your teeth you're never the same. If they do not continue in this, they continue in a similar kind of service perhaps overseas; or if they do go on, or if they're called to go into pastorates, they engage in this kind of work along with their other work. If they go into a field of engineering, they do that just to pay the bills while they engage in this on their own.

You say your program is based entirely on a religious approach?

We make no bones about it. When a psychiatrist asked one of my boys what he got at Teen Challenge, he said, "We get God in the morning, the Bible in the afternoon, and the Holy Ghost in the evening." The psychiatrist said, "Well, you are using God as a crutch." The reply came back, "If that's so, then give me two of them." This is our thinking, that we've gone back and revived the two concepts of our Puritan fathers, simple hard work and faith in God. Our motto is, "If you don't work you don't eat"; and we have simple faith in the power of God not only to break habits but also to maintain victories through faith.

Is this approach being accepted by professional organizations?

I couldn't care less. I know it's being accepted by drug addicts. I challenge the world, anyone in the world, to line up 100 cured addicts on any stage in America as I've done, or as Teen Challenge has done, all of them completely cured and filled with the power of God. No one has ever accepted that challenge. We can produce thousands, in fact, possibly three thousand or more over the nation. If the critics or anyone can show me a better program we'll drop ours and take theirs. I haven't seen anything that works better.

Are you supported mainly by private contribution?

We have a mailing list of several thousand, many of them teen-agers who send us portions of their allowances. Churches of various denominations have us on their missionary budget. We have foundation grants. Most of our capital expenditures come from foundation sources.

How big a financial program do you have annually?

It takes better than half a million dollars a year to operate right here in New York. It's only an answer to prayer. We have no guaranteed funds.

About how many young folks are in your program at any one time?

We have usually 150 to 175 addicts at one time.

You say you have a farm over in central Pennsylvania. How many does this accommodate?

We have facilities there for 100. We're running right now, I think, about seventy-five. That's all we can handle with the staff we have. We need more staff.

What is your philosophy of operating the farm?

Our concept is that we need to get the boys isolated, away from their problems, their background, until they're completely rehabilitated, or as we call it "up tight with God," and get them out in the fresh air, out in the open. Amazingly, you know, as these boys come out of these noisy streets and go down there, the first night they can't sleep; in fact, the first week or so they say it's too noisy, the crickets, the birds, and the frogs. They have a terrible time adjusting. But once they do adjust—one boy said, "I would hate to go back to New York. I don't know whether God is still there. I know He's here."

You say this is a vocational program?

Well, we've added the ingredient of a spiritual life to good top-rate vocational training. We teach mechanics, woodshop, agriculture, printing; and to this we add spiritual dynamics. Most vocational programs are sponsored by states or cities, and they're very effective; but they have the most important ingredient missing, spiritual life. We're meeting not only the physical need, but also the spiritual need.

Do you operate a seminary to train young people?

We have a very select school. You have to meet the standard to get in—a drug addict, an alcoholic, a prostitute. No one else is allowed in. We train former incorrigibles to become workers and missionaries. It's the Teen Challenge Institute of Missions, and we anticipate that out of this



Teen Challenge's philosophy is one of personal witnessing, of getting out into areas of human need to help on a direct basis.

school we'll raise up missionaries to travel all through the world carrying this testimony. We just opened up last year, and we have thirty-two students.

Is this program being carried on by your own church?

This is interdenominational in its ministry. We've teachers and young people from various denominations.

How large a staff do you have now?

Here in New York City we have forty full-time workers. There are about sixteen or eighteen at the farm and twelve to fourteen at the Bible School.

What do you consider is the future of this program?

Well, we're expanding Youth Crusades into a full-time ministry. We're expanding our literature program, sermon records, sermon tapes, films. We have five films, and we're producing two more. I have a concept that when you're in the center of God's will there's no place to go but up. Our motto here is "All this and Jesus too."

I believe you've written three books: The Cross and the Switchblade, Twelve Angels From Hell, and the third, The Little People. Are you writing another?

We've just finished a book, *Parents on Trial—Why Kids Go Right—or Wrong* by Hawthorne Press, and I'm working on another entitled *Hey Preach, You're Comin' Through*. This is the result of my first invasion here in New York when in the middle of my preaching a young gang leader yelled out, "Hey Preach, you're comin' through." In other words, we're beginning to get through to teen-agers with a message in their own language.

Do you accept only drug addicts?

No, we accept prostitutes, alcoholics, delinquents who are just beginning to sniff glue or swallow marigold seeds or use alcohol. Nowadays they're even getting high taking nutmeg and hot milk. We've had four boys die in schools across the country from unscrewing fire extinguisher caps and drinking the acid. In today's moral landslide anything seems to go.

One thing that really bothers me is the permissiveness toward smoking marijuana in our colleges. In some schools as many as 75 percent of the students are smoking marijuana. The law now is being eased, changing marijuana use from felony to misdemeanor. Teen-agers are showing more and more interest in this as being one way to keep off heroin. I'm surprised at the number of professors in colleges who advocate this, who freely admit that they smoke pot and recommend it to the college students. In other words, to keep yourself from shooting junk, take something less, settle for marijuana. This is the thinking behind it.

But 95 percent of all the addicts who come here started on marijuana; and marijuana, though it is not addicting, is habit-forming. It breaks down the moral structure. Young people are being sold the idea that marijuana smoking is all right. Don't go to LSD, don't go to hard stuff; if you want to have a ball, just take a pot stick and get high. This is creating a vast field for hard narcotics, and one of these days our college campuses are going to be set on by pushers of hard stuff.

How does LSD fit into this picture?

All the psychedelics are strictly temporary programs of drug usage. Some of it begins primarily to recreate God-

What would you say are the greatest problems faced by young people today?

I was in Darien, Connecticut. This is the community that received much publicity about parents serving alcoholic beverages in the home to keep their teen-agers from going to barrooms. I spoke to 1,200 students in high school there, sponsored by a community council. I think most of them came chiefly because they were angry at me for going around the country talking about their community. They thought I judged it by its bad publicity.

When I spoke to these young people about their spiritual needs, I was mobbed by about 400 backstage. I heard confessions there that I'm hearing all over the United States from the typical American teen-ager from the ghetto home. Their confessions fall into three categories:

No. 1: "The church doesn't reach me anymore." "The church is dead—the preacher can't stir even his own wife." "My church is a club." "My church makes more of its basketball team than its altars." "The church doesn't bug me; it doesn't reach me; it doesn't stir me." "I wish my preacher would yell and scream or do something, or just get through to me." Because the church is interested more now in social action gospel, it's been left with high and lofty ideas and ideals. It may be marching hand in hand with civil rights but it's missing the teen-agers. Their spiritual life is going unchallenged.

No. 2: Another confession is, "I'm having a ball; I'm not hurting anybody, so get off my back." In other words, "I want spiritual life, but I don't want anything to squeeze my fun plans; this is a fun generation." One parent, by the way, suggested after he saw his teen-ager sitting in front of the television and eating all kinds of junk and playing around with his transistor radio, and hot rodding, "My idea of a typical teen-ager is a young man with TV antennae for ears, a beep box for a mouth, a transistor radio for a heart, a garbage disposal for a stomach, all dressed up in purple, beatle hair style, polka dot stockings and a mini-skirt, surfboards for feet." The whole concept today is, "I'm not hurting anybody, so just leave me alone."

No. 3: Yet another confession that I heard is, "I realized I didn't know I needed God. I've got everything I need." I preached a sermon to teen-agers entitled, "What Christ offers the teen-ager who has everything." The concept that I heard there was this: "You say that if I come to Christ He offers healing for my body. I'm not sick. He offers he-

consciousness. The LSD addicts whom we've taken in here graduated to hard stuff, because LSD does not give the instant thrill, the sensation, that hard stuff does.

Have you found a significant number of those coming to you involved with LSD?

The kid on the street usually doesn't get involved with LSD. We don't face it as much, though it's becoming more of a problem. I won't feel safe until they lock up those who go around preaching the spiritual value of taking LSD.

Is addiction as dangerous to girls as to boys?

Of course there are not as many girls involved, but the girls who are involved are ten times as difficult to reach and to rehabilitate. They're involved in it so much deeper emotionally and physically. They have to prostitute to support their habit, and they get hooked as much on prostitution as they do on the heroin.

ess. I'm well-adjusted; I'm not bored. He promises to
et all your needs. Everything's been met. I've got a girl.
're clean; we're not doing anything wrong. My par-
s love me."

So now my job is to try to reach this vast multitude of
podniks" in the United States who go to a dead church
d are never given a chance to respond to an appeal to
ke a public confession of Jesus Christ. The vast multi-
les who are ashamed of the gospel of Jesus Christ have
concept that Christ squeezes the fun out of their lives.
s group are not addicts, are not delinquents; and be-
use they're not and because they're well-adjusted and
ppy, they just don't feel they need God.

So I'm having to press upon them that without Christ
y can have all these things and still have nothing. Less
n 10 percent of our young people in the United States
e involved in crimes and narcotics addiction, et cetera;
we've got to deal with this 90 percent. These are poten-
l users of narcotics and potential delinquents. My figures
e that we have at least 40 to 50 percent of this 90 per-
nt who are restless, bored, in spite of all their talk about
ing well-adjusted. They have not really found a master
n for their lives and are really still seeking for answers.

What should the church do in a case like that?

Well, I try to answer the teen-ager first, to make sure
s not as dead as the church he's talking about. He's got
be reading his Bible and praying, and going to church
d getting some fire in his soul, so the preacher doesn't
ed to keep needling him into holiness. Secondly, he can
ways leave his church. I'm not one of those evangelists
o suggests that a kid go back to his old dead church.
the minister isn't preaching the virgin birth, if he's a
eral who no longer believes in the power of the gospel,
Jesus Christ, I wouldn't send anyone back to try to sur-
ve. Thirdly, I would suggest they start their own church,
t brick and mortar, but a temple in their own heart
ere they can have a relationship to Christ.

If they can establish such a relationship with Jesus
rist, we don't have to have any clean-up campaigns
ainst pornography. They can walk through any news-
nd. They can survive all the book reviews and reports
ey're forced to make on smut in our schools today. They
n go to any dead church and have the fire in their soul,
cause they have established a devotional pattern and
ationship with Jesus Christ that will keep them.

Is this because of the emotional setup of a girl?

Yes, the idea that only emotionally disturbed young peo-
ple go to narcotics, or those who have certain earlier trau-
matic experiences, those who are maladjusted, is simply
fallacious. We've met many well-adjusted people who were
going along with the herd instinct and who were as well
adjusted as any young person could be, but who through a
few experimental trips lost their balance and became addicted.

*Why do young people become involved in addic-
tion in the first place?*

Well, quite a few of our boys and girls have asked us
that question. Our statistics show that one of the greatest
causes, the number one reason, is the need of acceptance,
to be accepted by the crowd. Today, if your friends are "in,"
they're usually "way out" on something, taking trips, or
involved in pot, and to remain "in" you've got to cooperate.

*What do you say to young people about this prob-
lem of marijuana when you visit college campuses?*

Well, first of all we try to come face to face with this
idea that it's not harmful. It is harmful, and it's dangerous.
It definitely does lead to hard narcotics. Then too it's morally,
spiritually wrong. It causes the user to lose his moral concept
and values. More immediate and critical is the fact that it
creates a desire for speed. The user becomes uninhibited,
especially on a dance floor, or in petting sessions among
college students that end in disaster. It drives the user to
promiscuous sex activity. Most marijuana users become ob-
sessive in their sex drives. This is the message that we carry
to college campuses, to stay away from the use of marijuana
unless you're ready to end up in main-line drug addiction.

*Have you observed that drug addicts pass on this
trend toward addiction to their offspring?*

Always. In New York City hospitals last year we had
412 babies born addicted to drugs through the bloodstreams
of their mothers. One doctor estimated that 1,200 to 1,500
more are not treated in any medical facility. The terrible
part of all this is that these are the only addicts in the world
who can readily be cured medically, yet the law cannot hold
the mother with child legally.

The mother is supposed to go to a hospital a week before
for prenatal care, and the child can usually be born under
normal circumstances, but because she's self-centered she
gets strung out, as we call it, shoots up four or five bags
before she enters the hospital. This usually causes the baby
to be born addicted. Then after the child is born addicted
it should remain in the hospital at least a month, but the
mother uses this child as a badge of womanhood suggesting
to herself that if she carries this child out of the hospital, this
will be a motivation to stay away from the needle.

That doesn't work, because a child cries constantly; and
when the addicted mother is not high, it's like a sledge
hammer hitting her head all day long. The mother is driven
back to the needle, or the child is used for commercial pur-
poses. If she's living common-law with an addict, or "her
trick" as we call it, they take the child out on the street
where tourists congregate, throw back the blanket, and say
to a tourist, "Mister, I'm a junkie, my baby's sick. I need
\$10 for medicine." They pick up \$10 from the tourist, go
right to the pusher, and the child's needs go uncared for.
This has motivated us to work with the little people.

We're getting more and more into preventive programs
now, and have opened our first Christian group home for
children. We have preliminary plans for a \$4 million kids'
town on sixty acres in upstate New York for 300 children
of drug addicts and alcoholic parents.

*Based on your experience, Dave, would you say that
a Christian today is a person who can take responsibil-
ity for his own actions?*

Well, teen-agers today want straight talk, they want peo-
ple to be honest with them. We've tried to be honest with
our teen-agers and not let them blame anyone else for their
problems. Let me give you a case in point. A drug addict
will come into my office, and I'll say, "How did you become
a drug addict?" or, "How'd you get started?" He'll say,
"Well, Reverend, it's because of interpersonal relationships,
and intensified anxiety states, sibling rivalries during child-
hood." I know he's been to a psychiatrist and has ready-

made excuses for his problems. I finally cornered one boy, and he admitted the psychiatrist "cut me open," but "he couldn't sew me up again." Or he says, "The church failed me," or "My parents failed me," or "I got in with bad friends." But here's the danger today. We allow these kids to use scapegoats.

Not so at Teen Challenge. We hit them right between the eyes. "You're a teen-ager, you know what's right and wrong. You're an addict because you choose to be an addict. Don't blame your parents; don't blame these things the psychiatrist has suggested to you as the cause of your problem. You're the problem. You're an intelligent person. You can get out of this if you'll do some serious thinking now." So we place the blame where it belongs, on the teen-ager himself. I'm frankly fed up with blaming parents and everybody else. Though the church is responsible, and parents are responsible, as far as our dealing with the teen-agers are concerned, we've got to let them share the responsibility.

Do the teen-agers rise to this?

Well, they sweat, and they get mad at first; but then they begin to see that this is it. We tell them that at Teen Challenge the door swings both ways, in and out. For example, the first cigarette they smoke, they are out. We don't allow smoking. We believe that the nicotine in the tobacco activates a compulsion in the bloodstream, and we believe that any addict who smokes cannot be cured from heroin. If you can't kick your little habits, how in the world are you going to kick your big habits? This is the ladder process. You've got to knock out all the props. If you're shakin' up with a woman, you stop; if you're smoking, you stop; if you're cursing, you stop. Kick all your habits at once; throw yourself completely on a limb.

Drug addicts are accepting this challenge, and this is why

we have a cure rate. And I challenge anybody in the world to prove to me that an addict has ever been really cured if he still smokes. He'll revert to his heroin because he has no moral strength. Every time he lights that cigarette, the flame identifies with the cooker under the heroin cap. Every time he lights a match, there come back the old memories of every intravenous injection, the identification. More than that he says, "Man, I can't kick this habit, how am I ever going to kick anything?" and he'll always revert.

You feel then that the tie-in between the smoking habit and the drug addiction problem is both physical and psychological?

Yes, the thing that amazes me is that we have doctors who call some of our boys in for interviews and say, "Mister, I want to help you." And the addict looks at him and says, "Man, you need help," because he's a chain smoker himself. Our boys know that; and I tell you, they admire our discipline here. An addict is an addict because he has never been disciplined in his life. He has no disciplinary patterns. We put real discipline upon him, and he has to have this or not survive.

What was the greatest thrill of your life?

I think I'm the most excited preacher in the world. I have the constant joy of seeing addicts physically changed. They gain thirty or forty pounds the first month they're here, new life and health. But the biggest thrill of all is to have them after their rehabilitation with me on a pulpit somewhere before thousands of teen-agers and hear them tell of the love of Jesus Christ and how at Teen Challenge they found a love beyond human power. I'm constantly amazed at how Christ can untangle their lives. They have no fear of reversion, no fear of falling, no more desire for narcotics; and, more than that, they go back to their families. We have the joy of seeing their families—mothers, fathers, brothers, and sisters—changed. And the joy, too, of seeing hundreds of teen-agers respond to the invitation as the result of a challenge from the drug addict, a converted addict, or a gang leader. This to me is the highest proof that God is still alive and at work in this generation.

What kind of reception do your crusades get, Dave?

I've seen this past year as many as 2,000 teen-agers turned away from some of our crusades and actually fighting with one another, pushing and jostling to get a seat. I saw twenty teen-agers slip into a rally in Pittsburgh through the back door, cheating to get in, so to speak, because the fire department locked the doors. I saw excitement on the faces of teen-agers, not getting into a rock-and-roll meeting but into a gospel meeting. This is evident by drug addicts all over the United States turning in needles and switchblades for Bibles, preaching the gospel on streetcorners.

Will this trend reverse the drug problems and the smoking problems, drinking problems, and these others?

Divine intervention is the only hope for our nation now—an act of God, a spiritual awakening. Otherwise, there's no hope. Our moral landslide is so vicious, so hopeless, that we're lost as a nation. Unless there is this awakening, we're lost, but I anticipate it. Every man of God who has been on his knees anticipates it. Without question, I'll stake my life on it, it's coming.



Books authored by Dave Wilkerson have sold four million or more copies and tell the amazing story of a mushrooming program based on confidence in the power of God.

"IT ALL started right here in this shop about fifteen years ago."

Mr. Van gave a final tweak to the shoulder apron and reached for a clean comb and scissors. Several waiting patrons lowered their magazines, and the beauty parlor was quiet except for the hum of the hair drier and the plop of a dripping faucet.

"Mrs. Ball was one of my regular customers then. Used to come in late in the afternoon for a shampoo and set regularly each week. And often her husband came to pick her up afterward. They were an older couple—semi-retired. Since I wasn't too busy at that time of day, we used to talk some—Mr. Ball and I.

"Want it shorter on the sides?" Mr. Van peered at the reflected face in the mirror straight ahead. "Good. Well, I found out that Mr. Ball worked as janitor and handyman at a home for girls. These were older girls who were not up for adoption, but who had been neglected or abandoned by their parents.

"One time the old gentleman said, 'Say, you could be a big help to some of those kids out at the home. Some of them are real pretty, but they need their hair cared for.' Then he got to talking about little Martha, who seemed to be one of his favorites. A real nice kid, he said.

"She was a cute youngster—about ten years old—but her hair was straggly and dirty. I cut it and showed her how to fix it. Then I sent her away with a bottle of shampoo and some bobby pins.

"After that, every now and then Mr. Ball would bring one or two of those girls in with him. Do you know—" the hands fell to his hips, comb in one clenched fist and scissors in the other—"one time that fellow brought in *seven* girls all at one time." He glared belligerently into the mirror. "I told him, 'Man, I'm glad to cut their hair—but *not* seven of 'em all at once! Never again, please!'" His dark eyes began to twinkle, and his little mustache relaxed into a broad grin. The scissors resumed their snipping.

"He didn't. But each time after that it was one or two. However, little Martha came most often. I cut her hair until she was old enough to leave the orphanage and be on her own. She must have been about eighteen or nineteen, I'd say.

"Then Mrs. Ball died, and Mr. Ball moved away. I completely lost contact with Martha.

"Want the neck shingled up a bit?" The gray head nodded, and the scissors went to work. "Well, several years



ILLUSTRATION BY JIM PADGETT

went by. About two weeks before Christmas the phone rang—a woman's voice, and she sounded like she had been crying. 'Mr. Van,' she said, 'do you remember me? This is Martha.' Of course I remembered her. 'How are you?' I asked. And she told me.

"She had married four or five years before, and she now had three small children. Her husband was a no-good drunkard—drank up all his earnings.

"'And this is my problem,' she said. I could tell that she was crying again. 'I'd like to borrow \$25 from you. You are the only one I know well enough to ask. I need the money to get together some kind of a Christmas for my children. Unless I can get the money, they simply won't have any Christmas at all.'"

The scissors snipped delicately across the neck, and paused. "Y'know, I don't like to lend money to anyone without talking it over first with my wife. So I explained this to Martha, and told her to call me again the next day."

The comb shaped carefully, and the scissors deftly clipped a stray hair here and there.

"Well, that night we—my wife and I—decided to help Martha, but in our own way. I knew what church she be-

longed to and called her pastor. Yes, he was acquainted with the family. Had tried to talk to the young man many times but without success. He was hopeless. The young woman *did* need help, and if any packages of any kind needed to be delivered, he would see that they got to Martha and the children in time for Christmas."

Mr. Van paused, and reached for the hair clips. His fingers began to turn up ends and fasten them as he took up the story.

"Well, I talked with some of the ladies who came into the shop the next few days. One of them said her husband was an officer in the Lions Club. She asked him if they could arrange to provide Christmas dinner for the family. Another lady was working with a charitable organization of Martha's church and said she would see if they could help. Several of the ladies were mothers of children who had outgrown clothing which they brought in. One thing I remember in particular was a fine little boy's leather jacket. It was just like new.

"By the week before Christmas we had gathered quite a boxful of clothing here in the shop. The Lions Club had promised to provide a complete dinner for Martha and her family, including a big turkey, cranberries, and all the fixin's. My wife and I went to the dime store and bought a big boxful of toys—little dolls, toy cars, color crayons, books, and all the things children might enjoy for Christmas.

"The day before Christmas we piled all the clothing and toys into the car and took them over to the pastor of her church, who said he would deliver them immediately." Mr. Van's voice trailed as he reached for the scissors, snipped a lock; then his hands resumed curling and pinning.

"Christmas came and went. January passed, and February was down to the last week. Still we had heard nothing from Martha. Not a word. I'd begun to think that she was just another ungrateful kid.

"Then one day, about the end of February, the phone rang. It was Martha. I said, 'How are you? Did you have a nice Christmas?'

"Oh, lovely," she said. 'You probably think I was rude for not thanking you sooner for all you did, but, Mr. Van, I just couldn't believe it would last.'

"She sounded happy, not at all like the tearful girl who had called before Christmas. 'What do you mean?' I asked. Then she told me the story.

"The Lions Club had brought over a big Christmas dinner. There was so much food that her husband's beer was crowded way to the back of the refrigerator, and the turkey had to be left on the kitchen table. Her church had decorated a big tree for her and sent it along with more food and some clothing. Of course, her pastor had brought our box of toys and the clothing given by the ladies.

"Her husband had staggered home to bed sometime in the wee hours of Christmas Eve, drunk as usual. On Christmas morning, while the children were gathered

around the tree, opening their gifts with shrieks of joy, he came downstairs, and went directly to the refrigerator.

"In a few moments he entered the living room carrying a glass of beer. 'Where did all that food in there come from?' he demanded, turning his thumb toward the refrigerator. 'And all that stuff?' He nodded to the tree and the toys the kids were playing with.

"Half fearfully she told him, almost expecting him to gather up everything and cart it off to the pawnshop to pay for more liquor. She told how the Lions Club and her church and friends had given all this so the children could have a happy Christmas. She got out the clothing and held up the dresses and shirts and pants so he could see them.

"Picking up the little leather jacket, he asked, 'You mean they gave things like this to *my* kids?' She assured him that they had.

"He sat down, still holding the untasted drink in one hand and the jacket in the other. 'They did it for my kids,' he muttered unbelievably. 'For my kids.'

"Then he seemed to remember the untasted drink in his hand. He turned the glass round and round in his fingers, eyeing it. Then his eyes drifted back to the children. 'They did it for *my* kids,' he repeated wonderingly. His eyes came back to the shining glass. He looked at it as if he were for the first time seeing in it the cause of his neglect of his family, the poverty that made this expression of love and sympathy necessary. His stare took on an increasing ferocity. With a suddenness that brought his wife to her feet in alarm, he headed for the kitchen. Straight to the sink he went and turned the glass upside down. The muscles in his cheeks tightened as he watched the amber liquid swirl down the drain. Through clenched teeth he gritted, 'No more of that stuff for me. I'm on the wagon.'

"Turning, he went back to the living room, got down on his knees and began playing with the children—a thing he had never done before. Every now and then his eyes would stray to the clothing, the toys, and the tree, and he would shake his head as if the thought was too much.

"Now you are all done," said Mr. Van. He reached for a net before resuming the story.

"She sounded so happy as she repeated, 'I didn't call, Mr. Van, because I just didn't believe it could last. But he hasn't drunk a drop since then. He is working regularly, and he

spends all his spare time at home with me and the children. Thank you so much for what you did.'"

He brushed the shoulder apron and untied it. "All ready for the drier now." The customer got up and walked to the machine.

Mr. Van went on as he punched the various buttons. "I told her, 'Well, Martha, you have my phone number. If ever you need help again, you call me.'"

He switched on the drier and lowered the hood. His voice rose above the muted whirr of the motor. "It's been three or four years now, and she hasn't called me yet. Guess everything must still be going all right for her."

Try It

E. Jay Ritter

It doesn't cost a cent to smile;
It doesn't take a minute
To grin a little grin that has
A wealth of sunshine in it;
It doesn't take an ounce of strength,
And yet—you'll find it true—
A smile can melt the hardest heart
And change gray skies to blue.

"It's Your Cop-out," Youth Should Be Told

"High" on Life

David Amram is a rising American composer who has written dozens of works for orchestra and chamber groups. Critics are predicting that he will set a direction for modern American music.

Concerning his composing he comments, "The body is the vessel of the soul. It has a certain rhythm. If it's in shape, it tunes your mind. When writing my opera, *Twelfth Night*, I ran sixty laps round the Y.M.C.A. gym track every day. It cleared my mind. By not smoking, drinking, or using drugs I find I can be high all the time on life."

Boats Should Be Dry

Frank Prial

A lot of the people who go down to the sea in ships are nuts.

If you don't believe it, spend a day with the Coast Guard at Rockaway Inlet, New York, just fifteen miles from Times Square.

"There are anywhere from 10,000 to 12,000 small boats in the seventy-square-mile area we patrol," says Rockaway's skipper, Chief Warrant Officer Harold Baker. "Most of them are in the hands of good sailors, but there are enough landlubbers to keep us running from June to October."

One thing some landlubbers like to do is drink in their boats. Coast Guard members claim many amateur boaters spend more on beer and whiskey than they do on their boats.

Says a young Coast Guardsman: "We find them out in the inlet or even in the ocean, lounging around



Irresponsible users of drugs construct for themselves a surer prison than any jailer could hope to build.

in the boats, tossing beer cans over the side, with the fishing tackle untouched. A lot of them never notice the tide, and we have to pull them off mud flats when they get stranded."

There's little the Coast Guard can do about a drunk. Though the Coast Guard is a law-enforcement agency, it finds it difficult to convict a boater under the Federal Boating Act. It can take legal action only after several citations and a warning letter have been sent to the offender. If a sailor is convicted, though, he faces stiff penalties—up to a \$2,000 fine for reckless operation of a motorboat, for instance.

"The most important message to convey to our young people is that drug or substance abuse is one of the biggest cop-outs of all time. It is a cop-out on oneself," says Alvin E. Strack, official of the Smith, Kline, and French Laboratories in Philadelphia.

He declares that professional educators must tell and warn youth about drugs and drug abuse as a preventive measure, since parental and public advice apparently is ineffective and not enough.

"Today's young people stress physical, material, intellectual, psychological, and spiritual self-fulfillment. I can think of very few actions that an individual can take that are more damaging to this self-fulfillment than drug or substance abuse," he says.

"You will have copped out on yourself. It matters little what you use, alcohol, marijuana, LSD, opiates, or whatever, it is still your cop-out," Strack says.

The drug company official declares that outside of medical use, abused drugs can produce serious physical and psychological dependence.

"Penalties for illicit sale are severe and rightly so. Opiate addiction, per se, is not a crime; and yet these individuals have constructed a surer prison for themselves and their minds than any jailer could hope to build. To professional educators, however, will fall the role of telling young people about drugs and drug abuse. In doing this they must provide factual, clear-cut information. No horror stories, no finger wagging; in short, they must tell it like it is."

He says that suggestions that drugs harm only an individual and no one else, and therefore can be used as a basic American right, are patently ridiculous.

"Has the young adult gone psychotic after taking LSD harmed only himself?" he asks. "Who must care for him, keep him from further harming himself or others? Who has to try to put his shattered mind back together?"

In This NEWS

★ What is better than the coffee break? See page 16.

★ Does heredity have anything to do with addiction? See page 17.

★ This man literally put a hole in his head. See page 18.



Some 40 million Americans take part in recreational boating each year, spending \$3 billion on about 8 million boats. Safety in boats requires sobriety on the part of skippers and passengers.



Better Than the Coffee Break

One of America's sacred customs—the coffee break—may be one of the main causes of heart attacks, according to a Philadelphia physician.

Coffee breaks reflect bad eating habits, and that leads to overweight, a major contributing factor in heart attacks, says Dr. J. Wayne MacFarland.

"Take a glass of water and a short brisk walk instead of the coffee break," he advises. "It may not sound exciting, but it will add years to a person's life."

Alcohol Can Be Deadly

Drinking, to one degree or another, was a contributing factor in 32.9 percent of 26,315 unattended deaths in Middlesex County (New Jersey) during the past thirty-four years.

This information was compiled by Dr. William C. Wilentz, who has served as Middlesex County's chief medical examiner for three and a half decades.

A grand total of 26,315 deaths were reviewed by his department between 1933 and 1966. This is an average of about 774 a year, although in recent years, as the county's population rose to the half million mark, the average has been better than 1,000 a year.

Nor is 26,315 all the deaths in the county. Although Dr. Wilentz's department reviewed 20,420 natural death cases, there were many more natural deaths never brought to his attention.

But there were a total of 4,544 casualties, or accidental deaths, 1,103 suicides, and 248 homicides. The latter means little more than seven homicides a year.

The medical examiner's office performed postmortems or autopsies on 4,978 bodies. These include all the homicides reported, 49.1 percent of the suicides (in half the suicides there was no question about the reason or cause of death), and 29.5 percent of the casualties.

Of the total autopsies conducted, 3,621 or 72.9 percent were examined to determine if death was caused or helped along by any type of toxicological poisoning. It resulted that in 2,213 cases, some kind of poisoning contributed to death. Only one person in 34 died from the use of heroin.

Drinking is a major contributor to death. Some sort of alcohol factor was shown in 32.9 percent of the

autopsies. The factor showed in 39.1 percent of violent deaths.

Dr. Wilentz is particularly interested in the effect of alcohol on drivers. He computed that 47.3 percent of auto fatalities showed an alcohol factor, a percentage topped only by the 59.4 percent of drowning victims in whose deaths drinking was a factor.

Considering all the autopsies made, 21.8 percent or 1,085 cases were auto deaths. Of the 513 (47.3 percent) with an alcohol factor, 321 had been drinking and 192 were under the influence.

Dr. Wilentz did a separate study for the years 1948-66, listing the different types of motor vehicle accidents in which there were fatalities. In those with an alcohol factor, auto-pedestrian accidents led with 114. Following were auto-auto, 68; auto-pole, 55; auto-passenger, 35; and auto-truck, 33.

Not much difference was shown between drivers and pedestrians who had been drinking. Of the 449 drivers considered in the 19-year period, 49.4 percent showed an alcohol factor. Of 272 pedestrians, 46.3 percent either had been drinking or were under the influence.

The medical examiner did an age grouping study for 1953-66. It demonstrated that the 20-29 age group had the highest number of alcohol factor cases—58 percent.

More Adoptions Needed

Illegitimacy has trebled in the United States since 1940 to 275,000 a year; and to meet the problem, agencies are easing former policies governing adoptions, Science Service reports. They are aggressively seeking qualified parents.

Of some 2.5 million illegitimate children of adoptable age, only about 31 percent have been adopted.

Occasionally, an agency will allow adoption by a single person, says a report in *Today's Health*, a publication of the American Medical Association.



Alcohol Wreckord

A five-year study of motor vehicle accidents shows alcohol played a part in nearly 70 percent of all fatal accidents in Massachusetts.

The report was released by state Public Safety Commissioner Leo L. Laughlin, who said the study was based on the alcohol level in the blood of 518 persons killed on the state's highways during 1962 to 1966. The study was carried out in the state police chemistry laboratory.

It showed:

—Of 236 drivers killed in single car accidents, 166 were impaired by alcohol, 17 had been drinking, and 53 were sober.

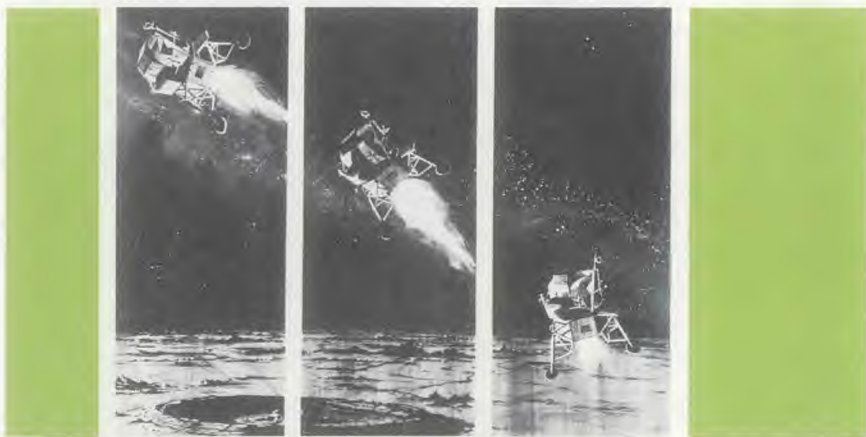
—Of 133 drivers killed in two-car accidents, 73 were impaired by alcohol, 15 had been drinking, and 45 were sober.

—Of 149 pedestrians killed by motor vehicles, 18 were impaired by alcohol, 13 had been drinking, and 55 were sober.

Laughlin said a blood level of .10 percent or greater was used as the criterion for determining the impairment of the person.

Shorter Life

Smoking a package of cigarettes a day shortens a person's life-span by an average of seven years, says Dr. Robert H. Browning of Ohio State University. Smoking contributes to nearly six times as many deaths each year as do automobile accidents, he observes. Statistics show that there are 300,000 deaths associated with smoking each year, compared with 55,000 deaths on the highways.



Descent to a soft landing on the moon by America's Apollo Lunar Module spacecraft is depicted in this panel of illustrations. An advanced lunar landing radar system produced by Ryan Aeronautical Company will give velocity and altitude data to assist astronauts in flying the LM in a curving descent, to a hover, and finally to a soft landing on the moon.



Tragic Inheritance

"The results so far have been amazing and enlightening. From blood samples of the parents we found that 85 percent of the addicts inherited a propensity to drug addiction."

This is a preliminary finding in the study being carried on by Dr. Luis Souza, an authority in the field of genetic research, at the St. Dismas Hospital in New Jersey.

According to William N. Wall, director of the drug-addiction treatment center, the studies may prove that heredity is one of the factors in addiction.

The studies are being conducted with rabbits and will soon be conducted with rhesus monkeys to determine the effect of drug addiction on the human central nervous system.

In addition to the animal studies, Dr. Souza has also been taking blood samples on a voluntary basis from addicts in the hospital and from their parents.

Drug Use Is "Stupid"

"If a student is stupid enough to misuse his time here fooling around with illegal and dangerous drugs," says John U. Monro, dean of Harvard University, "our view is that he should leave college."

Monro explains he has been "repeatedly pressed by a number of the members of the freshman class for a statement of the college's administrative position with respect to the use of drugs."

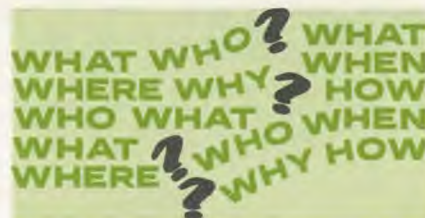
"The college is prepared to take serious disciplinary action up to and

including dismissal," Monro says, "against any student found to be involved in the use or distribution of illegal and dangerous drugs. As anyone bright enough to be at Harvard knows perfectly well, possession or distribution of marijuana and LSD are strictly against the law, and taking the drugs involves users in psychological dangers and contacts with the criminal underworld."

A statement on drug use has been prepared by Dr. Dana L. Farnsworth, director of Harvard University Health Services and Dr. Curtis Prout, chief of medicine for the university.

"The taking of drugs," the doctors say, "is becoming a fad among college and high school students who wish to assert their independence by breaking the law and offending their parents and who wish to experiment with new physical and psychological sensations."

LSD "in the opinion of many informed persons is a greater menace to users than even the addictive narcotics. We consider it inadvisable for an individual who takes even one dose of LSD to make a major decision about himself for at least three months."



Based on a review of more than 2,000 research studies published since 1964, when the Surgeon-General's report on smoking and health was released, the Government has brought out an updated report entitled "The Health Consequences of Smoking."

Capsule facts from the new report include the following:

★ Cigarette smoking is responsible for 11 million cases of chronic illness in the country, 77 million days lost from work, and 306 million days of restricted activity each year.

★ Smoking is the "principal" cause of lung cancer and the "most important" cause of death and disability from chronic bronchitis.

★ Every 105 seconds there is a life claimed in the United States because of smoking.

★ Male smokers between the ages of forty-five and fifty-four who use ten or more cigarettes a day are three times more likely to die of heart disease than nonsmokers. Among women the risk is doubled.

★ Smoking is more important than air pollution and occupational exposure to irritating materials as a cause of respiratory disease.

★ Incidence of peptic ulcers is almost 100 percent greater among male smokers and over 50 percent greater among female smokers than among nonsmokers.

★ Careless smokers numbering an estimated 1,800 die each year in smoking-related fires. In 1965 some \$80.4 million worth of property was destroyed in such fires.

★ Lung cancer represents the greatest increased risk to smokers. Persons between fifty-five and sixty-four who smoke two packs a day are thirty-four times more likely to die from such cancer than are nonsmokers.

★ The convergence of many types of evidence "strongly suggests that cigarette smoking can cause death from coronary heart disease."

★ Cessation of smoking can "delay or avert" a substantial portion of the deaths from lung cancer and the early deaths and excess disability from chronic respiratory diseases and heart disease.

PUZZLE SOLUTION

Check the parts of the body as you find them in the puzzle on page 18.

appendix	capillaries	fingers	knee	neck	spine
arms	diaphragm	glands	kidneys	nerves	spleen
arteries	ears	hair	larynx	nose	stomach
bladder	esophagus	hands	liver	palate	teeth
blood	eyes	heart	lungs	pancreas	toes
bones	face	intestines	mouth	shoulder	tongue
brain	feet	joints	muscles	skin	veins

ARE YOU PUZZLED?

Find
the Parts
of the
Body

Mary E. Burdick

L K O D I A P H R A G M F A
R U N U N H N E E L P S E D
E A N E T A L S A N B S E L
D C F G E N A N S M O U T H
L M A O S D D T A P H S L I
U U R P T S E U H A I R E N
O S T N I K S A E R C N A P
H C E S N L G R A E B H E A
S L R E E U L G R V L T J L
V E I N S L D A T I A E O A
L S E O T O S P R L D E I T
E R S B O S Y P S I D T N E
U E U L M N E E E Y E S T S
G G B R A I N N V W R S S E
H N A D C A D D R A N E G O
O I L C H H I I E E C A P T
T F I N E C K X N Y R A L A

Hidden in these letters are the names of various parts of the body. To locate their names read forward, backward, up, down, or diagonally; and draw a line around the name of each part of the body as you find it. Answers on page 17.

Direct-action Girl

It's awesome, practically.

Miss Shirley MacLaine, the well-known former kook, reports that nigh onto several weeks ago, she decided she had had enough of the weed. Being a direct-action type girl, she just quit smoking.



Dr. Karl Hernqvist of RCA holds the first long-life gas laser to become commercially available for producing intense beams of ultraviolet light continuously. The device is expected to be used in the biochemical processing, drug and pharmaceutical manufacture, and photographic and copying industries. In use, the laser gun emits invisible rays from the top of the long cylinder.

Cold turkey. No phasing out or easing down or wristwatch alarms, timeclock cigarette cases, chewing gum, mints, clay pipes, cabbage cigars, or pacifiers.

She was briefly in residence at her home in Hollywood last week, between a film in Paris and a film scheduled to begin this week in London. She appeared remarkably, even acutely, sane. Her fingernails and her waistline were in excellent shape, although she admitted that in the early stages she had tended to nibble when all those about her were lighting up.

"My lung capacity has expanded three times," she reports.

When the old yearning gets to her, she says, "I just take a deep breath of oxygen. Not the bottled stuff. Air, I mean—plain old air."

Where There's Smoke

Norman Sklarewitz

You can't blame Smokey the Bear. For twenty years now he has been begging campers and highway travelers to douse cooking fires and snuff out cigarette butts.

Plenty of people heed Smokey's warnings, but not enough. The number of costly forest and brush fires keeps increasing.

Last year United States national forests had 11,245 fires, compared with 9,366 the year before. The fires in 1966 burned off 332,921 acres, way up from the previous year's 75,765 acres. On all state, Federal, and private lands, there were 122,500 forest or brush fires last year, and they burned more than 4.5 million acres.

Human carelessness is believed to

cause anywhere from 40 to 80 percent of the nation's forest and brush fires.

While lightning and downed power lines cause many wildfires, people get the biggest chunk of blame. "People are still our greatest problem," says Keith Klinger, chief of the Los Angeles County fire department. Studies by the United States Forestry Service in California show that only 1,045 fires out of 7,556 last year were started by lightning. People started the rest, for the most part accidentally.

Many insurance companies won't write policies on houses in Southern California's dry brush country. "The danger of someone's throwing a cigarette from a car window in these areas is just too great," says a spokesman for Farmers Insurance Group.

Hole in the Head

A man under the influence of LSD and marijuana drilled a hole into his skull in the belief he would be able to conquer time.

Dr. Peter Dally of London's Westminster Hospital gives details of the case in *The British Medical Journal* to illustrate that the undesirable effects of LSD, the hallucinatory drug, and marijuana were not fully known.

The twenty-four-year-old man, who held an honor degree in law, came under the influence of a group of people who believed that an individual would be able to conquer time after a suitable period of preparation with LSD and marijuana. They believed the method was to release cerebral pressure by trepanning of the skull.

The man was admitted to the hospital after drilling a hole into his skull, though not through it, with a dental drill.

How to Prevent Trouble

"Efforts of surgeons to improve the operability and resectability of lung cancers do not present glowing prospects. . . . The sad figure of cure of all patients with lung cancer by pulmonary desection—6 percent or less—does not promise to be altered drastically in the foreseeable future. Nor is there in view a cancericidal chemotherapeutic agent that would make therapy reasonably successful.

"That is why the only hope at present to alter our dread statistics of some 50,000 deaths yearly from cancer of the lung is to carry on the campaign against cigarette smoking. . . .

"Arguments from the tobacco industry that demand biologic proof that cigarette smoking causes lung cancer may be theoretically pertinent but are irrelevant from a practical viewpoint. The only prudent course to take is not to smoke cigarettes, and that holds whatever the filter tip."—*Medical Tribune*.

The best life insurance is what you can give yourself.

HOLIDAYS--DANGER DAYS

EACH year the National Safety Council keeps a count of highway deaths on holiday weekends, showing the appalling fact that more and more lives are lost on holidays.

Logically, traffic is heavier during these times. Because it is, there is more danger lurking on the roads. What contributes to this situation?

Here are some of the findings of the National Safety Council: "The early hours of a holiday are the most hazardous." During the first twelve hours, six deaths occur each hour on the average. During the last twelve hours, four deaths occur each hour. This is a tip which may be worth your life.

Begin your trip in plenty of time so that you can avoid last-minute rushing on the road. From the moment you turn on your ignition key, expect extra danger. Even more important, be extra alert to anything that might happen without warning. Slow down at sundown. If you begin to feel fatigued, stop at the first opportunity. Fatigue has been the cause of many tragedies and rates high as a hazard behind the wheel.

Keep in mind that danger can be around any corner. One does not have to be miles away from home to encounter it. One half of the fatal accidents happen within only ten miles of home. Two thirds are within twenty-five miles of home. Only 7 percent occur more than 250 miles from home.

It is wise not to let familiarity breed contempt, for 58 percent of the drivers had driven the death road frequently. Some 29 percent had driven it occasionally, and only 13 percent had driven it rarely. One must stay alert at all times, even on familiar grounds.

Watch out for you.

A good many drivers are not aware of the statistics which point out that three out of five fatal holiday accidents involve only *one* vehicle.

1. Ran off roadway.
2. Hit a fixed object.
3. Struck a pedestrian.

You have probably heard drivers say, and may have said it yourself, "I'm not worried about my driving. It's the other crazy drivers that get me into trouble." Yet the figures clearly indicate that most holiday drivers meet death at their own hands—through excessive speed, distractions, and bad judgment.

Remember at all times to heed traffic signs. They are your signs of life.

Recently a survey was made by the State Farm Mutual Automobile Insurance Company in cooperation with the National Safety Council. They state: "Not a single person who lost his life in the holiday accidents analyzed in the survey was wearing a seat belt." Investi-



Marie Layne

gators feel certain that 42 percent of those who died would have been saved if they had been wearing seat belts; an additional 20 percent might well have been saved. This is something to think over seriously and not to be tossed aside lightly.

Another very important issue, which contributes to many tragic holiday accidents, is the combination of the throttle and the bottle.

More than half of fatal accidents on holidays throughout the United States involve drivers who have been drinking. Special studies by the National Safety Council in recent years reveal that 55 percent of fatal traffic accidents during the Christmas season involve drinking drivers. After a few drinks a good driver can no longer do the things which make him a good driver. He is not able to judge speeds and distances. He is not able to follow traffic patterns or to make adjustments as traffic flow changes, and he is not able to react quickly to hazards and emergencies. Thus he is no longer a good driver, but a poor one, and a hazard to himself and to others on the road.

There are those who harbor the notion that a drink tends to give the drinker a "lift"—that it is a stimulant, thus making him an even better driver. This is a false conclusion, for alcohol doesn't stimulate. It depresses the central nervous system. Accordingly, it removes inhibitions and social restraints. This is the so-called "lift" which gives the false impression of stimulation. A drinking person cannot possibly have the sound judgment and quick reflexes which are needed to drive safely.

Holidays can be fun days, but they are also danger days. For a happy, memorable time, apply good judgment and good sense at all times. This is your best insurance for holiday fun.

LISTEN Makes a Difference!



M. CORNIOLA

Listen magazine is a refreshing change.

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