

# LISTEN

A  
JOURNAL  
OF  
BETTER  
LIVING



**Brent and Pamela Miller**  
*Teen-Agers With a Purpose*



## Guidelines

Nearly seventy years ago there appeared a book called *Safe Methods of Business*. A small volume, it consisted of a miscellany of facts, and practical suggestions for meeting daily problems of life.

In our more sophisticated times today, with our trend toward permissiveness and so many things left to go willy-nilly, we might smile at some of the rules from this former day, but actually the basics of living haven't changed that much.

In preparing to live in an unknown and frightening world, a young person could well take a glance over his shoulder with a prick of wistful nostalgia and learn more than he might think that would be helpful in his own future.

For example, "Self-control and control over outward circumstances are alike the duty and the birthright of man. But self-control is the highest and noblest form of dominion."

The maxims on these yellowed pages from the turn of the century have a relevance even in our present relaxed way of life. Witness the following:

"Remember, there is always room at the top."

"Do you know that all our prominent millionaires, all our prominent statesmen, jurists, and philanthropists forty years ago were poor boys?"

"This is a grand age with grand opportunities, and he who is willing to work with an honest purpose for honest results, will make life a success."

"Shun lawsuits, and never take money risks that you can avoid."

"Remember that the rich are generally plain, while rogues dress well and talk smoothly."

"Avoid the tricks of trade; be honest, and never misrepresent an article that you desire to sell."

"Don't cultivate a sense of over-smartness."

"True intelligence is always modest."

"Remember that trickery, cheating, and indolence are never found as attributes of a thrifty and progressive man."

"Endeavor to be perfect in the calling in which you are engaged."

"A man of honor respects his word as he does his note."

"Always live within your income; never spend more than you earn, but always save a little, and in time you will be found independent."

"The only safe rule is: Never allow a single year to pass by without laying up something for the future."

"Keep your eyes on small expenses. Small leaks sink a great ship."

"Do not be ashamed of hard work. Work for the best salary you can get, but work for anything rather than to be idle."

"A great many are looking for good salary and little work. Those jobs are rather scarce, and only an idle man will look for them. They are never found."



# LISTEN

JOURNAL OF BETTER LIVING

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★ "The Destroying Angel" is the name of a deadly mushroom. What does it have to do with the present drug problem?

★ Many old-wives tales are floating around concerning LSD and other psychedelics. Perhaps these drugs are even worse than you thought. February's *Listen* is a one-theme issue on the subject.

★ Hippies who have "dropped out" are now wishing to crawl "back in." Read "There's Nowhere to Go but Up."

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# Pamela & Brent Miller-

**Interview by**  
**Blendena L.**  
**Sonnichsen**

## Teen-agers With a Purpose

**PAMELA and Brent,**  
*in your opinion what*  
*future does today's teen-ager have?*

**Pam:** Basically, I think teen-agers have a chance for a good future, but there are more temptations today. The individual has to recognize them and discipline himself accordingly. With all the warnings about narcotics, alcohol, and the like, if a teen-ager doesn't heed, then he or she will have difficulty controlling other forms of temptation.

**Brent:** I've heard LSD is easy to get in high school, that anyone with a knowledge of chemistry can make it. This is dangerous, because someone might make a mistake in the ingredients and unintentionally cause an innocent person's death.

*Why do you think young people experiment with narcotics?*

**Pam:** Some people are just plain stupid, believe everything they hear, then have to try to prove they "belong." Others think it smart to boast they have had a "shot" or have gone on a "trip." Many lack the courage to face life without a crutch of some kind.

**Brent:** I think most young people try narcotics because they have no fear. Death isn't close to them; they have no concept of it.

*Have you ever tried narcotics?*

**Pam:** Never. I don't trust myself to experiment with things I know are harmful, even deadly. I understand that the permanent aftereffects of some narcotics are worse than death.

**Brent:** I know boys who have bragged about using marijuana and LSD, but I've seen educational movies of the effects of dope, and I don't want to look or act like that. Such habits are better not started, then there's no problem of breaking them.

*The teen-age cry is, "There's nothing to do." Do you find this true of yourselves?*



Pam gets an assist from brother Brent in painting her house. "Wish the whole job were as easy as this lightpost," she observes.





When Pam and Brent study, seven-year-old Page (who calls them "the kids") and their prize-winning beagle Piñot are close by.

**Pam:** Absolutely not. My complaint is that I can't find time for everything I want to accomplish. I learned long ago the world doesn't owe me a living, that I must look out for my own future.

**Brent:** I don't have enough time either. My school schedule is heavy, and many weekends I go out of town for speech contests. Last year I had the lead in two high school plays; announced and directed fifty-two radio shows on station KCVR; was active in Scouts; took music lessons; and, when I got my driver's license, shared family driving responsibilities. In August I painted the outside of my father's office, and boy! was the weather ever hot!

#### *What are the problems teens meet today?*

**Pam:** I think the major factor is adjustment. Teen-agers are being pushed too hard by adults to "grow up faster" before they're trained for responsibility.

**Brent:** I think pressure from parents, teachers, and adults for high grades is the reason for much of the cheating at exams we've read about. Also we're pressured to take our place in society before we're ready for it.

#### *What important lessons in life have you learned?*

**Pam:** I've learned to be tolerant of others, respect their ideas and ideals.

**Brent:** Participating in speech contests has taught me to accept defeat gracefully, but to work harder the next time for success. I know now I can't always be a winner; but, believe me, I'll give the other person a "run for his money."

#### *Do you think a college education is necessary?*

**Pam:** Definitely. However, some people aren't college material. I mean they have no interest in studying and no future plans.

**Brent:** I plan to attend college and study hard. Many jobs re-

quire a college diploma for an interview. Competition is fierce.

#### *Would you advise training for more than one vocation?*

**Pam:** I think so, if it's possible and the person has certain talent. For example, studying as I am to become a pediatrician is serious and demanding. For relaxation I took two semesters of drama, found I liked it, and did very well in the class.

**Brent:** Majoring in speech has given me ideas for other vocations; I feel more than one vocation would be added security for the wage earner of the family.

#### *Pam, why are you interested in becoming a pediatrician?*

I've always wanted to become a doctor; but after our little sister Page was born seven years ago, the idea of becoming a pediatrician appealed to me. I love children and want to help them.

#### *Brent, have you chosen a profession?*

Not definitely, but I believe I'd like to be a psychologist and speech pathologist, like my parents, because I'm interested in people and their problems.

#### *Some time ago we had the Beatles. Now it's the hippies. How do you feel about these far-out faddists?*

**Pam:** The Beatles weren't too bad, but the hippies—ugh! They're too far out with their ideas on sex, free love, dope, and filthy living. I've tried to be understanding, but it's hard.

**Brent:** I've heard them excuse their way of living because they're rebelling against life. Don't they know they're lowering the standards of living for the next generation?

#### *I take it that you don't approve of long hair, bare feet, and miniskirts?*

**Pam:** Long hair is all right for girls if they keep it clean and out of their eyes; I don't like boys with their hair "girl style." Bare feet are OK at the beach, but out of place at school and in business and social life. I like short skirts, but not miniskirts.

**Brent:** When I go out with a girl, I don't want to escort a public attraction. I dress conventional, expect my companion to also.

#### *Many youth today have the urge to smoke. Do you smoke?*

**Pam:** I've never smoked, and I don't intend to.

**Brent:** I've been tempted many times, but I've never smoked.

#### *Do you have a reason for not smoking?*

**Pam:** I don't like to see girls with a cigarette hanging out of their mouths or in their fingers. I don't think boys really approve either. The ladies in our family don't smoke.

**Brent:** It's too expensive, besides being hard on the health.

#### *Pam, I understand you are a homeowner.*

That's right. In January, 1966, I had the opportunity to buy a six-room, two-bath house with double garage in a top San Bernardino location for a small down payment because the owner had moved to another town. From the tenant's rent I now pay the principal, interest, taxes, insurance, and upkeep. The principal is slowly decreasing. If I ever have to borrow money for my college education I'll have security for the loan.

*In our day of the far out, this brother-sister teen team of San Bernardino, California, shows how to live life to the full.*





Brent smiles at one of his latest speech awards. Though only sixteen, he and his eighteen-year-old sister Pamela have won twenty-eight trophies as a debate team and in speech contests. Here are also two trophies for excellence in radio participation, five plaques, eight first-place medals, and ten certificates of achievement (at top is one from the National Forensic League). They have also won many cash awards as well as savings bonds.

ally I don't wish to drink, and I stand by my decision at all times.

*Do you think teen-agers ought to go church?*

**Pam:** I know many teen-agers who attend church regularly, also teach Sunday School

classes. I feel they believe in God. Some teens are skeptical because of the terrible things that happen to them like pregnancies, or becoming alcoholics or dope addicts. They tend to blame God instead of themselves.

**Brent:** Our family attends church regularly. We are Methodists, but occasionally we attend other denominations, learning by observing. Mother and Daddy belong to St. Paul's Methodist Church; Pam, Page, and I, to Emmanuel Methodist Church.

*What was your reason for choosing another church?*

**Brent:** Three years ago Pam and I went to Emmanuel Methodist Church to work for our God and Country awards in scouting. We liked the minister, who was very helpful to us. Pam and I were acolytes, also sang in the choir. Weekdays we cleaned the church and grounds, Sundays we taught Sunday School classes. We became quite attached to the children, sort of felt we "belonged." Our parents listened to our reasons and let us decide.

*Do you always discuss everything with your parents?*

**Pam:** Almost everything—especially major things. I think most parents will listen to their children if given an opportunity.

**Brent:** Our parents listen to our problems and try to advise us wisely, but once in a while we "gool" by not heeding their advice.

*Pam, what do you think of current television programs?*

You'll be surprised to learn we don't have television at home.

*That is a switch! Any special reason?*

**Pam:** Our parents decided long ago that if we were to attain our goals there would have to be time for studying instead of arguing about which programs to watch on television.

**Brent:** I'm going to be very unpopular when I tell you that as far as I'm concerned television is a waste of time. There are a few good programs, educational and travel, but there's too much violence that influences young people.

*Many young people complain that their parents don't understand them. How do you feel about this?*

**Pam:** I believe it's partly true because parents today are living with increased pressures of work, "keeping up with the Joneses," and having too many outside activities. They're too busy and tired to try to understand teen problems.

**Brent:** No matter how busy or tired our folks are, one or both attend everything Pam, Page, or I do. Kids remember when their parents don't support them, grow up feeling their folks don't care.

(Continued on page 19)

*Isn't it unusual for a teen-ager to buy real estate?*

Yes, not many teens buy property. I had to have my parents' signature on the papers too. Next year Brent will enter college, and tuition is high plus all the other expenses. In a few years Page will no doubt enter college. When the time is right, I'd like to sell my house and invest the money to help put Page through college.

*Do you have a special reason for doing that?*

It's my way of showing my appreciation to my parents for their encouragement, and interest in my career.

*Brent, are you planning to buy property too?*

I've been looking for a house, but what I could afford are FHA. That means the buyer has to live in the house. But I'll keep looking—it's the only way I'll even the score with Pam, by making her help clean and paint as I did her house. I'm only kidding—it was fun to work together.

*It takes money for all this; how do you manage?*

**Pam:** When Brent and I were small, our parents started savings accounts for us and banked all our money gifts. Daddy bought us shares of stock, sold it at a profit, then bought more. I earn money typing Daddy's letters and reports and help with the housework. Last college last year I did typing for one of the professors.

**Brent:** I do all the yard work, last year helped paint our house. In season Pam and I pick avocados, peaches, and citrus fruit; we will do any kind of work that's honest and aboveboard.

*Pam, I understand you expect to complete college in three years. How will you accomplish this?*

Last summer I attended summer school, so I will be a junior in January, 1968. I'll attend summer school again this year, will graduate in 1969.

*How do you feel about drinking?*

Many of the college crowd drink, but I don't.

*Do you think you'll change your mind about drinking?*

No, I don't. My friends have quit urging me to drink. They respect my stand, probably because I don't preach to them about their drinking. They have to make up their own minds.

*Brent, have either of you ever had a drink?*

Two years ago when we were in Europe one or two places served wine every meal instead of water. That was when we had our first taste of an alcoholic beverage, and it was our last. Person-





## Sam Was Caught Smoking!

### **Gladys O. Murry**

Home Show. A spark from his filter-tip, king-size cigarette burned a hole in the lovely tablecloth covering the table beside him. However, the damage done by the untidy smoker did not seem to upset the owner of the tablecloth, for this boy was "Smoking Sam," who smoked continuously during the five-day event to show other young people (as well as adults) why they shouldn't smoke.

The "father" of Smoking Sam not only encourages him in his dangerous habit, but takes him around to demonstrate his smoking at schools, fairs, churches, and service organizations over much of the State of California.

Other "Sams" are now busy in many parts of the United States and in some overseas countries, since scores of them have gone to work smoking for educational purposes. In Central California alone, ten of them are busy visiting many communities; and they turn up in such faraway places as Cyprus, South Africa, and Australia. A Sam with specially painted Oriental eyes has been sent to Japan.

For several years Melvin V. Jacobson, of the Southeastern California Conference of Seventh-day Adventists, had used puppets and tiny cigarettes to illustrate his lectures on smoking to students of the area. He says, however, "For years I had felt that I was not reaching the students as effectively as possible."

One day he said to his wife, "Why couldn't we have a boy manikin? He should be about the age when most boys are tempted to take up

smoking. He could have an opening in his back for installing a smoking apparatus made by connecting clear plastic tubes from a hole in his mouth (for the cigarette) to two glass-jar 'lungs.'

"The jars would be filled with spun glass, or 'angel hair' (to simulate the cilia of the lungs), to filter out the tar from the cigarettes. A rubber bulb containing valves could be depressed by hand. This would pump the smoke through the jars, then back to the head where it would be expelled through the nose."

After finding the smoking device to be efficient, Pastor Jacobson contacted a Los Angeles manufacturer and ordered the manikin. By this time he had decided to have another opening made in the boy's chest, for a speaker to be plugged into a tape recorder. A speech was taped, using the voice of a young boy.

Pastor Jacobson says, "My wife made special clothing for the young man. We named him Smoking Sam, but later the children began calling him Smoky Sam."

By name or nickname, Sam was now ready to go forth and tell others of the follies of smoking. He had a cleverly composed speech using today's vernacular.

Sam really "made it" with the students. They listened to him, then asked many questions on smoking.

A second Sam was soon ordered for the San Gabriel Academy. Science teacher Jerry Bradley not only used it in his own classroom, but accepted invitations to demonstrate it at other schools throughout the San Gabriel Valley. He reported, "Young people are concerned about smoking. They ask me questions such as, 'Will the one or two cigarettes I tried when I was 'young' still give me lung cancer?' 'What about the lettuce and spinach cigarettes now being manufactured? Are they harmful?'"

Another Sam was ordered for the Southern California Conference Health Department for nurse Sarah Jane King to take around for demonstrations.

After Miss King's demonstration before eighth-grade students at St. Alberts the Great Catholic School in Compton, Sr. Thomas Moore, science teacher, reported that the students were much impressed with Sam's evidence against smoking. A poll was taken to ascertain their reactions to the demonstration. Of the 205 students polled, 119 vowed that they would never start smoking. Only one student wrote, "If I were already smoking, the demonstration would not cause me to stop."

It seems that high school girls are most impressed with Sam. To them especially, Sam emphasizes his definition of a cigarette: "It's tobacco with a paper around it, fire on one end, and a sucker on the other."

Mrs. Frieda Brick, school nurse at San Marino High School, saw Smoky Sam. She was so impressed with the device that she brought it to the attention of her school board. They voted to purchase a Sam. Teachers Allan Weiner and Frank Haltom reported, however, that some of their 300 sophomore students complained that the "lungs" of Sam contained a great amount of tar at the beginning of the demonstration. One student asked, "How do we know that they haven't been showing that thing for ten years? We want to see how much tar accumulated during this one demonstration."





Pastor Melvin V. Jacobson, "father" of Smoking Sam, converses with him on why he smokes, the exchange between them amusing organization officials looking on.



Nurse Sarah Jane King shows Smoking Sam's "lungs" and the tar collected from his cigarette smoking.



These Sams--smokers unanimous!--are about ready to be sent out on their work of "educational" smoking.

Pastor Jacobson usually replies to this frequent question by asking, "Why would we want to start with clean 'lungs' every time? After all, it is the results of *continued* smoking that we want to impress upon these students.

"As with most scientific tests, they must accept the demonstrator's word for certain facts. The usual time allotted for my demonstration is thirty minutes. In that short time Sam could not smoke enough cigarettes to show an impressive amount of tar. Whereas if I show partly filled jars, I can say, for example, This is the tar from seven packs of cigarettes smoked by Sam. A pack-a-day smoker would inhale this much tar in only one week. A more startling thing to demonstrate is how the valves and tubes to Sam's lungs clog up with tar after his smoking only one or two cigarettes."

San Marino's Huntington Junior High science teachers Leesa Yeary and Mrs. Lorna Patterson said their students were horrified at the amount of tar and nicotine that collected in the jars. (Nicotine appears in the jars only as blotches, and then only when warm enough for condensation.) Mrs. Yeary reports that 80 percent of the seventh-grade students said they would never smoke.

Differences in the reactions of the junior and senior high students have led teachers and nurses to believe that Smoking Sam can be used more effectively with younger students, since many of the older ones have already started smoking. One nurse, having had a personal problem with her ten-year-old daughter smoking, said she believes that Sam should visit elementary students as early as the fifth-grade level.

Pastor Jacobson has already had requests for more than 125 manikins. Since Sam was first created in September, 1965, more than 250,000 people have heard his message, with a tremendous upswing at present in the number of viewers. Where Sam is used with the Five-Day Plan how-to-stop-smoking clinics, more than 50 percent of the participants credit him for giving them better reasons for stopping smoking. In Mariposa, a small town in the foothills of the Sierras, 200 people signed up to take the Five-Day Plan after seeing Sam at their county fair.

In San Diego, Sam is being demonstrated in connection with the Government smoking research project, but with something new being added. Sam's operator merely pushes a button, and a realistic, rasping cough interrupts the conversation.

Now joining Sam is his female counterpart, originally called Sue but more recently dubbed "Modern Millie," after she was given a really modern look—shorter skirt, latest hair style, the "works." Through the use of teen-age jargon she backs up what Sam says, and explains why she does *not* smoke.

Sam's demonstrators encounter some comical happenings. Miss King has been "followed" on the Los Angeles freeways at times. She says, "It is amusing to see motorists change lanes to drive alongside of me and stare at Sam. Broad smiles cross their faces when they recognize that he is a manikin. He is so realistic that one night when I left him in the parked car, a friend drove up just as a policeman knocked on the car window and warned Sam that his lights were on.

Once Pastor Jacobson left Sam in his car when he registered at a motel. Soon the manager called and said, "We have reports that there is a corpse in your car. We will have to investigate." The manager, her husband, and other employees went out to the car, where Sam's "father" again displayed the manikin and his smoking.

"But the funniest thing happened at a school," the pastor says. "The easiest way to carry Sam is by placing his neck under my armpit and lifting him along. However, it looks as if he were being manhandled. A PTA was meeting at the school. Carrying Sam in this fashion, I met two mothers on the stairs. They looked at me in disbelief. One of them gasped, 'My! I wonder what he has done?'

"Trying hard not to laugh, I said, 'Why, he was caught smoking! That's what he has done!'"



# Narcotics Education

## FOR POLICE RECRUITS



Newly appointed recruits line up for inspection. As probationers they attend a four-month course which now includes major instruction about dope.

IN NEARLY every city and town in America there is a narcotics problem. Especially is this true in large urban areas, such as New York City.

Of all crimes committed there last year, 10 percent were attributable to narcotics. There is so much known addiction that recent gubernatorial candidates were able to make a major issue of state-financed treatment.

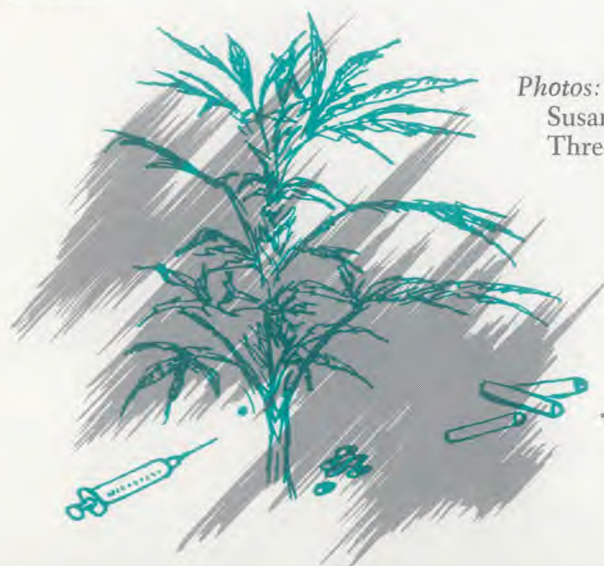
The criminal trade in dope is battled by the police department's specially equipped narcotics squad, but these officers cannot be everywhere in the vast city simultaneously. Hence, preliminary investigations and law-enforcement procedures involving dope must be conducted on the precinct level, which means New York's "finest" must know all about this problem.

Narcotics education is now a major part of the training program given all men and women joining the force. They are schooled at the police academy, center of the department's law-enforcement education. On the probationary level at the academy some 900 recruits at a time pursue a four-month program of essentials emphasizing physical training, use of firearms, and instruction covering New York criminal law. The course in narcotics turns up during the last month.

Every phase of the narcotics problem is examined. Experts lecture and the trainees study text matter as well as an unusually detailed narcotics exhibit in the academy museum. Their acquaintance with dope is then deepened through the viewing of the film, "Narcotics," produced by the Narcotic Educational Foundation of America, a Los Angeles group. The film is as dramatic as any James Bond thriller but holds not a single fictional frame. It is geared for law-enforcement officers and educators and is a depiction of narcotics truths which these twin combatant forces in the community need to be knowledgeable about.

But it isn't long before realistic experience supersedes vicarious learning. After academy schooling each trainee is assigned five months of probationary duty in a precinct, where dealings with pushers and addicts, many no older than himself, are inevitable.

Photos:  
Susan Faludi,  
Three Lions







Police must be aware of the devices used to smuggle dope, such as these shown in the police academy museum.



Police must know drugs, the signs of their use, and the "works" used by addicts to administer narcotics.

In some cities, narcotics give rise to 10 percent of all police problems, so recruits are instructed as to likely places where drugs may be found.



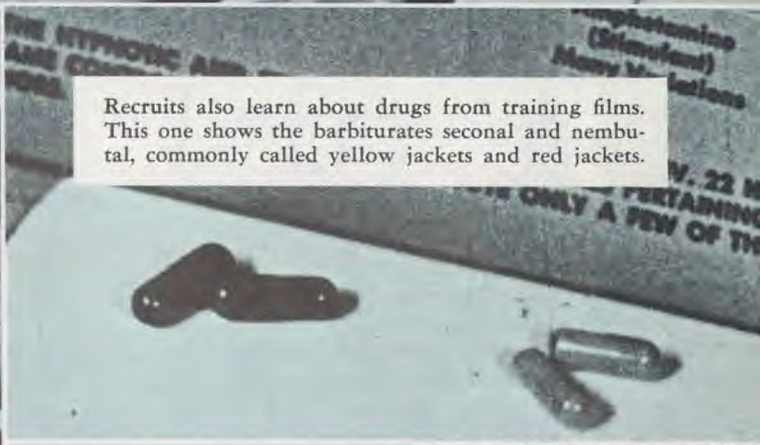
Several "decks" of dope are found in a suspect's sock, but a more thorough search to be made at the station house may reveal still others.



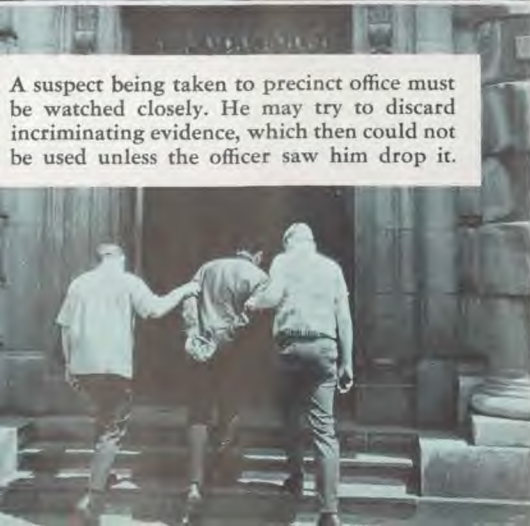
Heroin is found on a suspected pusher by an investigating officer (only his hand shown).



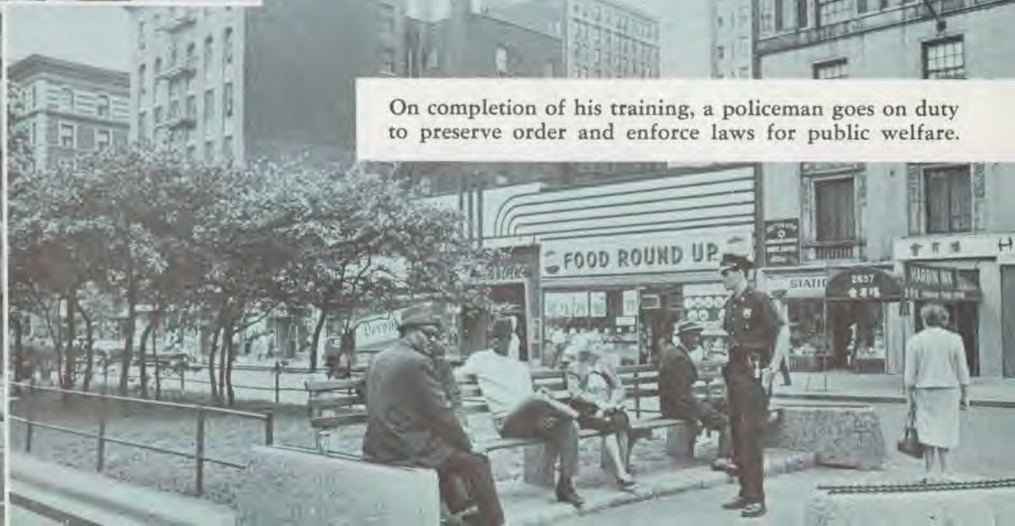
Police must be constantly on the alert for pushers of dope. Scene from film depicts arrest of user and seller caught in act of making a deal.



Recruits also learn about drugs from training films. This one shows the barbiturates seconal and nembutal, commonly called yellow jackets and red jackets.



A suspect being taken to precinct office must be watched closely. He may try to discard incriminating evidence, which then could not be used unless the officer saw him drop it.



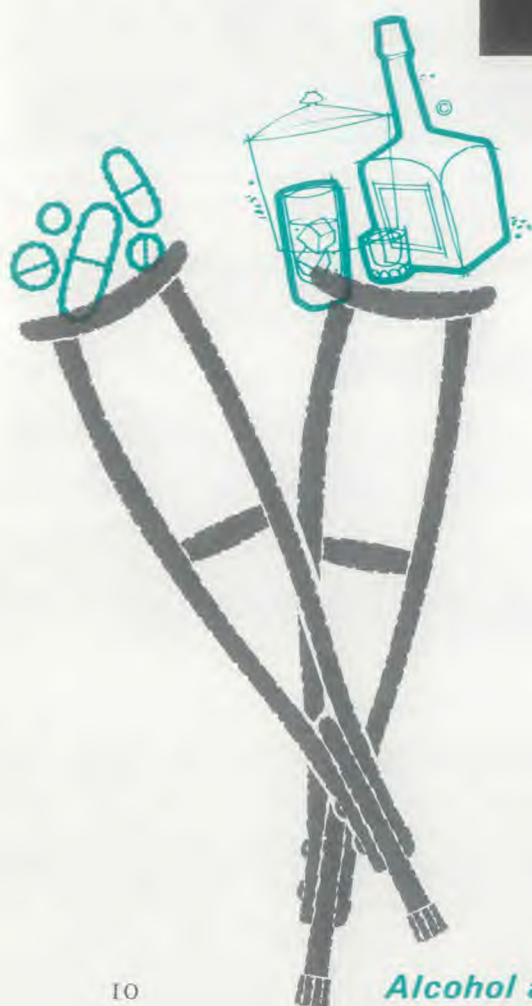
On completion of his training, a policeman goes on duty to preserve order and enforce laws for public welfare.



# Being Truly a Woman

Patricia Kent

You will look into  
your mirror one  
morning and see  
reflected there  
the woman you  
always dreamed  
you might be.



ALCOHOL is the great leveler; so are pills. As twin crutches in life, they are no respecters of age, sex, station in life, fortune, morality, or appearance.

You are never too young to become an alcoholic. There have been cases reported of girls becoming addicted to alcohol from their very first drink at the age of twelve. Therefore, don't think because you are sixteen or nineteen and can "handle" your liquor, or because you take your nightly sleeping pill, you are immune. Age and health may be in your favor; it also may only mean that you drag your albatross around with you longer than you would if you were older.

Conversely, you are never too young to sober up. In fact, it is much easier when you are young. You have your whole life ahead of you to do with what you will. You have not destroyed much of your reputation yet; you probably have not lost many jobs or ruined yourself morally or physically.

Too, it is easier to stop drinking and taking pills if you are young, because they have not yet become lifelong habit patterns. The only thing that stands in your way is your probable doubt about being alcoholic. Remember the rule of thumb: If you're worried, you probably have a reason to be. Don't wait; don't destroy your life. Sober up, grow up now—and look forward excitedly to a new, invigorating, rewarding life.

You are never too old to be an alcoholic or a pill addict. Ladies, in the true sense of the word, have become addicted at ages ranging from sixty on upward. This age is, perhaps, a lonely time of life or a less busy one. It is easy to start drinking sherry with the "girls" and wind up drinking muscatel

Condensed from the book, by Patricia Kent, *An American Woman and Alcohol*, © 1967, published by Holt, Rinehart and Winston, New York. Used by permission of the publisher.



by yourself. Many ladies of uncertain age are secret drinkers. Rest assured, they won't remain in the category of secret drinkers long.

If you are clutching at your lost youth, this is the fastest way to destroy it. If you are afraid to face life, this is the surest way to increase your anxiety. If you are alone, this is the best way to stay lonely. Don't beg your doctor for pills for every little ailment; he may give them to you. You can wind up very sick or dead with these pills. If you feel you have little or nothing to live for, you couldn't be more wrong. If you need medical help, get it. And don't lie to your doctor. You will not have to fill your empty days with hidden bottles or phony bridge parties. There will be plenty of other activities for you to engage in, helping others as well as yourself.

I once asked a lady of seventy-five why she bothered, at her age, to stop drinking. She said, "It gave me back my dignity." Wouldn't you like yours back? And when you sober up, above all refrain from making invidious comparisons between yourself and your friends. What they have and own is theirs. Your comparisons should be made between what you were while you were drinking and what you are now sober. The joy of discovery of your real blessings will be an added boon.

You certainly are never too rich to become an alcoholic. In fact, alcoholism and pill addiction are almost indigenous to the rich. Many rich or well-off women drink and take pills because they simply have nothing else to do. They are bored, full of ennui, blasé, have been everywhere and done everything. Their world is artificial and brittle. It is often bounded by the golf or yacht club on the north, department and jewelry shops on the south, the couture on the west, and the hairdresser on the east. How very sad! And this sort of life seems to be on the increase among the too-pampered, spoiled younger generation. If this is the way you want to live, it is your privilege. But in a world full of people with real problems, in a world changing every day, in a world where there is so much to learn, see, and do, I don't think anyone has an innate right to live this way. Too much, too soon may have been your problem; it does not have to remain your problem. Neurosis may be fashionable; but it certainly is not easy.

The most difficult people in whom to encourage sobriety

are the rich. Why should they get sober? The answer is very simple: One day even you must get sick and tired of being sick and tired. And you can give so much, where other busier, poorer women cannot. You have the time, the facilities, the money to help yourself by helping others. All you need is the desire. If you continue to live for yourself alone, and there is really nothing more selfish than alcoholism and its consequent removal from reality, you will die alone—if not physically then spiritually. No one feels sorry for a girl on a yacht. The only way you get people to like you, help you, love you is if you give of yourself—not of your money alone. And the way to do this, if you are alcoholic, begins with not taking that first drink or that first pill. Get out of your silken sheets and extend your hand to someone who needs it. Get sober for your own sake; help someone else for your sake too. You need it more than he does.

If you are poor, it is easy to drink, to become alcoholic. What have you to live for? you say to yourself. Why should you try; what is ahead for you? The hopelessness and despair of your life settles around you like a shroud. Alcohol is your only escape from hideous reality. Drinking is the way out. If you can afford pills, which you usually cannot, you will take them and drink too. You may have to steal them. Your downward path may take one of two turns: You may slow up on your drinking because you must work, or you may throw it all up and just plan to drink yourself to death.

You may have to make enough money to keep yourself in liquor. You may get your alcohol through theft, begging, or prostitution. It is all so unnecessary, so self-defeating. If you don't care about yourself at all, there must be some family you do care about. You will destroy them as surely as if you set fire to their house.

If you have children, the only people they will know will be the welfare workers. You have no right to do this to them or to yourself. If life has dealt you a low card financially or environmentally, the way out and up is not in a bottle. You will never, never better yourself by drinking. The money you spend on alcohol can be far better spent on food, clothes, shelter, and education.

Hope, in even the lowest, springs eternal. If you can hope, you can try. If you can try, you can succeed. No matter how

**Get sober for your own sake; help  
someone else for your sake too.  
You need it more than he does.**





many problems you have, there isn't one that drinking won't make worse.

You can have a strong motivation for sobriety; chances are you are needed by someone, needed desperately. When you sober up and learn that life is not all bad, you can begin your upward climb. It is exciting, rewarding—even fun.

You can get a job, a good job, a better job. Perhaps you can even go back to school to finish your education. You can move to a better home, have better clothes, meet nicer people than you ever did in bars. Only you will put a lid on your goals; who knows how far you can go? Isn't a new life, a new beginning, promise enough for you not to take that first drink?

You are never too "good" to become alcoholic. Some of the most moral people I have ever known have been alcoholics. You may not be able to face the horrors of real life; you may have been too sheltered; you may believe that life is good, true, and simple. When you discover that evil does exist in this world—perhaps that evil exists quite strongly even within you—you may take to drinking. You are running and running scared. Life was never meant to be like this. What happened?

## This Roughened Road

Inez Brasier

*This way that I am led  
Is not always green;  
And though I sometimes dread  
The dark unseen,  
It is Thy will I strive.  
This roughened road  
Will keep my faith alive—  
Faith for this load.*

For you, alcohol and pill addiction, strangely enough, may be the beginning of maturity. You are the ones—the moralists, the idealists—whose remorse, shame, and guilt over your problems will drive you to sobriety. You are the ones whose sobriety will become a shining thing. You will be the leaders, the helpers, the givers. All the goodness, all the joy of life will still be with you. Only now it will be a mature acceptance of reality and a mature acceptance of your role. Out of horror, out of sacrifice, comes a rebirth.

Those who have suffered—and no one suffers more than an intelligent, sensitive alcoholic—know the real meaning of compassion, of honor, of giving. You are the ones to whom sobriety is like the sun, rising and shining every day with warmth and life. Don't waste another precious second. Stop hiding your great qualities in a bottle. You have so much to give by way of understanding and support; the world is truly waiting for you.

So, you are "bad," despicable, beyond help, far gone on the moral-social scale. You might as well drink; no one cares about you anyhow—least of all yourself. You have destroyed everything you touched, everything you loved. Your life is a series of sewers and gutters, literally and figuratively. Alcohol and pills are all that is left to you. For you, it is easy to be an alcoholic. Don't ever face up for a second; don't look at your life truly; the reality of it is so painful you cannot stand it.

Don't be ridiculous! You know there is both good and bad in life. You may very well be bad. You may have been in jail; you may have stolen, slept around, destroyed, even murdered. You may be an outcast, a pariah, unbearable even to your family.

Yet there is hope for you. Stop drinking for just one minute and force yourself to think: Which came first, your "sins" or your drinking? Is one, perhaps, the result of the other? Hundreds of women tell stories far worse than yours. These same women also tell of new lives, of how their troubles began to disappear almost miraculously when they sobered up.

An alcoholic, no matter how far gone, is often smarter, more sensitive, more down-to-earth than other women. If you have nothing else to cling to, cling to this. It will help you to get sober. You will still be an alcoholic; only you will be a sober alcoholic. Your good qualities will have a chance to emerge; you will have a chance to start over.

No matter how "bad" you think you are, you *can* sober up; you *can* start again. This is the wonderful part of sobriety: You start even with all the "good" girls—with the rich, the educated, the happily married, the conscientious mothers. You may "make it" even before them. You've always been looking for something. How about the challenge of sobriety? Alcohol is the great leveler; sobriety is the great beginning of equality. And, besides, what have you got to lose?

Alcoholism and pill addiction can be evidence of secret death wishes. Sobriety is the love of life—life in all its forms: beautiful, ugly, harsh, cruel, charming, luxurious. The things that made you an alcoholic can make you a great woman, sober. It doesn't matter how you get sober, on whose shoulders you lean, just as long you stay there. "Hanging in" there can be a great challenge. You are a woman, with a woman's many problems. Yet what real woman doesn't love a challenge. The greatest challenge you will ever have to face is to stay sober. If you do not, nothing else matters. You will lose it all.

But if you do stay sober, the rewards will be enormous. You will become truly beautiful, as only those who have suffered and survived can be beautiful. You will see yourself grow and develop as a woman. You will have courage and a sense of humor. You will care about yourself; even more you will care about others. You will look into your mirror one morning and see reflected there the woman you always dreamed you might be—if you stay sober and work at it. It is to be hoped that you will not merely be "dry," fleeing in terror from alcohol and pills. You will be sober, an entirely different thing. You will be running to meet life, to fling its challenge back in its face. You will live with hope, with joy. And because you have these qualities in full measure, you will be eminently desirable. You will be, truly, a woman.



Isabel A. Woodward



©HVAS

# HEARTS ARE NOT FOR BREAKING

"HI, JOANIE. Welcome to Northern Tech."

Neil's voice was reassuring over the phone, the only familiar one Joan had heard in two days of unpacking, registering, class scheduling, and adjusting to a new school. "Are you settled?"

"I think so, Neil."

"Good. Then it's time for fun. There's a party tomorrow night. I want you to meet my friends. Will you come?"

"Of course. I'd love to."

"Well, it's settled, I'll pick you up at eight. We'll have dinner first."

Neil and Joan were old friends. They had grown up together in a small town, going to the same church, schools, parties. They had debated on the same teams and had acted in summer Shakespearean festival plays. Neil was an engineer in his senior year. Joan, a serious drama student, transferred to Northern Tech because of the school's highly recommended drama department. They enjoyed a companionable relationship—relaxed and comfortable—with no strings attached.

Joan dressed carefully for the party. She brushed her shoulder-length auburn hair until it sparkled with a lustrous





## HEARTS ARE NOT FOR BREAKING

glow. She put on her new black crepe dress, its well-cut, simple lines molding her graceful, slim figure. She was glad she had selected black faille, with high-heeled pumps to match the dress. As a final touch she added the small pearl tear-drop earrings that belonged to her grandmother.

Neil whistled as she walked toward him. "You look like a Degas painting, Joanie," he said.

As she clasped his hands, Joan's voice was soft with affection. "It's wonderful to see you, Neil. These last two days have been hectic." Then she scowled at him. "Why didn't you call sooner, you false friend? You knew I needed you."

He grinned. "The only way to teach a kid to swim is to throw her in," he said. "I wanted you to learn by yourself. Besides, you knew I was around and where to find me in case."

She felt lighthearted and secure with him near. "Let's not quarrel. I only want to think beautiful thoughts tonight. Who knows? One of your brothers may turn out to be the true love I've been waiting all my life to meet."

Neil looked at her glowing face and remained silent.

Neil's friends found Joan charming; but when Steve saw her, he staked his claim. After their brief introduction, he tucked her arm in his and led her away from the others. He placed her at arm's length, then walked slowly around her as if viewing an *objet d'art*. Finally he paused. "Of course you know you're beautiful," he said.

She shrugged her slim shoulders. "I didn't know," she answered. "Tell me more about myself."

After that there was no one else at the party for either of them.

"Steve's a great guy, Joanie," Neil told her on their way home after the party. "He's got a lot going for him—good looks, money, brains. He could go places if he wished."

She lowered her eyes, her voice husky. "Yes, he seems special," she said.

Neil leaned over and kissed her lightly on the cheek. "Take it easy with him, old girl," he said gently. "I don't want you getting hurt."

"And what is that supposed to mean, big brother?" she demanded.

"Nothing. Maybe you are the right girl for him." They reached Joan's dorm and walked hand in hand up the steps to the door. "Good night, honey," Neil said. "I'll call you tomorrow."

But Steve claimed all of Joan's tomorrows. He called daily and demanded every spare moment of her time.

Neil remained in the background, waiting and ready to

come at her call. He answered a call from her one evening asking him to pick her up after rehearsal. They went to the Student Union Hall.

"Thanks for coming, Neil," Joan said. "I want to talk to you."

He noted her paleness. The faint shadows under her eyes enhanced their size and luster. "I wish you'd let me come for you often," he said. "I've missed you lately."

"Neil, I want you to tell me the truth. Steve drinks heavily, doesn't he? Is that why you warned me the night I met him?"

"Why do you ask?"

"Because I've suspected it for weeks. He tries to hide it from me. You know how I feel about drinking. I won't become involved with a drinker, not after what my sister went through."

"Yes, I know, Joanie. But if Steve loves you enough he'll give it up."

"No. It isn't true. That's what Tom promised Betty, and she believed him. He drank more than ever after they married. It finally ended in divorce. That's not for me."

His blue eyes darkened with concern. "I understand, honey, but give Steve time. He's drinking less now since he met you. That's something. Have you discussed his drinking with him?"

"Yes, I told him I knew about it. He promised not to touch another drop, but I don't believe him, Neil. I don't think he means it. I feel I should trust him, but I don't."

Neil patted her hand. "Why not let him prove what he says? Be patient with him, Joanie."

Joan looked at her childhood friend. What a wonderful person he was, she thought. Not exciting and handsome like Steve whose glance and touch made a girl's heart skip beats, but quietly strong, enduring, like the massive oaks back home.

Their silence was broken by the harsh crash of smashing glass outside the building. This was followed by loud, persistent pounding on the locked side door. "Open up! Open up!" a slurred voice demanded.

Several boys sitting at a corner table bounded out the front entrance to investigate. There were sounds of scuffling; voices raised in protest, "No! No! You can't go in the Student Union in that condition. You know that. Come on! We'll take you home."

There were thickly-mouthed, incoherent answers, another scuffle, then silence. "He's passed out," someone said. "Bring the car around. Let's get him home."

Joan looked at Neil, her dark eyes full of questioning.

He managed a smile. "Boys will be boys," he said lightly. "I guess whoever it was is celebrating his birthday."

"I'm tired, Neil," Joan said. "Will you take me home?"

At her door she took Neil's hand. "Thanks, Neil, for pretending not to know who that was. But I recognized his voice too. I guess Steve without realizing it answered all my questions himself tonight. If he can't keep promises now, I know he won't later."

"I'm sorry, Joanie," Neil answered.

"I'm not," Joan said. "I realized something tonight I didn't know before." She placed her hands on Neil's broad shoulders turning him around to face her. She kissed him gently. "Good night, darling," she said. "Please come for me tomorrow."



# Science Gives, but Cigarettes Take Away

## The Brain's the Victim

Evidence that marijuana adversely changes the personality of chronic users and has other potentially harmful effects on the brain and other organs has been disclosed by Dr. Constandinos J. Miras, of the University of Athens, who serves as a visiting professor at the University of California at Los Angeles.

"I can recognize a chronic marijuana user from afar by the way he walks, talks, and acts," he says.

He defined a chronic user as one who smokes at least two marijuana cigarettes a day for two years or longer.

"Then you begin to see the personality changes that typify the long-time user—the slowed speech, the lethargy, the lowered inhibitions, and the loss of morality."

The most striking characteristic is loss of inhibition.

Dr. Miras's conclusions are based on twenty years of observation of chronic marijuana smokers in Greece.

In a few longtime users who have subsequently stopped using marijuana, Dr. Miras said he has been able to spot the lethargy and loss of inhibition as long as two years after they quit.

This is part of the evidence indicating that marijuana may have a permanent organic effect on the brain.

"This is where the main danger is to our young people—the tendency to lose interest in ambition and drive. What will be the future of a nation whose young people have no interest in success?" he asks.



This poor fellow might have had another four years or more of life had it not been for the habit of that fag in his mouth!

## How Heavy a Load?

How heavy should man's burden be? No more than 112 pounds, says the International Labor Organization.

The 112-pound figure is the maximum permissible weight for one adult male to carry on his back, according to the ILO in a treaty drawn up for member nations.

"Assignment of women and young workers to manual transport of loads other than light loads is to be limited," the ILO instrument says.

## Implied Consent Gains

Twenty-one states now have implied consent laws by which a licensed motorist agrees to take a chemical test to determine the amount of alcohol in his blood if arrested on a drunken driving charge.

Michigan, Minnesota, New Mexico, and Oklahoma enacted the law in 1967.

California, Connecticut, Idaho, Iowa, Kansas, Missouri, Nebraska, New Hampshire, New York, New Jersey, North Dakota, Oregon, Rhode Island, South Dakota, Utah, Vermont, and Virginia also have the law.

Bills are pending in nineteen states:

Alabama, Alaska, Arizona, Colorado, Georgia, Hawaii, Illinois, Indiana, Maine, Maryland, North Carolina, Ohio, Pennsylvania, South Carolina, Tennessee, Texas, Washington, West Virginia, and Wisconsin.

American men who smoke cigarettes may cancel out most of the additional life-span given them by half a century of advances in medicine, public health, and the bettered standard of living.

On the basis of data involving half a million subjects, the American Cancer Society estimates that because of the smoking habit, about 3.4 years of life expectancy are now lost on the average.

In 1965, a twenty-five-year-old American man could expect to survive for an average of an additional 45.6 years—4.0 more than he could have expected in 1919-21.

Thus, cigarette smoking virtually nullifies the benefits gained through the years by so much advance in medical and scientific discoveries.

Specifically, the American Cancer Society study shows that for men of twenty-five, life expectancy is 48.6 years more if they have never smoked.

—If they smoke 1-9 cigarettes daily, the expectancy drops to 44 years.

—If they smoke 10-19 cigarettes a day, the expectancy drops still more, to 43.1 years.

—If they smoke 20 to 39 cigarettes daily, the expectancy is 42.4 years.

—If they smoke more than 40 cigarettes a day, the life expectancy is only 40.3 years.

## No Drinking and Driving —Not Even Horses

In this motor age, Larry Koch, city traffic engineer in Saint Joseph, Missouri, reported that one lone horse and its rider had caused the police department considerable trouble.

The animal was tied to a "no parking" sign while the owner was inside a tavern drinking. The rider later was picked up while cantering his steed down a one-way street—the wrong way.

The horse was impounded when it was found the rider was too drunk to be riding it. The police then had to tow the horse to the city animal pound.

## In This NEWS

★ Itch, not to switch, but to "scratch." See page 16.

★ Comment on Russian report on hippies. See page 17.

★ New medicines are coming from the sea. See page 18.



Marijuana cigarettes, here compared with tobacco cigarettes, are not as harmless as many claim; for the user's brain may not be the same again.



## Smoker's Lung "Itch"

Cigarette smokers suffering from asthma, chronic bronchitis, or emphysema find it harder to quit smoking than healthier persons, a physician says, because they develop a need to "scratch" their lungs with smoke.

"The chronic bronchitis of a heavy smoker may make him a still heavier smoker," says Dr. Borje Ejrup of the New York Hospital Cornell Medical Center.

This smoker, Ejrup says, develops an "itching" sensation of the bronchial tubes, which is actually a manifestation of the illness. The smoker alleviates the "itching" with the "hot nicotine smoke" from the next cigarette.

"He is scratching his bronchi with the smoke," Ejrup says. "This is a pleasure. We know that scratching the skin gives temporary relief from itching and is a great pleasure."

"Not all smokers, but those with bronchitis," he says, interpret the itching "as a desire, a hunger, a real bodily need for nicotine. They feel the craving in their throats."

## Virus May Be Culprit

Viruses are known to cause animal cancer; now the long-studied question of whether they cause human cancer seems to be nearing an answer.

A herpes-type virus, which resembles a group of viruses known to cause human disease, has been "caught in the act" of infecting and killing human cells grown in test tubes, according to Dr. James T. Grace, Jr., director of Roswell Park Memorial Institute, Buffalo, New York.

This virus has been found in more than two thirds of some 150 test-tube cultures of human leukemia and is "strikingly similar" from one cell line to another, Dr. Grace says.

"We now have a 'tool' for growing the virus and studying its infectious progress on cells outside the body," Dr. Grace notes. "This will permit a number of other studies. The tool is similar to that used in polio virus research in which the viruses were propagated on monkey kidney cells." That research led to the development of a polio vaccine; it is too early to speculate on similar developments for cancer.

## Marijuana Users Can Become "Lost Balls"

Many people are claiming that marijuana is not dangerous. Here are excerpts from a strong letter written by a former inspector of the division of narcotic enforcement of the California Department of Justice.

"I spent thirty years as a law-enforcement officer. I found in many cases marijuana users are dangerous. An experienced officer uses extreme caution in taking a user into

custody. I know of at least five people whose deaths can be directly attributed to marijuana.

"What impressed me over the years was that after arresting some old main-line heroin shooter and booking him, I would find that his first arrests were for possession, use, or sale of marijuana. Once they have taken the step over the line to use heroin, they are 'lost balls.'

"I do not understand men like the doctor on the President's Crime Commission who urges that state and Federal penalties regarding marijuana be lessened because 'the danger in its use is not great' and 'there is no reliable evidence that marijuana causes crime.'

"Several years ago a doctor spent some time each morning at the city jail. The doctor examined the addicts and a few times was called to court to testify. He informed the court that addicts were abused people to be pitied.

"One night when the doctor was on a call, an addict hit his head with an iron pipe, giving him a depressed skull fracture. He took the doctor's bag containing narcotics and prescription book, and his wallet. When the doctor recovered, his testimony was that the addicts were vicious, depraved, and so on, and urged that they be placed in escape-proof institutions."

## Illegitimacy Goes Up

Illegitimacy has trebled in rate in the United States since 1940—to 275,000 a year. To meet the problem, agencies are easing former policies governing adoptions, and now are aggressively seeking qualified parents, according to a report by *Today's Health*, published by the American Medical Association.

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

Occasionally now an agency will allow adoption by a single person. Though that practice is still a rarity, some twenty-five children were recently placed with single parents across the nation.

The rate of illegitimacy in the States is now nearly twice the rate of adoption, making parent shortage a major problem to adoption agencies.



### Medicinal Use of Alcohol

A medicinal use of alcohol is reported from the White Memorial Hospital in Los Angeles.

To save premature babies, alcohol is given as an intravenous drip to mothers in early labor.

"We have been using it only on women who are threatening to deliver a baby so early that we are sure it will not survive otherwise," says Dr. Masao Nakamoto, investigating physician.

### Aspirin

The vast majority of people who enter hospitals with massive gastric bleeding have taken aspirin within the previous twenty-four hours.

Dr. Horace W. Davenport, chairman of the department of physiology, University of Michigan, warns that "some people can eat handfuls of aspirin with no trouble, but others cannot tolerate the acidity unless there is more buffering than is present in the popular tablets."

The majority of affected aspirin takers probably bleed so little they scarcely notice it—perhaps only a cubic centimeter of blood—but others bleed heavily.

### Computer Control of Drugs

The Swedish Drug Addiction Control Committee is urging computerized medicinal bookkeeping to control the prescription of drugs.

It wants registration and computer analysis of the 35 million prescriptions issued annually by Swedish doctors to the 7.6 million Swedes.

This would facilitate detection of the misuse of drugs, control over the issuing of prescriptions by doctors, and charting of drug consumption.

The suggested system would cover all forms of stimulants, sedatives, tranquilizers, and hallucinogens.

## Filter Claims to Protect Smokers



This widely publicized Strickman filter passes the smoke through active polymeric substances, but it does not protect the smoker from much of the danger in his habit.





## Our World in A.D. 2000

The average man will live to 100 by the year 2000, and he will be able to "buy any mood, from euphoria to mystic contemplation," predicts Theodore Gordon, of the Douglas Space System Center. Men will live longer because there will be millions of artificial hearts, livers, and other organs available.

"Millions of these units will be installed before the end of the century," Gordon reports.

The life expectancy in the United States is now 70.2 years.

Mr. Gordon's picture of the world ahead includes the frightful as well as the delightful. Samples:

"Psychological, chemical, and physical techniques will give man the ability to control behavior of other men without force."

"We may find drugs that destroy the will to resist (by 1977), invite forgetfulness, provoke artificial courage."

"Potentially inheritable defects could be detected and corrected (by 2000)."

"The pharmaceutical equivalent of the liquor store in which chemicals can be obtained to buy any mood, from euphoria to mystic contemplation. Wives, perhaps, will slip anti-grouch pills into their husbands' coffee."

"Pleasure centers' in man's brain can be triggered by electrical impulses—man may be wired to be happy."

Mr. Gordon concludes: "It will not be an easy problem to carve out of this . . . a world which preserves freedom and individuality."

## Hippies Run, —But Where?

Charlie Brown Artman, a veteran hippie in San Francisco and a "communicant with outer space beings," thinks the Soviet government newspaper *Izvestia* hit the nail on the

head with its analysis of hippies.

Reading a story from Moscow quoting S. Kondrashov, *Izvestia* correspondent in New York, Artman said: "It was better than I could define or analyze it."

The article called hippie philosophy basically negative: "They know what to run away from but not in which direction to run," it said.

"That's true," said the bearded, long-haired Artman; "but it's not true of me and my friends, and it's gradually changing for others. We're finding directions, but it's taking time. We're dropping the drop-out syndrome, substituting the positive 'turn on—tune in' outlook."

## Do It Yourself, Man!

Dr. Kenneth M. Endicott, director of the National Cancer Institute, had been off cigarettes for twenty-three days. He admitted: "I miss them very much."

But he added: "I'm really glad that I stopped."

After smoking for thirty years—slightly more than a pack a day at the end—the cancer expert finally quit because "I was simply in an impossible position." Endicott was getting it from all sides.

At national symposiums and conferences on smoking and health, "people were just astonished that I smoked." Many got a big charge out of it.

## Putting Sugar to Shame

The world's sweetest natural substance—1,500 times as sweet as sugar—has been found in Africa.

The discovery of the "serendipity berry" came after screening several hundred fruits from Africa and Indonesia in a search for a new sweetening material without the bitter aftertaste of present artificial sweeteners, according to Dr. George E. Englett of the Department of Agriculture.

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

★ During the recent United Auto Workers strike against Ford Motor Company, no alcoholic beverages were allowed on the picket line. A "potted picket" is poor PR, said union officials. (*Wall Street Journal*)

★ Monkeys are being used in tests by the Food and Drug Administration to discover if certain drugs are habit-forming. Electronic gadgets are used which give a reward of a shot of medicine if a certain lever is pushed. Another lever offers no drugs, merely relief from electric shock if the monkey does nothing. (*Washington Post*)

★ Nearly half the people in the United States would favor a tough drinking law that would send a driver to jail if he consumes more than one drink of an alcoholic beverage. Some 44 percent of men and 50 percent of women say they would want such a law. (Gallup Poll)

★ Beer production in the United States rose in 1966 by 1.7 million barrels over the 1965 level of 108 million barrels. Wine production went up by 37 million gallons to 234.5 million gallons. Whiskey production rose by 22.2 million gallons to 140 million gallons. In 1966, there were 282,222 retail liquor dealerships, an increase in one year of 11,243. (AP)

★ United States population will soon move past the 200 million mark. More significant is the fact that nearly 85 million of this population will be twenty-one years or younger. (Department of Commerce)

★ "Love children" is a misnomer for young hippies using LSD, say psychiatrists at the University of California. Their observations on twenty hospitalized users showed that "many were filled with anger they could not handle." (UPI)

★ "Epidemic proportions" is the phrase used by President Ashbel C. Williams of the American Cancer Society concerning deaths which are cigarette-related. Cancers of this type, he says, killed 75,000 persons in 1966; and other smoking-related diseases killed 300,000 more.

★ To woo new tipplers, Heublein, Inc., is developing two new products: an instant cocktail dry-mix, called Tonight, and cocktails in a can (pop-top variety). (*Wall Street Journal*)

Serendipity implies a pleasant, unexpected event, which is just what Dr. Inglett experienced when the berries, received from Nigeria as an unidentified tropical fruit, turned out to be intensely sweet.

At present the fruit isn't cultivated or used locally because of its intense sweetness.



# ARE YOU PUZZLED?

Frieda M. Lease

## "LINES"

Complete these "line" words by filling spaces according to definitions.

- |                |                                    |
|----------------|------------------------------------|
| 1. .... line   | lean backwards                     |
| 2. line .....  | ancestry                           |
| 3. line ....   | cloth of flax                      |
| 4. line .....  | seagoing ship                      |
| 5. .... line   | hooked as a beak                   |
| 6. .... line   | aviation route                     |
| 7. .... line   | cat                                |
| 8. .... line   | profile                            |
| 9. .... line   | stiff material                     |
| 10. .... line  | confection of brown sugar and nuts |
| 11. .... line  | nonacid                            |
| 12. .... line  | male                               |
| 13. .... line  | salty                              |
| 14. line ..... | mark with stripes                  |
| 15. .... line  | refuse                             |
| 16. line ..... | system of measurement              |
| 17. .... line  | where the day begins               |
| 18. .... line  | form on the side of                |

## Add Insult to Injury

Dr. H. L. Herschensohn

It is amazing to listen to a brilliant top-level executive complain about the smog as he puffs one cigarette after another. It would be amusing too, if it were not so serious.

Lung specialists agree that cigarette smoking is the worst form of air pollution. It may not cause bronchitis or emphysema or lung cancer in certain cases, but it certainly can aggravate chronic lung conditions.

Emphysema is like Humpty Dumpty. When an egg is broken,

nothing in the world can put it together again. When the tiny cells of the lung are destroyed in emphysema, there is no medicine, surgery, or magical treatment which can make them whole again.

Like a fistful of grapes which are crushed into a pulp, once they are destroyed they become useless forever. Treatments can only hope to make the symptoms less annoying.

Anyone who has emphysema is certainly shortening his life by inhaling polluted air, whether it is from automobile exhausts, refineries, rubber dust in the air from spinning auto tires, or tobacco.

The U.S. Public Health Service has information showing that city air has the same effect on the lungs as seven cigarettes a day. In smog-polluted areas the effect is the same as one pack of twenty cigarettes a day. Add to this the actual smoking of cigarettes and the result can easily be a chronic cough, and increased difficulty in breathing until sufficient lung tissue is destroyed to affect one's longevity.

Anyone who complains about smog while smoking is ludicrous.

## New Source for Drugs

New drugs, from antibiotics to anesthetics, may soon be found in the sea, as pharmacologists turn beneath the waves in their search for medicines.

Many drugs in use today derive

### ANSWERS:

cline 16. lineair; 17. doteiline; 18. ailine.  
mascuiline; 13. saline; 14. lineate; 15. de-  
crinoline; 10. praline; 11. alkaline; 12.  
5. aquiline; 6. aliriline; 7. felline; 8. oulline;  
1. recline; 2. lineage; 3. linen; 4. liner;

from land plants; the sea promises to become an equally rich source of medicinal compounds.

The principal difficulty in conducting the search, according to Dr. Heber W. Youngken, Jr., dean of the College of Pharmacy at Rhode Island University, has been collecting enough of the marine organisms from which scientists hope to produce new drugs.

One solution, he suggests, is to raise large quantities of the desirable organisms—such as algae or clams—in the laboratory. This must be done very carefully, however, because the environment in which the organisms grow influences greatly the type and variety of compounds they produce.

Among the potentially useful compounds under study are powerful poisons produced by certain fish and some shellfish at certain times of the year. The scientists are also hopeful of producing antibiotics from sponges, and they are checking out chemicals found in quahogs for possible antitumor activity.

## Poison Predictions

Doctors may be helped in calculating the amount of poison a child has swallowed and the time he swallowed it as a result of a mathematical equation devised by specialists at the University of San Francisco.

Application of the mathematical model to convulsions induced by hydrazine in mice and rats is a first attempt at such a calculation. When the researchers injected alkylhydrazines into the animals, the rodents died in convulsions. The time they take to go into convulsions depends upon their weight.

Different animals can be used in setting up computer programs.

## Toll on Wet Highways

The State of Wisconsin prepares an annual report of Accident Facts from its Motor Vehicle Department.

In addition to the considerable volume of intelligence on possible contributing circumstances in traffic accidents received through the accident reports of investigating officers, an ongoing coroners' testing program has made available additional corroborating and supplementary information on the special subject of drinking and driving as it relates to accident occurrence.

During 1966, coroners ran valid tests on body fluid samples from 283 drivers killed in Wisconsin traffic accidents. These tests revealed the following blood-alcohol levels:

Drivers with .25 percent or higher—42.  
Drivers with .15 to .24 percent—94.  
Drivers with .10 to .14 percent—28.  
Drivers with .06 to .09 percent—14.  
Drivers with .01 to .05 percent—16.  
Drivers with no alcohol present—89.

Thus 136 drivers, or 48 percent of all those tested, had blood-alcohol levels sufficient to constitute prima facie evidence of intoxication; and 164, or 58 percent, had levels sufficient to impair driving ability.



**LAB FOR OCEAN DEPTHS.** The eight-inch pressure sphere of a two-man deep-ocean work boat receives its tight-fitting fairing. The sphere is designed for use at depths of 6,500 feet.



# PAMELA & BRENT (continued from page 5)

*How early should dating begin?*

**Pam:** I think dating and going steady in grade school is dangerous. Kids are too young to understand and handle situations that may arise from steady company. Early years are for fun, to enjoy life and prepare for a good future.

**Brent:** High school is time enough to date. Too many things to do to tie myself down. I'll keep in circulation a while longer.

*How do uncertainty and unrest affect today's teen-agers?*

**Pam:** I think teen-agers will have a better chance for stability if adults will cooperate by setting a good example rather than criticizing them for imitating their actions. Teens need guidance.

**Brent:** Every teen-ager has something to offer, to contribute to life, if given the opportunity to get channeled in the right direction.

*Do you enjoy traveling?*

**Pam:** Love it! Fortunately our parents like to travel too. We've been to Hawaii, Nassau, and Europe. We've seen most of the United States and some of Canada. Traveling is very educational.

**Brent:** Three years ago I saw the New York World's Fair and attended the Boy Scout Jamboree at Valley Forge, Pennsylvania. Last summer I was one of San Bernardino's representatives to the World Scout Jamboree at Farragut, Idaho. Living with 12,000 Scouts from all over the world, sharing their hopes and friendship. I'll never forget that experience!

*What kind of person would you like to marry someday?*

**Pam:** I haven't thought seriously about marriage; however, I'd want a man who is thoughtful, courteous, and understanding; man of mind and body; someone with whom I can talk. Lack of communication and common interest cause lots of divorces. Also the man I marry should like children and family life.

**Brent:** When I marry, I'd like a girl like my mother, attractive and full of fun. Also one who doesn't drink or smoke, wear kookie clothes and hairdos, or act loud and aggressive. With my requirements, I'm liable to be a bachelor for life!

*Could you marry for love or security?*

**Pam:** Never having been in love it's hard to say; however, I'd never marry for money.

**Brent:** I'd marry for love. I'll provide the security.

*Now that we've discussed the serious side, what about fun?*

**Pam:** I like to go to Disneyland; it's a fascinating place to have good time. I like plays too. Family get-togethers and picnics are high on my list. Shopping, especially with Page, is fun.

**Brent:** Swimming, reading, and traveling are my ideas of fun. I also like musical get-togethers with Dad playing his melodica or accordion, Grandmother the Hammond organ, and me on guitar. I don't think our harmony is too good, but we're loud and peppy—In fact, we drive Mother, Pam, and Page out to the family room; Grandfather enjoys it and sits in his big chair happy and smiling. Seems like I'm always hungry too, and Dad cooks up a super barbecue with foreign sauces and seasonings. Wow!

*Listening to you talk gives me the impression you are both quite mature for your ages.*

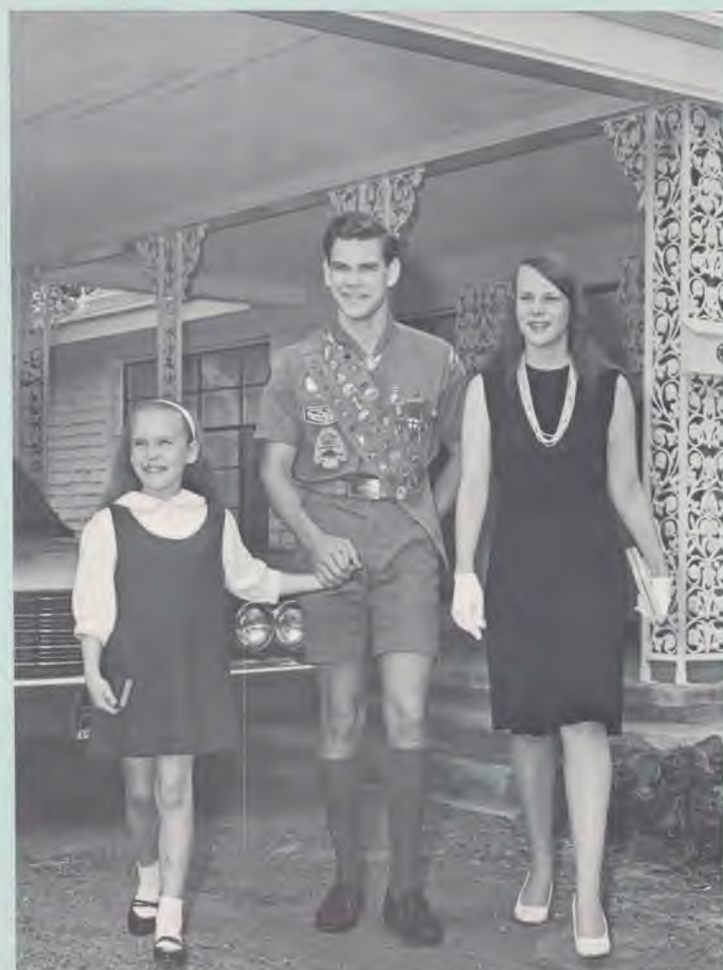
**Pam:** We probably sound that way because we listen to Mother and Daddy discuss their work and hear language associated with counseling and speech pathology. We unconsciously pick up ideas and expressions that we might not ordinarily use. Even little Page acts and talks older than her seven years.

**Brent:** We may sound grown-up and serious because we work harder and have more responsibility than lots of teen-agers, but we still know how to have a good time, get a kick out of everything we do. Maturity depends on the individual.

*What would you suggest to bring teen-agers and their parents together on a more understanding basis?*

**Pam:** If only parents would slow down a little, take time to listen and evaluate their children's problems. If mothers would be home when the children come from school, and if parents would insist on knowing with whom and where their sons and daughters were going, set a time for them to be home, then see they were home, I think things would eventually get back on a more understanding basis. Teen-agers are funny. They want to be grown-up, but they also want to know their parents care about them.

**Brent:** Every time I hear kids say, "My folks don't care what I do—they aren't home anyway," I feel like bringing them home with me so they can see that there are parents who really care. I think the reason people become beatniks and hippies is that they are forgotten children. We kids are tomorrow's adults, the ones our children will look up to, pattern after. I hope that we will try to love, understand, and cooperate with our children, to give them pride and security.



Page, Pamela, and Brent on their way to church, with Brent in his Scout uniform (in August, 1964, he became an Eagle Scout) in honor of Scout Sunday, an event scheduled yearly.



# Paul Anderson's Greatest Triumph

Paul Anderson, "The World's Strongest Man," holds national and world weight-lifting records. He now uses his strength to demonstrate advantages of right living habits—physical, mental, and spiritual.

PAUL ANDERSON is "The World's Strongest Man"—a big man with arms of steel, chest, neck, and legs that bulge with rippling power, and a back that can lift eight men on a table with the ease of a setting-up exercise.

Paul has won national, world, and Olympic fame as the greatest weight lifter the world has ever known. He has lifted more weight in one single attempt than any other man on record—a total of 6,270 pounds in a back lift, an exhibition event. He shattered the weight-lifting record at the 1956 Olympics in Melbourne, Australia, a record that had stood for fifty years. Paul's record still stands.

He has participated successfully in other sports, including football, boxing, and wrestling. He is a talented and accomplished speaker and lay preacher, filling up to 500 personal appearances each year. He has toured the world, once as a goodwill ambassador for the State Department. He has given command performances before heads of state. And the Russian people were so impressed with his record-breaking tour of their country that they called him a "wonder of nature." A national magazine recently included him in its list of the 100 best people of today.

His achievement is even greater in view of the fact that as a boy of five he was afflicted with a usually fatal kidney disease. But inside Paul Anderson's great body is a heart of iron, a determination that defies defeat. He has the spirit of a conqueror.

Paul Anderson knows that success in life comes from giving rather than getting. Endowed with a deeply spiritual nature, he believes that God gave him his strength for a better purpose than merely winning world acclaim through the shattering of weight-lifting records.

He knows that young people look up to athletes, especially champions. And he knows that his ability to attract and impress boys could be used to their advantage.

So in 1962, having married his hometown girl friend, Glenda Garland, Paul purchased a fifty-six-acre farm near Vidalia, Georgia, and converted it into the Paul Anderson Youth Home. Glenda was as enthusiastic over the venture as Paul, and she has been a major influence in the success of the undertaking.

Since its opening, more than seventy boys have been given a "lift" at the Paul Anderson Youth Home. Through their work on the farm, the boys help pay their own way. In the fall they pick pecans, which they sell to people in town. This helps them buy their own clothes and other things, such as Christmas gifts for each other. They also work on neighboring farms for the same purpose.

A balanced program of work, play, sports, and study works wonders, as does the family relationship at the Home, with Paul and Glenda the best "parents" any boy ever had.

At present there are twenty boys and two girls in the Home. Within a few years it is likely that up to a hundred boys will find shelter under the guiding hands of Paul and Glenda Anderson. But Paul says, "We do not want to lose our homelike atmosphere."

Setting the right example, Paul neither smokes nor drinks; and it goes without saying that his boys don't either.

"I feel very fortunate that I have had such an illustrious background in sports," Paul says, "but the greatest thing in my life is having the opportunity to lead young people in the proper direction."



"Parents" to boys in trouble, Paul and Glenda Anderson bring real help to youth trying to get a new start in life.