

# LISTEN

A  
JOURNAL  
OF  
BETTER  
LIVING



Dr. William Haddon, Jr.  
*"MAKING OUR ROADS SAFER"*



# LISTEN

JOURNAL OF BETTER LIVING

## "The Land Is Clean Here"

Behind him lay his small kingdom of fertile farmlands, fully modern homes for most of his people, large herds of beef cattle, and some \$250,000 annual income from oil royalties distributed in monthly payments to every man, woman, and child in the band.

Robert Smallboy is a chief of the Cree Indians living on the rich and beautiful Ermineskin Reserve in central Alberta, Canada. His tribe for many years had tilled the land, pastured their horses, and enjoyed their homes.

That is, until liquor was allowed on the reserve, much against Chief Smallboy's wishes. This seemed to change the picture. In his words, "It hasn't failed that every month someone was killed or hurt in an accident, or there were stabbing cases and rapes and suicides. This is the cost of liquor, which the white people have given us Indians. I have never asked for that while I've been a chief."

In a desperate effort to revive the peaceful, nomadic life of his ancestors, the chief and 200 of his followers left their quiet kingdom that had been invaded by the drunkenness, the violence, the rape, and the gambling of the white man's world.

They have now taken up life in a secluded part of Whitegoat Wilderness, a rugged mountain fastness along the southeastern side of Jasper National Park. "The land is clean here," says Chief Smallboy.

"The main reason why we left the reserve," he goes on, "is for the good of the children that you see up here." Settling in their new remote sanctuary, they are determined to leave behind the unwanted ways of civilization. "We are going to teach our children the right way to live, to follow the laws, and to live a clean life."

Chief Smallboy and his advisers complain that only whites benefit from the extension of liquor rights to Indians, and they blame booze and the white man's gambling for most of the Indians' trouble. Many of the Indians sell their possessions, including needed footstuffs, to obtain money for drinking and gambling.

"When they cannot sell anything, they pawn furniture in towns for money; then they turn to stealing or prostitution. They don't care, so long as they can get a drink, and another drink."

Proud of his own followers who have gone with him to their new virgin-wilderness home, Chief Smallboy says, "All these people are nondrinkers, and they hate stealing. They want to raise their children in a better life and be law-abiding people."

In his headquarters teepee, warmed against the winter's winds and freezing temperatures by an open fire, the Indian leader repeats, "The land here is clean. The children are free to play where they want and have a good time. They don't fight. There are no drunks to scare the children. The parents show a good example to the children."

Fifty miles from their nearest shopping place, Chief Smallboy and his band of determined Indians are now finding the peace and undisturbed living they so much long for, free from civilization's sinister things that so often outweigh its attractions.



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- ★ Marijuana is in the headlines today. Is it as bad as some say, or is it as good as others claim? Would it help if pot were legalized? February's *Listen* takes a careful look at the whole question, "To Go to Pot or Not?"
- ★ Daniel Clay Parker tried marijuana and found it "a walking nightmare," but fascinating enough to lure him back. What happened after that? Read "Phantoms of the Dusk."
- ★ Lindsay R. Curtis, M.D., has made a special study of this drug, and reports his findings in "Why Not Marijuana?" Additional features: "Are We Tuned Out?" and "Break 'Em In on Pot"; also "The Philodendron Plant."

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A NEW year is beginning, and with it you are offered the promise of challenge and opportunity. How you meet challenge and accept opportunity will be determined to a great extent by your own attitude—how you meet and accept your fellowmen, family, friends, co-workers, strangers.

What better time than now, the first of a new year, to resolve to recognize the potential good at work in all persons. A wise man once said, "A good intention clothes itself with power." Think about these words and reflect on your own intentions. You can begin right now to sow the seeds, the intentions, that will ensure you a happy new year.

Remember that the intention must first be implanted in your mind. Do this by considering your own qualifications and potential with regard to situations that may arise. You can help yourself to happiness and fulfillment as you inject these qualities into the lives of your friends and associates. List your good intentions, mentally and on paper; then put them to work. The smile you bestow on a stranger may bring him a moment of joy. Healing is speeded through your visit to that sick friend in the hospital or confined at home. Happy words bring happy thoughts; so write that letter you have neglected to write.

Take advantage of all opportunities with a new beginning, a new outlook, a pleasant attitude. Resolve now to put good intentions to work, and you will have a truly happy new year! ■



**new  
beginning**

Patricia Kinnaman



*Battle Creek, famous over the years  
for health, now offers for alcoholics a —*

# PLACE OF

IF YOU met Helen Greenman today, you'd never guess about her liver. She's attractive and well-groomed, and there is an air of serenity about her. "The doctors told me I had the largest liver they had ever X-rayed," Helen says. "When the San showed me what alcohol was doing to my liver, and the rest of my body, I found it easy to stop drinking."

Helen is a former patient at the Battle Creek Sanitarium in Battle Creek, Michigan, where Chaplain Tom Williams has put together one of the most effective alcoholic rehabilitation programs in the world.

The normal program lasts two weeks, and Helen had intended to stay only that long. "But the third day I was there an artery in my nose broke, and for three weeks I was in bed. I couldn't move anything but my eyes, and I had a lot of time to think about my life and my drinking," Helen explains. "I'm happy now—happier than ever before. I drank for ten years, progressing from social drinking into heavy drinking, and all that time I was unhappy. Now I'm really alive. I work here at the San as a Gray Lady helping other patients. I know how they feel—especially the ladies."

The San seeks to restore other values besides happiness. It, along with industry, recognizes that alcoholism is costly—costly in absenteeism, poor work, and finally the loss of a once worthwhile employee. Alcoholism breaks up marriages, causes financial ruin, loss of prestige, finally ill health, and death. Drinking is involved in many highway fatalities. No wonder Chaplain Williams rates rehabilitation so highly.

The Battle Creek Sanitarium is famous for its contributions to world health. Pioneering in the field of nutrition, the San brought breakfast cereal to the tables of people all over the world. It was at the San that people first learned about calories and how to count them for more healthful living.

In today's world at least one adult out of twenty is an alcoholic. Dr. Gordon Bell, an alcoholism expert in Toronto, Canada, says that 85 to 90 percent of all alcoholics die without realizing they needed help.

Today hundreds of men and women—former patients of the San—are leading healthy, happy lives because they discovered that they were alcoholics and they learned what alcoholism really is.

Did the San cure them—give them a magic drug that forever rid them of this dreaded disease? Did a world-famous surgeon operate and remove a defect? Was it religion? Isn't it true that the chaplain is the leader of the program?

Essentially the Battle Creek Sanitarium's alcoholic rehabilitation program is one of education. Chaplain Williams explains: "Once a person discovers that he is an alcoholic and learns more about alcoholism, then there is hope for his recovery." There is no real "cure"; only the simple matter of abstinence. When an alcoholic drinks, he is sick. When he stops drinking, in most cases he can get well.

The San's program gets this message through to each patient by means of lectures, movies, recordings, private consultations, and numerous group discussions. "There isn't



# NEW HOPE

Art Fetting

much a fellow doesn't know about alcoholism when he leaves the San," one patient remarks. "And not much you don't know about yourself either," another adds.

Each patient is given a series of written tests that help in individual counseling. As the patient gets to know himself, he learns to solve his problems instead of drinking to escape from them.

As the patient begins to understand his condition, he realizes that he is no longer alone. Members of Alcoholics Anonymous address each group of patients and relate their own experiences. A young man who had taken the program a year before told me, "It's amazing how you can see your own story in that told by another alcoholic. They've been down that same road and suffered the same kind of hell. Some of them went farther down the road to ruin than I did, but I could see that I'd travel that same route if I continued to drink. Thank God I found the San."

God plays an important part in the recovery of every alcoholic, but the Sanitarium's program leaves religion to each individual, although several conferences are conducted by clergymen.

"Many preachers attempt to help an alcoholic by appealing to his morality, but appealing to morality alone has been a very ineffective approach to the problem of rehabilitation," Chaplain Williams explains. "If a man seeks spiritual consultation, we are available; but each alcoholic must find his own way to sobriety and happiness. Some are helped through Alcoholics Anonymous; others through their church."

Not every patient gets the message the first time around. Some return two or three times, but the very fact that they return is encouraging. They seek help and understanding and they feel that the San really has the answer for them.

Tom Williams received his M.A. from Andrews University and did postgraduate work in counseling at Michigan State University. To learn more about alcoholism, he has attended Rutgers Summer School of Alcoholic Studies and the Mid-

west Institute of Alcohol Studies. He's also had special clinical training at University Hospital, Ann Arbor, Michigan. An ordained Seventh-day Adventist minister, he devotes his full time to the alcoholic rehabilitation program. He is a fellow in the College of Chaplains of the American Protestant Hospital Association.

Chaplain Williams is a unique man. He isn't pushy about religion, but he makes it plain that he wants to help. "Every human being is a child of God, and we believe that the best adjustment to life can be had by recognizing this," he says. "We seek to help people develop their own spiritual resources. It makes the way back easier when they know that they are not alone, that God cares for them and will help them overcome their problems. Patients are always encouraged to affiliate with the church of their choice."

In addition to lecturing extensively, Chaplain Williams is the author of a remarkable down-to-earth book entitled *Winning the Bottle Battle*.

Chaplain Williams started the rehabilitation program at the San about four years ago. He is a man with a mission. Simply stated, he wants to help alcoholics understand just what alcoholism is, and how wonderful life can be without alcohol. If they have serious personality problems, they learn how to handle these too.

Alcoholism is only one condition that the San works with. Overweight, nervousness, the problems of unhappiness—these most important problems are met, and patients leave the San with a new hope for living. Isn't that what the alcoholic needs? Knowledge, understanding? Preventive medicine in the form of self-knowledge and new insight into the subject of alcoholism and the alcoholic.

Helen Greenman's liver is fine now. She has stopped running from reality and has made the effort to develop her life into the wonderful thing it now is. She is typical of those who are finding a new life through Battle Creek's rehabilitation plan. ■

Helen Greenman learns from a medical chart what alcohol was doing to her when she came to Battle Creek for help.



At the famed Battle Creek San, Chaplain Tom Williams directs an expanding rehabilitation program for alcoholics.



Nancy Reynolds, assistant in the rehabilitation program, explains a chart showing basic reasons for alcoholism.





Henry F. Unger



# ALCOHOL--AND THE



# PRESIDENTIAL INAUGURAL



SWIFTLY the President crawled through a window of the White House to avoid jostling by drunken citizens attending his inaugural reception.

Forty-eight years later, at another Presidential inaugural, alcohol drinking was given a rout when the First Lady, a member of the Women's Christian Temperance Union, urged her President husband to ban such drinking at the inaugural and in the White House.

Drinking has played its part in American Presidential inaugurals and receptions. It has made some of these dramatic and serious events a travesty and an embarrassment.

Tippling raised eyebrows among Americans and foreigners alike during the inauguration of President Andrew Jackson on March 4, 1829. Quantities of whiskey were being mixed with other drinks to make a potent punch for the East Room reception, when roughneck followers of the President insisted on one drink after another. Shortly

after the reception was launched, the East Room became a shambles.

White House officials, concerned about the mounting tensions, decided to move the punch onto the White House lawn. Soon the revelers left the building's interior, interested only in the whiskey. The officials, realizing that they had accomplished part of their plan, decided to move each newly mixed tub of punch farther from the White House proper. Finally they managed to place several tubs outside the gates for late arrivals.

President Jackson, hardly able to avoid jostling by the drunken revelers, managed with deft action to crawl through a window. Upset by the orgy of the afternoon, the new President refused to attend the evening's inaugural ball because he feared a revival of the afternoon's drinking marathon.

On March 4, 1865, another Andrew was involved in



the inaugural. It was on that date that Andrew Johnson was to be sworn in as Vice-President on the same ticket as Abraham Lincoln. Mr. Johnson had arrived a day early for the inaugural, and he spent it drinking with friends.

The following day he had a stupendous hangover, hardly a desirable condition on the day he was to become Vice-President of the United States. The not completely popular Johnson had suffered a case of typhoid fever, and he questioned whether he should be present at the inaugural ceremonies, but in view of the political situation, President Lincoln had persuaded him to be present.

Mr. Johnson managed to secure a bottle of whiskey on the morning of the inaugural. He was sure that a drink would eliminate his hangover. One drink led to another, so that by the time he entered the Senate for his own inauguration he was drunk. He stumbled about the room, mumbling continually. When he was finally guided to the rostrum, he provided the startled bystanders with a long, confused address. Several times he repeated his oath of office. Watching him was an angry Mr. Lincoln who was seething within. Spotting Johnson's inebriated condition, he asked that officials refuse an outdoor rostrum to the new Vice-President, preferring that the embarrassment be confined to the inner chambers away from the thousands of visitors.

Johnson's drunken exhibition continued to plague him in office. He attempted to edit sharply the report about the inaugural, referring to his sad condition, which appeared in the *Congressional Record*. Officials, angered at the situation, had the Senate bar closed after the inaugural.

Ever since George Washington was inaugurated on April 30, 1789, on the Federal Hall balcony in New York City, alcohol in various forms has contributed harsh-sounding notes to some of the Presidential inaugurals.

No wild orgies are recorded for that initial inaugural reception when small quantities of French wine were served in the Federal Hall on Wall and Broad Streets.

There was no inaugural reception and no drinking when John Adams was made United States President on March 4, 1797. In fact, the new President simply returned to his boarding house where he shared a meal with friends.

Thomas Jefferson, eager to maintain a sedateness about the Presidency, returned to his hotel on March 4, 1801, following his oath-taking, ate lunch, and in the afternoon participated in a tea with John Marshall.

President Jefferson claimed he was a non-drinker; but following his first election he imported one of the best chefs from Paris, and in 1804 his wine bill was \$3,000—more than 10 percent of his salary.

The President could not be blamed, however, for the condition of many visitors coming to the executive mansion following his second inaugural on March 4, 1805. Many were drunk and in a rowdy mood. The East Room was unfinished, and many of the drunken visitors helped themselves to souvenirs of their visit.

A no-drinking order was up when President-elect James K. Polk, sharing his wife's aversion to alcohol, ordered that it be banned for the

inaugural ball. Mrs. Polk as the First Lady continued this ban for future functions at the White House, and although not liked by some officials and visitors, it was accepted as coming from a prudent lady.

Revelry returned for the inaugural ball of President Zachary Taylor on March 5, 1849. Dancing waltzes literally in a swirl of champagne, inaugural partygoers rushed toward the well-laden supper table at midnight. Etiquette was forgotten as the tipsy visitors tore off chunks of turkey and as champagne drenched formal gowns and suits. Some of the men and women had to be carried out into the heavy snow. The Roman-type orgy continued until 4 a.m.

The inaugural of President Franklin Pierce on March 4, 1853, was prefaced by the antics of a reluctant candidate. Pierce had given up a promising political career ten years previously because of his heavy drinking, which almost destroyed his marriage. He was elected to the House in 1833, to the Senate in 1837, but resigned in 1842 when his wife threatened to dissolve their marriage.

His wife Jane, daughter of the president of Bowdoin College, continued to harass her husband with the accusation that God was punishing him for his heavy drinking. When their third son Ben was born in 1841, Pierce retired from politics. His followers, however, observing that he had later quit drinking, and recognizing in him an outstanding Presidential candidate, launched him in the national race.

When he was elected, his wife was heartsick. Nagging her husband about his victory, Jane became a thorn in his side. His sorrow was compounded when on the night of the inaugural ball, he was compelled to listen to drunken revelers outside his hotel window shouting, "Let's have another drink and then see if Andy Jackson is still riding his horse."

Barrels of chilled champagne were perched on either end of a long table at the reception for new President James Buchanan on March 4, 1857. Some legislators managed to arrive early and to imbibe heavily prior to



## MIDWINTER

While I seek signs, and strive  
To prove a logic for my faith,  
This maple, now stripped bare,  
Without a hint of life or growth,  
Reaches out and upward  
Toward another spring.

Mildred N. Hoyer



the arrival of the regular stream of invited visitors.

The horrors of alcoholic drinking at previous inaugural balls were recognized prior to the President Ulysses S. Grant event on March 4, 1869. Liquor of all types was banned for the ball, which was held in the north wing of the just-completed Treasury Building. The ban pleased most of the people who had been upset by the heavy drinking at previous balls. Only a supper and dancing were permitted.

The same situation continued for the second inaugural ball for President Grant. During the long inaugural parade, the President sipped hot coffee in the reviewing stand, and at the ball guests followed him as he led the way to the various coffee urns.

Alcohol drinking was given a rout when President Rutherford B. Hayes assumed office on March 3, 1877. Helping to rout it was the President's attractive wife, Lucy Hayes. A member of the Women's Christian Temperance Union, Mrs. Hayes urged her husband to ban alcoholic drinking. So firm was her stand against drinking at the White House that she was often referred to as "Lemonade Lucy" because of her custom of serving the light beverage to guests.

Officials preparing for President Grover Cleveland's ball on March 4, 1885, decided to isolate drinkers from others in order to keep peace at the food tables. The ball was considered as orderly as a "spinster's tea."

Alcohol was again banned for President Benjamin Harrison's inaugural and ball on March 4, 1889. A nondrinker and nondancer, President Harrison urged that the affair be a nonalcoholic one. For the first time each guest was given a live rose from a commercial rose grower. It was considered to be a first commercial at a Presidential inaugural.

Even smoking was banned at President Theodore Roosevelt's second inaugural on March 4, 1905, because officials feared that the flammable draperies might catch fire. Smoking was permitted only outdoors.

Heavy drinking took its toll during Woodrow Wilson's inaugural, March 4, 1913. President-elect Wilson, who had never visited the interior of the White House until his election, decided on March 3, to pay outgoing President Taft a courtesy visit. Everyone was alerted about his arrival, but about the same time 8,000 suffragettes staged a protest march from the Capitol to the White House. The march was marred by numerous drunken men, who ran into the street and annoyed the women. In some places the drunken men caused such a disturbance that riots broke out. Because of the confusion, only 500 persons dared to walk the streets to greet the new President when his train arrived from Trenton, New Jersey.

The Presidential campaign in 1928 featured Prohibition, the contestants being Herbert C. Hoover and Alfred E. Smith. Smith, a known "wet," accepted a platform pledge "to make an honest effort to uphold the eighteenth Amendment." Everywhere, however, people were insisting that if Smith were elected he would repeal the amendment and that an epidemic of alcoholism would sweep the nation.

Inaugural day for President-elect Hoover fell on a Monday, and this provided a big business weekend. The event attracted some 200,000 visitors, and with the touch of victory everywhere, people were not concerned about Prohibition.

It was a victorious general, Dwight D. Eisenhower, who, when his first inaugural day was finished, said, "It was a long but very wonderful day."

And well he might say that in January, 1953. Drinking had been eliminated at the two inaugural balls apparently by official order. Earlier in the day more than 750,000 persons had lined the streets to wave at the new President as he moved up Pennsylvania Avenue. He had asked for a simple and dignified inaugural, and this probably resulted in inaugural ball-goers consuming about 8,000 gallons of unspiked punch and 45,000 fingerling sandwiches. With no alcohol available or sold at the inaugural balls in 1953, party-enjoying guests were contented to drink from the two fountains spouting orange punch.

The same dignity prevailed at the second Eisenhower inaugural in January, 1957, with one big exception, when champagne was served at the four balls. The Eisenhowers moved so swiftly from one ball to another that it was doubtful they participated in any drinking.

Because Eisenhower's first term expired on a Sunday, with the public ceremony slated for Monday, the second-

## TO A GREATER PLACE

Jan Slezsak (age 14)

Life is a race to see who can jump the farthest, go the highest, run the fastest, and succeed the most. We are always competing with others or ourselves.

Life is full of hardships, tragedies, and mixed emotions, but also it serves its share of happiness, joy, and contentment.

Life is like the tide, rushing in and out with no certain goal or motive. And like the ever-changing sea, so are our lives.

In life you encounter so much sin and filth that life hardly seems worth living, but life becomes worthwhile with all the love, joy, and satisfaction you gain from living.

This complicated cycle called life is merely a sidestop along the long, rugged, and tiresome roadway to the ecstasy of a "greater place."

time President decided to take the oath of office in the East Room before a private group of persons. When this was completed, President Ike led the guests to the state dining room for coffee, sweet rolls, and coffee cake.

Even before the inaugural of John F. Kennedy, party-goers moved from one cocktail event to another, despite a raging snowstorm. One news magazine indicated, "Cocktail parties flashed on and off like lights on an electronic computer."

It is interesting to note, however, that the President-elect when flying in his airplane to Washington, D.C., dined on filet of beef, and while rewriting his famous inaugural address, enjoyed a glass of milk.

When Americans hear their new President sound out in serious tones, "I do solemnly swear that I will faithfully execute the office of the President of the United States and will, to the best of my ability, preserve, protect, and defend the Constitution of the United States," they want a clear-headed man to assume the office, and they want the event to be conducted with dignity and sobriety.

This is why January 20, 1969, the day of the next inaugural, should be a day to remember for its value to America—and the world—not for its whiskey consumption. ■





# MAKING OUR ROADS SAFER

*DR. HADDON, to what extent is alcohol involved in the toll on our highways?*

The use of alcohol by drivers and pedestrians leads to some 25,000 deaths and a total of at least 800,000 crashes in the United States each year. Especially tragic is the fact that much of the loss in life, limb, and property damage involves completely innocent parties.

*Is this problem a recent one, or has it been with us through the years?*

The tragic contribution of alcohol to violence on the highway has long been recognized. In 1904, within five years of the first fatal motor vehicle crash in the United States, the relationship of alcohol to vehicular death and injury was described in the scientific literature as a rapidly developing social and health problem.

During the following years there were protests that the motor vehicle codes being developed did not provide sufficiently for the control of the problem. By 1924 it appeared "to be the belief of traffic commissioners and other informed individuals that probably a fourth to a third of our automobile accidents [were] . . . at least partly chargeable to alcohol use by drivers."

*Have the findings on this question been consistent?*

Beginning in the early 1930's a small number of carefully planned and executed scientific investigations were

## *Listen interviews*

**Dr. William Haddon, Jr.**  
Director, National Highway  
Safety Bureau

conducted in the United States and Sweden to examine the role of alcohol in relation to actual crashes. These and subsequent investigations have been concerned with many types of crashes and violations, and have used precise methods of chemical and physical analysis to determine blood alcohol concentrations.

The results of this work on actual crashes have been overwhelmingly consistent. They indicate that the problem is extremely serious and widespread in the United States and elsewhere.

*How does alcohol rank in importance in the list of factors leading to traffic fatalities?*

During the last thirty-five years, in every area of the nation where the presence and concentrations of alcohol among individuals responsible for initiating crashes have been investigated systematically, alcohol has been found to be the largest single factor leading to fatal crashes.

*In how many fatal crashes is alcohol involved?*

When information from crashes of all types in which drivers are fatally injured is grouped together, it becomes apparent that almost half the drivers were found to have blood alcohol concentrations of .10 percent and greater. These concentrations are of a magnitude rarely encountered among noncrash drivers. The comparison is even more striking when it is considered that the data include results from tests of drivers killed through no fault of their own.



Meet  
Dr.  
Haddon--



An authority on accident prevention and research, Dr. Haddon is director of the National Highway Safety Agency in the new Department of Transportation.

One area of his specialization is the relationship of drinking to driving. With this background, he authored the 1968 report to Congress by the Department of Transportation entitled "Alcohol and Highway Safety," the most authoritative summary of evidence on this subject in recent years. *Listen's* interview with him is based on this report.

A physician with years of experience in public health, Dr. Haddon has written some forty scientific publications on accidents and other environmental hazards. He holds degrees from Massachusetts Institute of Technology, Harvard Medical School, and the Harvard School of Public Health.

It is noted also that drivers with blood alcohol concentrations in the lower range, .05 to .09 percent, readily reached, for example, by heavy social drinking, also appear more often among the dead than would be expected on the basis of their numbers in the driving population.

*Is this percentage about the same in accidents involving only one vehicle?*

Research results show that some 48 to 57 percent of drivers fatally injured in one-car crashes had blood alcohol concentrations in the high range of .10 percent or higher.

*What about multiple-vehicle crashes?*

High blood alcohol concentrations of .10 percent and higher have also been found in about 45 percent of drivers fatally injured in crashes involving more than one vehicle but in which no other vehicle or driver is believed responsible.

By contrast, drivers believed to have been killed as the result of the actions of others have not usually been drinking. When they have, their blood alcohol concentrations are more frequently similar to those of non-involved drivers than to those of drivers responsible for fatal crashes. For example, almost 80 percent have *no* alcohol present in their blood. In such crashes it is often a surviving other driver who has been at fault. As one medical examiner has stated, "Of greater seriousness is the realization that 44 percent of the *innocent* dead drivers were killed by drinking drivers!" Other research workers have reported, "The drinking driver ran into others four times as often as he was run into. The proportion of rammers among the drinking drivers was significantly greater than the proportion among the non-drinking drivers."

*Is there evidence to show how alcohol figures in nonfatal accidents?*

The frequent presence of high to extremely high blood

alcohol concentrations among drivers fatally injured in crashes has been extensively documented. In contrast, little research has been concerned with the blood alcohol concentrations of drivers seriously but nonfatally injured.

Such work shows the principle that high to extremely high blood alcohol concentrations are prominent in about one quarter of such serious crashes. Since the data include some drivers not responsible for their crashes, the true values are undoubtedly higher. The frequency of high to extremely high concentrations appears intermediate between the presence of such concentrations for about half of the drivers in fatal crashes, and the relatively lower presence of such concentrations among run-of-the-mill crashes in which little serious injury or property damage is sustained.

*What percentage would you say does this involve?*

On the basis of the present limited evidence, alcohol appears to contribute to at least 6 percent of run-of-the-mill crashes. However, the total number of such crashes due at least in part to alcohol far exceeds those in which serious injury or death is produced. Thus, although alcohol contributes to about 25,000 of the approximately 53,000 fatal highway injuries in the United States annually (1966 and 1967), it is estimated by the National Highway Safety Bureau to play a role in at least 800,000 of the approximately 14,000,000 run-of-the-mill crashes occurring in the country each year.

*Summarize, if you will, the rising scale of risk in increasing amounts of alcohol.*

Scientific investigation of actual crashes and the circumstances in which they occur, and laboratory and field experiments, show very clearly that the higher a driver's blood alcohol concentration:

- ★ The disproportionately greater is the likelihood he will crash;
- ★ The greater is the likelihood that he himself will have initiated any crash in which he is involved; and
- ★ The greater is the likelihood that the crash will have been severe.

Drivers with blood alcohol concentrations of .10 percent and above have a manyfold increase in crash likelihood compared with drivers who have not been drinking. This has been estimated by research to be sixfold to sevenfold—and more than twenty-fivefold at .15 percent concentrations, commonly exceeded by drivers who become involved in serious crashes after drinking.

*Are alcohol-involved crashes usually worse than others?*

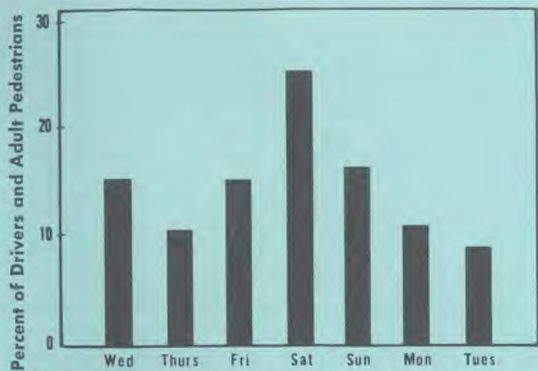
The marked relationship of increased crash severity and increased frequency of very appreciable blood alcohol concentrations among crash-involved drivers has led research workers to conclude that crashes in which alcohol plays a role tend to be much more severe (and probably also at substantially higher speeds) than crashes in which alcohol is not a factor—and that the higher the blood alcohol concentration, the greater is the probability of a serious or fatal crash.

*Do expert authorities agree that accident risks begin at a low-level concentration?*

The opinion of research scientists concerned with this field was well summarized by the Panel on Interpretation and Medical Aspects at the 1958 Symposium on Alcohol and Road Traffic:

"It is the opinion of this committee that a blood alcohol concentration of .05 percent will definitely impair the





Days of week drivers and adult pedestrians with blood alcohol concentrations of .05 percent and greater are fatally injured in crashes of all types, grouped together.

446 drivers and adult pedestrians, Sacramento and Alameda Counties, California, 1960-1967, and San Francisco, California, 1950-1967.

driving ability of some individuals and, as the blood alcohol concentration increases, a progressively higher proportion of such individuals are so affected, until at a blood alcohol concentration of .10 percent all individuals are definitely impaired."

The same conclusion has been reached by a wide range of groups, including the Committee on Alcohol and Drugs of the National Safety Council.

#### *Are alcoholics often involved in traffic accidents?*

Alcoholics and other problem drinkers, who constitute but a small minority of the general population, account for a very large part of the overall problem. We know that alcoholics comprise the bulk of the fatal alcohol-related highway crashes. Alcoholism underlies many of our most serious crashes, and is obviously not a problem that can be faced exclusively on the highway. It is a much broader social problem.

#### *How do teen-agers fit into this picture?*

The problem of the teen-ager on the highway cannot be handled in isolation from the problem of the teen-ager growing up in our kind of society. He may take his frustrations out on the highway; he may—a point that is seldom mentioned—be drinking heavily, a fact which accounts for a very substantial fraction of teen-age highway deaths.

#### *Is there any evidence on the question of drinking passengers?*

Considerable information has been developed as to the blood alcohol concentrations of fatally injured passengers considered without reference to the concentrations of the corresponding drivers: This information shows that large percentages of adult passengers fatally injured in crashes also have very high blood alcohol concentrations, especially passengers killed in single-vehicle crashes.

In fact, in the latter group only 20 percent have not been drinking to any extent. This overall pattern is similar to that with respect to drivers killed in single- and multiple-vehicle crashes.

#### *How does violence on the highway compare with other forms of "crime"?*

Counting injuries alone, highway violence exceeds all crimes against persons by about ten to one. Thus, highway injuries (at least one full day of restricted activity or

medical attention) in the twelve months July, 1966, to June, 1967, totaled 3,535,000. This compares with 357,894 crimes against persons in 1965. In 1965 highway deaths totaled 49,163; willful homicides, 9,850.

#### *Would you say that alcohol users involved in trouble on the road might also be caught up in trouble of other kinds?*

The deviant drinker, who contributes heavily to highway violence, commonly also has a history of other violence as well. For this reason, there are relationships and similarities between patterns of alcohol involvement on the highway and its role in a variety of crimes.

In illustration, the Task Force Report on Drunkenness of the President's Commission on Law Enforcement and Administration of Justice, in noting the relationship of alcohol to a variety of violence, cites one study on "882 persons picked up during or immediately after the commission of a felony."

The figures show that crimes of physical violence are associated with intoxicated persons. Cuttings (11 to 1 under the influence of alcohol), the carrying of concealed weapons (8 to 1 under the influence of alcohol), and other assaults (10 to 1 under the influence of alcohol) are definitely crimes of alcohol, even crimes of true intoxication.

The Commission's Task Force report comments in reviewing this and other evidence, that "the closest relationship between intoxication and criminal behavior (except for public intoxication) has been established for criminal categories involving assaultive behavior."

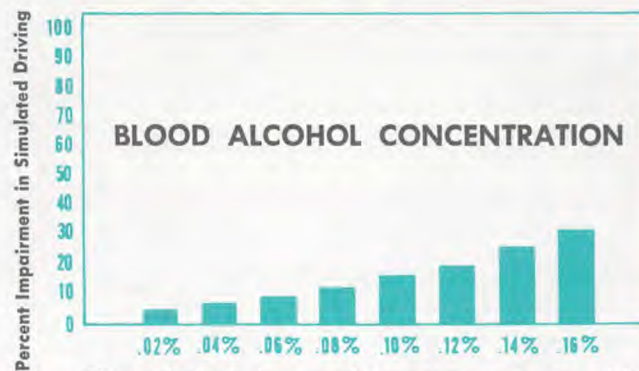
#### *What is the drinking risk for pedestrians?*

Results of investigation comparing noncrash-involved adult pedestrians, and those injured fatally at the same times and places, suggest that the risk of involvement for pedestrians is similar to that of drivers and begins to increase in the blood alcohol concentration range even below .05 percent. This is consistent with the results of the experimental work showing that deterioration of a number of relevant aspects of human performance can first be detected in this low range.

#### *What time of day do most alcohol-involved accidents take place?*

Since the drinking of alcohol is predominantly a late afternoon, evening, and nighttime activity, it is not surprising that fatal crashes in which alcohol is a factor occur preponderantly during the same periods.

In one study, 80 percent of drivers fatally injured in single-vehicle crashes and who had blood alcohol concentrations of .05 percent and higher, sustained their injuries in the nine hours between 9 p.m. and 6 a.m. In sharp contrast, only 30 percent of drivers fatally injured in single-



Effect of alcohol on performance as measured by a simulated driving task.

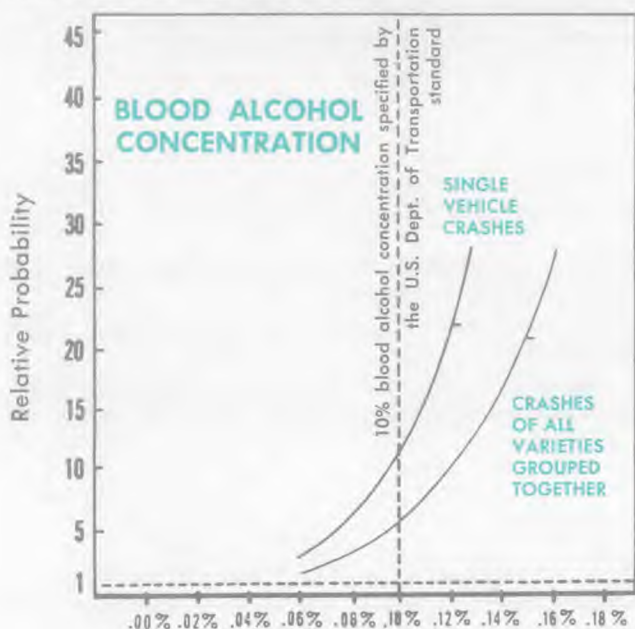


vehicle crashes and who had *not* been drinking to any extent sustained their injuries during the same period.

Drivers fatally injured in such crashes between the hours of 9 p.m. and midnight are over eight times as likely to have been drinking heavily, as not to have been drinking at all. However, although heavy alcohol use by highway users is especially a nighttime problem, alcohol is also present in substantial amounts among many of the drivers fatally injured at other times of day. In addition, it is noted that the relative scarcity of alcohol-involved fatal crashes during the morning rush hours, and their commonness late in the day and during the hours following midnight, are major reasons for the respectively low and very high overall fatality rates during these two separate times of day.

#### *What about the weekend?*

Because consumption of alcohol tends to occur to a greater extent on weekends, it is commonly assumed that most crashes involving alcohol therefore occur on weekends. More fatal crashes involving alcohol do, in fact, occur on Saturday than on any other day. However, the difference in day-of-week distribution of crashes fatal to those who have been drinking and of those who have not been drinking is not as wide as the difference of distribution of such crashes by time of day. This probably reflects the likelihood that very heavy drinkers comprising the majority of those in crashes after drinking, drink heavily throughout the week and not merely on weekends.



Relative probability of crash at various blood alcohol concentrations.

The horizontal dotted line shows a relative probability of crash the same as that with no alcohol present in the blood. The curves for fatal crashes are believed to be considerably higher and steeper, but insufficient research has yet been done to estimate them precisely. There is also insufficient information for certainty concerning the values with blood alcohol concentrations below about .06 percent.

#### *Is alcohol involved in accidents in other modes of transportation such as flying?*

Alcohol has been sufficiently identified in connection with crashes of other types to show that some parallels exist. The most striking parallels come from the results of research on fatal general aviation crashes. Thus, in a

pioneering study of such crashes occurring in 1963, alcohol was found to be involved in 35 percent. Of the fatally injured pilots in this group, 79 percent had concentrations of .05 percent or higher, 57 percent had .10 percent or more, and 45 percent had .15 percent or higher concentrations. Comparison with the figures for drivers shows that, although the overall percentage of the fatally injured general aviation pilots known to have been drinking was lower than was the case with the drivers, the concentrations of alcohol when found were generally similar. Other parallels included the findings that "the positive alcohol group was found to have a night accident rate twice that of the overall fatal accident group," and that the alcohol group comprised less than .6 percent of the total general aviation population.

#### *Are train crashes ever so involved?*

Alcohol has been identified in specific rail crashes. In illustration, the responsible engineer in a 1966 crash between two passenger trains was found to have a blood alcohol concentration of .22 percent "which caused a material impairment of his judgment and other faculties," according to the accident report by the Interstate Commerce Commission.

Since much of the problem of alcohol in relation to highway safety stems from individuals whose heavy drinking and related deviant behavior in many life situations is the basic problem, it is not surprising that such parallels exist. It is likely that future transportation crash research will identify additional examples.

#### *Could you summarize any "typical" characteristics of drinkers who get into trouble when they drive?*

Drivers with crashes or citations associated with alcohol, when compared with other drivers (either involved in crashes or not), more commonly have been found to possess these characteristics:

1. They possessed substantial histories of arrests and social and medical problems related to alcohol. Alcoholics responsible for fatal crashes very commonly have serious psychiatric problems including paranoid thinking, suicidal thoughts or acts, depression, or a history of violence. Non-alcoholic drivers, whether responsible for fatal crashes or not involved in crashes, usually are not found to have such problems.
2. They had more frequent histories of alcoholic parents. Drivers who were in crashes after drinking were found twice as likely to have alcoholic parents as drivers in crashes who had not been drinking, and three times as likely as drivers not in crashes.
3. They had marital problems. Drivers involved in crashes or violations in which alcohol is present differ from others in that they are more often divorced or separated than drivers in whose crashes or violations alcohol is not a factor. In the words of one research worker who investigated the histories of drunken drivers, "their marriages often were in a state of dissolution because of excessive drinking."
4. They were over the age of twenty and under sixty. In one study, two thirds of drivers fatally injured without alcohol in their blood were found to be between the ages of twenty and fifty-nine, but drivers in this age range comprised over nine tenths of those with concentrations of .15 percent and higher. In another study, three quarters of fatally injured drivers without alcohol in their blood were between the ages of twenty and fifty-nine, but nine out of ten with alcohol were in this age range.
5. The majority were male. For example, in one investigation, whereas men comprised 81 percent of fatally injured drivers without alcohol present in their blood, they totaled 90 percent of those with alcohol. [END]





## Out of Place

Neal Neitzel

ILLUSTRATION BY JIM PADGETT

FLAMES flickered cheerfully in the stone fireplace at one end of the massive living room. Music drifted softly in from the stereo on the patio.

Low laughter and a pleasant murmur of conversation were interspersed with the muted ballad being played.

"This is some victory celebration, isn't it?" said burly Frank Craig, his face gleaming in the dancing firelight.

The tall, dark-haired young man seated on the sofa beside the team's star fullback uncrossed his long legs and shifted to a more comfortable position. "I've heard about parties like these," murmured Steve Macklin. "I never expected to see one this close up, though."

"See it! Why, man, you're part of it!" boomed Frank, chuckling loudly. "So am I!"

Aware of the glances of the other young people in the dimness of the huge living room, Steve felt more out of place than ever. The informal house parties following college gridiron victories might be run-of-the-mill events for popular, glory-loving heroes like Frank, but it had required much persuasion from the other squad members to persuade Steve to attend the swank session that evening.

"Dale Sweeney doesn't invite just *anyone*," Frank had stressed, walking toward the dorm with Steve. "You have only this year, kid. Better not pass up this shindig!"

Steve was a senior transfer student. His three previous years at a smaller college were filled with gratitude for the opportunity his parents had provided him. He was majoring in business administration. The decision to transfer to

a larger school had been prompted mainly by the offer Steve received from George Winslow, whom he had met following a football game the previous year.

"I need a claims investigator," Mr. Winslow had remarked, learning of Steve's background with that line of work. "If you attended state university, you could handle some business for me, weekends and evenings."

"Yes, why don't you consider Dad's offer, Mr. Macklin?" said dark-haired Lila Winslow. She stood next to her brother, Bart, who had played his final game before graduating and joining his father's firm. They were on the sidelines while excited, noisy fans and other players swarmed around the field.

Steve looked at Lila, the gentle breeze ruffling her brown hair, her dark eyes friendly as she smiled up at him.

"I think I'll take you up on your offer, sir," Steve said quietly. He grinned at Bart. "This is the third season we've played against each other. Why didn't you tell me that you have such a beautiful sister?" he demanded, more than a little amazed at his own boldness.

Bart's blue eyes widened. "Oho! You can add another conquest to your list, Sis!" he said, winking at Steve.

"Bart Winslow! I do not have a list," Lila declared, but she smiled, taking her father's arm.

"Nice to have met you, young man," said Mr. Winslow.

"My pleasure, sir. And if you meant what you said about that job, I'll call at your office next summer."

"Dad never says anything that he doesn't mean," Lila



Winslow said softly. "I try hard to be the same way."

"What a break this is!" Steve declared happily, tossing his helmet up and catching it. "The curriculum at State includes specialized courses not available here. Thanks for introducing me to your family, Bart. I really appreciate it."

Bart grinned. "You'll earn whatever Dad pays you," he said. "I'm starting out as a file clerk. Can you imagine that?"

"Well, it is unusual, especially since your father owns the company," Steve said slowly.

Bart laughed. "I wouldn't want it any other way," he said sincerely. "That's where Dad began, thirty years back. Well, I'll have to take off, Steve. Here's hoping we'll get a chance to work together. Quarterbacking against you was a real challenge, but I'd like for us to play on the same side for a change!"

Since then Steve had seen Bart a few times, but they hadn't really found the opportunity to get together. When Steve reported to the office, Bart and the others who worked six days a week instead of the usual five were extremely busy, processing claims and typing up new policies.

Lila Winslow never appeared at the office, but Steve sometimes caught a glimpse of her as she walked across the campus. She was in her sophomore year at State. They attended different classes and traveled in different circles.

Now, after six weeks on the job and at school, Steve sat in the magnificent living room of the Sweeney residence beside Frank Craig. His gray eyes searched out the slim, attractive form of Lila as she stood near the patio doorway.

Dale Sweeney, a stocky, bespectacled blond young man, also a senior, sauntered into the room. He clapped his hands together, calling for the attention of his guests.

"Us Sweeneys like to do these things up right!" he began when everyone was present. He was weaving unsteadily, his pudgy features foolish with a lopsided grin. "Refreshments are waiting for the partaking in Daddy-O's den," he announced. His speech was slurred. "An' for those new to these humble premises, jush follow the crowd!"

Good-natured laughter and applause greeted his lurching bow. Frank Craig and another team member hurried forward and half-carried their host into the adjoining room. Rising slowly, Steve heard the clinking of glasses and the pop of a cork, followed by giggles and cheers.

He felt a light touch on his arm. "Hi, Steve," said Lila Winslow. "Or don't you even remember me?" she asked quietly, her dark eyes meeting his.

Steve put his big hand over hers. "Hello, Lila. I didn't think you'd remember me. That's why I didn't speak before."

"Your first big party, Steve?"

"I'm afraid it shows," he said gravely.

"Mine, too. Dad wasn't keen on the idea of my coming, but Bart helped me talk him into okaying the invitation," Lila told him. "Shall we go in?"

Steve glanced around the dusky living room. They were all alone with the dancing firelight playing on the luxurious furnishings and walls. "I suppose we should," Steve answered reluctantly. They linked arms and walked toward the loud voices and laughter.

Young women and men were clustered around a long mahogany bar at the far corner of the room. Dale Sweeney and two other youths were behind the bar, busily filling glasses. Frank Craig emitted one of his enthusiastic bellows, beckoning for Steve and Lila to join the group.

"Champagne cocktails! Whoooooe!" he whooped, holding a partially emptied glass aloft.

Dale Sweeney focused his squinting eyes on the newcomers. "Three cheers for the besht ol' quarterback ol' State hash ever had!" he proclaimed, punctuating his toast with an abrupt hiccup.

Giggling, an attractive blond girl wearing a dark-green dress thrust a glass into Lila's hands. "Isn't this fun?" she marveled, her face flushed. Then she returned to the bar and picked up another glass, hurrying back to offer the drink to Steve.

Steve's gray eyes had taken a rapid inventory. Everyone was drinking. No exceptions. He looked at Lila. She held the glass while she laughed at something one of the fellows was saying.

Reluctantly, Steve grasped the proffered champagne cocktail. He didn't drink. He'd seen too many decent, hard-working people transformed into disgusting alcoholic bums to have anything but distasteful dislike for drinking.

"Here's a toast to our team!" Frank raised his glass.

Steve glanced at Lila. The glass was at her lips, her eyes meeting his. If Steve didn't join in, his abstinence would be conspicuous. He could fake drinking; he could even sip this one cocktail—one drink wouldn't harm him.

Or he could take three steps forward and place the untouched cocktail glass on the bar.

"C'mon, Steve! Drink up!" boomed Frank Craig, grinning affably. Other young men and women finished drinking the toast and looked toward Steve and Lila.

Steve tried for a smile. "I don't drink," he heard himself say with quiet firmness.

All conversation ceased. Steve felt more out of place than ever. A grin frozen on his lean face, Steve walked past the blond girl in the green dress and carefully placed the glass on the bar.

"Please take my drink too," Lila Winslow said, her voice calm and certain. "I don't drink either," she said.

Dale Sweeney blinked in astonishment. "What ish this?" he demanded harshly. "Mutiny in the ranks?"

A number of other young men and women quietly replaced their glasses on the bar. Frank Craig stared at Steve, scowling as if he was trying to decide about something. Then, with a heavy sigh, Frank placed his glass on the bar and ambled back toward the living room.

A few minutes later, Steve and Lila walked back toward the campus along the darkened streets.

"That will be the last party at the Sweeney home that we'll ever be invited to, you know," Lila said quietly. She paused for an instant, her hand touching Steve's. "If you hadn't taken a stand, I guess I would have gone along with the others," she confessed.

Steve's fingers tightened gently around her small hand. "I guess a person has to do plenty of things in life that aren't exactly pleasant," Steve said slowly. "But there's a difference between doing something that has to be done and doing a thing because everyone else does." He grinned. "You probably don't know what I mean; I'm not even sure that I know myself," he said.

"I know," Lila said softly. Her look of admiration was both an answer and a promise. "Why do you think Dad was so anxious to persuade you to join his company? And why do you think Bart—and I—like you so much?" ■



# Children Reflect What They See on TV

## Dope Is Most Deadly For Youthful Users

Diseases related to narcotics addiction cause more deaths among New Yorkers fifteen to thirty years old than murder, suicide, accidents, or natural causes, says Dr. Milton Helpern, the city's chief medical examiner.

The number of narcotics deaths in all age groups, 85 percent of them in the one age group, totaled 450 in the first six months of 1968, compared with 670 in all of 1967.

Dr. Helpern says that 90 percent of narcotics fatalities are caused by an "acute reaction" to the substance injected intravenously by the user.

"Sometimes they die so fast we find them with the needle still in their arm and the syringe half full," he adds.

In almost every case this substance is composed of a quarter to a half grain of heroin heavily diluted with milk sugar and quinine.

Studies conducted by Dr. Helpern, Michael Baden, an assistant, and other members of the staff have failed thus far to disclose a medical reason for the upsurge of deaths, but the presence of an as yet undiscovered virus has not been ruled out.

Such a virus might be the cause of the otherwise unexplained acute reaction, which creates congestion in the lungs that is followed by pneumonia.

Another frequent cause of death is endocarditis, an inflammation of the heart valves that has its origin in bacteria on the needle used to inject heroin or other drugs.



Psychologists are finding that habits can easily be developed in a child by using mild means, not harsh ones. Even favorite toys will be avoided when mild threats are used. Harsh threats often create the opposite effect.



Modern television is rearing a generation of youth who find it difficult to relate to anybody—and therefore become dropouts.

## "We Never Hard Sell," Liquor Industry Claims

The liquor industry is anything but a bonanza, claims Robert W. Coyne, president of the Distilled Spirits Institute.

He says distillers make about 8 percent before taxes on their investment each year "and that puts them down around twenty-fifth among major industries in America in relation of profit to sales."

Referring to the industry line that there is no attempt to "hard sell our goods," he claims that contrary to the basic purpose of advertising, "We advertise, of course, but we never try to push the reader, viewer, or listener into taking a drink—it's a battle of brands, that's all."

Coyne also has some other observations about the liquor industry: "Vodka sweeps up steadily, even though not many in this country had heard of it until a few years ago. Vodka now holds about 25 percent of the liquor market."

"Volume of sales in the liquor industry is up about 4 percent yearly, keeping pace with the population," Coyne says.

"The hippie movement hasn't cut into liquor sales, even though the so-called 'flower people' claim they don't drink. Actually the hippies are overpublicized because they're different, or act different. The Boy Scouts of America and the Future Farmers are growing much faster than the hippie movement."

The trouble with today's youth may be that they are the first humans to grow up having watched television all their lives, says S. I. Hayakawa, a distinguished semanticist.

Their rioting, drug taking, alienation, and radical politics all may be unforeseen consequences of television's radical reshaping of the environment.

He compared TV to a powerful sorcerer who snatches children away from their parents for three or four hours a day, something like 22,000 hours by the time they reach eighteen.

"Is it any wonder that these children, as they grow to adolescence, often turn out to be complete strangers to their dismayed parents?" the semanticist asks.

The important fact about television, Hayakawa continues, is that "you have no interaction with it. A child sitting in front of a TV set gets no experience in influencing behavior and being influenced in return."

"Is there any connection between this fact and the sudden appearance in the past few years of an enormous number of young people from educated and middle-class families who find it difficult or impossible to relate to anybody—and therefore drop out?"

"I am sure you have met them, as I have—young people, not necessarily of the underprivileged classes, who are frightened of the ordeal of having to make conversation with their friends' parents or anyone else not of their immediate clique."

The antimaterialism of youth, Hayakawa says, may be an overdue negative reaction to television's message that "material possessions are everything, that this headache remedy, this luxurious carpeting, this new model auto" will bring all kinds of happiness.

Julius Walton, the carpet tycoon, reports seeing this sign in a saloon: "If you're drinking and SMOKING—Pay Now!"

## In This NEWS

★ How does drink affect the brain? See page 16.

★ TV "stars" perform on the streets of Portland. See page 17.

★ Task force scores cigarette advertising. See page 18.



## Chemical Effect on Brain Is Produced by Drink

Drs. Michael Collins and Gerald Cohen, two New York biochemists, report what they believe might be the long-sought scientific reason that alcohol can cause behavioral changes ranging from euphoria through drunkenness to hallucinations.

They say that the body probably converts alcohol through a series of complicated steps to substances chemically akin to morphine, peyote, and other opiates and hallucinogens.

If this is, in fact, the chemical action of alcohol on the brain, they say, it might eventually be possible



Constant drinking affects the brain by shrinking the convolutions of the cerebral hemispheres. This is here shown by a narrowing of the cortical ridges with a corresponding widening of the intervening grooves, or sulci. This atrophy is accompanied by a decrease of mental acuity.

to apply the knowledge to the treatment of chronic alcoholism, one of society's major health problems.

Dr. Collins notes that heavy and chronic drinking is known to produce changes in the nerves and brain ranging from either excitability or anxiety to tremors, delusions, and, occasionally, hallucinations.

"Since similar effects on mind and body can be precipitated by various alkaloids (of the morphine, strychnine, and caffeine type), we speculated that alkaloid formation in the body might underlie many of the behavioral effects of alcohol," he adds.

Dr. Cohen explains that the metabolism of ethyl alcohol proceeds through three steps: first the alcohol is metabolized by the liver, kidney, and spleen into acetaldehyde; this body-made chemical then reacts with the adrenaline present in the adrenal glands, nerve endings, and the brain to form an alkaloid named isoquinoline; this final product then exerts its effect on the brain and the nerve endings.

## Jimsonweed Is Threat to Youthful Experimenters

San Diego police are warning juveniles that they face serious illness or death through the use of a revived fad in the use of a psychedelic substance—jimsonweed.

The common plant, called locoweed by its youthful devotees because of its hallucinatory effects,

has shown up in a number of juvenile drug use cases recently, and officers are concerned that its continued use could have fatal consequences.

Detective Elton Bailey says the plant grows wild throughout North America. Its scientific name is *Datura stramonium*.

"The plant contains a depressant drug which is used for its sedative effect in preparing patients for operation," says Mr. Bailey.

He adds that the drug is extremely dangerous and that immediate medical attention is necessary for anyone under its influence.

Symptoms of jimsonweed intoxication include thirst, dilation of the pupils, and collapse.

## One's Eyes May Betray Cholesterol in His Blood

Healthy persons under forty-five years of age might be able to prevent the heart attack that is ten years distant by looking into a mirror today, say doctors at the National Institute of Health (NIH) in Bethesda, Maryland.

According to NIH physicians, the presence of a clearly visible, halo-like gray or white ring just inside the border of the corneal window, or colored portion, of the eye indicates an unhealthy amount of cholesterol in the bloodstream.

Cholesterol is a fatty substance that collects in the bloodstream, and hypercholesterolemia—too much cholesterol—is believed to be a leading cause of premature heart attacks. If discovered in time, this condition can be halted and perhaps reversed by dieting, doctors say.

The mirror test applies only with Caucasians under forty-five, though. Doctors say that presence of the ring, which is known as an arcus, is common among Negroes and all persons over forty-five, and does not necessarily indicate hypercholesterolemia among these people.

## Monkey Business in Space



READY TO GO—A pig-tailed macaque monkey relaxes in his instrumented couch while undergoing tests that signify he's ready for space flight. He's pioneering the way into space for man to follow later.



### Small Babies

Pregnant women who smoke generally have smaller babies and run more serious risks, indicates a study at Sheffield, England, University.

There were indications that women smokers run a greater risk of miscarriage, stillbirth, or the death of the child in the first month of life, especially when they have high blood pressure, the Sheffield report says.

The overall rate of unsuccessful pregnancies was found to be 7.9 percent among smokers, compared with 4.1 percent among nonsmokers.

Smokers with high blood pressure had an unsuccessful pregnancy rate of 31 percent, compared with 14.5 percent among nonsmokers.

### Health Help

The Federal House has passed a two-year, \$211 million, health program of aid to communities for treating alcoholism and narcotics addiction.

The measure includes a Congressional finding that chronic alcoholism can be treated better as a "major health and social problem" rather than as a criminal matter.

It provides a \$15 million ceiling for the fiscal year 1969 for grants to build, staff, and operate treatment facilities for alcoholics and drug addicts. This would increase to \$25 million in the next fiscal year.

The bill also extends for two years regional medical programs for heart disease, stroke, cancer, and related diseases.





★ Fort Lewis (Colorado) students spend almost as much money each month on drinking and smoking as for clothing, according to a survey of their spending habits. (AP)

★ A New York lawyer wants to standardize the size of a shot of booze "so a customer knows how much whiskey he's getting for his money." He contends that the nation's drinkers waste \$1 million a year on shot glasses with false bottoms, thick sides, or both. (AP)

★ During the last fiscal year, hard liquor sales in California increased to 46.8 million gallons from 39.7 million gallons the previous year. Beer sales were off during the year to 298.6 million gallons from 311.9 million gallons. Wine sales totaled 45 million gallons compared to 42.1 million gallons. (Modesto Bee)

★ Drinking Americans are switching from gin to vodka. In 1967, 12.9 million cases of vodka were sold compared to 12.4 million cases of gin. In the traditional bourbon vs. Scotch contest, Americans still prefer bourbon, two to one. In the last five years, sales of Mexican tequila, liquor made from a type of cactus, have increased 400 percent. (Parade)

★ A new law in New York State makes it illegal for either the driver or his passengers to drink alcoholic beverages in a motor vehicle while it is moving on a highway. Says the Department of Motor Vehicles, "An open bottle of whiskey or even beer might be considered prima facie evidence of lawbreaking." (New York Times)

★ The Government has ruled that alcoholic drinks aren't included in the "personal sustenance and comfort" promised Federal employees and officials who must travel on Government business. (Denver Post)

★ After thirty-four years of liquorless Sundays, a new city ordinance in Washington, D.C., permits the sale of liquor by the drink until 2:00 a.m. Sunday and from noon Sunday to 2:00 a.m. Monday. (AP)

★ Drinking by drivers and pedestrians accounts for 25,000 deaths a year, or about half the yearly death toll from accidents, says the Transportation Department. (UPI)

★ A Carmel, California, youth died after inhaling fumes from a hair spray can to get "high." (UPI)

★ Twice as many physicians become drug addicts as do members of the general public, according to Dr. Robert Halliday, coordinator of Canada's Narcotic Addiction Foundation. He says ratio of addiction in the physician population is one in 280, while for the remainder of the population of British Columbia it is one in 476. (The AMA News)

## New TV Stars Perform On Streets of Portland

A Portland motorist with a yen to make a television debut can find a talent scout on almost any downtown street corner.

All he has to do is gulp down one or two snorts too many, climb into his car, and weave down the street. As soon as the first policeman stops him, the performance begins.

To crack down on drunken driving, Portland police are installing cameras to make television tapes of all drivers arrested on suspicion of drunken driving.

When the suspect walks into a narrow, brightly lighted room at the Traffic Division, an overhead microphone will pick up his every syllable, including slurs, mumbles, and cussing while the officer encourages him to try a tongue-twister: "Theophilus Thistle thrust three thousand thistles through the thick of his thumb."

A hidden camera will record the suspect's attempts to clutch a pencil, touch his nose, and walk the straight line. The audience for the later showing of the tape will be a judge, the city prosecutor, and the defendant.

## Exercise Your Automobile!

Head for the open highways and exercise your automobile.

That's the advice from the director of the Chicago Motor Club's emergency road service department, John H. Struben.

He says exercise, as in the hu-

man body, keeps a car tuned and peppy.

"This does not mean that you must drive at excessive speeds—just reasonable highway speeds sufficient to give your engine a good workout," Struben explains.

He says a brisk run at highway speeds helps to improve battery efficiency, removes carbon from spark plugs, and frees sticky valves.

## New Drug Found to Prevent Heart Attacks

Dr. Louis R. Krasno, director of clinical research for United Air Lines in San Francisco, says that the cholesterol-lowering drug called Atromid-S has shown promise of being effective in preventing heart attacks among middle-aged men.

In his three-and-one-half-year study involving 1,400 men from forty to sixty years old, Dr. Krasno found that the frequency of heart attacks in men who weren't taking Atromid-S was 3.7 times greater than in those receiving the drug.

"We may have a practical and definite answer to the ever-menacing problem of atherosclerotic heart disease," the doctor says.

The drug in pill form is taken four times daily. Cholesterol is a fatlike substance that is thought by many researchers to be involved in the cause of heart disease.

Atromid-S, whose generic name is clofibrate, is manufactured by American Home Products Corporation and has been marketed as a prescription drug for about a year.

Dr. Krasno notes that the side effects with Atromid-S are minor. About 3 percent of persons taking Atromid-S report mild to moderate digestive difficulties, he says.



# ARE YOU PUZZLED?

Frieda M. Lease

## MAKING NAMES

Complete this puzzle by writing the defined words in the blanks to get proper names.

- |                                    |                                     |
|------------------------------------|-------------------------------------|
| 1. I _____ vehicle used for moving | 10. G _____ a running contest       |
| 2. O _____ exist                   | 11. _____ h deep wheel track        |
| 3. A _____ a first person pronoun  | 12. K _____ consumed a meal         |
| 4. _____ l fruit                   | 13. _____ y to damage               |
| 5. D _____ enthusiastic, eager     | 14. l _____ small number            |
| 6. _____ l sense organ             | 15. _____ y create friction         |
| 7. O _____ blemish from cut        | 16. _____ l auto                    |
| 8. W _____ to change               | 17. _____ a place to sleep on train |
| 9. _____ y 2,000 lbs.              | 18. O _____ a chum                  |

## New Blows Are Prepared Against Smoking Habit

A Federally appointed panel on smoking and health has urged a ban on cigarette advertising that would reach children and young adults.

The report of the Surgeon General's Task Force for Smoking and Health denounces the tobacco industry for "encouraging death and disease" through cigarette advertising despite "evidence that smoking is a health hazard."

"One of the reasons why cigarette consumption has remained high," the report says, "is the inability or unwillingness of the cigarette industry to face up to the health hazards of cigarette smoking or even to admit they exist."

"The public relations and political posture of large parts of the industry has been rather to attack the evidence and to pretend that a health crisis associated with cigarette smoking which now confronts the United States does not, in fact, exist at all," it continues.

It adds that a "well-financed and professionally conducted public relations program" on the part of the tobacco industry "is encouraging death and disease."

The Federal Trade Commission has reports that the tobacco industry last year spent \$312 million for advertising and promotion, 73 percent of it going to television stations.

As a primary measure, the report says, "cigarettes should not be advertised in a way that reaches large numbers of children and young people."

It urges that the Public Health Service, of which the Surgeon General is head, begin a counterattack against the tobacco industry on its own ground through a "full-scale advertising program on smoking and health." "If this is not obtainable, the Public Health Service would mount its own program

through contract with an advertising agency."

Among task force recommendations:

Doctors and other "health professionals," to set an example, should never smoke in the presence of patients or youngsters and should "remove ashtrays, post 'no smoking' signs, and display appropriate health literature in their offices."

Wives should form groups to discuss ways to help husbands quit smoking.

The Department of Health, Education, and Welfare should encourage the insurance industry to charge nonsmokers lower rates for life insurance "so that nonsmokers will no longer have to pay the extra costs of death and illness associated with cigarette smoking."

The Public Health Service should find out if the broadcasting industry

is complying with a recent Federal Communications Commission ruling that antimoking messages must be accepted by stations which carry cigarette commercials.

That personalities from the world of sports form a national committee to persuade youngsters not to smoke.

## Many People Take Drugs To Escape Depression

A study of drug abusers admitted to Bellevue Psychiatric Hospital in New York shows that half of them had psychiatric problems prior to their use of drugs.

Rather than alleviating their problems, the drugs activated or aggravated the preexisting mental illness, the study reveals.

Drs. Leon Hekimian and Samuel Gershon say 37 percent of the drug abusers they interviewed required hospitalization in a state psychiatric facility.

Dr. Hekimian says that the most important reason he noted for taking drugs was to escape from a strange, underlying depression—a kind of depression that many were not even aware they suffered.

Characteristic of this type of depression, the doctor says, is "boredom, indifference to people and situations around them, and a curious interest in finding artificial ways to give themselves a boost."

It is a type of depression, the doctor adds, that does not respond to antidepressants. The person turns to drugs in his search for euphoria and a sense of well-being. The patient's pre-drug psychiatric disturbance often determines which drug he chooses to abuse.

Half of those who abused marijuana, amphetamines, and hallucinogens were found to have had definite pre-drug signs of schizophrenia. A number of them had been seen by psychiatrists before they turned to drugs.

The findings indicate that the use of marijuana "is disproportionately higher among unstable persons or those with an established psychiatric entity (disorder) than among those without these characteristics," the doctors say.

They assert that their study points to the need for a more careful investigation of the relationship between mental depression and the abuse of drugs.

The study also emphasizes the frequent need for intensive psychiatric care following hospitalization for drug abuse. Dr. Hekimian says, "The psychosis often doesn't disappear after the drug is washed out of the system."



REDEYE MISSILE designed to strike low-flying aircraft is tested for shipboard use at Pacific Missile Range, Point Mugu, California.

### ANSWERS:

18. O-pal  
 14. I-one  
 15. Rub-y  
 16. Cor-l  
 17. Berth-a  
 10. G-race  
 11. Rut-h  
 12. K-ate  
 13. Mar-y  
 6. Ear-l  
 7. O-scar  
 8. W-aher  
 9. Ton-y  
 1. L-yan  
 2. O-llive  
 3. A-m-y  
 4. Pear-l  
 5. D-





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"AGAINST him you don't get enough tennis."

Speaking was Tom Okker, the little Dutch tennis star who had just lost the finals of the first United States open tennis championship to Arthur Ashe, now the top-ranking amateur star in the world.

Lightning-quick himself, Tom had nevertheless lost, after 2 hours, 37 minutes—and 65 games—of brilliant playing to Ashe's powerful serve, perhaps the strongest in tennis. "That big serving," Tom called it.

Says Ashe, "When I serve, I try to win my game fast, say about thirty seconds. I shouldn't have to serve more than four or five times a game. My bullet serve is my heavy artillery. Some people call it the best in the amateurs

# Arthur Ashe --

## "Shadow" on the Courts



After sixty-five strenuous games, United States amateur champion Ashe also became the open champion as well, to achieve the pinnacle of the U.S. tennis world.



Arthur Ashe holds his trophy after defeating Tom Okker (left) of Netherlands for the men's singles title in the United States open tennis championship.

today. I'm six feet of stringy meat, with rubbery whip in my wrist, and with millisecond timing when I'm right. Those are the factors that put the lightning in my serve."

Arthur Ashe is known as "The Shadow" for his ubiquitous presence on the court, where he is a lithe panther. He is the only amateur to have won any of the five national open events throughout the world. He is now also the United States national amateur champion, and is a member of the United States Davis Cup team.

He first gained national stature with victories in the 1960 and 1961 indoor junior championships. These titles helped him earn a scholarship to the University of California, Los Angeles, where he gained enough experience to capture the national collegiate championship. His ranking increased steadily, and for three years he was ranked second, until a streak of twenty-five consecutive victories brought him the double prizes of the national amateur and the national open. His current concentration is in breaking Australia's monopoly of the Davis Cup, the highest rung in the world of tennis.

"Ever since I was a small boy, I've been tied to the training schedule," says Ashe. "I skip as many low-priority blowouts as I can. A frolic like a fraternity party is no thrill for me." He knows that to keep the sharp edge for tennis requires a careful screening of personal habits.

And in putting world championship in a most demanding sport at the top of his docket he makes everything else of secondary importance. ■