

LISTEN

A
JOURNAL
OF
BETTER
LIVING



FRAN GARTEN
Miss American Teen-ager

LISTEN

JOURNAL OF BETTER LIVING

Adding Is Better Than Subtracting

People today can live longer, but they are choosing to die quicker. They can have years added to their lives, but they are deliberately subtracting years instead.

Medical science has made dramatic progress in the last decade, making it possible to avoid many diseases, to spend less time in sickbeds, to lose less time from work because of illness, to enjoy better health for more years. But many are refusing to accept this gift.

Early this year the Government published a book entitled *Toward a Social Report*. Carefully prepared over a period of two years by a task force of experts in the Department of Health, Education, and Welfare, this 198-page book provides guidelines in measuring the quality of life today—not how much, but how good.

Society has learned how to regulate its economy, this study says, but not how to determine its social needs or goals. Therefore the marshaling of "social indicators" would provide a working tool for the setting of social priorities.

One such priority has to do with health. And tremendous progress has been achieved in bringing better health to millions and assuring them of longer life. Despite this progress, however, the amount of time the average American can expect to remain in a sickbed or in an institution has remained static.

Why this paradox? This official book, *Toward a Social Report*, points out a major reason: "Illness stemming mainly from cigarettes, alcohol, and a rich diet have undercut the advantage."

In fact, all three together whittle so much away from health and life that man's longevity could advance by leaps and bounds could the three be eliminated as health hazards.

For example, by the effect of their habit on their health smokers virtually cancel out their additional years made possible by medical advance. Dr. E. Cuyler Hammond, vice-president of the American Cancer Society, notes that in 1965 a twenty-five-year-old American man could expect to survive for an average of an additional 45.6 years—4.0 years more than he could have expected in 1919-21.

But most disturbing, he emphasizes, is the fact that "the life expectancy of American men has shown no improvement since 1959-61. Substantial improvement will be difficult . . . unless a solution is found to the problem of cigarette smoking."

Smoking has been called "the greatest preventable public health problem of all time." Unbiased medical authorities view it in this light. Add to the toll of smoking the deaths associated with drinking and wrong eating, and you get a total that can only be estimated.

Every year 130 million Americans pay 500 million visits to their doctors, receiving a prescription bill of some \$3.5 billion. More than 27 million go to a general hospital and spend an average of 8.2 days. The total cost of medical care in the United States is \$53 billion annually, or 7.5 percent of all personal income.

Think how much of this expenditure could be saved if only the avoidable part of it were eliminated. Adding years is better than subtracting any day—when it comes to living.

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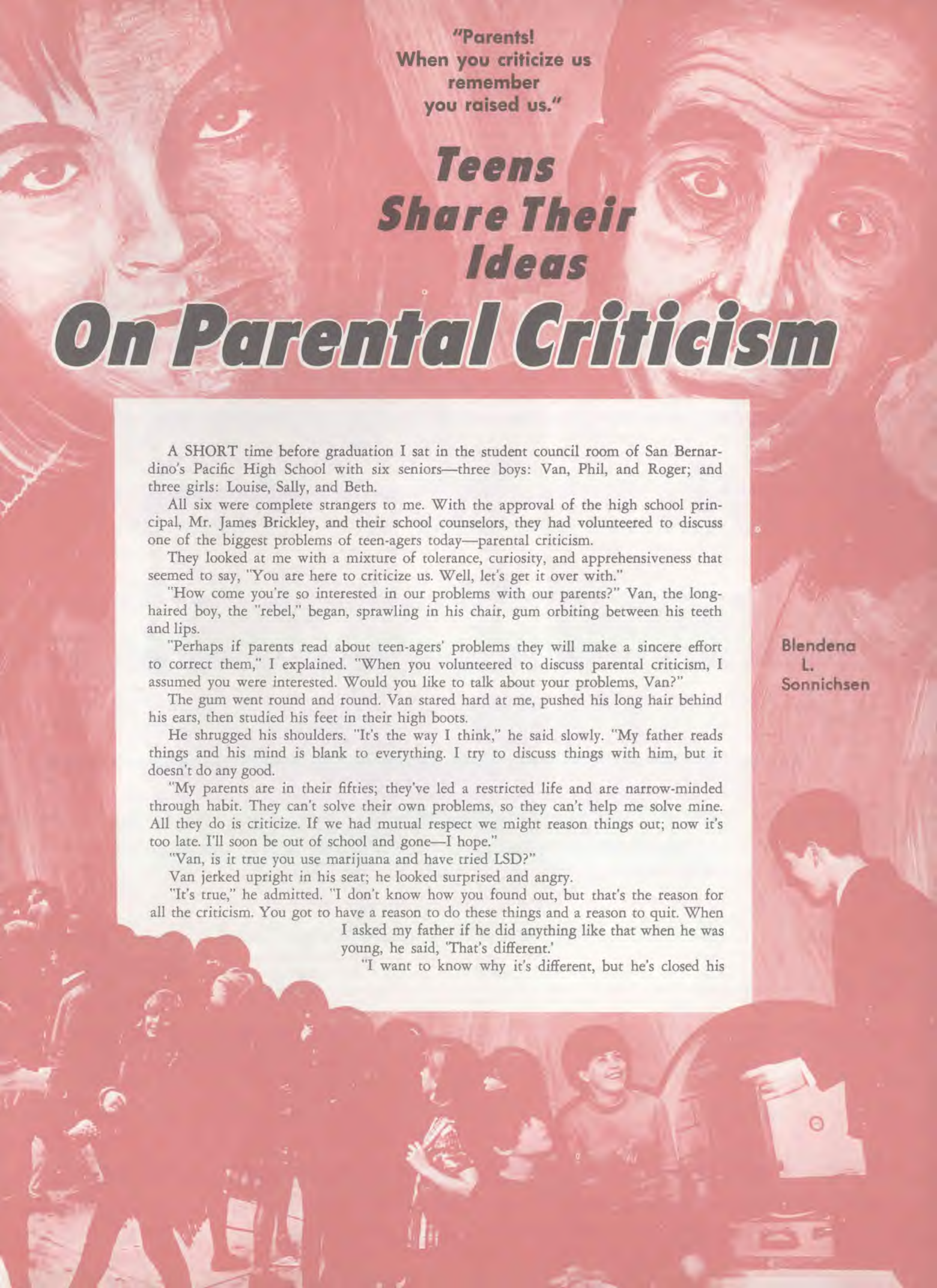
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**"Parents!
When you criticize us
remember
you raised us."**

Teens Share Their Ideas

On Parental Criticism

A SHORT time before graduation I sat in the student council room of San Bernardino's Pacific High School with six seniors—three boys: Van, Phil, and Roger; and three girls: Louise, Sally, and Beth.

All six were complete strangers to me. With the approval of the high school principal, Mr. James Brickley, and their school counselors, they had volunteered to discuss one of the biggest problems of teen-agers today—parental criticism.

They looked at me with a mixture of tolerance, curiosity, and apprehensiveness that seemed to say, "You are here to criticize us. Well, let's get it over with."

"How come you're so interested in our problems with our parents?" Van, the long-haired boy, the "rebel," began, sprawling in his chair, gum orbiting between his teeth and lips.

"Perhaps if parents read about teen-agers' problems they will make a sincere effort to correct them," I explained. "When you volunteered to discuss parental criticism, I assumed you were interested. Would you like to talk about your problems, Van?"

The gum went round and round. Van stared hard at me, pushed his long hair behind his ears, then studied his feet in their high boots.

He shrugged his shoulders. "It's the way I think," he said slowly. "My father reads things and his mind is blank to everything. I try to discuss things with him, but it doesn't do any good.

"My parents are in their fifties; they've led a restricted life and are narrow-minded through habit. They can't solve their own problems, so they can't help me solve mine. All they do is criticize. If we had mutual respect we might reason things out; now it's too late. I'll soon be out of school and gone—I hope."


"Van, is it true you use marijuana and have tried LSD?"

Van jerked upright in his seat; he looked surprised and angry.

"It's true," he admitted. "I don't know how you found out, but that's the reason for all the criticism. You got to have a reason to do these things and a reason to quit. When I asked my father if he did anything like that when he was young, he said, 'That's different.'

"I want to know why it's different, but he's closed his

**Blendena
L.
Sonnichsen**



mind to everything. My folks don't try to find out what bugs me; maybe they're afraid." Van snapped his gum defiantly, but his voice had a pleading note.

Phil, a handsome, expensively dressed, clean-cut lad with deep blue eyes listened attentively to Van talk, nodding his head occasionally as he twisted a pencil in his hands.

"Do your parents criticize you, Phil?" I asked.

"Not my mother. She's OK. It's my father. In our house we play games. My father wants me to 'put on a front'—lie about things. I want to be honest. Whatever I do, he doesn't want me to, so we argue and fight. My father's a professional man, dressed up all the time. I like to work on mechanical things—cars and motorcycles—and I get dirty. He criticizes my work and my appearance; I think I could be a good mechanic if he took a little interest and encouraged me.

"Instead, I'm going to the college of his choice to learn a profession I hate, just so he can keep up a front, brag about carrying on the family tradition. That means more to him than I do. Last Christmas when I came home from a vacation in Mexico I hadn't seen him for two weeks. All he said when he came home was, 'Get a haircut'—didn't ask if I was all right, had a good time, or what I did. He just doesn't care."

"My folks treat me like a six-year-old, a vegetable." Roger, the Negro boy, spoke quietly, linking and unlinking his fingers.

"My folks tell me what to do; then the next minute they change their minds. They criticize me for not accepting responsibility, but how can I when they don't stick to what they tell me to do? I'm an honor student; I've been accepted by a fine university. That should show I'm responsible, shouldn't it? Now when they criticize me, I just listen and do what I want. I don't want to disobey my folks, make them unhappy, but it's no use. We never get together."

Louise, a thin, stoop-shouldered girl, was nervously biting her lips as she listened to the boys talk. When I called her name, she jumped and her face flushed with color.

"I didn't mean to startle you," I apologized as she dropped her books on the floor.

"You didn't. I'm so used to being yelled at that I jump at every sound. My father yells at me about getting a job so I can go to college this fall. He talks about how hard he worked when he was a boy, and that's what he expects me to do. But I'm a girl, and things are different today. I got a job and worked awhile, but business was slow and I got laid off. My father criticized me, said I didn't do satisfactory work. I did do satisfactory work, but I can't force people to keep me if they don't need me. My father has yelled at me and criticized me so much that I get so nervous I itch all the time. I can't get a job until I stop itching, but my father doesn't understand this. He just keeps yelling, and I keep itching. It's terrible."

"My father criticizes my driving," dark-haired Sally broke in excitedly. "First he tells me to obey the law, not speed or drive reckless. I do obey the law; I'm a new driver, and I'm cautious because I don't want to have an accident. Then my father does exactly what he has told me not to do, especially when he's had a couple of drinks. Then he really speeds. The last time he missed the turn and knocked down the fence. He couldn't stop, and he scared my mother so bad she jumped out of the car and walked home. When

Mr. James L. Brickley,

Principal

Pacific High School
San Bernardino,
California



"The more I deal with the adult community the more confidence and respect I have for today's youth. A small percentage of our youth do have problems that give all thinking adults grave concern as to the causes and the solutions. However, if there is such a thing as a golden age, it is today's youth that will bring its fulfillment."

I get behind the wheel, he criticizes so much I don't even want to drive. I lose my courage."

"I'm getting married after graduation," Beth announced proudly, snapping the lid of her sewing basket. "I've found someone who loves me and can talk to me without screaming. I've always had discipline from my mother and stepfather since I was a little girl, but I haven't had love. My little sister gets away with anything, but I'm a stepchild. This last year has been constant criticism because my stepfather thinks I'm costing him too much money. He lives in the past, won't accept the fact that times are changing and things cost more, that his standards are out of date. If ever I have children I hope I keep up with them, live for the future, not harp on the past."

Of the six seniors Van has the greatest personal problem. He has already used marijuana and LSD. If he leaves home, chances are he will eventually become an addict.

Phil may never successfully follow his father's footsteps though educated to do so. His heart is in mechanics.

If Roger goes away to college as he plans, he probably will conquer the indecisions that now trouble him.

Of the three girls, Louise has the most trying situation. Her father has yelled at her so much that she will be a bundle of nerves as long as she stays home. He has no confidence in her because he lacks confidence in himself. His yelling is really directed at his own shortcomings.

Everyone knows alcohol and gasoline don't mix. Sally's father insists she obey the law, but he breaks it when he drinks and drives.

Pretty Beth will rush into marriage to find the love she wanted from her parents. If her marriage fails, she will again be the object of her stepfather's criticism.

Unfortunately, the parents of these six teen-agers are

themselves the victims of closed minds, false pride, indecision, insecurity, poor judgment, and partiality.

In a short time these six seniors will be out of school and on their own. As we discussed each one's problems, the six also expressed a sincere desire to change their own attitudes and behavior if only the parents would cooperate.

Van, the "rebel," surprised everyone by saying, "I'd be willing to listen and take in stride my folks' suggestions without rebelling if only they'd sit down and talk with me, answer some of my questions. Maybe I haven't given them enough chances though," he reflected. "Maybe I run out too quick, get disgusted with them."

"You'd be willing to try again?" I asked. "Really try?"

"I said I would, didn't I?" Van seemed embarrassed. "Well, I will." He sat up in his chair, looking alert for the first time during the discussion.

Phil spoke up a little hesitantly, but seriously, "Me too. I'd like to try again. My folks are decent people; they don't want to hurt anyone or destroy things. It's just that my father has this 'fix' on my following his profession. Maybe if I'd act interested in his profession he'd get interested in mine. Maybe we could come to a sort of agreement."

Roger had been quiet during the boys' discussion, looking at them as though trying to make up his mind.

"I think we teen-agers are narrow-minded too," he began soberly. "Maybe we should try and see our parents' ways and their views and not always feel we are right. After all, they're older than we are and have had more experience. Maybe we just listen and don't hear."

The ball of reflections had started to roll. "You know, we've never really talked over our feelings and our difficulties before, except with each other," Roger went on, almost to himself. "Maybe we've been thinking about ourselves so much we forgot our folks have their side too. Maybe we've been unfair. I'm glad we could talk like this—I'm beginning to see things differently."

"You know," Louise began, "I never realized until now that lack of money is my father's difficulty. That's why he wants me to get an education, so things will be better for me. That's why he yells so much. I guess I could be more cooperative, less complaining."

Sally said, "Do you really think my father and I can come to any understanding about my driving if I keep on trying? Even if he breaks the law, I don't have to. I can set an example for him by good driving, can't I?"

Pretty Beth was still toying with her sewing basket. Had she been too deeply hurt by her stepfather's partiality?

"I don't really know about myself," she said finally. "I won't be home much longer, but I'd like to leave with a little better understanding with my folks. I know I'm sensitive about my stepsister, and I guess I shouldn't be." She sighed and then gave the sewing basket lid a thump as though she had suddenly made up her mind. "I'll try to be more tolerant. It might help. At least I'll feel like I've made the effort before I leave home. That's what really counts, isn't it?"

"That's what really counts," I said, looking at six serious faces.

Parents must realize times are changing in this fast-moving world. They should get together with their teen-agers, listen to them, try to see their point of view, discuss the issues, and try to come to a satisfactory decision.

This will be difficult if there has been a lapse of responsibility of parents to their children. Between the age of eight years, when a child is considered capable to a degree of looking after himself, and thirteen, when he enters teenhood, there is a span of five years—five very vulnerable years when the child is forming lifetime patterns. This is when he especially needs love and guidance.

If parents neglect their responsibilities during these five years, they may discover they have nurtured habits in their teen-agers that they later object to. The pattern is set, and it's too late to change it.

So begins the faultfinding, the harping, the criticism. Soon the rift is as wide as the Grand Canyon, and as impossible to bridge.

So, parents, when you criticize your children, remember you raised them. You set the example. Teen-agers will accept criticism if it is given constructively. They want love and guidance—from parents they can trust, depend on, and be proud of.

LADY APRIL

Helen Ginsburg

Lovely Lady April passed this way;
And where her light feet touched the clay,
A veil of green covered the earth
And joyful robins sang with mirth,
As, pirouetting on the breeze,
She placed crowns of blossoms on the trees,
She sparked the mornings with diamond dew,
Sailed the sun on a sea of blue,
Then tiptoed through the flower beds
Whispering Spring to sleepyheads
Who woke to see her slip away—
The faithful herald of good Queen May.



EAT WELL and You May Not Want to Drink

Samuel Schonbach

SOME 12 percent of American adults are heavy drinkers, of whom a third are alcoholics or addictive drinkers, according to a nationwide survey by the Social Research Group of George Washington University. Specifically, there are five million or more alcoholics in the United States.

But what is most alarming about these figures is that the age level is declining. It was recently revealed that the average age of patients at a California treatment center for alcoholism has dropped from fifty-five to the late thirties. The director of the clinic stated, "Alcohol is becoming a teen-agers' trap—a *status disease*. For example, three of five children in one family are being treated here."

In the light of findings in recent years concerning the faulty diet of American teen-agers, it could well be stated that nutrition may play as great a part in their drinking problems as does the status factor itself.

Nutritionists are beginning to attack the drinking problem mainly on two fronts, but at the same time they do not try to minimize the emotional factors that may be involved. First, nutrition shows promise of being able to aid those who have failed to obtain help from other forms of treatment. For example, the Department of Health, Education, and Welfare has disclosed that, for most alcoholics, drugs can produce lasting benefit only as part of a program of psychotherapy. Yet it is well known that many alcoholics

do not respond to psychotherapy, even when it is combined with medication.

Second, nutrition shows promise of being able to prevent problem drinking from reaching the more serious stages, and in some cases from even developing at all! This is particularly important for young people.

Nutrition can be an important factor in the treatment of alcoholism, the same as it can for other conditions. For instance, doctors are helping victims of heart trouble by having them substitute unsaturated fats in their diet in place of animal fats. In alcoholism the key is B vitamins, because the more a person has of these in his body, the less desire he has to drink alcoholic beverages.

There are many who feel that nutrition can *prevent* alcoholism. As Adelle Davis, one of the country's leading nutritionists, points out in her writings, "It has been known for years that persons who drink excessively suffer from multiple nutritional deficiencies." She then indicates that such drinking can often be prevented by proper diet.

The possibility that B vitamins may be able to decrease a person's desire to drink was dramatically demonstrated for the first time by Dr. Roger J. Williams of the University of Texas in his extensive experiments with rats. The general gist of the experiments is as follows: Large numbers of rats were given a normal diet and then offered alcohol

with their food. Some rats remained teetotalers while in time others landed on so-called skid row.

Then the abstainers, or teetotalers, were changed from a normal to an inadequate diet, and before long they began drinking, some of them landing on skid row.

The normal diet of the heavy drinkers in the other group was changed to a superior diet containing far above the normal amounts of nutrients, especially the B vitamins, and before long this group began drinking less, some even becoming teetotalers. Later, when offspring of the normally teetotaling and skid row rats were offered drinks, they became drunkards or teetotalers, paralleling the behavior of their parents.

These experiments demonstrated that heredity determined the nutritional needs of the individual rats, and that faulty diet increased the desire to drink of *all* the rats, regardless of heredity.

Applying these findings to humans, it has been found, first, that a person predisposed to drinking has a defect in his metabolism which can usually be traced to a deficiency of B vitamins. But why are B vitamins so important as regards alcohol?

They aid appetite and digestion, and they promote the proper functioning of nerve tissue. Consequently, an individual deficient in them is certain to be irritable and depressed and looking for something to "steady the nerves." What else is better than alcohol, and so easy to obtain?

The second point regarding deficiencies is that they can be developed in those who neglect their diet because of various stresses or through ignorance regarding the importance of proper eating.

When a young person discovers that his consumption of liquor is increasing rapidly and everything he has tried fails to help his problem, there is danger that he may eventually reach the alcoholic or compulsive stage of drinking. He should then, without delay, begin the nutritional approach to drinking which consists of three steps.

First, he must avoid indulgence in those things which tend to deplete the body of B vitamins. Two are most frequently mentioned by nutritionists—coffee and sweets. In the words of Adelle Davis, people "wash B vitamins from their bodies by drinking immense amounts of coffee." And she deplors the present-day American diet with its emphasis on sweets. This keeps the child and teen-ager going all day on soft drinks and stuffs them with candy everywhere they go—at home, at school, at the ball game, and at parties.

Sweets contain a high content of carbohydrate, the energy producer, but they require the utilization of B vitamins for their assimilation, and if there is a shortage of nutrients in the food a person eats, the body is forced to steal B vitamins from the cells.

Also, as is often pointed out, eating excessive sweets may upset glandular function, which can frequently cause a drop in the blood sugar level, resulting in tension and fatigue. This alone can increase the desire for alcohol, as E. M. Abrahamson, M.D., has described in *Body, Mind, and Sugar*, a volume treating the subject of low blood sugar in all its aspects. Finally, it should be pointed out here that alcoholic beverages themselves are extremely high in carbohydrate content, and add to the dilemma begun by consuming high amounts of sweets. The first drink may

give one a glimpse of euphoria, but the inevitable letdown requires another drink, *ad infinitum*.

In the second step, the young person fighting the drinking habit should eat sufficient high-quality protein foods such as nuts and dairy products. Dr. Harold W. Lovell of New York Medical College, in a paper presented to the American Academy of General Practice, stressed the need for high protein and fat in the diets of heavy drinkers. These are rich in B vitamins, help satisfy the drinker's hunger best, and decrease his desire for excessive sweets or other carbohydrates which deplete his body of B vitamins. The result is better health and improved disposition.

In the third step, the young man or woman drinker should use vitamin supplements in addition to the regular diet, because they are needed in greater quantity than for the average person. Several approved formulas for drinkers are now on the market. The formulas which are based upon research done by Dr. Roger J. Williams and his associates contain, in addition to the B vitamins, other important vitamins and minerals to give the best possible balance.

If the patient should go back to the bottle, he may return in one of his trips to the hospital with a case of acute hallucinosis, which puts him uncomfortably close to the

Whenever young people are tempted to indulge in alcoholic beverages, they would do well to remember the observation a teetotaler made to his drunk friend. As he watched him pour himself a glass of Scotch, the teetotaler asked, "Sam, why do you feel you must always have a drink?"

"Why don't *you* try one?" the drunk replied, evading his question. "A drink always makes a new man of you!"

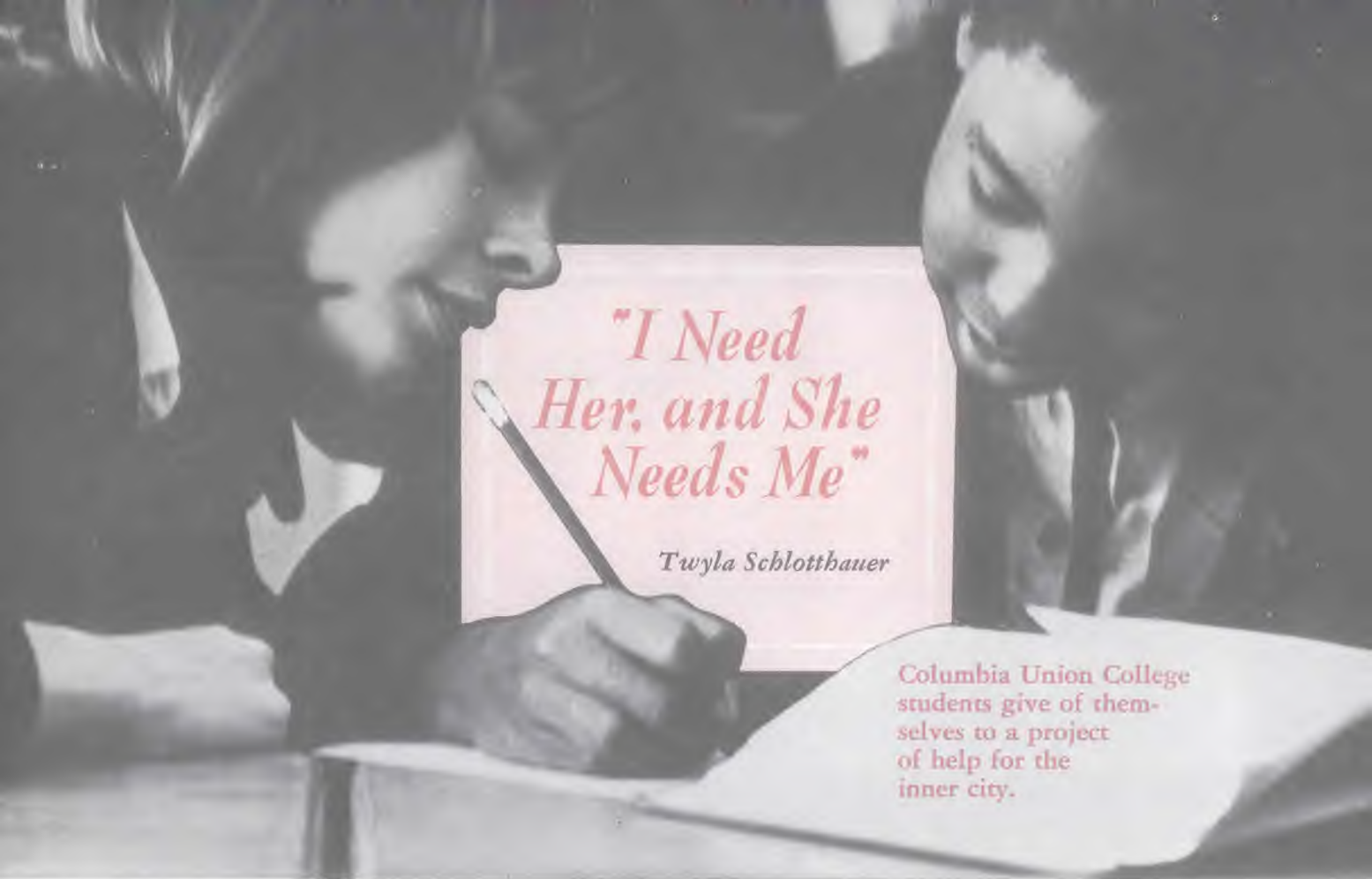
"That may be true," his friend agreed. "Trouble is, the new man will want a drink, too!"

THE
"NEW"
MAN

point where he begins to develop permanent destruction of his mentality. Thus, his first release from the hospital should sober him enough that he will want to attempt rehabilitation. The patient should follow this three-step program, but he will, in all probability, find it necessary to include a fourth step—some form of psychotherapy.

According to the Department of Health, Education, and Welfare, an alcoholic can recover; but there is no known "cure" of his disease. This means that he must abstain completely in order to remain sober, since one drink would trigger his return to alcoholism.

That is why an ex-alcoholic must always keep his emotions under control. This may appear difficult to him, but he can take solace in the fact that many like him are getting by happily without liquor. They faithfully follow a good, highly nutritious diet every day and under all circumstances.



"I Need Her, and She Needs Me"

Twyla Schlotthauer

Columbia Union College students give of themselves to a project of help for the inner city.

ON A DRIZZLY Saturday afternoon eighty little children huddle in a corner of the school playground in the inner city.

They wait—eyes wide with anticipation. "Why don't they come?" "Will he remember to come today?" "I wish they'd hurry."

Their patience is rewarded. The school doors open, and there's the familiar dull roar of friends meeting friends, children's classes, school. "They" have arrived—all of them.

"They" are students from Columbia Union College in Takoma Park, Maryland, who tutor children in Washington, D.C.'s, inner city. Every Saturday about eighty CUC students spend their afternoon at Logan Elementary School. For an hour the college students are on their own, each one working individually with a child.

"This communication on a one-to-one basis is important," says Jerome Davis, student leader of the Christian Urban Service Corps, as it is known at the college. "The CUC students must relate to the child. Often they do nothing more than listen, but there is a definite communication relationship."

At the end of the hour both groups of students—college and children—meet in the gym for a special program. The college students teach the kids songs, then there are stories. After this each week there is a special feature called "What's Behind the Curtain?"

"What's behind the curtain" may turn out to be one of the college choirs to give a short musical concert for the children. It may be a feature on practical living—a nurse will tell the children about her career and work or perhaps explain the hospital procedures for a tonsillectomy.

The college group tutors the children in school subjects with which they need help—reading, arithmetic, spelling, et cetera. Since one of the children's biggest problems is their inability to comprehend, the tutors try to help them formulate some type of thinking that will solve problems.

The children do gain one or two grades in statistical tests, but the college group's main job is creating self-respect for the kids. "Often no one listens to the child at home, and he needs to develop self-appreciation and self-evaluation," explains Dr. Ernest Plata, overall director of the program. "The improvement in school directly results from the theory that all of a sudden someone is sincerely interested in the child and cares whether he does a good job or not. The kids are motivated to do a better job in school and to overcome their inferiority complex."

Though the children definitely improve in their schoolwork, it is estimated that "90 percent of the benefit" is gained by the Columbia Union College students. They become oriented to the realities of life, environment, and a social system different from their own. Also, to himself each college student must answer the question, "Why? Why am I doing this?" He gives of himself and his time every weekend for someone else without a grade, money, reward, or anything else—and he must be committed every weekend. Sometimes the college students deliberately pass up opportunities to go home for the weekend so that they can keep a promise to their students at Logan.

This whole project started back in 1965, according to Dr. Plata. A youth leader was looking for something for youth "to do that's relevant." About this time the United Planning Organization asked education students from CUC

"The kids are motivated to do a better job in school and to overcome their inferiority complex."

to tutor children in the inner city in Washington, D.C. Fifteen to twenty responded.

"The community was impressed with the Christian motivation of the students. The CUC group knew what they were there for, did it, and then got out. They were above politics and rifts in the community. Most of all, they established a relationship with the kids."

After two years of trial and error in establishing this tutoring project, the doors were open for the Sligo Seventh-day Adventist Church, the college church, to step in with adult education classes. Last summer nine evening classes were offered at the Logan School: cooking, sewing, secretarial and related skills (which was the most popular and successful), auto mechanics, drama, gymnastics, mathematics, English, and high school equivalency for high school dropouts.

A very successful nursing-assistant program is being carried on. At the request of those in the class, work was speeded up so that they could complete the course in six months instead of the usual year. Approximately thirty-five to forty have graduated from the two classes offered so far, and all have been offered full-time jobs as nursing assistants.

This year another project has been initiated and added to the Christian Urban Service Corps—a tutoring project involving students from Takoma Academy, a Seventh-day Adventist high school in Takoma Park. When the inner city project was first presented in their assembly program, more than 200 teen-agers indicated they wanted to become involved in it. Feeling that perhaps they didn't understand it completely, Dr. William Loveless, pastor of the Sligo Church, "got tough" and detailed the "sacrifices" the teen-agers would have to make each weekend. Yet more than fifty-five volunteers remained.

Why are these high school and college youth willing to give up their weekends? Is there more besides just fulfilling the need to do something for someone else?

"I guess you could say my drawing card every Saturday afternoon is the little girl I tutor—her interest and eagerness, her participation. I need her and she needs me," says CUC student Dorothy Gates. "Though I am a Negro, I never realized such a need existed. This experience has really helped to give me a well-rounded education."

"I think probably the only reason I go is 'people,'" says Alfred Mull, a CUC senior who has been working with the inner city project for two years. "The Urban Service Corps is more of a warm, loving relationship, recognizing that the children are people—people who need self-respect and self-confidence.

"What's it like? Well, sometimes it's happy—my little fourth grader finally understands something I've been trying to get across for several weeks. And sometimes it's sad—there's no communication between us. I know he wants to tell me something, but he just can't. I think most of all I've learned to develop patience."

In this generation of psychedelic hippies, yuppies, pot, LSD, love-ins, speed, groovin', protests, riots, and on and on and on, these youth from Columbia Union College are not on a crusade, a political movement, a trip, or a demonstration. They only want to live relevantly what they believe. Perhaps it is a demonstration after all—a demonstration of their practical Christianity.

"Inasmuch as ye have done it unto one of the least of these My brethren, ye have done it unto Me." Matthew 25:40.



Though the children definitely improve in their schoolwork, it is estimated that "90 percent of the benefit" is gained by the Columbia Union College students.



"The improvement in school directly results from the theory that all of a sudden someone is sincerely interested in the child and his studies and cares whether he does a good job or not."



"The student must relate to the child. Often they do nothing more than listen, but there is a definite communication relationship."



FRAN GARTEN, MISS AM



"Quite a few teen-agers today use drugs. These people aren't happy, and I know it, because I know them. I'm not happy all the time, and I can't expect to be. The world isn't always happy, and everything isn't always great; but I mean you've got to learn to take everything that comes to you and you're a better person for it. You can't escape it."

FRAN, are you proud to be a teen-ager?

It's a stage no one can avoid going through, but it's the carefree time of life. Though I take things seriously, I don't have that many responsibilities, and I find myself free to do the things I want to do. I'm proud to be part of this generation; I think it is becoming a lot more aware, more concerned, and this is a step in the right direction.

What is your favorite subject in school?

I like the sciences best. I want to be a physical therapist. I've gone through biology and chemistry, and I also like English, but mostly the sciences.

What contribution do you feel science can make to the betterment of our world?

Aside from the obvious things science makes possible, such as the airplanes and transportation, the most exciting thing now is space. I find it fascinating, the new pioneers.



"I think the basic difference between the older generation and the younger generation is the responsibility. I don't have to worry about where my next meal is coming from, or any of my material things. They're all taken care of. I worry about such little and unimportant things, whereas my parents have the big burdens on their hands."

There's no more "West," but now we can go up. I don't know if man can keep up with all the things that he has to be responsible for. Sometimes it worries me, because his values have to keep up with his advancements.

We read today about the "generation gap." Is there such a thing?

The generation gap is individual. Personally, I have no problem communicating with my parents. I find that I can turn to them for a lot of things; I know that some of my

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friends can't, and I feel sorry for them. The generation gap is really a point where the teen-ager is so carefree, so idealistic, that it's hard for him to see things the way the older generation does, the way parents do who have realistic responsibilities.

Do you feel that the average teen-ager today is learning the value of money?

Not all teen-agers are. This past summer I held three different jobs, and in one I had my own tennis school and was rather successful. It's funny, when I worked in the tennis school specializing in something, I could make three or four times the amount of money as when I worked unskilled. This is a clear example of how important school is so that you can specialize in something.

You wouldn't agree, then, that there's any value in being a dropout?



Definitely not. School is so important because the world is so specialized. Each profession has so many different facets that it's so important if you want to get somewhere and feel like you're accomplishing something, you've got to go to school. I think it's so important.

You have been quoted as saying that it is necessary for an individual to find things to do in life better than getting mixed up with drugs. What would you say are some of those better things?

Anything of real value, any goal you set for yourself, is a better thing in life. Drugs are just a waste of your life; that is, there are so many good things that you can do in life. I know for myself that I want to be a physical therapist, and that's a goal for myself and nothing can stop me.

Would you say that one problem of teen-agers today is that they don't have a goal in life?

It's early in life to decide what your final career is going to be. I was lucky; I've worked at the cerebral palsy center, and I was able to find out that this is my career. It's not a matter of deciding what you want to be, but the values that you've got to set for yourself when you're young.

Wouldn't you like to get an "insight" into your own mind by using LSD?

I don't know too much about LSD. They say you can broaden your mind, but I've also read how risky it is. I would never take it, because I can read a book and can have the same mind-expanding experience. Also I'd like to give an example of the use of marijuana which I know is used quite often in my school. We went into a surprise test in my class, and this person had been smoking marijuana. When we came out of the test, I was quite worried, but she wasn't.

She said, "Well, you know, so what—" Nothing mattered to her. Nothing could bother her, everything was rosy and happy.

But then we got the test back the other day when she wasn't under the influence, and she hadn't done well. All of a sudden everything wasn't so rosy and pink and she was forced to come back to reality.



"For myself I like to think that I make my own decisions, but not without consulting my parents. If there's a decision I make now, I realize it will affect only me, but when I get older and become a parent, my decisions are going to affect my children. I have the flexibility now of making my own mistakes to learn from them because this will only affect myself, at least in large measure."

This generation has been called the "hallucination generation." What do you think are the reasons?

It's trying to act older in a superficial way. We know there will always be problems, and you have to try to do whatever you can to help; you can't just fly away or be high all the time.

You'd say then this use of drugs by teen-agers is for the purpose of escape?

For escape, and being part of a group. This is the thing to do! I've been to parties where they have been smoking, and I've left. I didn't want to be part of it. It's only the weak person who says, "I was there and everyone was doing it, so I had to go along with it." You've got to be with yourself all the time and have yourself under control and know what's right and wrong and not have people pressuring you. And you've got to be true to what you believe.



I'm interested, Fran, in your comment about being under control. Why do you feel that this is essential today?

What I mean by control is, knowing yourself at all times and never being weak at any moment. You've got to be sure of yourself—that's very important—and have respect for yourself.

What would you say are the greatest influences in the life of a teen-ager today?

Your parents are your greatest influence from the time you're born till you die. Whatever a teen-ager is, or isn't, is because of his parents. There are other influences, but this is the primary one.

Would you say then that a teen-ager should put forth a special effort to communicate with his parents?

I think this is most important. If I ever closed my door to my parents or to what they have to say, it would be a shame. I would be losing something.

What is your opinion of the hippies?

The hippies aren't all bad. Everyone has little idiosyncrasies, and the hippies are showing theirs in the way they dress. On the inside a lot of them are good people, but sometimes they're not willing to take the responsibility that goes along with freedom and power. That's one thing I have against them. It's hard to generalize, but there are good and there are bad.

Would you be interested in becoming one yourself?

No. I'm not a conformist; I'm what I am. Sometimes they try to go all one way or the other way. Most of them seem to be becoming conformists. I've changed some ways, but I've never changed to be something else other than what I am.

I believe, Fran, that you are doing some work on behalf of the American Cancer Society relative to smoking, particularly among teen-agers. What are your personal convictions on this?

Well, first I'd never start smoking. I think of something my mother said, that she'd be as hurt if I ever started to smoke as if I used marijuana, because both are so detrimental to health. When you weigh both sides and it's proved that cigarette smoking can cause lung cancer and other types of cancer, I can never see deciding to smoke. Two summers ago I was a Junior Nurse's Aide, and the experience I had was with people undergoing different



tests. I met a woman and talked to her for quite a while, since she was from my town. At the end of the summer I worked on the fourth floor, about which I had been warned, because these were terminal cases in cancer. I went up to a room, and there was this same woman. The change in the woman I can't describe, but I'll never forget it. I found out later that she had lung cancer. This has been a tremendous influence on me, because it was a personal experience.

Would you say that your conviction rests on the matter of health then?

On the matter of health, yes, because smoking can lead to so many different diseases, also because I have no desire to smoke. Smoking would cut my wind, which being an athlete I would never want. This is important to anyone in sports. For anything you do you need your fullest energies so why in any way endanger it?

What do you think about when you see a young girl smoking?

A lot of my friends have started smoking. I look at them



"I don't buy fads. I'm not a style setter, but I like to be dressed well. I can't say that clothes aren't important to me at all, because I think it's important to look right. I don't feel that I'd be the first to set a fad, yet not the last to conform."

kind of funny every time they take out a cigarette; and, though they don't like it too much, I try to stop them. I can understand that after you've been smoking quite a while it becomes a habit—it's very hard to break, so why even bother starting? I live in New York, and people are always complaining about air pollution. Why should you complain about taking in bad air when you have in your hand what helps make bad air?

How do you like the matter of boys smoking?

It's equally as bad for a boy to smoke as a girl—it's just as bad to me to see a male smoking.

Would you date a boy who smokes?

I would date a boy that smoked, probably talk all night about why he shouldn't smoke.

What is your concept of an ideal date?

The ideal date is not to a movie because I like to be able to date where I can talk to a boy, perhaps a daytime date where we play tennis or something like that.

Would you say you like dates on an intellectual level?

Not so much on an intellectual level, as just getting to know the person.

How do you picture friends?

I only have a few friends—I mean a few best friends, and I've had them since I was in elementary school. I can see how the people I've grown up with have influenced me, and I've influenced them. I also have a lot of other friends who can offer different things to me, whom I like for different reasons.

May I ask you a question regarding drinking in teen parties these days, and your opinion of this?

There's a question first of all of legality. Eighteen is the drinking age in New York. At seventeen, which I am now, and most of my friends, I think it's wrong to drink because it's illegal. When we become eighteen and over, and go to a party, many feel that one drink is a sufficient amount—it's sort of a social custom.

Is it necessary to drink, even at a party?

You don't need it to make you feel happy if you're enjoying yourself, and if not, well then you've just got to try harder to be part of the party. But you don't need drinking to be happy.

Would you say that teen-agers stop at one drink?

I don't think so. The girls would be more inclined to stop themselves, but sometimes the boys feel they have to prove something, or be a big man, so they don't stop. I think that's the point where if a girl is out on a date she should be careful because it's so dangerous for driving—alcohol and cars just don't mix.

Do you feel that the teen-agers know that alcohol is a narcotic drug?

I think teen-agers are aware that it causes certain reactions. We've studied in different classes that it is a depressant, but I think they could have a lot more in my school to show the teen-ager what it does. If he knows what's wrong and he still does it, then there's something very tragic there.

Are there other ways of achieving the same results as taking a drink would do for a teen-ager?

There are other ways of achieving the same "high" that you feel when you're drinking. It involves self-control over yourself. You're happier afterward. You've had a good time and met different people, and you know the day afterward when you think back on it that you had a good time. If you've been drinking you'll have a hangover. You'll never know what it really is to have a good time on your own.

What really is your idea of a good party?

A party is a good time—it's meeting people, and it's not

"Thinking of others first and caring about other people is a sign of maturity. Maturity is taking on responsibility, realizing its consequences and who it will affect. It's when a person can look outside himself."



meant to be an intellectual experience. It's a time to be with your friends. Maybe you're celebrating some occasion, but it's something that you all do together—not sitting in another room and drinking or something else.

In other words, you would say a good party is one that gives the greatest happiness to the greatest number of people?

That's what a party can do—it's an experience, it's something that has helped you to become a better person and to be able to adjust more. Sometimes it's hard for a teenager to go to a party. She may seem a little shy at first; but if you have a good party and you've been accepted for yourself and not just because you're drinking, then you're going to become more and more confident in yourself, and it's going to help you—people are going to like you because you're you.

I'm interested, Fran, about your comment on "you being you." Is a teen-ager better off without any artificial aids?

This is definitely true. Everything else is false, drinking or drugs in any way. What I mean by being sure of yourself is that it's sticking by your own morals and your principles and having respect for yourself. The day after a party you can look at yourself and be proud of yourself, and like yourself for what you are. This is what's so important to any person, not just a teen-ager.

I've heard many teen-agers bandy around this word "sophistication." What actually is that?

There are a lot of adults who aren't sophisticated in my estimation. Sophistication is taking on responsibilities in the right way. It is not smoking or drinking, because even the adult who does these is not sophisticated.

What do you do to preserve your own health?

A lot of exercise is very important. I try to keep myself



"I like all different foods. I like Chinese food, but I experiment."

in good shape because I don't want anything to limit me. There are so many things in this world that can hold me back, but it's not going to be anything that I can help.

Teen-agers seem to grow up very rapidly these days. Why do you think they mature so fast?

The teen-ager is maturing fast because there's better education available to them. Maturity is not measured just in the amount of knowledge you have. It's experiencing different things and learning from your experience. A teen-ager can never be mature even though he might think he is, because until you've lived through different phases of your life you're not really mature.

What do you do purely for fun?

I don't do anything purely for fun. The best time I've ever had was when I worked last summer at the cerebral palsy center. It was a giving experience, but it was such a wonderful experience. This was fun to me—being with the kids, learning to communicate, making them happy.

In other words, you say that the best fun comes from helping someone else?

I said this because I'm waiting till next summer when I'll work there again. I'm judging this by how anxious I've found myself, how every day I look forward to going to camp. I'm saying this because it is true. I think it can be true of anyone—this giving, helping others is fun.

You'd say that your smile is the broadest when someone else smiles?

This is definitely true—making the children happy and finding that they really like me. It was hard at first to communicate with them and to look away from the braces. Maybe they couldn't speak, or they spoke funny, but I found they were regular people with normal personalities, and they could have fun and laugh also. So making them happy was what made me happy.

I'm going to draw this to a conclusion here. Would you say, Fran, that you have a code of living or a set of ideals?

I feel that as a member of society it's my responsibility to help people who can't help themselves. I have to feel that I've done something and helped other people. This is a worthwhile life. It's important to live a life that's accomplished something, that's helped other people.





They'd rather fight than smoke! Pennsylvania's Department of Health is using this lapel button in teen-age stop-smoking clubs across the state.

Drug Use Starts Early

Grade-school youngsters aged eight to twelve have begun experimenting with marijuana and other drugs, according to Dr. Sidney Cohen, head of the National Institute of Mental Health narcotics program.

Dr. Cohen calls this drop in the age of drug users an "ominous development." His evaluation is based on "trends" rather than on a scientific study or absolute figure, he says.

Although only a small percentage of preteens use narcotics, Dr. Cohen feels "it could become epidemic" through "peer pressure" from their schoolmates. Dr. Stanley F. Yolles, director of NIMH, says fear prevails that drug use could become a "fad" in grade schools.

Dr. Cohen, a Los Angeles psychiatrist and author of books on drug addiction before taking the NIMH job, says the preteen use of drugs occurs in schools for "rather intelligent, affluent youngsters" located in large urban areas on the east and west coasts.

He lists New York, Boston, Los Angeles, and San Francisco as cities

where the problem has appeared.

Besides marijuana, Dr. Cohen says the grade schoolers sniff airplane glue and experiment with other drugs.

Both Yolles and Cohen emphasize that eight to twelve is a critical age in the development of a child's personality. Drugs have a greater impact on the brain at that age than later on, they say.

Dr. Cohen takes a hard line toward the use of drugs. He does not believe that marijuana is less harmful than alcohol. "Just because we don't know the effects of marijuana doesn't mean it is harmless," he says.

He reports that the use of LSD is dropping—probably because of new studies showing chromosome breakage, "severe disruption" of the mind lasting longer than the trip, and a disillusionment by some of the original missionaries for the psychedelic drug.

On the other hand, he says, the use of marijuana and methedrine (speed) has increased. He calls methedrine "a drug that has dangers far beyond that even of LSD."

Teen-agers Not Impressed With Most Cigarette Ads

"I'd rather fight than switch," goes the wording of a cigarette company's advertisement, but the majority of teen-agers are unimpressed. When it comes to cigarette smoking, they'd rather fight than smoke.

Drugs--a Road Hazard

The Greater New York Safety Council warns that the widespread use of powerful drugs for relief of colds, nervous tension, allergies, and other ailments constitutes a traffic hazard.

Motorists are advised to use such drugs only on advice of a physician, including detailed instructions on the timing of doses in relation to their driving schedule.

Even the drugs against motion sickness can be dangerous to drivers. The Council claims such drugs slow the user's reaction time and affect his alertness.

During recent years tranquilizers have enjoyed increasing popularity for the relief of nervous tension and anxiety. But they may cause dizziness in a motorist, drowsiness, or sudden fainting. [Barbiturates, influencing the driver by sedation, cause an effect similar to that of alcohol.]

Certain types of antihistamines, used against colds and allergies, have unpredictable side effects, including inattention, sudden drowsiness, and dizzy spells.

Some pain relievers and sedatives give an excessive feeling of well-being. Others cause dim vision and sleepiness and interfere with concentration.

The Council says that nerve stimulants might temporarily increase alertness and driving efficiency, but that after two hours they increase tiredness. The use of "stay-awake pills" on long automobile trips is among the most dangerous of all motoring practices, it says.



Too many pills could put a driver into a trance and cause him to run off the road or into another car or a pedestrian, warns the Greater New York Safety Council.

Only one out of five of hundreds of young people surveyed recently say they smoke—even on an occasional basis. And most of the self-confessed smokers are a far cry from the chain-smoking addict. Less than 10 percent of the smokers smoke as many as two packs a week. One quarter of these who classify themselves as smokers, say that in the week before the survey, they hadn't had one cigarette.

This compares with the returns of a 1958 Gilbert survey which indicated that 33 percent of the young people were smokers.

Several youths claim they're abstaining as part of the campaign against air pollution. Others cite the damage smoking does to wind and athletic ability. A common answer was, "Cigarettes have no taste at all and smell bad."

Even the smokers, for the most part, found it hard to justify their actions. A few girls believe that smoking helps cut down their appetites. Perhaps that's why more girls tend to smoke than boys and the girls who smoke are the heaviest smokers.

Nearly all the teens have at some time in their lives experimented with cigarettes. Only 7 percent claim they never tried one. Most say they did it "at the urging of friends," "at a party," "to feel bigger and more adult."

The majority didn't like it that first time or were afraid to make a steady thing of it. For others, the high cost and the necessity to hide it from parents served as a deterrent.

But the most important factor behind the cigarette's downfall among young people is the widespread publicity given to its danger as a health hazard. Ninety percent of the boys and girls—smokers and nonsmokers alike—are convinced that cigarettes cause lung cancer.

"With all the newspaper articles, the literature put out by the American Cancer Society, the doctors' reports, and the movies they make you see in eighth grade and then again in high school, you'd have to be an idiot not to believe it."

In This NEWS

★ Should America crack down on drinking and driving laws? See page 16.

★ Europe has a new worry. See page 17.

★ Those bacon-and-egg breakfasts may not be the best for you after all. See page 18.

Strong Drinking-driving Laws Gaining Popularity

Many persons favor laws which if widely enforced would cut down the high death toll predicted for the holiday periods, says a recent Gallup Poll.

Eighty-four adults in every hundred say they favor a law to require all drivers suspected of having consumed alcohol to take a breath test or a blood test to determine the amount of alcohol consumed.

In addition, a surprising proportion of United States citizens, 44 in 100, would support a law similar to laws in Scandinavian countries that sentence a driver to jail if he consumes more than one drink of an alcoholic beverage.

Chemical tests are now required in 31 states. The type of tests, whether blood, urine, or breath, depends upon the local law enforcement agency. In 30 of these 31 states, a person may refuse to take a chemical test, but if he does so, he automatically loses his license.

In Great Britain, where similar tests have been enforced with vigor over the last year, traffic deaths have been cut sharply.

Sweden, Norway, Denmark, and Finland all have tough laws on their books.

Penalties for drunken driving in Finland range from three months to eight years at hard labor, depending on the circumstance.

Police in Sweden frequently make spot checks of cars and if there is indication that the driver has been drinking, he is required to take tests to establish the level of alcohol in his blood.

Normally these tests cannot be passed if the person has had more than one drink within a fairly short period of time. If a person fails these tests, he can be sent to prison for up to one year.

The Swedes have such respect for these laws that partygoers either plan to take a taxi or else designate a driver in their group who must refrain from drinking at the party.

Adults across the United States were surveyed on the following question:

"In some European countries automobile drivers suspected of having consumed too much alcohol are required to take a breath test or a blood test. Would you favor or oppose a law in the United States that would require such tests?"

Here are the national findings:

| Blood, Breath Tests | |
|---------------------|------------|
| Favor | 84 percent |
| Oppose | 12 percent |
| No opinion | 4 percent |

"In three or four European countries, a person who drives a car after having more than one drink of alcoholic beverages is sent to jail. Would you like to see such a law in this country, or not?"

| Jail Drivers for Drinking | |
|---------------------------|------------|
| Yes | 44 percent |
| No | 52 percent |
| No opinion | 4 percent |

Women are far more inclined than men to favor both these laws. Young persons (those in their twenties) are slightly more opposed to these laws than are older persons (30 or over).

Industry Fights Back

Buffeted by Government agencies, courts, soaring taxes, consumer groups, and health organizations, the American tobacco industry is not sending up smoke signals of distress—yet.

Instead there is a general movement in the industry to try to solve its problems.

Though radio, television, and printed media have been used for cancer and other health campaigns, the tobacco companies have fought back with new strategy.

Industry spokesmen have disclosed that a vast potential exists for growth and profits in areas never fully explored.

Foremost among these is Europe, where surging income and improved standards of living are creating new opportunities for tobacco promotion. Vast potential also lies in the developing nations.

On the domestic front, there are signs of change.

Pipe and smoking tobacco sales took a sharp upturn during 1968,

with volume reaching the highest levels in years.

A key development is the great proliferation of cigarette brands. A wider variety is being offered, giving the manufacturers more to work with in their advertising.

Industry spokesmen point with pride to what they regard as a noticeable improvement in the creative quality of television advertising. This comes at a time when there has been widespread speculation that the cigarette makers might curb their \$250-million annual radio and television outlays.

An event that caused major reverberations in the business world—and the tobacco industry specifically—was the take-over in November of the 208-year-old Lorillard Corporation by Loew's Theatres, Inc.

The \$450-million-plus transaction interested observers because Loew's has assets estimated at less than two thirds of those of Lorillard.

Youth Fight Pot Laws

The National Student Association (NSA), has announced a program to fight the nation's drug laws in the courts, state legislatures, and Congress.

Citing what it calls "a wave of repression" directed against campus marijuana smokers, the NSA officials claim that Federal and state marijuana laws are "hypocritical and inhuman."

"These arrest figures are appalling," says Robert S. Powell, Jr., NSA president, adding that NSA statistics indicate that about 16,000 students have been arrested on drug charges.

Powell, who declares that "marijuana has become an accepted part of the college scene," says that NSA will intensify its court attacks on marijuana statutes by challenging the constitutionality of both Federal and state laws. The organization has already become a party to Dr. Timothy Leary's Supreme Court appeal of his conviction.

In addition, Powell says the NSA is "encouraging students" on its 375 affiliated campuses "to organize politically for fundamental changes in . . . marijuana laws."

Wine Use in the U.S.

American consumption of champagne and sparkling wine has more than tripled in the past ten years, says France's second largest champagne bottler and distributor.

In 1967 alone, it increased more than 16 percent over the previous year. More than 3.5 million cases, or 895,662 gallons, were sold in 1967, compared with a little more than one million cases in 1957.

The champagne distributor says that lighter wines are preferred today to the heady ones favored in the United States around the turn of the century.

There's a new cigarette almost ready for the market. It comes with earplugs for those who don't want to hear why they should not smoke.



This large camera is capable of photographing an object the size of a basketball 50,000 miles from the earth. The \$150,000 camera is operated by Air Defense Command at Cold Lake, Alberta.



Standardizing Pot

The National Institute of Mental Health is developing its own supply of marijuana and its active chemical for use in research, now stymied by lack of resources.

Investigators have had to get their pot from confiscated supplies at the Bureau of Narcotics. This is not only uncertain, but often the drug is of low quality. Good research on the effects of marijuana requires a supply of high quality material with known amounts of the active chemical THC.

NIMH Director Stanley F. Yolles says that the lack of a standardized product is a "primary reason for the relative lack of real knowledge about the long-term psychological and physical effects of marijuana usage."

Witches' Trips

When a hippie takes a "trip" he may be riding the same broomstick a witch mounted in medieval Europe, says Dr. Michael J. Harner of Columbia University.

Medieval literature tells how witches' salve was rubbed into the skin in preparation for a midnight ride.

Dr. Harner says that some witches apparently believed, thanks to the narcotic effect of the salve, that their nocturnal rides across the moon were real.

Apparently the reason witches were always depicted as stirring bubbling cauldrons was that the witches concocted this mysterious lotion from belladonna, thorn apple, and henbane. These plants contain a poisonous crystalline alkaloid called atropine.

Dr. Harner theorizes that not only witches were users of the drug, but also people described as werewolves. He cites an ancient Roman document describing the physical condition of a human werewolf, and the symptoms were "strikingly similar" to those of modern atropine users.



Europe's New Problem -- Less Wine!

With all the other problems facing Europe—including a shaky international monetary situation—a new worry has cropped up.

What is happening to wine consumption?

Europeans traditionally have enjoyed the fermented juice of the grape—and in rather large quantities. Even children who would be considered far too young to drink in the United States may well have a glass of wine with dinner in France or Italy.

The French lead the world in wine consumption. The average Frenchman downs 124 quarts every year. The only problem is that ten years ago he consumed 147 quarts a year.

Why? The question is answered by an official in the European Common Market. He says, "The young people seem to prefer soft drinks," but he adds, "or they go right to whiskey."

Wine drinking in Italy, meanwhile, hasn't slackened particularly. In fact, it's near a peak, but there are indications it might not stay there.

There is the additional problem of what goes into the wine being downed. You can purchase a bottle of wine for as little as 25 cents in Italy. Yet it's an open secret the cheap wine is often adulterated or—worst of all—synthetic.

That is a sizable headache for Italy—one of the world's leading wine-producing countries.

Furthermore, many Italians don't seem to care. They feel that if the stuff looks like wine and tastes pretty good, what difference does it make?

Some doctors think it might well make a lot of difference and are recommending that their patients lay off the cheap stuff. There is some fear that mysterious additives could lead to gastric troubles.

At the same time, younger Italians are turning more and more to beer as a substitute beverage.

All of this is no small economic worry to the nations of Europe.

Within the Common Market, wine production accounts for 150 billion dollars a year—or 6 percent of the area's farm output. And that covers only the four wine-producing nations in the Common Market—France, Italy, West Germany, and Luxembourg.

The importance of wine in the Common Market economies can be seen in the fact that the six nations still impose quotas and customs duty on the wine trade among themselves. Import quotas and customs duties have been all but wiped out on other products.

Even nature has conspired against Europe's wine industry. The sun didn't shine enough in Europe last summer to produce a vintage year. In fact, there was so much rain that many grapes rotted on the vine.

Just wasn't the European wine industry's year!

Britain Tests LSD on Military

Great Britain has been paying volunteer servicemen approximately 45 cents per LSD "trip" to determine what LSD can do to troops or civilians during war.

LSD comes under the category of research of incapacitating agents, and those British soldiers who took the drug soon lost all sense of reality and could not adapt themselves to their environment, report the researchers. They could take no orders and behaved in general as if they were drunk.

British scientists specializing in chemical warfare have expressed the opinion that LSD might be packed as microfine powder into warheads and fired over a city or into enemy terrain, but experiments have proved that it is too expensive for widespread use in weapons.

The Poor Worry Too

The picture of a happy, healthy, carefree derelict sitting on a park bench sympathizing with the harried executive is something that exists only in the imagination of cartoonists.

The belief that it is the well-off, upper-middle-class, on-the-climb person living in the suburbs who has the ulcers while the poor are at least spared some of the worries which money brings has been upset by a nationwide survey released by the Blue Cross Association.

The poor may actually suffer more from nervous tension than the affluent who are subject to demanding pressures from their jobs and social positions.

Nearly half of the poor people who were interviewed were plagued by worries over money, insecurity, and health problems. In comparison, only one third of the affluent reported unusual nervous tension. The poor were found to have three times as much serious illness as the population as a whole.

Big Business for Latins

Casual dispensing of drugs is a major threat to health in Latin America, reports the Pan American Health Organization (PAHO).

The PAHO urges more stringent control over the manufacture and distribution of medicines.

The seriousness of the problem in Latin America often is brought home to travelers. A victim of a minor cold is apt to be sent to a druggist who will sell him almost any known antibiotic without a prescription.

The local pharmacy clerk may diagnose a customer's complaint and provide a cure-all drug, al-



Very little control is exercised over the sale of drugs in Latin America. The crumbling corner bar sports a Sanitary License number along with ads for liquor, laxatives, spark plugs, and pain-relieving drugs.

though he may scarcely know how to read. Most Latin pharmacies offer injections of drugs in the back of their shops.

Health ministers and representatives of twenty-five countries organized by PAHO have made recommendations to improve the situation.

The hemisphere's health authorities are particularly concerned about the widespread sale of drugs without prescriptions, ignorance of doctors who do write prescriptions, and misleading or dangerous advertising of drugs.

WHAT WHERE WHY WHO WHEN HOW

◆ The key to battling drug abuse is to educate youth thoroughly about the dangers before they are tempted, says Florida Senator L. A. Bafalis. Tell-it-like-it-is: That's his key objective behind the preparation and release of a 31-page booklet on drug abuse. Designed for massive distribution to school-age children, especially teen-agers, the booklet gives a description of current drugs and narcotics and the symptoms from the use of each. (AP)

◆ Johnny Pot, a modern-day Johnny Appleseed, is being sought by agents of the Federal Bureau of Drug Abuse Control for planting marijuana seeds. According to reports, the hippie planter scatters marijuana seeds in little-used pasture land and on abandoned farms. Then he sends detailed maps of his latest plantings to fellow hippies when he stops to rest.

Agents say the garishly dressed hippie wears a black derby hat, a madras sport coat, burgundy trousers, and gold sandals—a brown Van Dyke beard, and brown, shoulder-length hair. (AP)

◆ Smoke Watchers International is a new organization to help smokers kick the habit.

Nicholas Costa, president and co-founder of Smoke Watchers International, notes that several groups have been telling the public why smokers should quit but none tell them how.

"We have used the findings of hundreds of researchers in local, state, Federal, and foreign studies to develop a working program designed to help the most confirmed smokers," Costa says. The organization has headquarters in New York City, and meetings are held wherever sufficient interest is generated.

"Our meetings are to discuss why one begins to smoke, what the habit really does to you, what to do when the urge strikes, and much more.

"We find that people working together to help each other stop smoking have the strongest motivation, and in this fact lies the potential growth." (San Francisco Chronicle)

◆ The Massachusetts Supreme Judicial Court has ruled that smoking marijuana is illegal and could endanger the health of those who engage in the habit.

Justice Jacob Spiegel declared marijuana a danger to the health and safety of the community and says there is ample justification for sanctions imposed on its use by the legislature. (AP)

◆ Sweden's traffic accident rate is rising again. Officials say motorists are becoming less cautious as they grow more accustomed to the switch from left-hand to right-hand driving. (AP)

ARE YOU PUZZLED?

Lost in a Dense Forest

Frieda M. Lease

Clear the forest by changing one letter of each tree to make a new word similar in meaning to the corresponding word in the second column.

- | | | | |
|-----------|--------------|-----------|------------------|
| 1. pine | fasteners | 9. fir | title of respect |
| 2. elm | sprite | 10. gum | jewel |
| 3. oak | grain | 11. yew | moisture |
| 4. ash | snake | 12. birch | origin |
| 5. willow | roll in mire | 13. larch | orderly step |
| 6. teak | duck | 14. alder | change |
| 7. beech | a seat | 15. aspen | grayish hue |
| 8. palm | chums | 16. haw | cutting tool |

Is Your Child Taking Drugs?

More young people today are taking mind-altering drugs than ever before, says Dr. William G. Crook.

What's more, it isn't just the way-out youngsters who have rebelled against home and society and become hippies. It's becoming increasingly clear that drug use extends often into middle- and upper-class homes and schools.

In his newspaper column, Dr. Crook lists the most common drugs used and some of the signs and symptoms to look for which might suggest that a youngster has been turned on by a drug.

Marijuana (nickname: grass, weed, pot). This drug has a distinctive smell of burnt hemp and lingers on the breath for several hours. It can cause intoxication and incoordination, but the effect wears off rapidly compared to alcohol. So

the odor on the breath may be more of a telltale sign than a youngster's behavior.

Barbiturates and tranquilizers. These drugs make the youngster drowsy and sleepy. His speech may be indistinct, and he tends to stumble and drop things.

Amphetamines (nickname: speed). Youngsters taking this drug may be overactive, irritable, and unable to sit still. They may talk incessantly and be aggressive. Also, the pupils may dilate rather widely and the youngster on this drug may wear dark glasses—even at an inappropriate time—to hide this telltale sign. These pep pills also dry out the mouth, causing the user to lick his lips often, causing them to become chapped and raw.

LSD (nickname: acid). The users of this drug can usually be spotted by abrupt changes in personality, along with hallucinations and a sudden preoccupation with the meanings of life, love, and religion. Although teen-agers most commonly use amphetamines, marijuana, and LSD, the grapevine tells them that trips are available from other common sources.

Regarding the attitude of the doctor and the parent in managing a teen-ager who has been using drugs, Dr. Crook refers to Dr. Frederick H. Myers, professor of pharmacology at the University of California School of Medicine, San Francisco. "Most kids who use drugs are simply youngsters who haven't yet matured. What should our attitude be? Well, you just have to face up to this problem just as you would any other kind of problem. You try to help them, even though they're doing things that just fry you. And it's the same way with drugs."

It is agreed that the youngster who repeatedly takes drugs or sniffs glue usually has an underlying psychiatric problem. For this reason, therapists need to treat the teen-ager and not just his drug using. The great danger of all drugs is that the pattern of use becomes compulsive and the person's whole life devoted to making sure that the drug is available on time.

You Need Breakfast--the Real Kind

Americans probably would be healthier if all of them ate fewer bacon-and-egg breakfasts. Bacon is full of saturated fats, and eggs are the most potent source of cholesterol, a fatty-like substance, have been linked to heart disease.

Dr. Stare says individuals should eat more cereals and fish for breakfast.

Both cereals and fish contain protein, and a breakfast containing protein delays hunger because blood-sugar levels stay elevated for longer periods of time, he says. Fish, a protein food, and the cereal protein can be as effective in "sticking to your ribs" as bacon and eggs.

Sweet rolls and doughnuts, the kind of breakfast often typical of teen-age diets, are not effective in preventing hunger pangs. Instead, the blood-sugar level zooms up

and then goes back down quickly. "In an hour the person is hungry again," Dr. Stare explains. "There is nothing wrong with carbohydrates, but they need to be eaten with other foods."

Dr. Stare recommends that parents get their children into the habit of eating a cereal breakfast when they are young, since food habits are formed early in life.

Ideally, breakfast should be the biggest meal of the day, with lunch the next biggest and supper the lightest, he says. However, it usually doesn't work out this way. Too many people would rather spend an extra five or ten minutes in bed than eat breakfast.

"It would be better for all of us to get up earlier and have breakfast," Dr. Stare explains.

In the morning, metabolic functions are slower and energy is at a lower level; therefore individuals need food at breakfast to get them going again, the doctor says.

U.S. "Fails" in Drug Curbs, Says Ingersoll

The United States has "failed miserably" in preventing drug abuse and in rehabilitating addicts, says John E. Ingersoll, director of the Justice Department's Bureau of Narcotics and Dangerous Drugs.

"We are not preventing enough drug abuse; we are not apprehending enough peddlers; we are not rehabilitating enough abusers," he claims. On prevention and rehabilitation, especially, he says, "We have failed miserably."

Mr. Ingersoll says his agency's

prime function is law enforcement, but he calls it "a shame and a tragedy," that drug-abuse arrests increased by 774 percent during the last eight years.

The Government officer estimates that there might well be more than 65,000 narcotics addicts in the United States. But he does not estimate the total number of Americans who have made improper use of any drug, narcotic or otherwise.

"My guess is that the number is far greater than we would care, or dare, to think," he states.

How to Lose a Job

The Labor Department says it is putting new emphasis on alcoholism as a major cause of ghetto unemployment.

"Alcoholism is a factor to be faced in placing participants in national manpower training and development programs which aim at full employment in an expanding economy," the department's Manpower Administration says.

"A good job is also a factor in helping such persons to battle their problems."

The department says that increasing attention will be focused on the problem in surveys into causes and cures for the high rates of unemployment in the big-city ghettos.

A typical study made in Milwaukee by case workers and counselors revealed that among people in the slums who were not working, 15 percent were alcoholics or heavy drinkers, affecting their employability.

There are an estimated six million alcoholics in the United States—roughly 3 percent of the population—who cost the economy \$4 billion a year.



As a major step toward ensuring successful tracking and communications with astronauts during the Apollo missions, a small 40-pound satellite was ejected into orbit to coach ground stations around the world. The Test and Training Satellite represents an orbiting target to put ground station crews and equipment through a series of tracking and communications exercises.

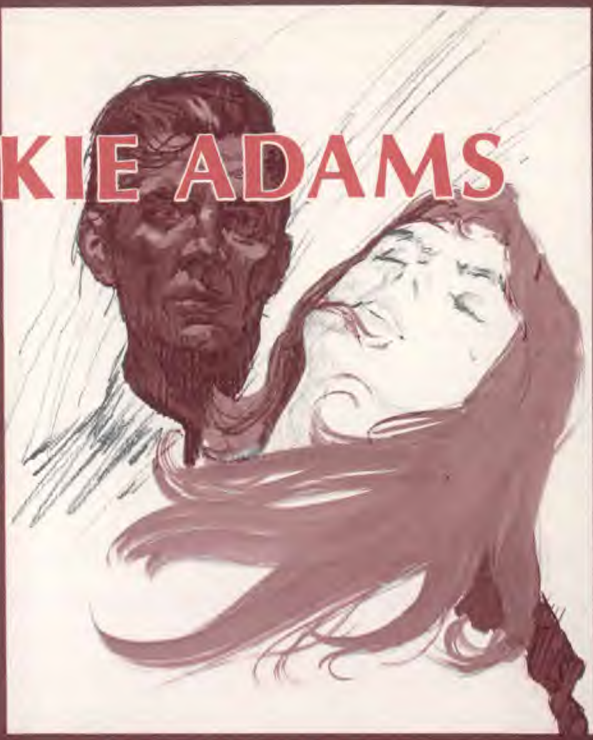
The key component inside the satellite is a transponder—a specially designed radio receiver-transmitter which sends out coded signals when it is properly interrogated by ground stations. The signals contain ranging, telemetry, voice, and biomedical information, to simulate the data that would ordinarily emanate aboard the Apollo spacecraft.

Answers:

1. pins; 2. elf; 3. out; 4. asp; 5. wal; 6. teal; 7. bench; 8. pals; 9. sit; 10. gem; 11. dew; 12. birth; 13. march; 14. after; 15. oshen; 16. saw.

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To Answer the Cry

I SEE a youth—standing apart, mute, apparently unthinking and uncaring.

I listen! In his silence I hear his cry for help.

Why is he crying? Have I failed him? Has he failed himself?

I say I have done all I could for him. I have given him every opportunity. I have seen to his education and his religious training. Why then is he standing alone?

Can it be that I have taught him of love without teaching him the need to discipline his love, or has he heard only what he wanted to hear?

Have I taught him freedom without teaching that it does not mean license, or has he chosen to ignore that which to him appeared to be limiting?

Have I taught him self-knowingness without teaching that it comes from within, or is the "in" thing more important to him than the truth?

I have taught and taught and taught, but have I set an example I want him to follow? Have I listened to his questions so that I know what he needs instead of what I think he ought to need? Have I shown him the courtesy and respect that I condemn him for not showing me? Have I given him a reason for wanting to belong to my society so that he need not search for another to belong to?

I do not accept full blame for his standing alone, but I must stand beside him and accept my share for being so idealistic, such a perfect parent and teacher, when I know my own actions and attitudes are not above reproach.

So enough of who is to blame—we stand here together, shorn of all pretense, hopefully rid of false pride, forgiving each other our sins of omission and commission, and now asking the question, Where do we go from here?

I offer him and myself the promise that I will endeavor to be a living example of what I expect of him and what I believe is the right way to live.

I shall attempt to teach him the full meaning of the law and how he can use it to find the answers he is seeking.

I will try to understand better the true meaning of love so that I can help him to understand it too.

I will help him to know the duties of freedom as well as the privileges.

I will learn to understand with him the true joy of living through giving.

Together we will find ourselves by looking within to the center of being instead of looking without to appearances.

Above all, I will listen to his questions and help him and myself to find the answers.

I will no longer try to fill him full of beautiful phrases and ideas. Instead I will give him the basic beliefs and understanding that will allow him to absorb the beauty of the universe and express his own ideas from the truths he has learned.

Too long his silent cry has gone unanswered!

