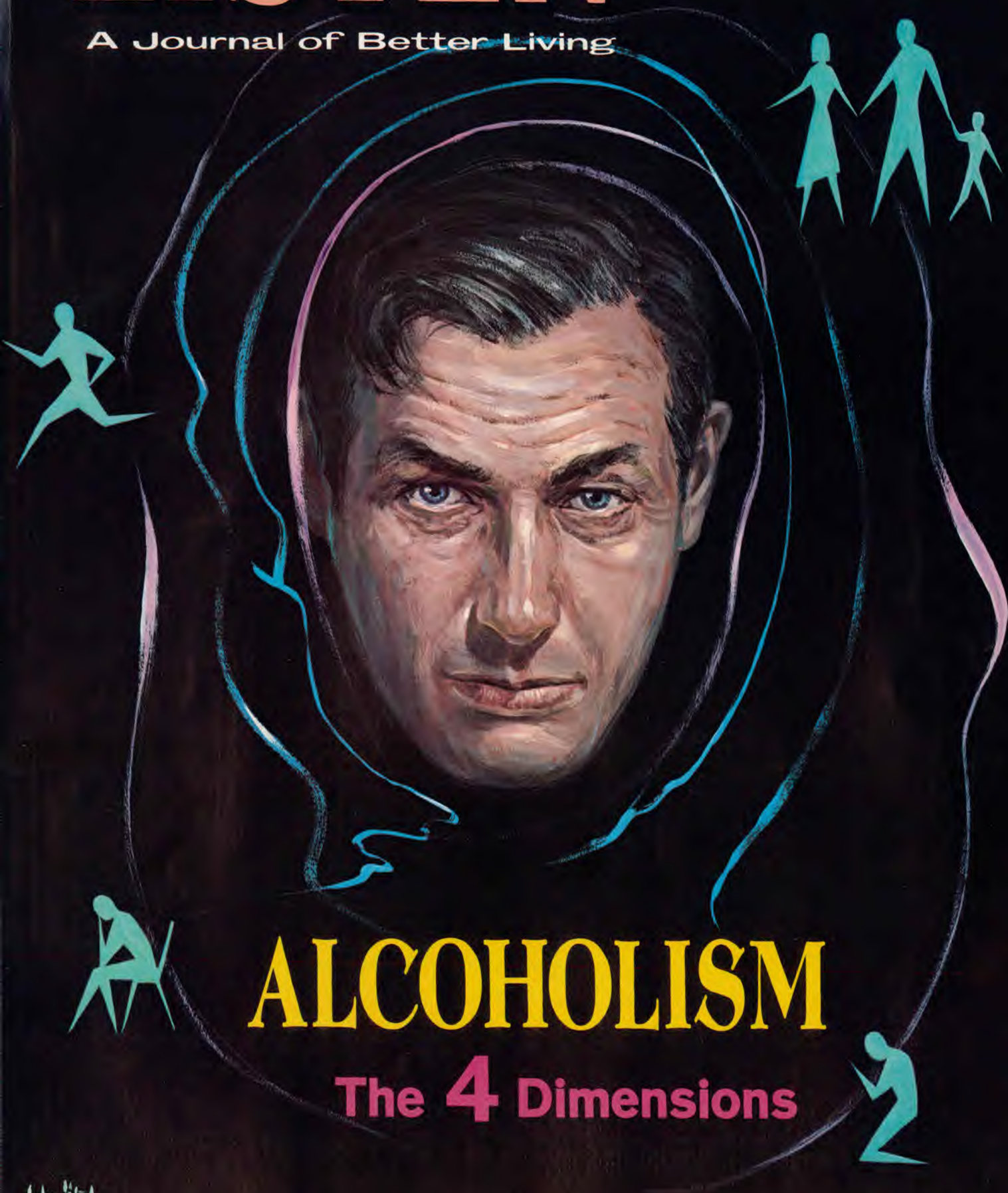


LISTEN

A Journal of Better Living



ALCOHOLISM

The 4 Dimensions

LISTEN

JOURNAL OF BETTER LIVING

Biggest Drug Problem

"The so-called Establishment is uptight about drugs these days, but they're thinking of drugs that are new in our culture—heroin, marijuana, LSD. They shouldn't forget about alcohol."

These are the words of Dr. Dora B. Goldstein, Stanford University pharmacologist. She emphasizes that alcohol is the drug which should top the nation's "most dangerous" list.

"Estimates for the number of alcoholics in this country run about 100 times higher than for heroin addicts," she goes on—"about 60,000 for heroin and 6 million for alcoholics."

Alcohol is a dangerous drug, not only in its acute effects on behavior, but also in its tendency to cause addiction, she says. All the effects of alcohol are a result of depression of brain functions; it knocks out different parts of the brain in order, and the ones that go first are the self-control circuits—the parts of the brain that damp down behavior and prevent over-reaction.

In 1968, Americans paid out \$11 billion for alcoholic beverages, but only \$5 million for care and treatment of the alcoholic and his family. This fact is reported by Dr. Earle March, health professions coordinator at the University of California.

He declares that alcoholism is a "dirty" word, which many people push under the rug and forget about, at the same time pushing for educational and curative programs to prevent abuse of other drugs.

Indeed, it is time to look squarely at the entire drug specter, putting alcohol into its rightful place as the cause of the biggest addiction problem in the country.

This is a major reason for this February *Listen*—a single-theme issue on alcoholism, and the introduction in this issue of a new and already tested program to find the real causes of the condition and develop a well-rounded attack on it.

The 4 DK Plan (Four-Dimensional Key to the Cause of Alcoholism) bids fair to become to the alcoholism problem what the world-famous Five-Day Plan to Stop Smoking has been and is to the smoking problem. These four dimensions are outlined in this issue of *Listen*, and should in due course provide a real breakthrough on the medical and educational levels in the effort to place alcoholism in its true light.

This 4 DK Plan is actually designed for drinker and nondrinker alike, because it deals with basic principles of better living from which everyone would benefit. It is intended to rescue people from alcohol's addictive power, but also it will fortify the resolve of those who do not drink and put into their hands the facts and tools they can use in their own areas to cope with alcoholism.

One alcoholism expert, after seeing a pilot 4 DK Plan, observed, "Our programs talk about the problem, the disease, the negative; *yours* talks about the person, good health, the positive."

May we commend the 4 DK Plan to you? More information can be obtained from *Listen's* editors.


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- ★ For Jim Calloway there was true peace, adventure, fame, and real life behind "The Closed Den Door." Or was there?
- ★ "Man, It's a Long, Hard Road"—especially if you try to solve your problems with chemicals!

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4DK *key to a new life*

Alphabet titles have long intrigued the curious. Now another has been added—the 4 DK plan.

Far from being mere letters, however, this plan will mean hope and health to thousands who learn and practice its principles.

It means simply the Four-Dimensional Key to the Cause of Alcoholism; and it represents a new, complete concept of public education about this knotty problem. Several years in the planning, it is now being unveiled to the public.

Traditional alcoholism programs have been one-sided. They dealt with either alcohol alone, or with man, the user, alone—not both.

Much research is centered on the effects of alcohol consumption, while other major studies have long forgotten a search for causes and are now focused on rehabilitation methods to make some attempt at halting the avalanche of human suffering. 4 DK is all-inclusive, looking at both alcohol and man, and the four dimensions of man which unite to make up the complete life—the physical, mental, social, and spiritual.

"The difference between your program and other alcoholism programs," said one community alcoholism specialist after seeing 4 DK, "is that we talk about disease and problems and you talk about health and solutions."

Two specialists have developed this approach: E. H. J. Steed, executive director of the International Commission for the Prevention of Alcoholism; and L. A. Senseman, M.D., psychiatric specialist and long-time chairman of the Rhode Island Advisory Committee on Alcoholism.

In order to probe the real causes of alcoholism 4 DK digs deep into human problems of all types and comes up with a positive plan of better living everyone could well use, whether or not he is a drinker.

Two cities had sneak previews of the 4 DK plan in 1969 to test public acceptance of the program and to finalize on

details of presentation. Chosen as test sites were Hialeah Hospital in Miami, Florida, and Berks County Medical Hall in Reading, Pennsylvania—one in a resort center, the other in an industrial area.

Educational leaders, alcoholism specialists, and medical people who observed the plan in operation acclaimed it highly.

Speaking of the need for a vigorous new attack on the age-old problem of addiction, Director Steed says, "We stress the necessity for education and prevention. We'd rather study the cause to prevent the effect than study the effect to find the cause."

He goes on, "We attempt to present to the community the causes of alcoholism and believe that if people know the cause they can prevent the effect."



Developers of the 4 DK plan, E. H. J. Steed and Dr. L. A. Senseman, start the test run of the program at Hialeah Hospital in Miami, Florida.

*Exclusive in this LISTEN:
an up-to-date, all-round plan
to solve alcoholism.*

4 DK's program consists essentially of four lecture periods, which also include pertinent films, visual aids, forums, and discussions.

On the docket are two Walt Disney Productions films released on special arrangement for use in this program. Four other short films are also used, two of which are documentaries featuring Dr. Senseman on alcoholism and mental health and Herbert H. Hill, alcoholism specialist from Hinsdale, Illinois, on the developmental steps in alcoholism. The other two show in animation the effects of alcohol on body systems. These four films were produced exclusively for the 4 DK plan and represent the latest scientific findings.

"We want to reach both the drinker and the nondrinker," says Director Steed about the public appeal of the program. "Everyone should know of the causes and threats of alcoholism. This is a general, open approach to alcoholism. You could call this an educational breakthrough—a breakthrough in more than one way. In addition to finding alcoholism's cause, it unlocks principles whereby man can choose better living and find the key to maximum satisfaction and enjoyment of the whole life."

Community leaders and alcoholism specialists gather to view 4 DK at Hialeah Hospital's educational center in Miami.



Surrounded by visual aids for the 4 DK plan, E. H. J. Steed teams with Dr. Irving Jones, director of health education for the Reading Institute of Rehabilitation, for the test run in Reading, Pennsylvania.



Motion pictures and visual aids for 4 DK are previewed in Reading, Pennsylvania, by Thomas M. Kopko, Seventh-day Adventist pastor in that city, and Francis A. Soper, "Listen's" editor.





welcome

to a unique experience in understanding the answer to alcoholism

This information has been prepared by Ernest H. J. Steed, M.I.P.R. (Aust.), Dip. S.M., Executive Director, International Commission for the Prevention of Alcoholism, and Laurence A. Senseman, M.D., F.A.C.P., Chairman, Advisory Committee on Alcoholism, State of Rhode Island.

the 4 dimensional key to the cause of alcoholism



This four-dimensional key to the cause of alcoholism is more than simply an answer to a universal question. It unlocks basic principles whereby man can now choose better living and enter a real life of self-improvement and self-control.

Whether you are a nondrinker or a drinker, you will discover that this program indeed reveals the hidden key to the greatest purpose for maximum satisfaction and enjoyment of the whole life.

As each dimension is outlined, you will recognize familiar facts and be led to see that alcoholism must be studied in relation to the whole man. Acknowledging that this is a controversial topic, we would urge you not to arrive at any early conclusions. Only as you see the four dimensions

will you know the total story. We encourage you to note well the principles outlined in each dimension presented.

This is not a mystery game, yet we urge you to take just one step at a time to understand adequately alcoholism and its cause.

Learning about one dimension will not place the key in your hand. This breakthrough will come only as you recognize each dimension and then see the four-dimensional key unlocking the final scene.

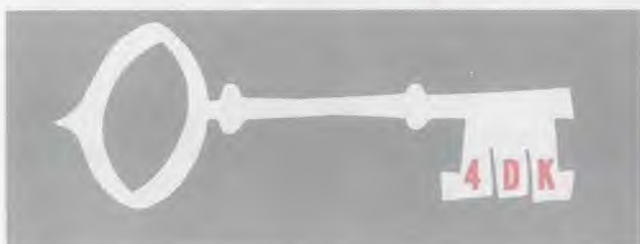
So, let's go. Observe well each unfolding scene. It is important that you stay with us for the four presentations, and we guarantee that a new and wonderful concept will be yours.

It will open before you new avenues for making meaningful decisions for lasting personal pleasure. Further, it will place in your hands information to alert the community toward a certain program of alcoholism prevention and rehabilitation. ■

- and now for the 4 dimensions



1st dimension -- *physical*



Alcoholism has aroused interest and concern in all levels of society as its ravages have dug deeper and deeper into the safety and security of our homes and our nation. It is an international, complex problem; but now it is a problem that can be prevented—humanely, rationally, and objectively. No one need ever again be affected by it except by his own deliberate choice.

Alcoholism and its cause have to do with man and alcohol. First we spotlight man and the First Dimension.

The First Dimension

Life's first great dimension is the power and wonder of the physical body. These natural powers functioning with growth, repair, and development, plus all ability of operation, make the body a beauty in design and purpose. Our happiness, joy, and pleasure are related to physical expression.

We discover that the human body relies for its source of power upon the operation of basic laws, inherent within, for growth and maintenance. So often man has neglected to safeguard his physical powers; he has failed to work in harmony with nature's laws for his body's efficient operation and preservation.

Man's Desires

Man has made decrees to safeguard his physical body in society with ideals toward law and order, housing, safety regulations, travel, water conservation, and medicine, and then so often ignored his own duty toward himself.

Neglect, ignorance, and misuse of laws pertaining to his physical being soon puts them out of play; yet, the body miraculously attempts to reestablish satisfactory operation. But after constant and prolonged abuse and neglect, known or unknown, false conditions and cravings are developed, not understood or known, and one day the red light glows for a breakdown in the systems.

Our bodies are like houses. Some take longer than others

to break down under neglect and impairment, but eventually the same result comes about.

Surely we can positively state that man's physical powers, the first dimension of life, are to be carefully preserved in accordance with natural laws. These must be related to eating, drinking, sleeping, playing, seeing, and working.

Natural Appetites

It is not an overstatement to say that man's natural appetites have been perverted by indulgence. Many have "permitted appetite and passion to take the throne, and to bring into subjection reason and intellect."

The American Medical Association *Manual on Alcoholism* says: "Physical disabilities and impaired life adjustment certainly may precede or contribute to the development of the illness."—Page 6. "The role of physiological factors in progression of the disease is quite well established."—Page 16.

You will see two significant phrases in this first dimension—physical disabilities and impaired life adjustment.

The United States Department of Health, Education, and Welfare's *Manual on Alcohol and Alcoholism* says, "Realistically, the problem drinkers are those who—by all standards—cause significant damage to themselves, their families, or their communities because of drinking."—Page 5.

It should be clear that the neglect of physical faculties or their impairment as the result of drinking can be ranked as equally significant with such neglect or impairment prior to drinking.

The truth is, our physical appetites and desires will minister to our happiness when brought under self-control. It is important that we focus on these natural laws of our First Dimension to Life—our physical powers. Three important points on this road to understanding the cause of alcoholism are these:

1. Our physical powers will reward us according to our use of these powers.
2. The control of these powers is available to us through obedience to the laws of our being.
3. Alcoholism does have a relationship to the physical powers. The conscious or unconscious neglect or impairment of these physical faculties creates false desires and cravings.

Wonders of the Human Body

For our understanding, the anatomist has organized the

many parts of the body into separate anatomical systems, naming their parts and defining their special functions:

The Skeleton—Some 206 bones form the base, or framework, for the many muscles and also protect the vital organs of the body. The bones are the shock absorbers when man engages in athletic sports.

The Muscles—At least 600 muscles act as motors to produce motion by pulling on their bony attachments. Muscles work in pairs, one group contracting to pull the bones in one direction, and another group contracting to pull them in the opposite direction. The human body has adjusted itself through training to great versatility. There are intricate movements of eyes, fingers, toes—and that smile.

The Circulatory System—This spectacular system of superhighways tunnels through the body and its organs for 60,000 miles. The marvel of this system is that it keeps the blood always moving in one direction through elastic, pulsating arteries away from the heart and returning through veins to the heart and lungs.

Prime mover for this system is the heart. This key organ gives the blood force to surge out into the larger arteries,

into the subsidiary arterial system, and then into the millions of microscopic capillaries.

The Respiratory System—Surrounded by the bony cage of the ribs and spine, the lungs expand and contract to fill millions of elastic membranous sacs with air. Here the life-giving oxygen is exchanged for waste carbon dioxide in the blood.

The Digestive System—The mouth, esophagus, stomach, and small and large intestines, along with other digestive organs, convert the food into usable fuel for energy. The liver is the largest single organ in this system. It performs a number of important functions, including the production of bile and the removal of toxins from the body.

The Urinary System—This regulates and excretes the soluble wastes. The kidneys are a marvel of specific filtration. Located behind the liver and stomach, one in each flank, they filter out waste and pass it on to the bladder for storage and disposal.

This wonderful physical body, a marvel of creation, deserves our very best attention for its care and efficient functioning. ■

here are the laws of life for efficient functioning of all systems of the body:

1. *Pure Air* assists the respiratory system in functioning at peak performance. Without it we would die in a few minutes.

2. *Sunshine* is a necessary ingredient for growth and sustenance of life and health, physical as well as mental.

3. *Rest* is important for all systems making up the whole organism of man—rest, time to recuperate, time to rebuild and strengthen each organ and system, and time to remove waste products from the system.

4. *Abstemiousness* means avoiding those known substances which can destroy individual organs or systems—even destroy us totally.

5. *Pure Water* is absolutely vital to life. Most of us do not use it as effectively as we should. It has many properties that enable the body to function efficiently and properly over a long period of time.

6. *Nutrition* concerns the vital elements essential for man's development. Food must contain all the essentials—protein, carbohydrates, vitamins, fat, minerals, and trace elements.

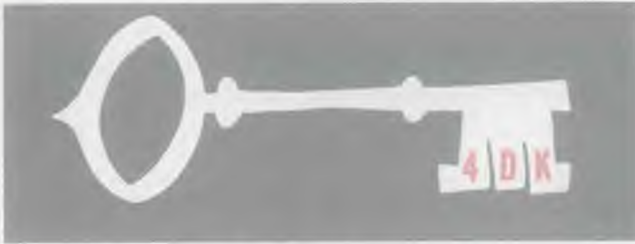
7. *Exercise* of the human body produces the maximum efficiency necessary for good organ function, muscle tone, strong bones, adequate circulation, and respiratory capacity.

If these simple principles of life are ignored or distorted, we disturb body functions and invite disease and sickness. Failure to heed these vital needs may create abnormal or unnatural physical cravings and disturb our mental attitudes and our goals, impairing our efficiency and jeopardizing our life.





2d dimension -- mental



The mental powers form the core of our governing process. The mind, like the body, is subject to the development of tastes and inclinations. Like nutrition for the body, what we feed the mind will develop or impair its proper function.

The five senses—sight, hearing, taste, touch, and smell—the avenues to life's decision faculties, must be kept sensitive and under the control of the will and conscience, with always an awareness of life and the importance of its preservation.

Willpower for Action

The will is the spring of all action. It is the control mechanism over impulses and emotions.

This governing faculty of the mind, neglected or impaired through failure to exercise it, will allow physical cravings, desires, and habits to control the life.

Christian concepts emphasize the subjection of the will to divine power for the release of greater power to direct one's life toward the goals of self-control and obedience to natural laws.

Reason, therefore, is a vital dimension to life. Man must reason from cause to effect.

Essential Aim and Purpose

Youth is the time when life adjustments must take place to develop wholesome concepts. During this period values are established.

If decision making is limited or distorted, false aims and ideals arise. Mental faculties are impaired by the use of drugs, alcohol, tobacco, or any practice that weakens the sensitivity of the five senses and the willpower.

The will, essential to self-control and the proper functioning of mental powers, can be strengthened by continual exercise. This is achieved by positive making of choices, just as physical exercise will develop muscle.

Psychological Relationship to Alcoholism

"Many experts do agree," says Thomas F. A. Plaut, writing in *Alcohol Problems—A Report to the Nation*, page 46, "that psychological factors are important to the development and persistence of problem drinking."

The *AMA Manual on Alcoholism* says, "Learning theorists see alcohol dependence as a learned behavior pattern."—Page 20. "The conditioned response of drinking then becomes strengthened and begins to predominate over other behavior."—Page 21.

The alcoholic is relatively incapable of relating effectively to himself; his self-concept is decadent, says Dr. Chador Koff. "In the specific defense against anxiety the alcoholic patient does not use logical thinking, does not respect the demands of reality, and cannot delay immediate gratification of his impulses."—*Quarterly Studies*, 25:292, 1964.

Dr. Milton A. Maxwell lists some of the alleged psychological causes of alcoholism: "Oral deprivations, the death wish, immaturity, inferiority, low frustration tolerance, hostility toward parents and guilt about it, introversion, extroversion, alienation—and the search for love."

One alcoholic summed up this search for love in these words, "Alcohol gives a warm feeling in the tummy and says, You're loved." "Intelligence without the ability to give and receive affection leads to mental and moral breakdown."—Daniel Keys, *Think*, IBM Magazine, July-August, 1966, page 32.

With these few observations, let's reiterate the premise: Any divergence from harmony with the laws of the mind toward life and health bring complicated known and unknown impairments that create false desires and cravings.

Changes in Behavior

Taken as a beverage, alcohol is quickly absorbed directly into the bloodstream through the stomach and first part of the intestine. The blood then carries the alcohol throughout the body. The brain, part of the central nervous system, absorbs the alcohol from the blood at a rate six times that of any other body tissue.

This fast absorption affects one's behavior and is easily noticed by others, especially relatives or close friends. Alcohol, in almost any amount, acts as a depressant to the brain tissue. It quickly alters the forebrain, the nerve center for behavior. It changes the person's ability to discriminate,

lowers his level of anxiety, and decreases his ability to respond to certain stimuli. It can produce negativism or antagonism; it can release aggression.

Such changes in one's behavior or mood can and do cause many users of alcoholic beverages considerable trouble. As the person continues drinking, he becomes less aware of his environment; he may become untidy, combative, and verbally abusive. Certain individual personalities may be elated; others may be depressed.

Thus alcohol affects that part of the brain that controls behavior, the results varying in different individuals and, of course, with the amount of alcohol consumed.

Judgment is an essential part of our behavior and of our thinking processes. It is the end of learning, education, and experience. It reaches its highest level in man. Judgment is the ability to reach conclusions from learned facts by comparing and analyzing. Alcohol can seriously disturb judgment and thus cause trouble.

Personality

Alcohol affects the personality of the individual. At first this may be transient, but over a period of time as more alcohol is consumed, there are changes. They may be unnoticed at first; but in retrospect the personality changes can be seen—especially in chronic drinkers.

The area of the brain controlling the personality is the frontal lobe. The brain centers of higher intellectual activity, those concerned with the emotions and feeling tone, are affected by alcohol even in small doses. When these sensitive centers are depressed, the level of anxiety and worry is suppressed, resulting in a feeling of expansion, exhilaration, and loss of inhibition. This loss of inhibition may cause the person to behave unlike his usual character. This can be produced by as little as .05 percent alcohol concentration in the blood, the amount possible from drinking two to three ounces of whiskey or three or four bottles of beer. Many crimes have been committed because of the effect of alcohol on the brain.

The chronic alcoholic's personality is characterized by his use of denial. He lies about almost everything, and he is frequently unreliable. He is notoriously difficult to live with because of his lack of consideration for others.

His whole personality may become so altered that his efficiency and intellectual functions are greatly decreased. This can be directly traced to the effect of alcohol on the brain cells in the frontal lobe of the brain. If severe brain damage has resulted from the toxic effects of alcohol, many of the damaged brain tissues never return to normal. In fact, some doctors feel there is permanent brain cell damage each time a person drinks.

Reflexes and Coordination

Normal, active muscular coordination depends on the central nervous system—in particular, the areas of motor, sensory, and visual cortex, along with the cerebellum and spinal cord.

An impairment of motor skills can develop from alcohol concentration in the blood of .10 percent to .15 percent. This can be produced by four to five ounces of whiskey or eight bottles of beer, not an unusual amount for a drinking man.

Impairment of coordination has been demonstrated by experiments in many persons who drink and have their particular skills measured under controlled conditions; for example, a driver on an obstacle course makes more errors after two or three drinks—even one drink in some cases.

Alcohol may increase performance to a certain degree in learned skills, such as typing, but increased errors offset its value. Even handwriting or other skills of fine motor coordination are significantly lowered in normal subjects following a few drinks.

Alcohol contributes to the loss of conditioned reflexes by slowing down the action of the reflex arc in the spinal cord. It actually decreases reaction time, as in this experiment:

The driver of a car, traveling thirty miles an hour, is suddenly confronted by a red light. The car travels sixteen feet between the time the red light is noted and the foot is applied to the brake. When this same driver's blood contains .05 percent alcohol (2 to 3 ounces of whiskey), the car travels twenty-two feet before the brake is applied, a 37 percent increase. At forty miles per hour, there would be a fifteen-foot difference. This could result in a fatal accident, and this increase in reflex time does account for many fatal car accidents caused by drinking drivers.

Alcohol, then, slows the reflex time—the length of time it takes a person to respond to a given stimulus without any cerebration (thinking) involved.

Mental Illness

Alcohol is notorious for its chronic effect on the brain, and it does produce a psychosis. This is caused by repeated alcoholic episodes of constant, excessive drinking. It can cause cerebral atrophy, which is a shrinking of the convolutions on the brain surface, and can produce mental symptoms.

D.T.'s are a direct result of acute alcoholic intoxication and the lack of a nutritious diet. This frightening condition is feared by most heavy drinkers. It is marked by visual hallucinations and increasing tremulousness and overactivity on the part of the individual. It affects 4 percent of alcoholics.

Korsakoff's psychosis is a peculiar psychotic behavior in chronic alcoholics who have used excessive amounts of alcohol and have not eaten properly for a long time. The improper diet results in a lack of the vitamins necessary for normal brain and nerve function. Korsakoff's psychosis is characterized by the inability to remember the most recent experiences; therefore, the victim fills in these memory gaps with imaginary happenings. It is usually associated with a polyneuritis, an impairment involving a loss of nerve control of the extremities.

Other specific mental illnesses caused by the prolonged use of alcohol can be seen when brain cells are examined under the microscope.

Alcohol, when taken into the human system, acts as a toxic substance to the entire brain. This alters the drinker's behavior, personality, reflexes, and coordination; and it produces certain specific and well-known mental illnesses. The central nervous system can be damaged permanently by chronic and habitual use of alcohol. This damage can be prevented by total abstinence.

PERSONS WITH GOOD MENTAL HEALTH--

Feel comfortable about themselves.



- They are not bowled over by their own emotions—by their fears, anger, love, jealousy, guilt, or worries.

- They can take life's disappointments in their stride.

- They neither underestimate nor overestimate their abilities.

- They can accept their own shortcomings.

- They have a tolerant, easygoing attitude toward themselves as well as others; they can laugh at themselves.



- They feel able to deal with most situations that come their way.

- They get satisfaction from simple everyday pleasures.

- They have self-respect.



Feel right about other people.

- They are able to give love and to consider the interests of others.

- They respect the many differences they find in people.



- They have personal relationships that are satisfying and lasting.

- They expect to like and trust others and take it for granted that others will like and trust them.



- They do not push people around, nor do they allow themselves to be pushed around.

- They can feel they are a part of a group.

- They feel a sense of responsibility to their neighbors and fellow-men.

Are able to meet the demands of life.

- They do something about their problems as they arise.



- They accept their responsibilities.

- They shape their environment whenever possible; they adjust to it whenever necessary.

- They plan ahead but do not fear the future.

- They are able to think for themselves and make their own decisions.

- They welcome new experiences and new ideas.

- They put their natural capacities to use.



- They set realistic goals for themselves.

- They put their best effort into what they do and get satisfaction out of doing it.





3rd dimension -- *social*

Social Contact and Life

This power of social contact is demanding, compelling, and all-embracing. Without some rapport with society, man is insecure, fearful, apt to become violent, or willing to be a martyr.

Paul, the apostle, said, "For none of us liveth to himself, and no man dieth to himself." Romans 14:7. Society is losing a sense of values and fostering practices that endanger life's real function. This has become a threat to many individuals.

This desire for and yet repugnance of society has developed into a social ambivalence. It has been stated that a person faced with danger or insecurity has only three choices:

1. To meet the issues with a frontal attack.
2. To become submissive and cower before the danger.
3. To attempt to escape from the scene of danger.

Undoubtedly, modern man's seeking after and acceptance of drugs, alcohol, tobacco, gambling, illicit sex, or crime has originated in this unhappy ambivalence.

In these days when vice and crime of every form are so rapidly increasing, there is a tendency to become so familiar with existing conditions that we lose sight of their cause and of their significance.

Availability and Promotion

Creating an availability of alcohol and promoting its use by socially maladjusted people (a fair percentage of the population) brings an acceptance of alcohol and a dependence upon it to meet the demands of society. This observation applies particularly to children, who in some cultures, such as in France and Italy, are introduced to alcohol as young as two years of age.

Look at many ghetto areas. They are plastered with liquor outlets; many men are out of work; they have no attractive recreational areas for social contact. The only social contact available is the liquor store on the corner. Thus the father-image of a man is destroyed as he turns to drinking liquor to while away his time and make his life rewarding.

"Although the immediate physiological and psychological effects of ingested alcohol are experienced by the person drinking, the pressures to drink have group origins, and the results of drinking affect not only the immediate group



The Four-Dimensional Key to the Cause of Alcoholism is a program designed to give background principles essential to considering any disease or illness and to making decisions toward achieving the best that life can offer.

We have looked at two of these four dimensions—the physiological and the psychological. We have discovered that obedience to the natural laws of life in both these dimensions will reward us with improved physical and mental powers.

We have also noted that, recognized or not, neglected or impaired physiological and psychological faculties create false desires, cravings, and concepts.

Now we add the third dimension.

People are meant to live in togetherness. Social relationships are essential to happiness and to man's development.

America, torn by conflicting opinions, virtually cried out through a young girl's painted sign to Mr. Richard Nixon, "Bring us together."

Man is a gregarious creature. He cannot find contentment if ostracized or isolated from a group unless he has learned how to adequately make himself acceptable to another group.

"Tragedy and alienation are the destruction of separation from the relationship which helped define personal identity. Death represents the ultimate crisis, the final wiping out of personal identity."—Dr. Donald Collier, Toronto area, Ontario Addiction Foundation.



but also the larger society in which the drinking occurs." —Jay N. Cross, M.P.H., *Guide to the Community Control of Alcoholism*, page 15.

Or look at the round of business with its demands for drinking as a means toward acceptance. Cost to business in the United States alone for its drinking problem is conservatively estimated to total more than \$4 billion a year. Or look at the whirl of social functions that offer little by way of nonalcoholic drinks, thus creating a social pressure to increase the intake of alcohol.

Dr. Max Hayman, writing in the *American Journal of Psychiatry* on "The Myth of Social Drinking," says, "One definition of alcoholism (a rather satisfactory one clinically) is 'loss of power of choice.' I would suggest to, even challenge, the social drinker to stop drinking and observe his own feeling of loss and dependency, his rationalizations, and, so frequently, a return to old habits of drinking. This can be an excellent gauge of one's dependency on alcohol."

Social Influence

"The potential alcoholic begins as a social drinker." —*Ibid.*, page 51.

Man is becoming a lonely creature. Solitude is an interval in living, but loneliness is a kind of death. Social contact therefore must be rewarding or man will withdraw from society.

The London *Times* conducted a survey on lonely people of London and printed a most revealing article on the prevalence of loneliness, calling it "a disease without symptoms." For it "there is neither sympathy nor cure. But it is itself a symptom of something much more sinister.

"We are forgetting how to communicate, how to form proper relationships. . . . It is the reason for the alarming increase in those who seem, today, to be born vulnerable to the dark tuberculosis of the spirit—that of loneliness." —May 27, 1962.

Too much shush is killing marriages, says Dr. Joyce Brothers, blaming silent husbands for a lot of marriage failures. In fact, on her national television program dealing with marriage and home problems, she recently singled out the silent husband as the chief destroyer of marriage today.

"Silent husbands are men with emotional lockjaw," she says. They come home from the office, grunting "good night," then lapse into silence.

"They are men who take their wives so much for granted that they often do not talk to them as cordially as they do to their secretaries."

Desire for fellowship, companionship, and a sense of belonging drives people into group conformity. Surveys taken in the United States and Australia in 1965 revealed that 72 percent of all the drinkers polled say that they drink only because others drink, primarily for social contact.

The depersonalization of human beings with the introduction of computers is weakening social relations. Says Dr. Dean J. Compton, University of Tennessee sociologist, "It is conceivable that many of these people will frequent the bar more often to find the human association denied them by the computer."

Consider the growing child. He must find his place within the world by learning to master his environment and by establishing communication and communicating with others through loving relationships.

"If a successful exercise of these functions is too often thwarted, the world remains alien and the child's state of isolation persists," says Violet Head, a psychologist from Toronto, Canada.

Think of other social conflicts related to drinking that could develop through poor housing, poverty, idleness, and folly, to say nothing of the problems of the wealthy in trying to keep up with the jet set.

Increased Leisure

Today's technological revolution has brought increased leisure time, which most people do not know how to utilize effectively.

The *AMA Manual on Alcoholism*, page 28, says, "It is apparent that sociological factors are of great significance in the origin and development of alcohol use and abuse."

Further it notes that "where total abstinence is the prevailing attitude in a group, alcoholism is relatively rare among its members." —Page 22.

Drs. Neil Kessel and Henry Walton in their Penguin book, *Alcoholism*, state, "Only where the culture fosters drinking will alcoholism be widespread. Whatever the individual's psychological difficulties may be, unless the social circumstances are right, he will deal with these in another way than by excessive drinking." "From a sociological standpoint," they say, "everybody may be regarded as potentially alcoholic." —Page 43.

Social Impairment

The person who becomes addicted to this most commonly used of all addicting drugs is therefore affected by it. Socially he becomes associated with those who use it, often to the total neglect of his family, his work, and other social responsibilities.

With this total loss of social responsibility comes a loss of self-esteem, which results in only further involvement with alcohol. And the downward spiral continues until he reaches bottom (and has nowhere to go).

Alcohol does destroy brain tissue.

The late Dr. Cyril B. Courville, a prominent neuropathologist, has stated that alcohol in any amount destroys some brain cells every time it is used. He has shown that the brain of an alcoholic weighs less than an average brain and even the gross appearance of an alcoholic brain is different. Under the microscope, even an untrained person can note the damaged cells of an alcoholic brain.

To live in this highly technical world, we need every ounce of brain tissue we have been endowed with at birth. We are all constantly involved in motor traffic, with mechanical devices at work, or with complicated, sophisticated equipment in the home—activities that demand our entire intelligence and a sound sense of responsibility.

What then should we conclude about alcohol and our social obligations and responsibilities?

Social inadequacies are increased by alcohol. It destroys man's ability to function in a socially acceptable way. It interferes with his smooth functioning in interpersonal relationships. It impairs his capacity to work and it destroys his own self-image.

Alcohol adversely affects the whole man and his ability to live happily with himself and others. ■



4th dimension -- *spiritual*



The things of the spirit have become the neglected dimension of man. Impair the spirit of man and you also destroy his hope.

William Jewett Tucker, a noted educator of Dartmouth, puts it in perspective when he says, "Do not expect that you will make any lasting or very strong impression on the world for good through intellectual power, without the use of an equal amount of conscience and heart."

Says U Thant of the United Nations, "What we need in our education is a synthesis of values—spiritual and moral as well as intellectual—with the aim of producing a full, integrated human being who is inward-looking as well as outward-looking, who searches his own mind in order that his nobler self may prevail at all times."

The philosophy of the Epicureans was "Let us eat and drink; for tomorrow we die."

The alcoholic has lost hope; he is spiritually impaired. The reason Alcoholics Anonymous has been so successful in rehabilitating alcoholics is the program's recognition of this need for spiritual restoration.

Step two of its twelve-step program says: "We came to believe that a Power greater than ourselves could restore us to sanity."

Step six: "We were entirely ready to have God remove all these defects of character."

Step eleven: "We sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out."

Step twelve: "Having had a spiritual reawakening as a result of these Steps—"

Such a spiritual awakening could likewise prevent alcoholism as well as arrest it. "Skid row," says one experienced rehabilitation worker, "is not a street, but a condition of the heart."

More and more rehabilitation workers are recognizing the role of spiritual restoration along with physiological,

psychological, and sociological factors as a key factor to the alcoholic's improvement.

Rehabilitation workers also talk about the alcoholic's "moral responsibility to seek treatment." Could we not also by the same token think of moral responsibility for prevention?

Decline of Values

This decline of spiritual and moral values in society is troubling the majority in our world. A twelve-nation Gallup Poll in August, 1968, revealed that Americans top the list with 78 percent believing that "life today is getting worse in terms of morals." In the Netherlands 63 percent said the same, 62 percent in Great Britain, 58 percent in Canada, and 54 percent in Uruguay.

Six out of every ten in the United States also said that life was getting worse from the standpoint of honesty. Regarding religious experience, eight out of ten in the Netherlands said things were getting worse; half of the Americans were of the same opinion.

This breakdown of conscience and the heart is creating unnatural reactions in society and in both the physical and mental powers of man. Father "Barney" Nixon, S.J., says, "Alcoholism is a fourfold disease." And what constitutes a disease?

"Disease is an effort of nature to free the system from conditions that result from a violation of the laws of health."—E. G. White, *The Ministry of Healing*, page 127.

The American Medical Association puts it in similar words, thus: "A disease in general is any deviation from a state of health."

Therefore we submit that Drs. Neil Kessel and Henry Walton are correct when they declare, "Two things are required to produce an alcoholic: the drink and the person."—*Alcoholism*, page 179.

Alcohol. What do other authorities say about the involvement of alcohol? "Although alcoholism would be impossible without alcohol," says the United States Department of Health, Education, and Welfare, "alcohol can no more be considered its sole cause." "The inescapable conclusion remains that alcoholism could not exist without alcohol."—*Guide to the Community Control of Alcoholism*, pages 24, 61.

"Clearly, people would not become problem drinkers in an alcohol-free society. In this sense the alcohol is a necessary condition for the development of problem drink-



ing."—Thomas F. A. Plaut, *Alcohol Problems—A Report to the Nation*, page 49.

Balanced Living

We have discussed man and each dimension—physical, mental, social, and spiritual. And we have seen the necessity of each for balanced living. We have seen that the neglect of these laws of our beings brings unnatural desires, cravings, and practices.

Then we have seen the role of alcohol: its ability to impair the faculties and to increase and accelerate the impairment until desire passes into dependency.

The important point to note now is that no single cause accounts for alcoholism, but the cause is multidimensional. Modern medical scientists, psychiatrists, and welfare workers agree that there is "no single cause, but rather a complicated interplay of physiological, psychological, and sociological factors which leads to the origin and development of alcoholism."—*AMA Manual on Alcoholism*, page 11.

Milton A. Maxwell, Ph.D., of Rutgers Center of Alcohol Studies, has termed it "a multicausal perspective," mentioning the physiological, psychological, sociological, and biological roots.

Yet we must add the fourth dimension if we are to know the cause because alcoholism concerns man, and man is a four-dimensional creature—physical, mental, social, and spiritual.

MAN—Physical, Mental, Social, and Spiritual—

The Four-Dimensional Cause

Alcoholism is a dependency on alcohol brought about by the conscious or unconscious neglect or impairment of either the physical, mental, social, or spiritual faculties of the individual.

This neglect or impairment in either or all the four faculties can precede the taking of alcohol or develop after the taking of alcohol. Apart from all the other factors that bring about neglect and impairment of the four dimensions of man, alcohol itself is capable of impairing each of these faculties.

When alcohol is introduced, it hinders the natural development or function of these four faculties and continues to contribute to neglect or impairment. "Fine tests of discrimination, of memory, of driving skills all show that the impairment begins with the beginning of drinking and advances steadily with the continuation of drinking."—*AMA Manual on Alcoholism*, page 27.

Alcohol, then, presents to the person the illusion that all impairments and neglected proper functionings are hidden or solved. Thus the person finds alcohol rewarding to compensate for conscious or unconscious neglect or impairment.

In Australia summertime is often bush-fire time. The cause of alcoholism can be likened to a bush fire.

Bush fire (Alcoholism)	-	man
High temperature	-	physical
Hot wind	-	mental
Dry grass	-	social
No rain	-	spiritual
FLAME (Alcohol)	-	

High temperatures, hot winds, dry grass, and no rain

—everything is ready for a bush fire; but even with these conditions, no bush fire will occur until the flame is applied. When the flame is applied, the fire quickly spreads and causes untold havoc.

So man, with conscious or unconscious neglect or impairment of either his physical, mental, social, or spiritual faculties, is conditioned for alcoholism. Once alcohol is introduced, involvement is desirable.

When any of the four dimensions of man is impaired, either consciously or unconsciously, he can find a reward in alcohol to meet his need. This need, regularly satisfied, then becomes a dependency because alcohol continues the work of impairment of every faculty. The alcohol has thus destroyed man's capabilities of self-control, and any semblance of normal functioning depends upon the intake of alcohol despite its destructiveness. If the lack of control is evidenced early, it reveals the "dryness" or the degree of neglect and impairment.

Let us consider the reverse situation.

Bush fire (Alcoholism)	-	man
Even temperature	-	physical
No wind	-	mental
Green grass	-	social
Rain, plenty of water	-	spiritual
FLAME (Alcohol)	-	

With these conditions, flame applied would find little acceptance. If the flame is kept burning despite these conditions, a fire will surely develop and grow, causing a drying-out process and ultimately bringing about the same havoc as any bush fire. The only difference here as compared with the other bush fire is that this fire would take longer to develop. The end result is the same. So with alcoholism. If the four faculties of man have measurably developed and improved, alcohol may appear to do little harm. But if alcohol intake is continued, it will surely impair these faculties and bring about a condition where desire and dependency result.

Dependence on Alcohol

Alcoholism is a dependence on alcohol brought about by the conscious or unconscious neglect or impairment of either the physical, mental, social, or spiritual faculties of the individual.

The same principles apply to prevention and rehabilitation.

Prevention. Foster a development of the physical, mental, social, and spiritual life so that the person can find satisfying rewards in the function of life's powers without the use or need of alcohol.

Rehabilitation. Remove the alcohol from the patient and work to restore the physical, mental, social, and spiritual well-being of the patient until he can find life rewarding and is able to function without dependency on alcohol.

Ultimately, a biological or chemical action results directly from the effects of alcohol on the body or the mind. But this is not the cause of alcoholism in the truest sense. Alcoholism is simply the result of the prevailing cause, which is a conscious or unconscious neglect or impairment of the physical, mental, social, and spiritual faculties of the individual's mind. ■

Teens—Life Can Be Beautiful



A coffin at the Capitol

DANNY'S THING

Young, energetic, and enthusiastic—that's Dan Ipes. And if you talk with him, you know that he's doing his thing—and liking it. It's just that his thing is working with youth and community groups to promote better living.

Dan is a sophomore at Columbia Union College, a Seventh-day Adventist college in Takoma Park, Maryland. He and fellow CUC students have run a pilot project for the Montgomery County Tuberculosis and Respiratory Disease Society. Emphasizing the smoking problem, the group helped train teams from public high schools to promote better living in their schools.

Dan also visited a high school once a month with a team to conduct a three-part smoking clinic. The team used movies and pathological specimens to get their point across, but Dan experimented with a group therapy approach. "The teen-agers' reaction was quite favorable," he says. "Without the faculty present, the students talked about themselves and their problems and tried to find solutions to help each other."

"The majority of teachers didn't recognize the kids' hang-ups," he says about the high schools he has worked with. "The teachers thought that the kids smoked for kicks, as a protest against the Establishment. And since most of the teachers smoked also, they weren't interested in helping the kids stop."

Dan first became involved in working with other young people when he was a student at Madison Academy, a parochial high school in Nashville, Tennessee. Dan traveled all over Tennessee with "Smoking Sam," a manikin of a fourteen-year-old boy designed to show graphically what smoking does to the human body. Dan was personally responsible for meeting eighty-five different appointments and lecturing to more than 100,000 students and teachers in Nashville high schools. For his outstanding work the American Temperance Society named him "Temperance Man of the Year," the first teen-ager ever to receive this award.

But Dan didn't stop with that. He is continuing his crusade against smoking, partly through the influence of John F. Banzhaf III, director of LASH, Legal Action on Smoking and Health.

Dan was one of the first to volunteer his help when Banzhaf's one-man lobbying movement descended on Capitol Hill last March. He helped present ashtrays to Congressmen—ashtrays with a pair of plastic lungs, one of which fills up with smoke and becomes discolored when the smoker uses the tray. A bright orange label warned the Congressmen, "Don't Vote for Death."

Along with four other CUC students, Tom Juarros, Dennis Kiley, Jim Saxon, and Terry Carlisle, Dan worked with



Danny holds the plaque awarded him for his active leadership at Madison Academy in Tennessee.

LASH in another "demonstration" at Union Square just east of the Capitol Building. They picketed outside the Capitol in support of strong anticigarette legislation.

"Let me tell you about the coffin. I built it in my room in the college dormitory, and we had a lot of fun with it. We stuck signs on it saying, 'Cigarettes Kill With Congressional OK.' The five youth carried the coffin at the Capitol to represent thousands, particularly among youth, likely to die if the committee's position on smoking was adopted."

Dan believes that a lot of young people smoke for status. "But things are changing," he says. "They're doing their own thing by not smoking. Preaching will not change the minds of any young people. You have to make them want to change their attitudes. That's what I'm trying to do."

NO TITLE—

We Couldn't Think of One

Three French scientists were determined to find the cause of drunkenness and decided to offer themselves as laboratory subjects.

In a word, they got drunk—three nights in a row! The first night they drank gin and water; the second night, Scotch and water; and the third night, vodka and water. Their conclusion was inescapable. . . .

The obvious cause of drunkenness was water, as it was the only constant factor!



This coffin at the Capitol is one result of Danny's Thing—his vigorous pushing of better living for youth.

Life Can Be Beautiful

Snacking is the bugaboo.

Teen Weight-watchers

Shirley M. Dever

If you are a teen weight-watcher, or perhaps should be, here are some hints that may make the going a whole lot easier.

Young people become overweight for the same reasons older people do—they either overeat, do not exercise enough, or both. Certain things like just growing up, sexual development, and emotions can make a teen feel tense and insecure. Sometimes he overeats as a way of rebelling against his parents' authority; often he comes from a family where overeating has become a habit. Sometimes parents think that plumpness indicates good health, and they encourage overeating.

Goodies for Worries

When a child is little, he may be given sweets for being good or when he has suffered a disappointment. He learns to associate goodies with worries and depression. Later, when he feels emotionally depressed, he desires ice cream, cake, or candy—or he may crave soft drinks or alcoholic beverages.

Snacking is the bugaboo which leads to many teen-agers' overweight problems. However there is a secret which teens should remember. Snacking can actually be beneficial if you eat the right foods. An apple or an orange is an excellent choice. Either of these contains sugar for quick energy, also vitamins and minerals for good nutrition. Although most fruits contain as much as 100 calories each, in comparison, even a small candy bar usually has 300 calories, and a small dish of ice cream at least 200.

Teens are likely to become the victims of strange diet fads and fancies, particularly if they feel unattractive. The harm in crash diets lies in their inability to provide the necessary nutrients to live an effective daily life. Obese teens tend to be heavy adults; so the idea is to develop some food habits which can be kept for a lifetime. The secret is to eat properly balanced meals, preferably three times a day.

Dieting Principles

Dr. Norman Jolliffe, former director of the bureau of nutrition in the New York City Department of Health, has come up with four dieting principles to keep in mind:

1. The diet must include sufficient protein. Young people need it for growth, adults for the repair and maintenance of body tissues. At least one gram of protein for every two pounds of normal body weight is required each day. Meat, cheese, eggs, nuts, and milk are all sources of protein.

2. About fifty grams of carbohydrates must be eaten daily or the fat in the body will be utilized too quickly. Bread, potatoes, cereals, et cetera, also provide bulk.

3. The diet should contain enough vitamins and minerals, fruits and vegetables, or else multiple-vitamin tablets will be needed.

4. The prime reason for going on a reducing diet is to establish the right kind of eating habits for the future. This is why fly-by-night dieting misses the mark. A person needs to feel strong, and his diet must allow him to continue his normal daily life as much as possible.

Reducers need to think in terms of quality rather than quantity eating. Where quantity is concerned, the following foods must be cut to a bare minimum: ice cream, sugar, butter, cream, gravies, sauces, spaghetti, fried foods, salad oils, fatty meats, and nuts. It is best if candy, cookies, pastries, and soft drinks are completely eliminated while reducing.

A teen needs to remember that breakfast is the most important meal of the day. After the morning meal the greatest amount of energy is used with the result that calories are burned up, fat taken off. If dinner is the largest meal of the day, unwanted pounds can easily accumulate.

Sample Diet

If your diet runs close to the following daily regime, you can probably keep your weight where you want it.

Breakfast: Eggs, toast or cereal, fruit, and milk.

Lunch: One sandwich, fruit, and milk.

Dinner: Entrée, potatoes, vegetable, salad, milk, and fruit for dessert.

This is for a teen who is reasonably active and is only a few pounds overweight. If you are really obese, then you'll have to cut some more corners. Sometimes those extra snacks are what is keeping you plump. Cut out snacking and you may lose those pounds faster than you counted on. Avoid tak-

ing extra helpings at all meals, for in this way too many of us add unwanted pounds.

Did you know that it takes about 3,500 calories to equal one pound of fat? This means that you have to eat 500 calories less each day if you want to lose one pound a week.

"But I'm active," you may be thinking. Let's see about that. If you spend a great deal of time either reading or studying, you burn up only forty calories per hour. Rapid typing consumes 100, a slow walk 100, a fast walk 250, bowling 350, and swimming 300 to 700. Incidentally, watching TV burns up a mere forty calories an hour.

Fat in the Head?

Sometimes your state of mind can be blamed for obesity. Dr. Charlotte Young, professor of clinical nutrition at Cornell University, says, "Overeating may be the most satisfactory way some patients have of meeting life situations." In a case like this, it is necessary for a teen to come face to face with his problems and learn how to solve them in other ways.

Weight-watchers have to want to lose weight. Once a teen has the desire, then he can demand of himself the self-discipline necessary to stay on a safe and sane diet and take proper exercise. There must be considerable motivation for continuing to follow a weight-reduction program. However, a glance in a three-way mirror, before and after going on a diet, is usually sufficient motivation. Pride in appearance can do wonders.



A Letter to Our Son

Jennifer Wendall

The living-room light is still burning—and will continue to burn each night until you come home. Each morning I shut off the light and face another day wondering where you are, and if you're alive and well. Each time I hear a news broadcast or read a paper, I expect to hear your name or see your picture.

Your dad and I ask ourselves, "What happened?" "Why?" We have no answers. Though it's been almost a month since you left, we still cannot accept the fact that you are gone. And still the light burns.

Maybe when you were young, we kept you too close to us, as later you seemed to rebel completely. Our relationship slowly grew more strained. Finally your dad and you were on non-speaking terms, and you accused me of "babying" you when I tried to compensate for this. All these and even more add up to your leaving. If only we could talk to you—But we can't. We don't even know where you are.

One of our first disappointments was when you withdrew from college only a month after classes started. We should have realized then that something was wrong; you didn't even talk it over with us first. In fact, we found out quite by accident that you had quit.

Before that there was the problem of long hair—though now I look back and recall that even if your hair was longer than some, it was shorter than many, many others. Perhaps we were unfair in this.

Now when I talk with teen-agers, I see your eyes in their eyes; and I hear your hopes expressed in their hopes. I realize your leaving is not the result of any one incident, just as it cannot be blamed on any one of us alone. The basic reason seems to have been a lack of communication and understanding between us. And when these teen-agers disclose certain fears and weaknesses, I realize now that these are common with all teens. I don't think we understood that when you were here.

We can only hope that wherever you are and whatever you're doing, perhaps you'll meet some other missing boy's parents who will talk to you and treat you as they would their own son. And I hope they'll encourage you to come home to us. The light will still be burning for you.

Mom and Dad

The following is a seventeen-year-old boy's argument for and against smoking as he prepared it for his high school debate class.

How About It?

TO SMOKE—

Why not smoke? Everybody does. It's the most popular way now for people to communicate.

There's bound to be some enjoyment in it, because so many are smoking. It relieves tension, say some. Well, it might. How do you know if you don't try it?

Many sportsmen smoke to kill time and beat the monotony. I guess this is the best way to keep occupied. Besides keeping you occupied, smoking keeps you working to have money to buy cigarettes with.

There's no doubt about it, smoking is good for you—it keeps you from being too long-winded. You know that is a problem these days with the smog and all.

They even come up with all types of good-tasting cigarettes, such as menthol, and reduced tar and nicotine. Because so many smoke, they have introduced a super king-size cigarette in all brands. They last longer and save a little money.

—OR NOT TO SMOKE

When you start smoking, you know that you are increasing your risk of lung cancer, throat cancer, and heart disease. Maybe you'd get these diseases anyway, but smoking doesn't help.

At first you may think it's cheap to smoke. Let's look at the cost of smoking. You buy a pack of cigarettes and a box of matches or a lighter. For that lighter you buy fluid and wicks and flints. Suppose you burn a hole in your new suit or in your father's new seat covers? What if you forget to put out your cigarette at night and your bed burns? If you're lucky you get out; if you're not they bury you. Smoking isn't so cheap, is it?

So when you consider the idea of smoking or not, think about the things I've said. You see, I learned too late—I'm now a slave of the weed. ♦

Hip Message Reaches Teens

The dopeheads call him a "strhip." He calls himself a "muver." His basic pitch: "There's grass growing on Bikini again."

If that seems like double talk, that's because you're not with it yet. You

still haven't heard of Teendrunar, for instance.

The man is the Rev. Richard Christensen, associate pastor of University Lutheran Church in Seattle. He's a "strhip" because he's straight—not on dope—and yet he's hip. He knows what the teen scene is and a lot about its problems and has something to offer as help.

That help is two things: "muve" and Teendrunar.

"Muve" is a new way to use written language, to mold it with contemporary (Continued on next page)

Life Can Be Beautiful

(Continued from previous page)

problems and today's music. It takes what the Beatles did to and through music one step farther into the words, the lyrics, the thought.

It's a way to be cool by showing "your war," your feeling for others and for yourself, your love of man and your hope.

And Teendrunar is a rough way to help teen-age dope addicts—the kids who have lost themselves in speed, LSD, and other drugs. It stands for Teen-age Drug and Narcotic Rehabilitation. In psychological jargon, it's peer group corrective therapy.

Whatever you call it, it's spreading; spreading in part because the Rev. Mr. Christensen has spoken recently to about 40,000 high school and junior high students. And there's his Capitol record, "Muve," his first.

The idea spreads by word of mouth, from one troubled teen-ager to another.

The teen-age dope addicts, or former addicts, meet with a candidate for their group. The members already know every rationalization for taking drugs. And they lay in to the newcomer hard and fast. They tear at him verbally; they break down his defenses; they browbeat him into a state of emotional disruption.

Then one says to him, "You know why we're doing this? It's because we love you, man."

That's one of the hard ways. It's not for every addict, but it's working for seventy kids.

There were others for whom the idea came too late. That's when "muve" came forth.

"When I'd run into a case that I couldn't do anything about," the Rev. Mr. Christensen says, "I'd go home at night and start writing to that person. I wanted to reach him, to tell him what a beautiful life he was throwing away."

Have You Quit Smoking?

Stanley A. Orr

Sing a song of Newports

A package full of Larks

Four and twenty hours burned

From lighters, bulbs, and spurs

When the packs are opened

Each smoker catches the answer

It may be just bronchitis

Or a little touch of cancer

YOUR Questions ANSWERED

R. W. Spalding, M.D.

BY STOPPING BAD HABITS, SUCH AS DRINKING AND SMOKING, CAN A MAN REGAIN HIS LOST HEALTH?

We all agree that a bad habit is the opposite, in most cases, of a good habit. You suggest that a bad habit tends to destroy good health. I agree.

Let's suppose you lived on the edge of a vast desert. Looking out over the

hot sands one day, you saw a beautiful lake with boats of all kinds plying its water. You decided you would go to that beautiful lake. After you waded over the hot sands for several hours, the lake faded away. You decided it was all a mirage and you were far away from water, food, and home.

Your home represents good health, the mirage represents the pleasure you thought you would derive from the bad habit. The farther you went in pursuit of that pleasure, the farther you would have to walk back to your home. It would depend on how far you had gone as to when you might regain your good health.

If you started out when you were well rested, and you took with you food and water to revive your strength en route, and you decided to give up the pursuit of that bad habit before you exhausted these resources, then you would arrive at home without having spent all your reserves.

Suppose you drank all your water and ate all your food, still hoping to arrive at that beautiful lake of pleasure just over the next sand dune. When finally you concluded that it was all just a mirage, could you then expect to give up the pursuit of that bad habit, turn around, and retrace your steps, and still return to your home on the energy you had left? No! You had passed the point of no return. You must lie down exhausted to die on the hot sands of that desert. You could never reach that home of good health. You had used up all your reserves and resources!

It depends on how much you had and how much you spent on your bad habit as to whether you can weather the heat of the sands on that purposeless journey!

Difficult Admission

How many times we create
Our problem situations
Because we can't face
squarely
That we have limitations!

Mary Louise Cheatham



"I'm hanging up now, Gertrude—another exciting evening at home just entered!"



Smoking Hits Heart

Now cigarettes are under attack for one more reason. Researchers report that nicotine in the smoke encourages growth of fatty deposits inside human arteries—a condition leading to heart attacks.

Although the effect had been noted recently in animals, a new report by two researchers at the Boston University Medical Center proves it happens in humans also.

They find that addition of nicotine markedly steps up the production of lipids, the compounds that make up fat. The studies were performed on human arteries and veins obtained from umbilical cords shortly after the birth of infants.

Human arterial tissue available in earlier studies usually could not be considered normal because of age, disease, or post-mortem state.

Need More Calories

The recommended calorie intake for sedentary Americans has reached the lowest possible level; and further reductions could cut into the amount needed just to breathe, eat, and sleep, according to Dr. Robert E. Shank of Washington University in Saint Louis.

He says the recommended calorie intake for American men and women has fallen so low that it is now just above "the energy cost of just existing."

Cozy Habit of Coffee Drinking Is Seen as a Form of Addiction

Drinking coffee has never joined that list of insidious habits which regularly give rise to public concern—the use of alcohol, cigarettes, drugs. It's a friendly, cozy pastime which no one resents.

To a large number of housewives coffee represents the difference between an idle, irritable day and an active, hard-working one. Without three or four cups to start them off in the morning they find it impossible to concentrate; they spend the time restless, nervous, suffering from a continuous headache.

Their need has become a fairly well-established form of addiction.

Recently Maxwell House researched 239 housewives living in a housing unit for married graduate students at Stanford University.

The team found that one in four of the housewives was a heavy coffee drinker—between five and ten cups a day. They compared these women with another group which drank no coffee at all.

Tests were made using a special instant coffee from which all the caffeine had been removed. A measured quantity of medicinal caf-

New Popsicle!

Industry experts say they can produce twice as many cigarettes from a pound of tobacco if they freeze it. Of course, it looks silly to print, "This Popsicle May Be Hazardous to Your Health."

Here Is Some Bad News

Amphetamines, the drug addict's "speed" and student's "keep awake" pill, can cause serious illness and occasionally death, says Pathologist Dr. George H. Lundberg.

He adds: "Amphetamines are bad news in a lot of ways," particularly in the case of chronic abusers who become temporarily psychotic and in mainliners who have a particularly virulent course with intravenous methedrine as well as many of the complications of mainlining.

Such complications include bacterial bloodstream infections and viral hepatitis, he notes.

Reasons given by the patients for taking the pills were for thrills, for diet control, to stay awake, or to attempt suicide. Some had hallucinations, were confused or disoriented, and were agitated, he says.

feine was added to some samples, and only milk and sugar to the others. The two couldn't be distinguished by either taste or appearance.

At 9 a.m., before drinking the experimental coffee, the two groups of women showed a marked difference. The coffee addicts were less alert, less active, and more irritable than the abstainers. Two hours later, if their coffee contained no caffeine, they were just the same.

Only when given coffee containing the caffeine did they find that they were able to operate normally. The abstainers, however, found precisely the opposite. If the coffee contained no caffeine, they felt fine, while if there was caffeine in it, they got upset stomachs and became extremely jittery.

As the dose of caffeine was raised, the addicts felt better and the abstainers worse.

The heavy drinkers seem to get a definite lift, a feeling of alertness and pleasure from coffee, and it is these who have withdrawal symptoms if they are deprived of it.

Teens With Bad Manners Are More Likely to Drink



Teen-agers with a high adherence to middle class values and a low incidence of deviant behavior tend to drink less than others and have fewer problems with their drinking.

Ads Must Be True

The Federal Trade Commission cautions that ads describing cigarette brands as "low," "lower," or "reduced" in tar and nicotine content must include a "full and fair disclosure of the basis of comparison."

The FTC has advised the National Association of Broadcasters' Code Authority that, as a general matter, when cigarette ads compare tar and nicotine content with other brands "the advertising should be factual, fair, and not misleading."

The FTC says "imprecision" in the use of such words can be avoided if cigarette ads:

—State the tar and nicotine content, in milligrams, of the smoke produced by the advertised cigarette.

—State the highest and lowest tar and nicotine content among all domestic cigarette brands, as determined by FTC tests of cigarette smoke.

—And if tar and nicotine content of the advertised cigarette is compared with any other specific cigarette, the brand name and tar and nicotine content of the other brand must be disclosed.

The FTC says that, unless these disclosures are made, words like "low," "lower," and "reduced" tar and nicotine can be misleading because they will induce consumers to believe that the advertised brand is lower in tar and nicotine "than just about all other brands."

Teen-agers who think good manners are for sissies are more likely than others to drink on the sly, says a recent study on teen-age drinking.

"We found that teen-agers who have low adherence to middle class values and high incidence of deviant behavior generally tend to drink more than others, and that they have more problems with their drinking," reports Mrs. Vashti I. Cain of the Mississippi State education department.

"We can't say that these children are the adult alcoholics of tomorrow, but there has to be that suspicion."

Mrs. Cain, state supervisor of alcohol and narcotic education, says the study was aimed at identifying those personality and behavior factors which characterize the youth who drinks—from once a year to once a day—without parental permission.

From the study it was learned that teen-agers who have a drinking problem—who, for instance, might drink alone or drink only to get drunk—are more likely to believe that:

Good manners are for sissies. People should keep the promises they make only when it is to their benefit.

Don't let anybody your size get away with anything.

The only one I should be responsible for is myself.

Most people are better off than I am.

Most successful men probably used illegal means in order to get success.

Mrs. Cain says teen-age problem drinkers are also more likely to have driven a car without driver's license, engaged in petty theft, played hooky, damaged public property, run away from home, picked fights with other youngsters, and driven faster than the speed limit.

"Children who think and act this way are generally pretty hostile," she states. "I would think that these are teen-agers with problems, and that alcohol is really just a symptom of these problems."

In This NEWS

◆ What is the biggest factor in business absenteeism? See page 20.

◆ Older people use "downies," younger people use "uppies." See page 21.

◆ The kinship of drugs and television is "obvious." See page 22.

Industry Is Having a Hangover Because of Drinking Employees

A drunken worker, of course, is not a new problem; but it is an increasing one.

It is especially troubling employers now because many of them have developed corporate consciences and hate to fire a worker for what they now view as a disease—and because if they did fire a worker it would be very difficult to find a replacement now that the unemployment rate is so low. One result is that there now are formal drinker-rehabilitation programs at an estimated 1,000 companies, 10 times the number of a decade ago.

The dimensions of on-the-job alcoholism are elusive because most drunks are able to conceal their problem. "It's an iceberg, with the biggest part hidden from management," says an official of Anchor Hocking Corp. of Lancaster, Ohio.

Buckeye Steel, which discusses the problem more candidly than most companies, estimates that 18 percent of its employees have drinking problems that affect the company.

There's no question the problem is worsening. Officials at the National Council on Alcoholism estimate that alcoholism costs American employers \$4 billion a year in lost time and ineffectiveness. That's up from an estimate of \$1 billion five years ago, although officials now say that the 1964 estimate was too low.



"He keeps it as a reminder. I understand he used to drink a lot of beer."

"Alcoholism is more prevalent in industry than it was five years ago," agrees J. J. Davis, president of Esco Corp. "It may be the result of greater affluence in that people have more money to buy booze. And they know employers can't fire them so readily in a tight labor market."

Whatever the reason a worker shows up drunk, it can foul up operations. Efficiency experts reckon that North American Rockwell Corp. lost 500 man-hours of production as employees gathered to gawk and talk one December day after a drunken worker donned a Santa Claus costume and romped for an hour through an aircraft plant.

Drinking is the biggest single factor in absenteeism, itself industry's biggest personnel headache. Records at North American Rockwell indicate that employees with drinking problems average an extra 30 days of absence annually, most of which must be made up by other employees on overtime.

When a drunken worker does show up, he's often aware he isn't functioning properly and thus slows down to avoid accidents or mistakes. A heavy drinker may reduce his output by 50 percent or more, authorities say. Mistakes made by on-the-job drunks add thousands of dollars more to companies' costs.

One result of all this costly boozing by all these scarce workers is that companies are making a bigger effort to spot the alcoholics early, when there's considerably more opportunity for rehabilitation. "I tell supervisors to be alert for any change in behavior, such as the jovial employee who becomes morose or the gregarious guy who turns into a loner," says Dr. Luther A. Cloud, senior associate medical director for Equitable Life Assurance Society and also president of the National Council on Alcoholism.

Other signs Dr. Cloud looks for: "Any irresponsible behavior or general loss of efficiency, chronic lateness, prolonged lunch hours, and leaving early on Friday." He says that "the typical pattern of Monday absences and physical symptoms like tremors and sallow complexion come later—when we see a man at that stage, it's late."

Surprisingly, even though companies are on the watch for alcoholics, the average employed alcoholic isn't discovered until he has had a drinking problem for ten years, one study said.

Once discovered, the drunk is usually turned over to a company doctor and an "employee alcoholism counselor," which is a new specialty at many major companies. The hardest problem for these doctors and counselors is getting the employee to admit he's an alcoholic. "Sure I drink, but I can control it," the man often says. Or, "I don't have a drinking problem. My problem is paying the rent."

After that barrier is broken, most companies with formal rehabilitation programs follow a common pattern of treatment. They generally insist on a thorough physical examination, with hospitalization in alcoholic wards if the case is severe. Almost invariably, the employee is urged to join Alcoholics Anonymous for group therapy, with other AA members at the company taking him to the first few meetings.

Pot May Have Two Sides

Two assumptions about marijuana are clouding the controversy on what to do with pot smokers. One is that nobody knows anything about how marijuana works in the body; the second is that it cannot be good for you at all.

There is a steadily growing body of scientific knowledge (although most of it is still unpublished) about the action of marijuana; there is also a growing body of belief that it may soon be proved useful as medicine.

Dr. Louis S. Harris, of the University of North Carolina in Chapel Hill, is experimenting with animals, hoping to prove that the active principle in pot (called THC) can be made into pills or injections that could help the depressed, the aching, and, possibly, those who suffer from high blood pressure.

Dr. Harris and his co-workers hope to graduate from studies on rats, dogs, and monkeys to experiment on human beings within a year or so.

Among other problems is the fact that there are few suitable tests for evaluating THC. "It exhibits a mix of both stimulatory and depressant activity on the central nervous system," he finds, and is "unlike any other class of compounds. The classic tests are not always helpful."

Even Dr. Harris does not expect to find that THC is harmless. In those who turn on, it seems to turn off functions in the liver that normally break down certain drugs. For example, if a marijuana user also takes barbiturates, those drugs could build up in the bloodstream and kill.

Further, there is always the grim chance that if a pregnant woman smokes marijuana, it may damage her unborn child. There is already proof that THC easily crosses the placenta and enters the fetus.



Medical Reports

Marijuana

A clinical syndrome of acute psychosis associated with cannabis derivatives and environmental stress has been observed in twelve soldiers in Vietnam, report John A. Talbott, M.D., and James W. Teague, M.D., in *The Journal of the American Medical Association*.

Each case observed was characteristic of acute toxic psychosis with organic features and ten cases had paranoid features as well.

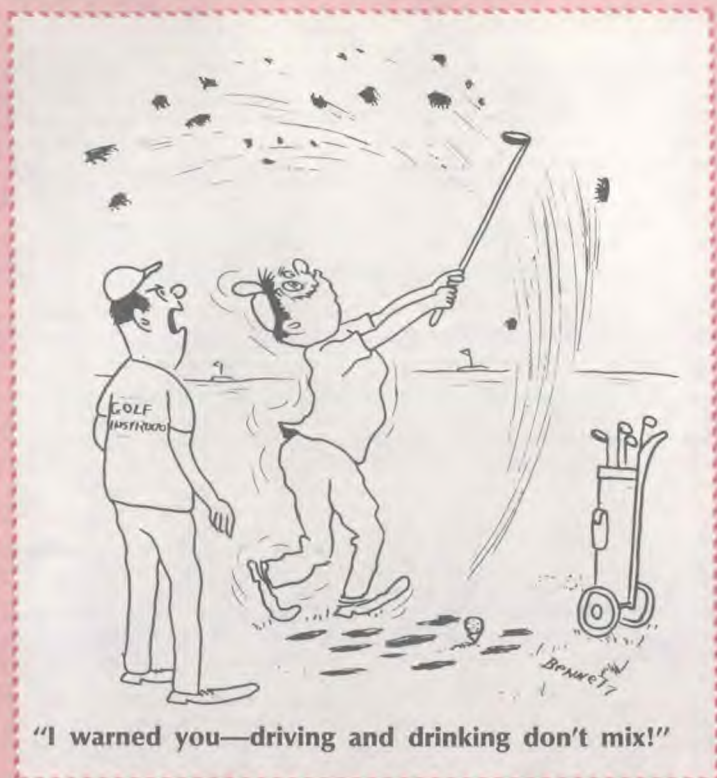
Physicians in Vietnam have been impressed by the severity and frequency of adverse reactions to smoking cannabis derivatives. Marijuana is cheap and readily available in Vietnam, disguised in regular American cigarette packs.

For each of the twelve cases reported in the *AMA Journal*, this was the patient's first admitted exposure to marijuana and marked physical symptoms appeared soon after each subject began to smoke. Symptoms included burning and irritations of the respiratory tract accompanied by an urge to cough; impaired coordination and difficulty with fine movements; odd, irregular, and vague aching of the large muscles of the extremities, especially the legs.

Impaired cognitive functioning was also present in each soldier. This included impairment of orientation to either time or place; impairment of memory, particularly of recent memory; impairment of intellectual functioning manifested by confusion, short attention span, and impaired judgment.



Count 'em! Fifty automobiles lined up nose-to-tail alongside Pan American World Airways' No. 1 Boeing 747 provide a good comparison of the aircraft's size. Four passengers in each of these Ford autos would little more than half fill the 747. At 362 passengers, Pan Am assures each one a 75 percent bonus in roominess.



Profile of Teen Drug Users

The teen-age drug user is likely a boy in about grade nine, falling behind in school achievement, and from a Protestant, Anglo-Saxon background, reports Dr. R. G. Smart, associate research director of the Addictions Research Foundation of Toronto.

His survey of Toronto high school students showed that about half of them had used alcohol and more than a third used tobacco.

The use of LSD and marijuana is growing in high schools, says Dr. Smart, but they are still far behind the "socially accepted drugs"—alcohol and tobacco.

The survey showed that fewer girls than boys used all types of drugs, with the exception of tranquilizers, but the gap is closing.

"However, for the more dangerous drugs such as marijuana, LSD, and opiates there are about twice as many boy users as girls; for LSD there are almost three times more male than female users," says Dr. Smart.

There is a direct connection of drug use with school performance. More nonusers of drugs reported A grades than did users, and users more often reported failing grades, D, or E. Nonusers were involved in many extracurricular activities, but drug users were absent from most of them.

Drug users more often had parents born in the British Isles and less often in Eastern or Western Europe. If parents spoke Italian, Portuguese, or Spanish, the child was usually a nonuser.

Religion also made a difference. Catholics were under-represented among the drug users, but Jews and those uncommitted to any religion were over-represented.

A large number of users reported

that their parents used both alcohol and tobacco.

"Drugs such as marijuana, LSD, glue, and others are consumed by a minority of the school population; they have not taken over from the older drugs, and there is little reason to foresee a 'drug epidemic' or 'drug rampage,'" says Dr. Smart. "Everybody isn't doing it yet, and those who do are rather different from those who don't."

The target population seems to be Protestant males who are falling behind in the early grades of high school. The whole thing may be rather a mimicking of adult behavior than a teen-age rebellion, he says, but with different drugs.

Studies have shown that one of every four persons in the North American adult population is currently using a sedative, a tranquilizer, or a stimulant.

Older people generally use the 'down' drugs, sedatives and tranquilizers, while those below 20 use the 'up' drugs—stimulants.

"Young people want to wake up rather than go to sleep," he concludes.

Tobacco Ads—Rather Switch Than Quit

There will be no cut in marketing after cigarettes are out of broadcast advertising, predicts *Media Decisions* magazine.

The trade magazine says that two thirds of the \$213 million that went into TV and radio last year will find its way into other national media and the other third into sales promotion. They also report that cigarette advertisers increased their TV spending 10 percent this year in expectation of a ban.

What About Liquor Ads?

A bare majority of Americans would not object to liquor ads on radio; a plurality would have no objection if liquor ads were shown on TV, according to a telephone survey made for *Advertising Age*.

In answer to the question, Would you yourself object to liquor advertising on TV? 48.9 percent of the national sample said No, 47.5 percent said Yes, and 3.6 percent had no opinion.

There was no objection to paid radio ads for liquor from 52.6 percent of the people; 35.7 percent were opposed; and 11.7 percent had no opinion.

Hard liquor broadcast advertising is verboten under the codes of the broadcasting and the distillers industries, but these codes seem to be changing with the times.

The question of whether to accept some of the liquor ad dollars that now go into print has become more pertinent as broadcasters face the loss of cigarette advertising. Too worried about their public image in Washington and elsewhere to risk giving their critics fresh ammunition, broadcasters are not likely to rush into such a major policy shift at this time, says *Advertising Age*.

The industry code allows broadcast advertising for beers and wines, with the stipulation that they promote moderate drinking. The majority of those surveyed found beer and wine advertising acceptable on radio and TV.

The National Association of Broadcasters has been pressured to revise the code to allow radio to accept Scotch, bourbon, and gin commercials. But one of the reasons for holding the line when the question was voted on by the board has been the worry that a lowering of liquor barriers might stir up a sufficient response to threaten the beer and wine category.

What a Big Bill!

In New York City there are about 100,000 drug addicts. Each day they steal an estimated \$10 million worth of property to support their habit. They loot homes, stores, factories, and apartments to pay for the dope they crave.

The public, of course, foots the bill for everything. Better locks and safety devices will never stop the veteran drug addict. It will only force him to commit some other crime even more costly to society, to attack and rob a person.

"That is why," according to Larry Bear, head of New York City's Addiction Service Agency, "any amount of public funds invested to treat and rehabilitate drug addicts and to prevent the spread of addiction is a good investment."

Smoker's Mini-life

Not only does the smoker die earlier, but his lifetime productivity is considerably reduced. Smokers lose 77 million more work days because of illness each year than do nonsmokers.

WHAT WHERE WHY WHO WHEN HOW WHAT

◆ Western State College (Colorado) students have voted against the sale of 3.2 beer on campus. (*Denver Post*)

◆ Beards, beads, and drugs are out in the San Simon, Arizona, school. The students in the small eastern Arizona farming and ranching town voted their own code of ethics: To have short haircuts and no beards or mustaches, to refrain from smoking and from carbonated drinks, to wear neat clothing, and to observe a strict 10 p.m. curfew. (AP)

◆ Alcohol was a major cause of at least 45 of 1968's 692 fatal private plane accidents, report Federal authorities. Blood tests and autopsies showed that alcohol was responsible "beyond a shadow of a doubt." However, the figure could be much higher because the safety board uses .05 percent blood alcohol content as a cutoff point, and much less would be required to make a pilot dangerous. (AP)

◆ A high school pupil with either an alcoholic father or mother or both has a certain amount of tension that often leads to serious psychological problems, reports the Indiana State Division on Alcoholism.

◆ The principal impediment to controlling the soaring use of drugs in Berkeley is the "current lack of a consistent and rational public policy," says William C. Hanley, Berkeley's city manager. Increased efforts are needed in the area of public education about the nature of drugs, their use, and their effects upon the individual and his community, he says. (*San Francisco Chronicle*)

◆ The Bureau of Narcotics and Dangerous Drugs has proposed new restrictions on the sale of codeine-based cough syrups and paregorics. "A large number of deaths are associated with these materials," says the Bureau. "People can become addicted to these substances just like any other narcotics and suffer all the attendant medical problems." (*New York Times*)

◆ Nearly one in four home accidents can be linked to alcoholic consumption, reports a Boston research and health education agency. Personal interviews and breathalyzer tests of more than 8,000 patients admitted to the emergency service for injuries in the home disclosed that 22 percent showed the presence of alcohol in their systems. (*New York Times*)

◆ Narcotics arrests by New York City police rose 115 percent last August. Patrolmen arrests consisted largely of on-the-street seizures of users and minor pushers on misdemeanor charges. (*New York Times*)

ARE YOU PUZZLED?

Who Let the Cat Out of the Bag?

Frieda M. Lease

Put each "cat" back in the "bag" by completing words according to spaces and clues.

- | | |
|-------------------|-------------------------------|
| 1. ____ CAT ____ | to spread about |
| 2. CAT ____ | waterfall |
| 3. ____ CAT ____ | verb |
| 4. ____ CAT ____ | finely formed |
| 5. ____ CAT ____ | a gauge |
| 6. ____ CAT ____ | find |
| 7. CAT ____ | to hurl |
| 8. CAT ____ | to seize |
| 9. ____ CAT ____ | reproduce |
| 10. CAT ____ | classification |
| 11. ____ CAT ____ | to move out |
| 12. ____ CAT ____ | to make difficult |
| 13. ____ CAT ____ | chew |
| 14. ____ CAT ____ | renounce |
| 15. CAT ____ | church |
| 16. ____ CAT ____ | to assail verbally |
| 17. CAT ____ | livestock |
| 18. CAT ____ | book of listed items |
| 19. ____ CAT ____ | involve |
| 20. CAT ____ | one who provides food service |

Some People Are Uninhibited

The inventor of the breathalyzer is the first to admit that his device is less than perfect.

Not that it's an unreliable method of testing alcohol consumption, says Dr. Robert Borkenstein, of Bloomington, Indiana. But it just doesn't discourage enough people from drinking and driving.

Students Warned About Misuse of Drugs

Columbia College students have been warned that they face disciplinary action for misuse of drugs.

Dr. Carl F. Hovde, dean of the college, has issued a policy statement saying that "trafficking, whether for profit or not, should be expected to result in suspension or even dismissal."

"It must be clearly understood," the statement says, "that when a student ignoring the assistance available misuses drugs, encourages others to use them, provides drugs to other students, or becomes involved in any way with drug traffic, then the college must be concerned with the effects on the community as well as on the student himself and disciplinary measures will be taken."

Dr. Hovde says, "It would not be possible to spell out a schedule of penalties for every conceivable action involving drugs," and he adds that each case would have to be examined individually.

The policy statement calls drug use "as much a symptom of other problems as it is a problem itself." According to Dr. Hovde, the college counseling program has been revised to deal with the problem.

"I don't doubt that the breathalyzer has a certain deterring effect, but it's only a selective deterrent," Dr. Borkenstein says.

"We can inhibit those individuals who just slip once in a while, but who at least have enough self-control so they won't do it again after getting caught once."

"But how about the guy who has three or four beers for lunch and a pint of whiskey before going home? He's usually stiff by the time he gets home."

"He thinks everybody does this and it's normal. He's a compulsive drinker, and he probably won't be inhibited by the threat of the breathalyzer."

Dr. Borkenstein says the compulsive drinker ought to be barred from driving as soon as he is involved in alcohol-related incidents—brawls, family fights, drunk-driving arrests, and the like.

The solution to this type of problem is not so much a police matter, he suggests, as the concern of social workers, educators, and others in similar professions.

"I'd say the police don't have to change their methods. What is needed is more elements of the community helping to control the abuse of drinking generally. There is no use trying to force compulsive drinkers to stop drinking. But you may accomplish something if you give them the choice of drying up or giving up driving."

Dr. Borkenstein said he invented the breathalyzer—a small box containing an alcohol-sensitive chemical—in his home workshop in 1954.

"As a quantitative breath test, the breathalyzer is as reliable as a blood test. It will yield accurate results; and if there is any tendency to err, it is toward the low (alcohol level) side."

Are Drugs and TV Related?

In his first eighteen years on earth, the average U.S. child spends 22,000 hours watching television.

Since the end of World War II, American children have logged more time watching video than they have in reading, writing, playing outdoors, or talking to their parents.

What sort of mark does this early and constant TV exposure leave on today's young people? Is this why they differ so radically from their parents?

Sam Hayakawa, the semanticist and highly publicized president of San Francisco State College, feels that television helped set the stage for youth's contemporary rebellion and behavior pattern.

Hayakawa notes that impersonality is television's most singular quality. The viewer need only sit, silent and passive, while the little box spews out a fountain of entertainment, commercials, and information. You never interact with your TV set. You needn't relate to it. You simply turn it on.

As acting president of San Francisco State, Dr. Hayakawa witnessed in action a younger generation unable to relate to the older generation which currently runs the Establishment. Hayakawa feels that young people who spent so much time passively watching TV could not relate effectively to people around them. Eventually they became incapable of relating reasonably to anyone but themselves.

TV further warped its nonstop viewers, he maintains, because it taught them a falsely simplistic

technique of problem solving. Children learn that if you're sick you take a pill. If you're unpopular, you buy a car. If you're funny-looking, you employ a cosmetician. If you want to marry a beautiful girl, use a deodorant. The rebels have rejected these huckster teachings, but not without some bitterness.

Unfortunately, according to Hayakawa, even though they rejected the words, they became imbued with TV's infantile process of thinking—one they had been exposed to for 22,000 hours.

Kids often expect problems to have one-step, one-word, 30-minute solutions. They do not tolerate the notion that change requires time, thought, and industry.

"The world makes all sorts of demands the television set never told you about," Hayakawa declares, "such as study, patience, hard work, and a long apprenticeship in a trade or profession before you may enjoy what the world has to offer."

Drugs are the natural refuge of a child nurtured on television. "The kinship of the LSD and other drug experiences with television is glaringly obvious: Both depend upon turning on and passively waiting for something beautiful to happen."

Since 1948, when the little screen gradually began edging its way into most of America's homes, parents have been plunking their children in front of the tube to keep them quiet and out of the way.

If Sam Hayakawa is right, the super-baby-sitter has backfired.

Laws Can Be Harsh

Drug abuse is primarily a medical and social problem made worse by severe laws with harsh mandatory penalties, say two leading Federal experts.

Dr. Sidney Cohen, head of the drug abuse section of the National Institute of Mental Health, recommends that the possession of marijuana and such hallucinogens as LSD be dealt with as misdemeanors, not felonies.

The institute's head, Dr. Stanley F. Yolles, says that in terms of

ruined lives, the penalties for using marijuana are far worse than the substance they were meant to control.

The present law provides sentences up to 40 years for some offenses.

Answers:

1. scatter 2. colorist 3. predicate 4. delicate 5. indicator 6. locate 7. catapult 8. catch 9. duplicate 10. category 11. vacate 12. complicate 13. masticate 14. abdicate 15. cathedra 16. scathe 17. coffee 18. catalog 19. implicate 20. caterer



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