

# LISTEN

Should  
Marijuana  
Be Made Legal?

Miss Canada  
**JULIE MALONEY**



## Is There a Future?

"We are wasting a lot of time, money, and energy trying to educate teen-agers on the dangers of drugs."

So claims William Raspberry writing in the Washington "Post." He says he hasn't the tiniest bit of data to support his comment, but that his feeling is "that education isn't working."

His reason? "The kids already know nearly everything that we can teach them about the horrors of drug addiction. They know what drugs can do to them, but discouragingly large numbers of them, I am reluctantly convinced, don't care."

He observes that education is the solution only to the degree that ignorance is the problem, and that in the urban high schools there isn't very much ignorance on the subject of drugs.

Obviously, there will be many who feel that this generalization about drugs and youth is overdrawn, though the basic thesis is correct. Education in recent years has succeeded to a great extent in a number of objectives.

For example, it has slowed and stopped the upward trend in smoking; it has virtually stopped the vicious curse of LSD experimentation; it is making the nation, both adults and youth, aware of the potential menace of "softer" drugs. All these are major accomplishments.

This author goes on to say that there is in our day "an awful lot of immaturity and lack of self-esteem. The youngster who thinks himself worthless isn't likely to be moved by arguments based on saving himself from destruction."

Another aspect of this "self-salvation business" is described in these words, "The present generation of young people may be the first in the living history of mankind to have serious doubts about the future. . . . The brightest of our young people are emotionally far more aware than their parents that there may not be a future, for them or for anyone else."

This puts a perspective on the drug scene that makes it a part of the overall view of life. It sees the drug problem not as the problem itself, but as a symptom of a more dire situation.

"Why worry about self-destruction if the whole game is up? Young people know that drugs are as exhilarating in the short run as they are destructive in the long run. But since there may not be a long run—"

And this writer concludes, "This sort of attitude places an impossible burden on education as a means for preventing drug abuse."

Which is 100 percent correct. It is evident that drugs have become a major problem because of the decline of spiritual values in our modern day. People—and not youth alone—try to find in drugs the same satisfaction, the same solace, the same salvation which can and should be found in trust in God.

Perhaps it's time to come back to the realization that there is a future, that there is a God in heaven interested and concerned about human beings, that there is something to live for other than the self-destructive. When this becomes a strong conviction, a way of life, the drug problem will largely take care of itself.

*Francis A. Soper*

Executive Director **Ernest H. J. Steed**  
Editor **Francis A. Soper**

Assistant Editor **Twyla Schlotthauer**  
Editorial Secretary **Elizabeth Varga**  
Office Editor **T. R. Torkelson**  
Art Director **Howard Larkin**  
Layout Artist **Ichiro Nakashima**  
Circulation Manager **A. R. Mazat**  
Sales and Promotion **L. R. Hixson, Milo Sawvel**

### In This Issue

- |    |                                                 |                              |
|----|-------------------------------------------------|------------------------------|
| 2  | Is There a Future?                              | Editorial                    |
| 3  | You, Your Children, and Drugs                   | Robert F. Hickey             |
| 5  | Should Marijuana Be Made Legal?                 | Arthur W. E. Eriksson        |
| 7  | Nancy Greene—High on Happiness                  |                              |
| 8  | Personalities of Canada                         | Interviews by Russ Spangler  |
|    | Julie Maloney—Miss Canada                       |                              |
| 10 | Russ Jackson—Quarterback Par Excellence         |                              |
| 12 | TEENS—Life Can Be Beautiful                     |                              |
|    | Personalities of Canada                         |                              |
|    | New Ski Queen—Betsy Clifford                    |                              |
|    | Youth—Asking Questions and Seeking Answers      |                              |
|    | Miles for Millions                              |                              |
| 15 | So Many Walk the Beach (poem)                   | Viona Christensen Ramsey     |
| 16 | Smoker on the Wagon                             | Ann Gimbel, Gertrude Reimche |
| 19 | COLOR SPECIAL "Listen's" Newspaper in Miniature |                              |

### In the Next Issue

- Anita Bryant, singer and Miss America runner-up, talks about topics for teens.
- Peter Max, one of today's exciting artists.
- Baseball greats express themselves.

### Photo and Illustration Credits

Cover and page 8, © 1970 Allan Rubin, AAR Photo Associates; page 5, Keystone; pages 7, Department of National Health and Welfare, Canada; pages 8, 9, Gord Thomas; pages 10, 11, Dominion-Wide Photographs; page 13, Air Canada Photo; page 14, Michael Dean, "Edmonton Journal"; page 15, © "The North Bay Nugget"; Don Knight; page 19, WHO/American Cancer Society; pages 19, 20, 21, 22, United Press International; page 21, Courtesy: "Medical Tribune."

### Editorial Office

6840 Eastern Ave., N.W., Washington, D.C. 20012

### Publication Office

Pacific Press Publishing Association, 1350 Villa Street, Mountain View, California 94040

### Subscription

Yearly subscription, United States, its possessions, and Canada, \$4.00; single copy, 35 cents. To countries taking extra postage, \$4.25; single copy, 35 cents.

### Change of Address

Send change of address to LISTEN, 1350 Villa Street, Mountain View, California 94040. Zip code must be included. Allow thirty days for change to become effective. Give both the old and the new address.

LISTEN, monthly journal of better living (twelve issues a year), provides a vigorous, positive educational approach to the problems arising out of the use of tobacco, alcohol, and narcotics. It is utilized nationally by Narcotics Education, Inc., also by many organizations in the field of rehabilitation. Second-class mail privileges authorized at Mountain View, California. Form 3579 requested. Printed in the United States of America.





# YOU, YOUR CHILDREN, AND DRUGS

**ROBERT F. HICKEY**

Supervisor of Education  
Narcotic Addiction Foundation of British Columbia  
Vancouver

## **DRUG** abuse, what is it?

Is it the heroin user injecting himself? Is it the teenager taking LSD? Is it the college or high school student smoking marijuana? Yes, all of these are examples of drug abuse.

However, so too is the adult starting his day with an amphetamine for the needed pick-me-up, ending it with several drinks to unwind, and a barbiturate to put him to sleep.

This problem of the nonmedical use of drugs is beginning to reach every level of our society. It is affecting and changing our values and aspirations. Because of these far-reaching influences, this has become an emotionally activated subject, making communication difficult at times. With this in mind, it is not hard to understand the plight of those upon whom we call to teach about drugs. These educators become frustrated and concerned as to how to go about this incredibly sensitive task.

As the experts have been discussing this topic, statistics have been released, and parents have become extremely concerned. They are concerned because they are told that their children may be involved with drugs; they are also frightened and confused by the technical jargon employed by the experts. Parents are being told to educate their children as to the possible dangers of drug experimentation; yet they are baffled by the causes.

Volumes have been written about the effects of drug abuse, but few of these volumes have been written in the language of parents, down to earth and straightforward. We shall deal with the plain and sometimes not so simple facts about drug abuse. We shall try to investigate in an understandable way some of the whys of drug abuse.

In the minds of those involved with education programs, little doubt remains that many young people are introduced to drugs by people they consider their friends. The question, then, is, Why do young people even want to bother with drugs?

Before such a question can be answered, we must distinguish experimentation from addiction or physical dependence. Experimentation is a normal station through which youngsters pass in their maturing process. This time of experimenting usually spreads over several years, with most young people emerging well-rounded and more knowledgeable for their experiences. So then, generally, experimentation by children is natural, normal, and good for them.

However, experimentation with something which can be of little value to them, as well as being possibly lethal, is dangerous—disastrously dangerous. All drug use starts slowly and is either dropped as being useless, or is carried on until physical or psychological dependence is developed and the experimentation becomes addiction. Professionals are concerned about the alarming increase of casualty rates resulting from drug experimentation.

In order to understand better why so much worry and concern prevails, let us look briefly at the various drugs of abuse.

Marijuana is obtained from the hemp plant "*Cannabis sativa*," a subtropical plant. The plant itself grows in two forms: the male, providing the tough hemp fibers used in rope making, to a height of twelve to fifteen feet; and the female plant, carrying flower heads, to a much shorter height. The latter is the source of a sticky substance, the cannabis resin, which contains tetrahydrocannabinol, the chemically active substance in the plant. The most potent plants grow in hot climates of the world, although quite potent varieties also grow in North America.

The marijuana smoked by youthful thrill seekers is usually of poor quality. Fortunately, pure cannabis resin is prohibitively expensive and not readily available to inexperienced users. We have learned from long years of experience in the Middle and Far East that potent forms of cannabis resins render chronic users physically and mentally ill and also leave them in a social coma. Al-



though cultivated in many areas of the world, cannabis will grow wild as a weed. Acres of it grow wild on the Canadian prairies. Kansas, in the United States, has one county alone where marijuana grows untended on 50,000 acres.

Included in the controversy generated in recent years over marijuana and other psychotomimetic drugs is LSD 25. Lysergic acid diethylamide is a synthetic drug produced from ergot or wheat rust. First discovered by two Swiss research scientists in 1943, the drug has been shrouded in mystery through the years. Many experiments have been conducted to determine uses for the substance in medical science, but none have been very successful.

Immediately following the Korean War, American experts initiated experiments to use LSD in the treatment of psychological warfare victims. The experiments clearly demonstrated one major difficulty in using the drug clinically—it was unpredictable. A patient might have been progressing favorably under treatment; and then, for some unexplained reason, he might suffer a psychotic reaction or what is now referred to as a "freakout."

In addition to the unpredictability of the drug, a new complication arose in the form of a "flashback" or recurring trip. This unexplained recurrence of an LSD reaction could happen without the person's having taken the drug again and at any time without warning. These flashbacks have resulted in death by accident on many occasions, a recent example being the tragic death of Art Linkletter's daughter.

The symptoms of the use of LSD manifest themselves as visual and/or auditory hallucinations, which can include insomnia, bizarre dreams, and an inability to control thoughts. In cases where severe psychotic reactions occur, a major problem may be a state of severe depression.

In recent years the question has been discussed, Is there really chromosome damage involved with long-term LSD use? Much has been written on the subject, one of the most recent case studies being reported by Drs. Hsu, Strauss, and Hirschhorn of New York City. Concluding their write-up in the February 9, 1970, issue of *The Journal of the American Medical Association*, the researchers say, "The possibility of chromosome damage to germ cells by LSD, with production of abnormal offspring, must be emphasized."

Amphetamines (methamphetamine) are being abused heavily by both youth and adults. Although many of these drugs are prescribed to adults for medical reasons, they are abused heavily for nonmedical purposes. Rationalizations for use are numerous; yet adults are quick to condemn youth for their seeming disregard for their own well-being. Canadians, comprising a total population of approximately 21 million, consumed enough amphetamine drugs in 1969 to provide four standard doses to every man, woman, and child in the country.

Young people involved in the subculture life have said that "speed" kills; they have seen their friends suffer severe physical complications because of its use. We accuse our young people of not heeding our warnings; yet we adults seem to disregard theirs.

On the illicit drug market methamphetamine, or "speed," comes in several forms—liquid, capsules, tablets, and powder. Its medical uses generally center around the stimulant area, though amphetamines are often prescribed as appetite depressants.

"Speed freaks," as the users have come to be known, usually inject the drug directly into a vein, a practice which makes the effect more sensuous and brings it on more quickly. Constant use of speed leads to the possibility of respiratory or heart failure. Death can occur in three to five years. We may see old heroin addicts but seldom old speed freaks.

As to heroin, the number of addicts in Canada had not increased to any great extent between the years 1955 and 1965. Also prior to 1965 the typical heroin addict was usually around thirty-three years of age, came from a poor family background and usually an economically depressed part of a community, had a poor educational background, was criminally involved, and, notably, had used only alcohol and/or tobacco before becoming involved with heroin.

New facts, evident in this country since 1965, present a different picture and cause great concern. Now the average age of new users is 20.8 years; they come from all areas of the social community; they usually have a higher degree of education—high school or better—have little or no criminal involvement, and most importantly, have become known as multi-drug abusers because of their usually great involvement with other non-narcotic drugs before heroin.

The question which we must now ask ourselves is, What can we do about this grave situation? Yes, what can you and I do, not as professionals or members of the working community, but as ordinary people or parents?

In the final analysis maybe we will find the answer in common sense. We have spent many years trying to formulate a complex solution to a complex problem. Where can we find the answers? Maybe in our own family units. A basic survey of sociological data will demonstrate a widening rift in our family units, a rift designated by many labels, the most accurate in my estimation being a communication gap. We do not know how to talk to each other, with consequent gaps between parents and children and between husbands and wives.

It becomes imperative, therefore, that we strengthen these intrafamily relationships. To do this, unit members must gain the respect of each other. Parents should set examples for their children in harmony with the standards supposedly held up as ideal. Mutual respect will give new meaning to the home situation, offer an atmosphere to children which will help them mature in a healthy environment. This is common sense: Offer them something more than platitudes and poor examples and they will not need a social crutch.

It has become increasingly clear in recent years that we need an expanded educational emphasis on human relations. We spend millions of dollars annually in providing young people with a solid foundation for life, but we devote little time to helping them understand what life is all about.

Prof. Kenneth Keniston of Yale University, an acknowledged expert on youth, has said: "We need to know that students who use and abuse drugs are reacting not only to the individual circumstances of their past and present lives, but to dilemmas that confront their entire generation. . . ."

"It is important to acknowledge that the question of drug use, in the last analysis, is not a medical issue but an existential, philosophical, and ethical issue; and whether one chooses or not to use drugs, in full consciousness of their possible bad effects and the legal implications, becomes an existential rather than a medical decision.

"In the long run those of us who are critical of student drug abuse must demonstrate to our students that there are better and more lasting ways to experience the fullness, the depth, the variety, and richness of life than that of ingesting psychoactive drugs. We can at least help the student to confront the fact that, in using drugs, he is making a statement about how he wants to live his life. And we can perhaps, in our own lives and by our own examples, suggest that moral courage, a critical awareness of the defects of our society, a capacity for intense experience, and the ability to relate genuinely to people are not the exclusive possession of drug users."





# SHOULD MARIJUANA BE MADE LEGAL?

Arthur W. E. Eriksson, B.Sc., M.Sc.

Health Education, Faculty of Physical Education  
University of Alberta, Edmonton, Alberta, Canada

DRUGS are chemicals. Every drug has some effect on the user. Drugs do not usually cure illness, nor are they necessarily beneficial for the body. The right drug for any particular illness sets up conditions favorable for natural recovery. They permit the body to heal itself.

Drugs may act on several systems of the body. This can cause problems. A drug may help one part of the body and harm another. The wrong drug, or the right drug taken in wrong quantities or at the wrong time, can cause harm.

Prescription drugs are drugs that can be secured only on the order of a doctor who has carefully considered the patient's age, weight, sex, physical condition, and illness at the time. If the drug is taken at another time, it may be of no value or be harmful.

Over-the-counter drugs are considered safe without a doctor's supervision if the instructions on the label are followed carefully and good judgment is used. Taking larger or smaller quantities than indicated may give no results or harmful ones.

Drugs of abuse may be secured from doctors or from drugstores through deceit, or purchased from "pushers" who sell

them to make money. There is no guarantee that the product is the one that is purported to be sold, and there is no guarantee of quality. The purchaser risks his money and often his life.

Any chemical can be harmful to anyone. A person may even find himself allergic to a drug carefully prescribed by a doctor. Persons taking drugs of abuse on their own whim, without specific directions, stand a good chance of being hurt.

Some people say that marijuana is harmless. Let's compare it with tobacco. Smoking a joint produces the same irritation to the throat, due to heat and irritating smoke, as does smoking a tobacco cigarette. Long-continued exposure induces chronic respiratory disorders. The marijuana smoke is inhaled and held in the lungs to produce maximum effect, whereas with tobacco much of the smoke is blown out at once. The effect on the cilia, however—paralysis and death after continued use—should be the same in both cases, possibly even more marked in marijuana smoking. Tar is a product of burning pot as well as of tobacco. The use of marijuana should also result in an increase in lung cancer in pot smokers after use over a number of years. Tobacco

produces these results—why introduce another substance to do the same thing?

- The Canadian Food and Drug directorate through the Food and Drug Act controls standards for many drugs. New drugs must be carefully tested before being approved. In Canada it is a criminal offense for any person to grow, import, sell, or possess marijuana. Marijuana has no known use in medical practice in most countries of the world. More research needs to be done to prove scientifically its effects, but many things are already known.

- With marijuana no one can predict what will happen each time it is taken. Effects vary from person to person, mood to mood, time to time, and place to place. A person may smoke five joints and feel good, but the sixth may cause him to walk out an upstairs window or step out into traffic. Experiments were tried on dogs, and the results were so unpredictable that they were given up in frustration.

Dr. Louis S. Harris of the University of North Carolina found that certain functions in the liver that normally break down certain drugs were inhibited by marijuana smoking. If a marijuana smoker also took barbiturates, the drugs could build up in the bloodstream and kill.

There is proof that tetrahydrocannabinol (THC), the actual drug in marijuana, easily crosses the placenta and enters the fetus. The question is asked, Will a pregnant woman who smokes marijuana damage her unborn child?



Chronic marijuana users often are lethargic and neglect their personal appearance. For many middle-class students, the subtly progressive change from conforming achievement-orientated behavior to a state of relaxed and careless drifting has followed their use of significant amounts of marijuana.

Should marijuana be legalized so as to increase its use and give these symptoms to more people?

● What constitutes mental illness? The criteria of mental illness are not whether the mental changes are pleasant or not, or whether they are transitory or persistent. The physician, especially the psychiatrist, has seen forms of real mental illness (psychosis)—not mental alterations produced by drug intoxication—in which the subject has feelings of well-being, complacency, euphoria, exhilaration, heightened sensory perception, and omniscience (a feeling of having attained a richer, deeper understanding, and appreciation of the meaning of life).

K. A. Yonge, M.D., president of the Canadian Psychiatric Association, writes: "The psychedelic drugs, including marijuana, act by altering from the normal the processes of perception, emotion, and thinking. These mental distortions, however transitory, however pleasant, are of the same order, though not necessarily the same magnitude, as psychotic illness. They are mini-psychoses—temporary, maybe, non-recurrent, maybe, without organic brain damage, maybe—but, by these criteria, unhealthy."

Cases of marijuana-induced temporary psychosis have been reported. Panic reactions are not uncommon among inexperienced users, and such reactions occasionally develop into a psychotic episode.

Marijuana is claimed to be mind-enhancing. This is a temporary distortion of the sense mechanisms. It is also claimed to enhance creative activity. Experiments have shown this is not fact but only imagination of the subject.

Any task or decision requiring good reflexes or clear thinking is affected by the drug. For this reason driving is dangerous while under its influence.

● It is important that those too young to make mature and informed decisions be protected. If a personal problem is faced, it will likely be faced also the next time it arises. If one goes to drugs to help solve the problem, he will likely go to drugs to try to solve it the next time. This is not an effective method of attempting to solve a problem.

It is a seriously questionable practice for young people to experiment with drugs at a time when they are going through a period of many changes in their transition to adulthood. It is especially disturbing to a young person who already may have difficulty adjusting to life and establishing his values.

Good judgment is an essential part of our behavior and of our thinking processes. It is the result of learning, education, and experience. Judgment is the ability to reach conclusions from learned facts by comparing and analyzing. Marijuana can seriously disturb judgment.

● If a person is used to having eggs for breakfast regularly and he doesn't get them, he is slightly aggrieved. This may be thought of as a dependency, a very slight dependency. Life is built up of many dependencies. Some are trivial, some benign and pleasurable, and some are harmful. Dependence on friends, family, and work help make us what we are.

If a drug is considered, the whole context in which it is

taken is important. Each time it is used increases the chance that it will be taken again.

Persons who use marijuana continually can be said to become psychologically dependent on the substance if they use it to escape painful experiences of anxiety or depression, as a means of gaining social acceptance, or as a symptomatic expression of a psychological conflict.

Many chemicals can be put on a dependency scale. Heroin is 100 percent dependency producing. Marijuana isn't that high, but it sometimes makes one want to be alone, or more often want to be with a group, feel good, have vivid visions, and feel a little exhilarated.

● The Addiction Research Foundation of Ontario did a study on drug use in Toronto, Montreal, and Halifax. They found that marijuana smokers are sixty-two times more likely to use LSD than students who do not smoke marijuana. Marijuana smokers are twenty-nine times more likely to use opiates and twenty-four times more likely to use hallucinogenic drugs. Use of tranquilizers, glue, stimulants, barbiturates, tobacco, and alcohol was also found to be higher among marijuana smokers.

To the extent that marijuana use contributes to a general disregard for the realistic consequences of behavior in young persons its use increases the probability of the use of other more dangerous drugs. Weak marijuana use may give the student the belief that he can "handle" any drug.

● Marijuana is illegal in practically every developed country in the world. Among the strongest supporters of legal control are some of the countries where cannabis has been used for a long time.

● Prohibition of sale of marijuana in some of these countries clearly indicates their social disapproval, in contrast to open sale permitted in other countries.

● The cost of absenteeism due to use of alcohol is about \$2 billion per year in the United States. The use of marijuana makes a person more and more irresponsible, so a similar effect might be expected after a period of use.

● There are skid rows due to alcoholism in North American cities, while in countries such as India and Egypt there are skid rows due to use of cannabis. It would not be desirable to add another type of degenerate area here in North America.

● Some users say that marijuana is no worse than alcohol. This is another reason for not legalizing it, as one does not want to add to the present problem. Most people do not take alcohol to the point of intoxication, but two reeferers can produce marijuana intoxication in some users.

● As the strength of marijuana is so unpredictable and deteriorates in storage, if cannabis were legalized it would be necessary to use a form that could be standardized. This would be hashish, or a THC which is quite strong.

● The legalizing of alcohol in the United States did not do away with moonshining and bootlegging. Barbiturates are dependence producing. A short time after they were legalized in the United States, half the supply of the legal drug was in the control of the black market.

Legalizing heroin in England did not solve this problem for the British.

It seems evident that the legalizing of marijuana would not solve any of the problems connected with the drug. It would only serve to increase these problems as well as to make the use of the drug more widespread. ■



# Nancy Greene— HIGH ON HAPPINESS

IT WASN'T the honors, though she had plenty of them, including gold and silver Olympic medals and two World Cup ski championships when she retired in 1968 from ski competition.

It wasn't the polished personal manner, or flashy dress-up style, or expensive hairdo, for she had none of these.

It wasn't the national recognition, or the fame which had sent her name around the world, piling feathers in Canada's cap. She had more recognition than she desired, more fame than she could cope with.

It was simply that Nancy Greene was her natural self that caused throngs of Canadians to follow her every move and thousands of children to identify with her, writing letters to her as if she were a part of the family.

Nancy was a major reason Canada could hold its head high and feel that it was accepted as an equal, or possibly a superior, in the community of nations

around the world.

Seldom has any nation so completely identified itself with a person as did the Canadian people with Nancy Greene when she was climbing to the top of the skiing ladder.

Now that she isn't so much in the public eye in winning ski awards, she still makes hearts flutter as a happy housewife (married to Al Raine, coach of the National Ski Team) and mother this year of twin boys.

And speaking of happiness, this has been her hallmark through the years. Her shy smile has become her most famous characteristic.

But her happiness has been spontaneous, outflowing, natural—as, for example, when she won the final, hard-fought competition for the 1967 World Cup at Jackson Hole, Wyoming. The ensuing celebration for participants seemed quite outside her interest. "I didn't have time for partying or for a drink," she recalls. "I don't really think I needed or wanted a drink anyway. I was high without one, high on happiness."

Nancy in the ladies' giant slalom run, Olympic Winter Games, February, 1968, which won her the gold medal for Canada.



Winners of giant slalom competitions in the Olympic Winter Games, Chamrousse, France, February, 1968, are, left to right: Annie Famose, France, winner silver medal; Nancy Greene, Canada, winner gold medal; Fernande Bochatay, Switzerland, bronze medal.



Nancy Greene and her characteristic friendly smile.



Nancy Greene served as a member on the Task Force for Fitness and Amateur Sport. With her are (left to right): Dr. Harold Rae, Hon. John Munro, Minister of National Health and Welfare, and Dr. Paul Desruisseaux.



# PERSONALITIES OF

Julie is a great fan of the champion Ottawa Roughriders football team. Here she rides through Lansdowne Park—the "house that Jackson built."

## Julie Maloney— Miss Canada



**JULIE, what are some of the tasks and responsibilities of Miss Canada?**

My main responsibility is to act as a goodwill ambassador for Canada throughout this year. I don't go on to any other kind of contest. I travel all over Canada and the world, visiting hospitals, schools, and other places—telling people about myself, my ideas, and my country.

**What do you think of this chance to travel?**

I think it's great! So far I've been to Labrador, the Northwest Territories, Mexico, Cyprus, and Germany. Next I'll probably go to Japan for Expo. It's just been great.

**How would you compare the situation of the young people in these other countries with your own?**

I didn't realize how lucky I am. One of the young girls I was working with in Mexico was going to get married, and I kept thinking, "How great." But that wasn't it at all.

JULIE MALONEY



Her parents were making her get married. It was like a deal—the man was giving her parents a cow and a bunch of chickens, and she had to marry him.

And over in Cyprus, with the trouble starting again, the teen-agers are all out fighting—even the girls. It really made me realize how lucky I am.

## Do teen-agers have problems here at home?

Yes, they have enough of a problem just growing up, just getting through adolescence. I am nineteen now, and I'm still finding it very hard. Some people treat you like an adult and others don't, and it's hard to adjust.

I think that one of the biggest problems for young people today is drugs. Students usually start on pot for kicks, and then they become psychologically dependent on it. In school you can tell who is using it because they lose their pep and become kind of bleary-eyed and distant. Their entire personalities change, and some of them go on to harder drugs. That really sets me back. I'd never try it. It's just not worth it!

## Do you feel that drugs are any answer for young people?

Definitely not. If anything, they cause more problems—problems with the law, problems with your parents. No, I don't think drugs are the answer. I sometimes wonder if young people use drugs because they have nothing better to do. If that's true, they should get interested in other things.

## What kind of things do you find to keep interested in?

All through high school I have worked in the drama club, and that is almost a full-time job. I also have worked for a year and a half at a local radio station, everything from being a secretary to announcing and writing commercials. It is a great experience, and I have enjoyed it very much.

There are many other things, however. I think that just being out in the fresh air is better than anything else. I like to get out in the country—go horseback riding or skiing. I also have a little softball team with the kids in my neighborhood during the summer, although I'm really just a spectator when it comes to most sports.

## Tell me, Julie, what does it really feel like to be Miss Canada?

It's a fabulous honor. The people look up to you, they treat you well. It's just been fantastic.

## Do you feel that you have an influence on young people?

Yes, especially the younger kids. They think you are up there on a pedestal. They are so responsive, so eager to learn. We have a real responsibility to them.

For example, as Miss Canada you are not allowed to smoke in public. I remember this was a real problem for some of the twenty-four girls in the pageant. Many of them were always running to a private room somewhere so they could have a cigarette. This seemed so sad. What would



Naturally, Julie has been called "Baloney" and "Macaroni" throughout her school days. Now Julie Maloney is Miss Canada!

they ever do if they were in a position where they just couldn't have a cigarette—in an oxygen tent or something?

## What do you think of smoking?

Well, I never have smoked; so I'm lucky in that way. There is so much evidence that it's harmful. It's like seeing a bottle with poison on the label, and drinking it anyway. I don't see the logic behind it. I can't understand why people keep on smoking, or why young kids would ever want to start.

## What are some of the qualities and characteristics that you like to see in your friends?

Sincerity, first of all. Since I've become Miss Canada, I've found that you certainly have a lot of "friends." But you can usually tell who is sincere. I believe that sincerity, warmth, and kindness are some of the main things I look for. A sense of humor is also very important. I don't look for things like money, good looks, how many cars you have in your driveway, or where you live—things like that. They are not so important to me.

## Do you feel there is a generation gap today?

I imagine there has always been a gap between parents and younger people. But I think it's more just a lack of understanding—a little impatience on the part of both groups. I've never found a real generation gap, as you read about it, in our family at all. We've always been able to talk things over, and I'm especially close to my mother, which is very important for any teen-age girl. I feel it is essential for young people to be able to communicate with their parents. The relationship you have with your own parents will have a lot to do with the kind of person and kind of parent you'll become.



## PERSONALITIES OF CANADA



RUSS JACKSON-  
QUARTERBACK  
PAR EXCELLENCE

THERE IS something missing in the Canadian Football League this fall. Russell Stanley Jackson, the great quarterback of the Ottawa Roughrider Grey Cup Champions, has retired.

This fact may be greeted with a sense of jubilation in most of the football cities scattered across Canada, because they will have lost a formidable foe. In the nation's capital city of Ottawa, however, there is a profound sense of loss. The familiar Number 12 that has so often sparked their enthusiasm will no longer be out there piloting their team to victory.

One needs only to scan the list of major awards that Russ Jackson has won to appreciate how these fans must feel, and to see how this young man has dominated Canadian football for the last decade. He has been the only man to win the double Schenley Award, a feat which he has accomplished three times.

Last year George Reed, the powerful Saskatchewan Roughriders' fullback and runner-up to Jackson in the Most Outstanding Player of the Year Schenley Award, gave him the following tribute: "I don't feel that I have lost. When I think of all this man has contributed to Canadian football, I'm proud to finish runner-up to him."

In Ottawa they sometimes refer to the new football stadium at Lansdowne Park as the "house that Jackson built." In a rare act of recognition, Mayor Don Reid proclaimed November 22, 1969, as "Russ Jackson Day" in Ottawa. Then, perhaps as the final tribute, the Ottawa Roughriders announced that they would retire that familiar Number 12 jersey.

The personal statistics that Jackson has accumulated over the years are very impressive. He has thrown 185 touchdowns, which makes him the league leader in this department. His average gain per pass is 18.5 yards, also tops in the league. However, it is Jackson's old-fashioned ability to run with the football that has electrified and excited so many crowds across Canada. He has personally rushed over 5,000 yards on the ground, and has a remarkable lifetime average gain of 6.8 yards per carry. For a quarterback, that represents some real "rustling."

The 1969 season was without a doubt one of the best ever for Russ Jackson. He won about every award and recognition it was possible for him to win, including the Most Valuable Player Award in the Grey Cup Game itself—which meant a new 1970 Pontiac. Why would an athlete so obviously at the peak of his career want to retire at the age of thirty-three? Why would Russ Jackson want to hang up the old cleats so soon?

As I talked with Russ, I soon discovered a determined young man of such strong convictions that it seemed natural to accept his positive decisions. His entire life seems to have followed a precise, organized pattern.

When Russ was a student at McMaster University, he did far more than excel in athletics. Besides being an eight-letter man at McMaster, he was an honors mathematics student. In his third year he won the coveted



Governor General's Medal, which is awarded for academic standing, participation in sports, good citizenship, leadership, and all-round comportment. His professors thought so highly of him that he was suggested for a Rhodes Scholarship. In the difficult decision which followed, Jackson chose instead to teach school and play professional football in Canada. It had been his boyhood dream to become a top professional athlete, a dream which he more than realized when he became the highest paid football player in Canada.

Now that his dream has been fulfilled, and in harmony with the orderly, consistent pattern of his life, Jackson has decided to exit from the football arena and pursue his career as an educator. For many years he was the head of the mathematics department at Rideau High School. Now he is the vice-principal of Sir John A. Macdonald High School in Ottawa. He has successfully managed his two careers thus far (something that Canadian football players are allowed to do), but he wants to spend more time with his family, and eventually to try out some ideas in a high school of his own.

I talked with Russ in his office at Sir John A. Macdonald High School.

#### **What place have sports and football played in your life?**

I've always had an interest in sports and athletics; I've enjoyed being a part of it. It was my thing to play sports, and I've enjoyed the companionships with the other ballplayers who had the same interests that I did.

I think that it's made Russ Jackson a better individual. It's given me the confidence to do a lot of things I might never have done and the opportunity to meet influential, important people. It has also taught me a great deal about self-discipline, especially in my role as quarterback. An established quarterback might not have to do all the physical work during training camp that the rest of the ballplayers do. This means that he has to discipline himself to report in top physical condition.

#### **What kind of physical conditioning did you do to get ready?**

Well, I never dreamed as a rookie that those two-a-day practices could be as tough as they really were. I started running as soon as the snow was off the ground, and I'd work to run the mile in the required time before reporting to training camp. Football is largely discipline.

#### **Are there other things that you would recommend for staying in good physical condition?**

Yes, there are lots of things. I don't smoke. I just never have wanted to. In my day they didn't tell you it was harmful, but I know that the pro ball players on our team who do smoke cut down a great deal when they come to training camp now. They know that it is harmful, and they believe that they will be in better physical condition and be able to perform at a better clip without smoking.

Then, I feel strongly that the youngster who wants to go out for football in high school today, especially in Canada, must report in physical shape. There isn't time after school starts. He should get out and run for maybe three or four weeks prior to the opening of the football season.

#### **How do you feel about the use of artificial stimulants that some athletes use to get "up" for a game?**

I have never been in favor of taking these bennies, as they're called. I feel that in my position as a quarterback they would be detrimental to me. If you're hopped up on anything, I don't think you're capable of acting 100 percent the way you should. I think a good quarterback on a football team has to be able to think clearly, act rationally, and do those things quickly. For that reason, I would never think of taking them.

#### **Do you feel that the professional athlete has an influence on young people?**

There's no question about it. The young people look up to you and respect you in many ways, and I feel that this is an important responsibility for me. That's why I think it's wrong for me personally to stand around at a banquet with a glass of beer in my hand when there are eighty youngsters aged twelve and thirteen looking up and saying, "There's Russ Jackson."

#### **Is there one characteristic, Russ, which could summarize the reason for the success that you have enjoyed so far in your life?**

I believe that everybody's life has to be led to suit his own pattern. I enjoyed sports; so this was natural to me. If I could define it in one word, I would say: self-discipline. This is the one thing that helped me a great deal.



During a crucial game, Russ plans strategy with coach Frank Clair.



Holding aloft the Grey Cup, symbolic of Canada's football championship, Russ celebrates with his team.

#### **RUSS JACKSON'S RECORD OF MAJOR AWARDS**

- 1959 Canada's Athlete of the Year  
Canadian Schenley Award (Outstanding Canadian in CFL)  
Jeff Russell Award (Most Valuable and Sportsmanlike Player in the Eastern Conference)
- 1960 Participating Quarterback in Ottawa's Grey Cup Victory (Canada's "Super Bowl")
- 1963 Canadian Schenley Award  
MVP in Canada Award (Outstanding Player in CFL, including Americans)
- 1966 Canadian Schenley Award  
MVP in Canada Award
- 1968 Quarterbacked Ottawa's Grey Cup Victory
- 1969 Jeff Russell Award  
Canadian Schenley Award  
MVP in Canada Award  
Lou Marsh Trophy (Top Canadian Sports Competitor)  
Canada's Athlete of the Year  
MVP voted by his teammates for the fourth time  
Quarterbacked Ottawa to another Grey Cup Championship

Russ is happy with his family—wife Lois, daughters Suzanne and Nancy, and son Kevin.





Teens~

## PERSONALITIES OF CANADA

WHILE Nancy Greene was busy winning gold and silver medals at the 1968 Olympics, there was another Canadian girl just watching and waiting for the chance to become her successor. Her name was Betsy Clifford, who then at fourteen had already realized one of her lifetime goals: to become the youngest skier at the Olympic Games.

Now that Betsy is sixteen and Nancy has retired, there is little doubt that the successor has reached her throne. In February Betsy Clifford finally proved to herself, and to all the skiing world, that she had arrived. With the same smooth, deceptively fast sort of run that had characterized Nancy Greene, she streaked her way to a gold medal in the giant slalom race at Val Gardena, Italy, and became the youngest world champion in the history of the Alpine ski racing.

I asked Betsy what kind of goals she might have left for the next few seasons. "Well, I hope to win the World Cup next year," she replied quickly. "And then in 1972 I want to become the first woman ever to win three gold medals at the Olympics." Shades of Jean Claude notwithstanding, she might be the girl to do it! She has all the determination and confidence needed, not to mention the skill.

Now there is something else in her favor, something very important. Betsy says that last season, for the first time really, she started to put the proper emphasis on training. "If you want to be the best in the world," she says, "you have to train hard, and that means that you have to give up

a lot of things."

"What kind of things did you have to give up?" I asked.

"Things like cigarettes. I used to smoke, but there are too many good reasons for not smoking while you are on the team. You can become nervous and jittery in the starting gate, for example."

"But people say it calms their nerves," I observed.

# NEW SKI QUEEN—BE



# Life Can Be Beautiful

Betsy's answer was quick and to the point again: "Well, some might think so, and they may advertise so; but my coach doesn't think so. And I've experimented; so I know. I'm better off without them. In a big ski race that is decided by hundredths of a second, you can't afford any disadvantage."

This decision probably had a great deal to do with Betsy's successful year last season. She finished seventh in the women's World Cup Competition. For a sixteen-year-old, that has to be good.

It has not been easy for Betsy. She's had to do her growing up in the public eye, and like any other teen-ager is likely to do from time to time, she made some mistakes. Her precocious talent on skis has always thrust Betsy into the companionship of older people. "At first," she told me, "you think you're really big in some respects—like drinking. But after a while you realize that you're just a little kid and you start smartening up."

Perhaps it was before she started "smartening up"—or perhaps some reporters have overplayed this image of a young Canadian "rowdy"—but Betsy feels that many people have got the wrong idea about her. That is why she told a reporter earlier this year: "That's all over now; I realized what I could do and decided I had to give up all other nonsense to do it. I've really been different since last summer."

Betsy spends most of the summer and off season at her home in Camp Fortune, Quebec. Camp Fortune, twelve miles from Ottawa, is the

largest ski club in the world—13,700 members. Her father, John Clifford (somewhat of a Canadian ski legend himself), owns and operates the ski lift and ski shop concessions at both Camp Fortune and another new resort he has started at nearby Mont-Sainte-Marie.

As he puts it, Betsy built the strong legs a skier needs by walking a mile every day to catch her school bus and another mile to come home again—uphill.

Betsy's remarkable father is totally blind in one eye and has only 60 percent vision in the other—the result of a boyhood accident. Yet this didn't stop him from becoming one of Canada's first international ski champions. He also won the Canadian Alpine Championship in 1948 and again in 1956. In 1955 he took time out to win the Canadian Water Skiing Championship.

He still loves to ski, both on snow and on water. He just installed a new slalom course on his lake. (Betsy says that she is going to take up water skiing competition when she isn't snow skiing.)

At first, you might think it is easy to see where Betsy gets all of her drive, ambition, and enthusiasm. Her father has been correctly hailed as "The Man Who Put Ottawa on Skis." He has been one of the main reasons that the Ottawa Ski Club has jumped from a one-rope-tow to the largest club in the world.

But there is still Mrs. Clifford. Betsy's mother is a strong, quiet woman who just "happened" to major in physical education. Her father, Eddie Phillips, used to play football with the Ottawa Roughriders. And living right in the middle of a ski club as they do, Mrs. Clifford has also played her part in encouraging her youngsters to grow up on the ski slopes. Besides Betsy, there are Joanne, fifteen; Stephen, thirteen; and Susan, twelve—all exceptional skiers for their ages.

This encouraging environment and wholesome family background are no doubt major factors in Betsy's becoming Canada's new ski queen. "There is no generation gap in my family," insists Betsy. "I get along great with my parents, and winning one for my father has always been a strong motivation for me."

Her father concludes, "Betsy has always had a goal to strive for."

He might have added that so far, at least, she has reached that goal. ■



◀ Betsy's favorite race is the slalom, the event in which she won the world championship.

Betsy holds up her gold medal, while in the other hand she clutches her fourteen-year-old teddy bear—her constant traveling companion. ▶



# BETSY CLIFFORD



# Life Can Be Beautiful

## YOUTH— ASKING QUESTIONS and SEEKING ANSWERS

YOUTH today are asking questions and expecting answers. Across Canada, youth conferences are becoming more frequent to allow these youth to ask their questions and to seek relevant answers.

The Province of Alberta, halfway between the great plains and the high Rockies, is setting the pace for all of Canada in arranging such conferences. Typical is the gathering of some 300 teen-agers at Edmonton held at the turn of this year for their annual Youth Conference on Alcohol and Drug Abuse, sponsored by the Alberta Alcohol Education Association.

Lectures? Yes. Leading speaker was the visiting Washington, D.C., college president and popular youth lecturer W. H. Beaven. Some of his topics, "Born Free," "Positive Teen Living," "A Date With Ethyl," "The Drug Scene," and "Topic Tobacco."

However the major thrust came in the youth-oriented panel groups, the question periods, the "bull sessions," the discussion times.

"Youth and the Establishment" was discussed by one panel group. Others took "Youth and the Drug Scene" and "Mass Media and Society." Teen delegates had the chance to listen, to talk, to debate, to think, and to decide—on their own.

According to evaluation reports turned in by the teens as they made ready to return home, the trend in these personal decisions was toward positive values in life rather than the dangerous, the degenerative, and the oftentimes deadly. ■

### Teens gather—

... to listen (W. H. Beaven of Washington, D.C.),



... to  
talk,



... to  
debate,



... to  
think,



... to  
decide.





NORTH BAY, Ontario, has a new distinction—other than being a snow-sport center in winter and a water-sports area in summer.

Its teens and pre-teens turned out by the hundreds to participate in their local version of Canada's Miles for Millions Walkathon in May, 1969. Some 2,000 marchers covered a twenty-one-mile course through the city to raise \$31,975, half of which went to international charities and the remainder to setting up North Bay's Halfway House.

The Halfway House, called simply "254 McIntyre Street" is a two-story home to accommodate ten alcoholics at any one time. Their average stay is about three months in an effort toward individual rehabilitation. They are to a great extent responsible for their own housekeeping chores. Community agencies cooperate in therapy procedures.

In the province of Ontario, where 125,000 people are classified as alcoholics and another 100,000 as problem drinkers, according to the Minister of Health, the setting up of one \$15,000 Halfway House can hardly be considered a solution to the problem, or even a major contribution to such a solution.

On the other hand, the youth of North Bay have shown that they can take the initiative in a positive community program to provide meaningful assistance to those in need, and set a shining example for communities throughout the province and beyond its borders. ■

# MILES FOR MILLIONS



Mostly young people, this crowd prepares to take off on its Miles for Millions project in North Bay, Ontario.

A tangible result of the youthful Miles for Millions Walkathon is the Halfway House, here being inspected by (from left) Andrea Smith, executive secretary for the 1970 Miles for Millions committee; Peggy Williamson, finance director for 1969; Michael Bourke, chairman of last year's walk; and Rev. John Fisher, a member of the adult advisory board.



## So Many Walk the Beach

Viona Christensen Ramsey

So many walk the beach.  
Something there is in the expanse  
of sea and sky  
That washes away troubles  
And leaves them on the beach to dry.





# SMOKER ON THE WAGON

## JUDY'S SUCCESS—IN HER WORDS

I smoked a pack of cigarettes a day for about four years. I tried to quit several times because I was spending too much money on cigarettes, but I always gave in. I never thought I could do it until the Five-Day Plan gave me the willpower I needed. I've been on the wagon for several weeks now, and I am confident I will never smoke again. After the initial withdrawal symptoms, I feel much better mentally and physically. I am glad I quit before irreparable damage was done to my body, and I realize now more fully the dangers of smoking.

*Judy Linkletter*

NINETEEN-YEAR-OLD Judy Linkletter is a bank teller in Calgary, Alberta. Living close to the mountains, she enjoys, appropriately enough, skiing and hiking; but she began to find that under strenuous exercise she was short of breath. Evidence pointed to her pack-a-day smoking habit, which she had had for four years. She had to do something about it. She also discovered she was spending too much money on smoking.

Learning about a unique Health Education Center in the city, she found that this community service of the Seventh-day Adventist Church offered programs and courses in nutrition, weight control, physical fitness, mental health, cancer detection, counseling, and—exactly what she needed—a five-night series of therapy sessions on how to stop smoking. Directed by Dr. H. W. Gimbel, the center had helped a thousand people the previous year.

It didn't take Judy long to enroll once she made up her mind. To follow her through the process, "Listen" assigned two correspondents and a photographer to record a picture story of her tribulations—and eventual success. Here is how it goes, from start to finish:

Judy finds a Five-Day Plan brochure in a conspicuous place where her non-smoking roommates left it for her.







Early one morning she wakes up with a start, turns on the light, and reaches for a pencil to sign the registration card from the Health Education Center before she changes her mind.



One week after mailing her card, Judy gets a phone call, and—



Gertrude Reimche tells her the next Five-Day Plan will begin Sunday at the center.

Mrs. Dolores Coupland, receptionist at the center, registers Judy, and tells her that this plan will give her a new thrill.



From Dr. R. S. T. Coupland, director of the Five-Day Plan, Judy learns the harm done to the lungs by smoking.



"No, thank you, girls, no coffee for me." Judy learns about diet; coffee is out for this week.



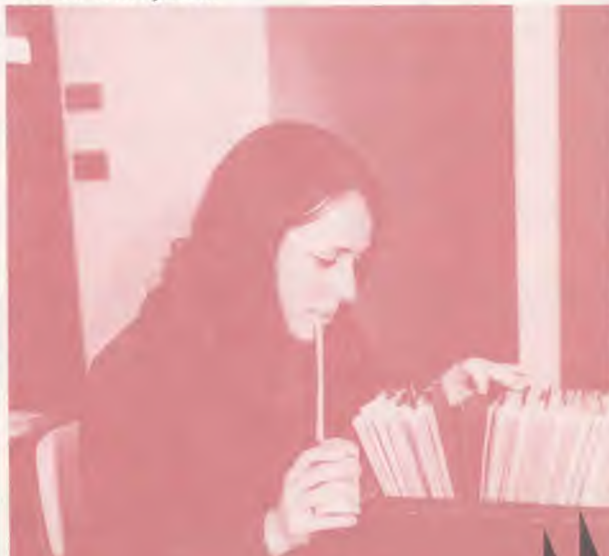
First thing in the morning is a glass or more of water.



A good breakfast includes fruit and fruit juice.



Working through the coffee break, she replaces coffee with juice.





# SMOKER ON THE WAGON



Halfway through the morning she wishes she could slip out and smoke but remembers, "I choose not to smoke."

What did the instructors at the Five-Day Plan say? Breathe deeply . . . ah, it works!

Back to work again a customer tries her patience. Tension mounts, a cigarette would . . . no, again I CHOOSE NOT TO SMOKE.

Lunchtime—lots of fruit to eat and more fruit juice to drink!

Another evening session and Judy becomes aware of other diseases cigarette smoking can cause.

She tries balancing her cash. Why doesn't it balance? But she insists, I CHOOSE NOT TO SMOKE.



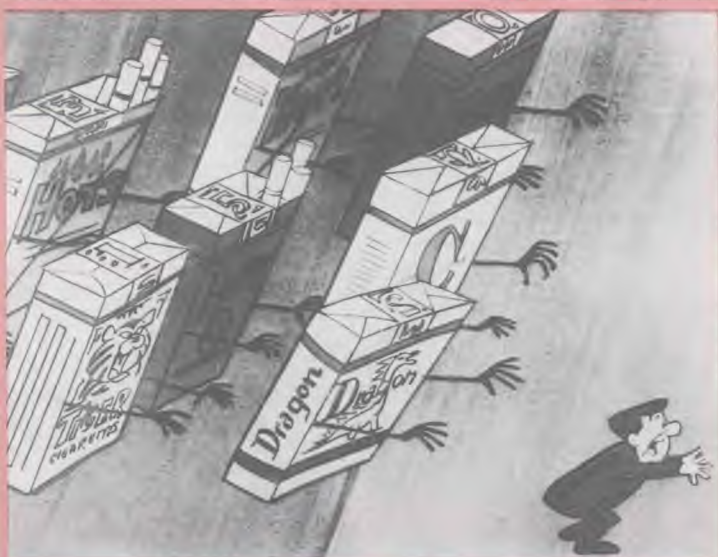
Her day's work done, Judy takes a walk and finds that the exercise relieves the desire to smoke.

Tonight is the last night of the Five-Day Plan. She has made the grade, she feels.

Judy recalls the primary purpose of the Health Education Center: To make man whole.







## Smoking Is Still World Peril

Health fears have caused cigarette sales to drop in the United States; but in the rest of the world smoking continues to grow at a rapid pace, reports the Agriculture Department.

American-blend cigarettes, made of high-quality tobacco, have be-

come a "symbol of prestige" to many other people around the world.

As a result, smoking of American-type cigarettes is rising rapidly in areas where the standard of living is rising—especially in Italy, France, Spain, and Brazil.

Department officials report that United States cigarette production in 1969 dipped about 3 percent below 1968. The possibility of a further decline was forecast for this year.

World consumption of cigarettes, however, rose last year about 3 percent above the 1968 total.

## View From the Moon

"When men get away from the earth and see the whole universe spread out before them, I think they will realize that God is a much bigger God than they ever supposed Him to be."—Bill Hoge.

## Two Diseases Are Top Killers

Canadian physicians have indicted two groups of diseases as top killers.

The No. 1 villain is disorders of the heart and the circulation of the blood.

Second in importance is cancer at all locations in the body.

New approaches to these problems were discussed by panels at the joint meeting of the Royal College of Physicians and Surgeons of Canada and the Canadian Society for Clinical Investigation.

Using a microscope to examine the lining of arteries, Dr. Paris Constantinides, pathology professor at the University of British Columbia, is checking out substances suspected of causing damage and starting hardening of the arteries.

Almost all men in North America suffer hardening of the arteries somewhere in the body, but it does not always lead to disease and death.

"Even coronary thrombosis is caused by such hairline cracks in

the vessel's lining," says Dr. Constantinides.

The blood "gets the message to pour out clotting factor" to seal the cracks, and this may lead to formation of a large clot blocking blood flow.

Dr. Yves Morin, professor of medicine at Laval University and a leading figure in checking out deaths caused by cobalt in beer consumed in huge quantities five years ago, reports that alcohol increases sensitivity of the heart muscle to any toxic substance, including drugs.

## Gap Narrows

The median age of U.S. population in 1820 (according to census) was 16.7. This means that half the population was older than 16.7 years and half the population was younger than 16.7 years. In 1870, the median had risen to 20.2. In 1920 it was 25.3, and in 1960 it was 29.6.

## Pot Is Reversion to Immature State

In Canada a commission of inquiry is investigating the nonmedical use of drugs.

Dr. Keith Yonge, president of the Canadian Psychiatric Association, is in charge of writing the report for that panel.

Dr. Yonge wrote last November a memorandum which puts together the substance of what will be said in the report when it is issued.

Here are a few passages from Dr. Yonge's preliminary report:

"The use of these drugs [such as marijuana] does indeed induce lasting changes in personality functioning, changes which are pathological inasmuch as they impair the mental and social well-being."

"The harmful effects are of the same order as the pathology of serious mental illness (psychosis), namely in distorting the perceptual and thinking processes and in diverting awareness from reality, impairing the individual's capacity to deal with the realistic of life."

"The argument that marijuana is no more harmful than alcohol is specious. Although alcohol does constitute a serious health hazard in our society because of its readiness to intoxication, its action on the mental processes cannot be equated with that of marijuana."

"The primary action of alcohol is that of a relaxant. Impairment of mental functioning occurs when intoxicating quantities are taken. Marijuana, as with all the psychotropic drugs, on the other hand, acts solely as an intoxicant, its effects being primarily the distortion of perception and reasoning."

"In psychosocial development, man grows from the prevalence of self-gratification and dependency, with little regard for reality, to the prevalence of self-determination and self-abnegatory involvement in his society."

"Against this progression, the trend toward 'instant' self-gratification and artificial self-exploration (by the use of psychotropic drugs) is distinctly regressive—a reversion to the immature, the primitive."



**HARVESTING "GRASS":** Marijuana is still found in roadside ditches and pastures despite efforts to destroy the crop. The "grass" continues to grow wild in many areas.

## Vatican vs. Drugs

The Vatican daily newspaper, "Osservatore Romano," has condemned the spreading wave of drug taking as "an industry of a new moral enslavement" and called on "the honest and normal majority" to stop it.

"The specter of drugs is invading every continent," the paper said in an editorial entitled "Let Us Save the Adolescents."

"Until now, we had hoped and thought that Italy was more or less immune to this spreading disease. But, instead, it is among us; too many signs, too many cases, too many frequent discoveries show this. It would be a crime to close our eyes and ears so as not to see and hear."

The paper advocates a strong crackdown by authorities on drug traffic and suggests a carefully documented campaign by scientists and doctors in schools to halt "the imbecile strength of fashion and curiosity" which causes the drug taking.

## In This NEWS

◆ There is a kind of pollution we all suffer. See page 20.

◆ How does a person prepare himself to threaten the President? See page 21.

◆ What do you know about Canada? See word square on page 22.

◆ Drugs—a false escape. See page 22.



## Noise Is Air Pollution

"I would like to report that the United States is the quietest country in the world. I would like to—but I can't," says Robert Baron, noise crusader and executive vice-president of a New York-based organization called Citizens for a Quieter City (CQC).

Baron began his crusade against noise pollution in 1965 when "the Transit Authority of New York City decided to extend its 90-decibel subway in front of my apartment office in the heart of midtown Manhattan."

At that time Baron called his neighbors together and formed the Upper Sixth Avenue Noise Abatement Society. Five years later Baron has left his former job to work full time crusading. The neighborhood group has gained national recognition as CQC.

The problem is, according to Baron, that "only a handful of

American cities as much as mention decibel limits in local ordinances; and only two states, New York and California, have amended their motor vehicle laws to include decibel limits."

Further, Baron adds, "None of these decibel limits bear any relationship to desirable noise levels for residential life."

A decibel is the standard unit of measure for loudness of sounds.

The sound in an average residence has been measured at some 40 decibels. Conversation in a normal setting is about 60 decibels.

Sounds of more than 80 decibels are usually uncomfortable—above 90, potentially dangerous to health.

Here are some decibel ratings of some commonly heard sounds: overhead jet aircraft, 115; loud motorcycle, 110; construction noise, 110; loud outboard motor, 102; and those heavy trucks "that keep me awake," 90 and up.

"We are living in a day and age of acoustic anarchy," Baron says. "Most of the noise sources that bug people are legal—we have no rights."

It's not only the noise producers Baron concerns himself with. If buildings were insulated against sound, he says, noise would be less of a problem.

Scientific evidence points to noise pollution as a rising threat. Dr. Samuel Rosen writes in "Medical Tribune" that laboratory animals have developed swollen membranes in their inner ears when exposed to above-normal noise levels for brief periods.

"It is known that loud noises cause effects which the recipient cannot control. The blood vessels constrict, the skin pales, the muscles tense, and adrenal hormone is suddenly injected into the bloodstream, which increases tension and nervousness," Dr. Rosen adds.

Baron says, "I don't think the human nervous system can take this stress indefinitely. Especially when we are stressed by so many other seemingly insoluble problems."

"Noise lends itself to regulation and control. Why not address ourselves to this problem—one that can be solved?" he asks.



## Addicts Need Sensitive Approach

Senator Edmund Muskie, a Maine Democrat, says prosecuting young people for drug possession could have a more harmful effect than the physical and mental effects of the drug itself. It would be a tragedy to make hardened criminals out of youths who are experimenting with drugs, he states.

"Rather than look at these kids as criminals," Senator Muskie says, "we must try to understand why they took to drugs and why they do not seem to understand the dangerous fate they are tempting."

He urges a more sensitive approach in dealing with youths who break the law by possessing drugs, but he has called for strong efforts to prosecute and penalize those who profit from drug sales.

Muskie says one of the most confusing features of the drug-abuse problem is the high intelligence level of the youths using them. Young people probably enjoy defying their parents and the law as much as they enjoy the stimulation of smoking marijuana.

Defiance is enhanced when parents and legislators fail to differentiate between marijuana and hard-core narcotics.

"When the law deals with marijuana and heroin users in the same way, our young people recognize this as hypocrisy," says Muskie.

He claims the danger in lumping all drugs together lies in the possibility of misleading youths into thinking heroin presents no greater danger than marijuana.

## Can Drunks Buy More?

The Supreme Court will decide whether a person who appears to be a drunkard can constitutionally be denied the right by public officials to buy a drink.

Under the laws of 16 states, chronic drunkards—or those who drink enough spirits to give that impression—can be denied the right to purchase intoxicating liquors.

In most of these states, a person's name is "posted" in local taverns and liquor stores if members of his family or welfare or other public officials complain that he or she habitually drinks to excess. Liquor dealers are typically subject to fines or loss of their licenses if they serve persons who have been "posted."

However, the Supreme Court has agreed to consider the constitutionality of a Wisconsin statute of this type that was declared unconstitutional last year by a three-judge Federal District Court.

## Crutch for Smokers

There's a new crutch for the cigarette smoker who can't bring himself to give up the habit entirely. It's a 1½-inch strip of sticky tape that shrinks with heat.

Called the "Lifeguard Strip," it can be placed around a cigarette at the place where the smoker wants to stop puffing. When the burning end reaches the strip, the tape shrinks and in effect strangles the cigarette.



## Synthetic Pot

Human volunteers taking synthetic marijuana in an Army test experienced unusual dreams, blurring of vision, and dryness of the mouth, reports Sen. Peter H. Dornick of Colorado.

The tests, using two types of synthetic marijuana derivatives, were conducted on both animals and humans. The tests were apparently conducted to determine if the substance could be useful as an agent in the chemical arsenal of the Army, according to an Army summary of the report.

Investigators who have worked with marijuana, or with one of the derivatives of its active principal, have found that it characteristically produces a feeling of euphoria and relaxation, followed by lassitude and increased daydreaming, sleepiness, uncommunicativeness, and eventual recovery within six to 24 hours," the summary says.

"Large doses may lead to mental confusion and apprehension together with more vivid and more overwhelming sensory experiences that take precedence over reality and constitute, in effect, a temporary psychosis."



Smoking is hazardous to health and adds significance to the question whether breathing itself may become a hazard. This young demonstrator carries a sign warning against poisoning the air. Cartoonists have suggested we all quit breathing; but in lieu of that, people around the country are coming to the defense of their environment.





"In your language, your liver isn't doing its thing."

—Courtesy Medical Tribune.

## Is Methadone Use OK?

Methadone, a habit-forming drug used experimentally in treating narcotics addicts, is being "foisted" on the city and state, according to Dr. Robert Baird, director of the Haven clinic for treatment of drug addicts in Harlem, New York.

"Unfortunately, it's going to turn out to be a complete debacle," Dr. Baird says, "because there's absolutely no difference in substituting methadone for heroin; the end result is the same—you have an individual who is addicted."

Methadone is no major breakthrough, he says. It's a major breakdown, because methadone has been in the streets of Harlem since 1945, and the kids in Harlem call it "dollies."

Many authorities say that with methadone, unlike heroin, it is possible to stabilize the dosage, and eventually to wean the addicts entirely. The prime function of methadone, however, is in blocking the euphoric effect of heroin. An addict on methadone could lead a fairly functional life, which he could not lead on heroin, it has been said, and the drug is far less costly than heroin.

## WHAT WHERE WHY WHO WHEN HOW WHAT

◆ Thirty-four employees of a company that makes swimming pools have picked up an extra week's pay by quitting smoking. Employees qualified for the extra pay by quitting for a full year. Thirty-four employees, several of whom have since left the company, have made it. Fifteen more have taken the pledge but not yet completed a full year. Only one employee has gone back to smoking after collecting the award. (New York "Times")

◆ In New York the fastest-growing cause of death is pulmonary emphysema, with a mortality rate that has risen 500 percent in the last 10 years. During the same period deaths from chronic bronchitis have increased 200 percent. (New York "Times")

◆ R. J. Reynolds Tobacco Company has developed a cigarette which it claims will be lower in tar than 99 percent of the cigarettes sold in the United States. And, the company says, it will be lower in nicotine than 97 percent. Finally, a tobacco company acknowledges the presence of tar and nicotine in cigarettes. (AP)

◆ The United States Customs Bureau found some "grass" in the snakes. The bureau said it discovered 95 pounds of marijuana hidden under a shipment of boa constrictors sent into the country through the port at Miami. The origin of the snakes and the grass was not revealed. (UPI)

◆ Corner drugstores in Toronto, Canada, are starting the equivalent of a \$2-million campaign against drug abuse. The program, being organized by the Council on Drug Abuse, calls for display racks of pamphlets in drugstores. "We want to disseminate facts about drugs," they say. "We live in a drug-oriented society. We've got a pill for every ill." (Canadian "Press")

## Drink Drives Man to Threaten President

A five-year prison sentence, dependent on medical evaluation and treatment, has been given a Norfolk, Virginia, man who testified he drank between 12 and 24 cans of beer and two fifths of 100-proof vodka on the day he is charged with threatening President Nixon's life.

U.S. District Judge John A. MacKenzie pronounced the sentence under a Federal law that provides for a mental evaluation and a re-sentencing 90 days later. The judge noted the sentence could remain at five years or be reduced.

Witnesses testified that the man made threats against Nixon's life in a telephone call to the White House and later in the presence of law enforcement officers outside a tavern. The Norfolk man said he could remember drinking that day but nothing else.



A teen-age girl tells legislators about her life as a heroin addict during memorial services held in New York City for the nearly 300 heroin addicts who died from the drug last year.

## Why Students Kill Themselves

Contrary to common belief, drug usage and college pressures play a relatively minor role in producing suicide, reports a new study of suicidal behavior among college students.

The study challenges views, now widely held by educators, that college students who kill themselves are exceptional academically and that they commit suicide in greater proportion than their noncollege peers.

"A stereotyped picture of the brilliant but neurotic student on the one hand or the failing student on the other hand was not supported at all by this study," a report on the investigation says.

According to Dr. Michael L. Peck, one of the investigators, information made it impossible to state accurately whether the rate of suicides among college students across the nation was rising significantly.

However he estimates that 400 to 500 college students between the ages of 17 and 30 now kill themselves annually—a figure that is

half the 1,000 number often popularly cited.

Among the other findings of the study were:

College students who kill themselves, or who attempt or threaten to do so, are "socially isolated" and estranged, frequently since early adolescence if not before.

The college student who commits suicide is more likely to be a boy than a girl.

There were no marked differences among any category of suicidal or nonsuicidal students regarding parental death, parental separation, or divorce or a history of parental psychiatric problems or suicide.

There was a tendency for families of students who committed suicide, or were nonsuicidal, to have a higher socioeconomic status based on education and income than families of students who threatened suicide or who attempted it.

Students who kill themselves communicate their intent to commit suicide less often than students who threaten or attempt to kill themselves.

In this study 90 percent of the students who were recorded as having attempted or threatened to kill themselves had been previously recognized as suicidal. This was true of 58 percent of the students who committed suicide.

"There is a lack of experimentation with drugs," the report continues, "suggesting that this group of students were so emotionally disturbed and so preoccupied with their aloneness that they did not even consider drugs as an escape from their problems, as do many adolescents."

## LSD—an Outlaw?

The United Nations has proposed an international conference early next year to adopt a treaty that would outlaw LSD and similar substances in every country that accepted the treaty.

The purpose of the conference would be to adopt a protocol, or treaty, on 38 psychotropic substances, or mind-bending drugs, putting them under controls such as already apply to opium, heroin, cocaine, and marijuana.



## ARE YOU PUZZLED?

## Canadian Puzzle

Hidden in the letters below are about fifty place names from Canada, including the provinces, their capitals, scenic areas, and geographical features. To find these names read the letters forward, backward, up, down, or diagonally. Draw a line around each name as you find it.

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

Alberta  
Banff  
Brandon  
British Columbia  
Calgary  
Charlotte Town  
Dawson  
Edmonton  
Fraser  
Fredericton  
Halifax  
Hudson Bay  
Hull  
Jasper  
Labrador  
Lake Louise  
London

Mackenzie  
Manitoba  
Moncton  
Montreal  
Nain  
New Brunswick  
Newfoundland  
Northwest  
Territories  
Nova Scotia  
Ontario  
Ottawa  
Prince Edward  
Island  
Prince Rupert  
Quebec  
Regina

Saskatchewan  
Saskatoon  
St. John's  
Sudbury  
Sydney  
The Pas  
Thunder Bay  
Toronto  
Trail  
Vancouver  
Vernon  
Victoria  
Whitehorse  
Windsor  
Winnipeg  
Yakton  
Yukon

## Drug Blame Put on Adults

Parents whose youngsters turn to drugs often have only themselves to blame, according to Louis-Philippe Landry, a Canadian Justice Department official.

Parent-teen-ager communication breakdowns and the bad example of a pill-popping adult society combine to propel many youngsters along the road to drug addiction, he says.

"We adults have taken to solving our problems with pills and drugs—if we can't get to sleep at night we swallow a pill, and if we can't wake up in the morning we swallow another one."

"And for some adults, alcohol seems like an escape from their problems too."

But teen-agers have problems as much as adults, he says. "They're afraid of the world and want to escape from it. They see their parents' example, and figure there's nothing wrong with smoking marijuana or shooting speed either."

The relationship between parents and youngsters is an important factor in offsetting the temptations toward drug addiction, Mr. Landry argues, "because if teen-agers can't communicate at home with their parents, they'll find someone to communicate with."

Most parents, he says, aren't even aware that their youngsters are drug users until something drastic happens in the form of collapse or an arrest or running away from home.

## Syrup Only for Cough

In Dallas, Texas, the sale of cough syrup containing codeine is becoming an apparent drug problem.

Dallas mayor pro tem Jack McKinney has urged the city council to take action to curtail sales of cough syrup. A bottle of the cough syrup in question contains 4 grains of codeine, enough to induce a morphine stupor. Contrary to the usual procedure in the sale of narcotics, the cough syrup can be bought without a prescription.

McKinney says that hundreds of thousands of bottles are sold daily in Dallas.

"This is much bigger than anyone realizes," he says. "It's sold the most in high crime areas, and some of the common criminal things we see in the newspaper all the time are probably because of usage of the stuff."

Merchants in one area of downtown Dallas are having difficulties with addicts who gang up near the stores to drink the syrup. Said one: "It sends them off real high. They just go insane."

Many pharmacists have become aware of the danger. Some 60 percent of the area druggists are refusing to sell the syrup containing codeine unless it is prescribed, but there are apparently still plenty of sources from which it can be obtained without a prescription.

## More Liquor Consumed



Drinkers consumed an estimated 366 million gallons of distilled spirits in 1969, up from 346 million gallons in 1968, claims the Licensed Beverage Industries, Inc.

## Drugs--a Damaging "Escape"

The nation confronts a "serious crisis" in drug use, says the United Church of Christ, and it is partly the "mad behavior of our society that makes drugs appear to be liberation."

But in actuality, the church adds, turning to drugs is only a damaging "escape" route providing neither genuine liberation nor personal fulfillment.

The church report estimates that "at least two out of every five Americans are going up or coming down on drugs any given day"—the majority of them adults.

Differing motivations, for the differing age groups and for both rich and poor, are cited for drug use, including:

"The desire to dull the horror and pain of life in the slums,

youthful yearning for excitement, the effort to escape from the meaninglessness perceived in a superficially opulent existence, alienation from family, revolt against the dominant culture of the contemporary adult world, the impulse to conform to habits and customs of one's peers, or the belief that drugs offer religious revelation and expansion of the mind."

The council, the church's interim governing unit, says the "most widely used and abused drugs are alcohol and nicotine."

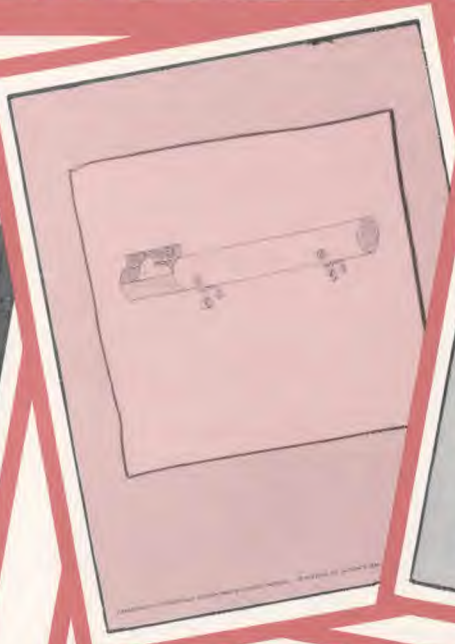
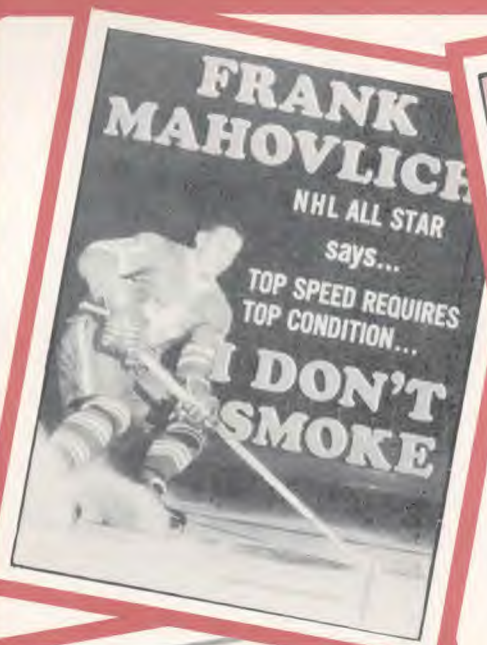
The report goes on to say: "Beyond these socially sanctioned drugs there is an enormous traffic in medically sanctioned drugs which alter the minds of ordinary people who need them to get through the day."



Learning Game: Barry Sheck, six-year-old first grader at Evanston, Illinois, learns and plays while operating Borg-Warner's System 80 educational system. Each film slide (center) includes 80 frames for visual presentations while a record player offers student a multiple choice for his answer.



# What CANADA



# thinks of smoking



# Leave the Dropouts Behind!

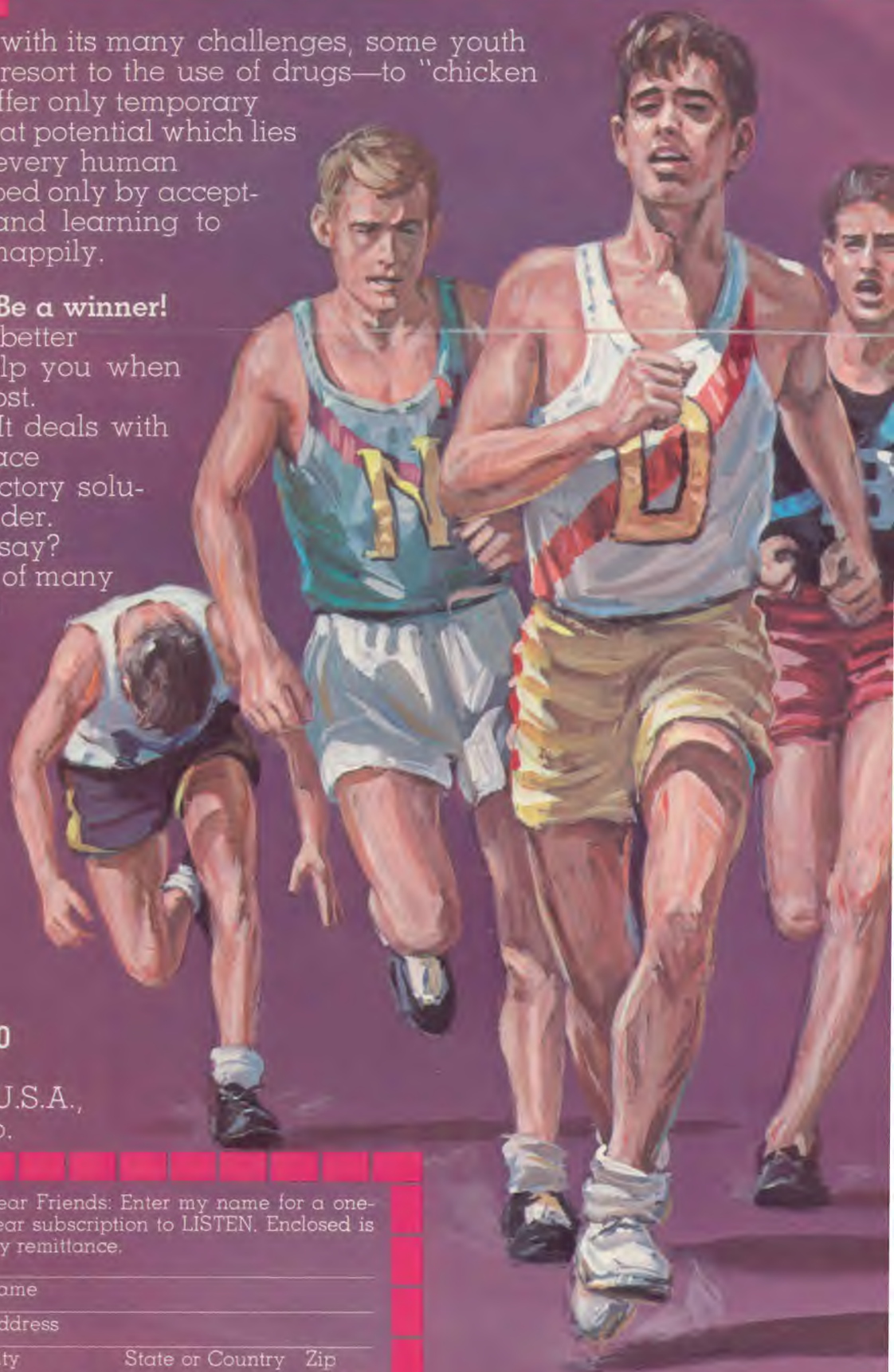
Rather than face life with its many challenges, some youth and adults prefer to resort to the use of drugs—to "chicken out." At best drugs offer only temporary advantages. The great potential which lies within the breast of every human being can be developed only by accepting responsibilities and learning to live healthfully and happily.

## Don't be a dropout. Be a winner!

LISTEN, a journal of better living, is there to help you when you need help the most. LISTEN is relevant. It deals with the problems you face and suggests satisfactory solutions for you to consider. What do the experts say? What are the secrets of many successful youth and adults? How can these formulas help you? Read LISTEN. This attractive journal coming into your home every month will help you be a winner—not a dropout.

**12 colorful issues**  
**—one year, only \$4.00**

Add 25 cents  
to countries outside U.S.A.,  
Canada, and Mexico.



### Handy Order Form

Fill out this coupon and mail it with your check or money order for \$4.00 to:

LISTEN, a Journal of Better Living, 1350 Villa Street, Mountain View, California, U.S.A. 94040

Dear Friends: Enter my name for a one-year subscription to LISTEN. Enclosed is my remittance.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State or Country \_\_\_\_\_ Zip \_\_\_\_\_

Why not send your friend(s) gift subscription(s) to LISTEN?