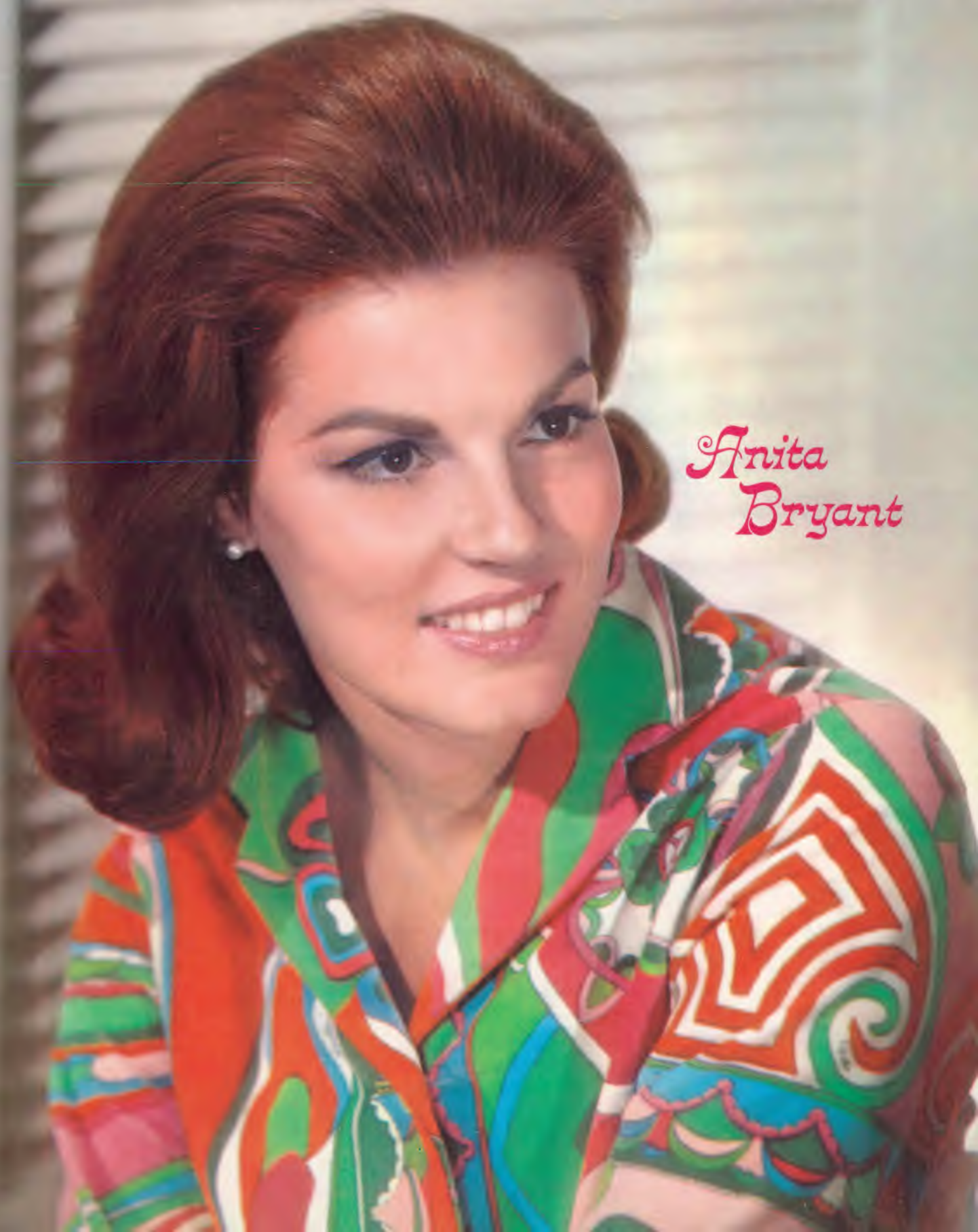


LISTEN

A
Journal
of Better
Living

*Anita
Bryant*



LISTEN

Journal of Better Living

Better Late Than Never

For some time now it has become increasingly evident that an enemy is infiltrating the Federal Government. This sinister force is incapacitating workers, reducing efficiency, and causing millions in economic loss.

This enemy has no political tag; it is not of overseas origin; it has no relationship to the so-called "violent" elements in our society. Still it has been growing insidiously and tragically, and virtually unnoticed.

But this quiet invasion seems about to be ended. The enemy is being discovered and his campaign brought out into the open so countermeasures can be put into effect.

In other words, the Government is starting to recognize, and to combat, alcoholism in its midst. The Post Office Department has embarked on the first such effort on the Federal level to help its employees with their drinking problems.

Pilot programs were tried in San Francisco and Chicago, and proved very successful. The city post office in Washington, D.C., followed suit. Then the "program for alcoholic recovery" got under way at the department headquarters.

Kenneth Housman, personnel director for the department, directs the new program. When he came to Government from industry, he expressed amazement that there were no programs to help alcoholic employees or those with problems that could lead to alcoholism.

The new program now operating seeks to identify workers who have drinking problems and provide treatment and counseling service, which includes medical and psychiatric aid where needed.

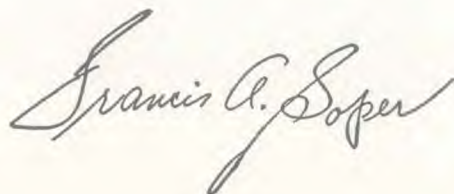
A "blue book" of alcoholism symptoms, and signs of problem drinking, is distributed to all employees, and those workers who recognize danger signals in themselves are requested to volunteer for treatment.

Employee unions are cooperating in the programs. Identities are kept strictly secret, and nothing goes into personnel files about drinking problems.

From the economic point of view, the program is already saving the Post Office Department millions of dollars. Cures are being effected in 80 percent of cases, according to Director Housman. He observes that drinking employees perform far below their potential. By restoring them to good health and overcoming their drinking problems he is able to help them regain their efficiency.

It is hoped that this Federal program, which is now going nationwide, will be copied by other departments and agencies and be adopted also by state and city governments. The military is starting in the right direction, since the Navy has inaugurated a limited program. The good which can be accomplished by a general attack on alcoholism in government is incalculable.

For permanent results, however, it is necessary that such a program provide an educational thrust for prevention, in addition to rehabilitation for those already victims of alcoholism. With a double emphasis such as this, the enemy infiltrating our Government can be effectively discovered and its tragic inroads stopped. It is encouraging to know that a good start is being made.



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- Of all drug problems these days, the most prevalent have to do with the use and abuse of pills, the so-called "softer" drugs.
- October's "Listen" will probe in depth the question, "Pills—a Shadow in Your Future?"
- If headaches are your "bag," there will be ideas on how to deal with them—without drugs!

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clerks don't cry

MY DAY at the clinic started with a bang. It was no particular shock to find a client in the reception room before 8 o'clock if the janitor happened to unlock early.

"One for your side," I said to the drug-abuse clerk before she had a chance to shed her coat. My end of the counter is for alcoholics.

More than once, an alcoholic has slept on the steps, waiting for us to open up. Last year, a potential suicide wandered inside the building, dodging the janitor and guards at closing time, then curled up in the ladies' lounge and slept till morning. The cat-and-mouse game took her mind off suicide at least for the moment.

Our early client was coming down from a heroin trip. What a mess! He was reduced to a blubbing twenty-seven-year-old kindergartner. His mother sat beside him, crooning, caressing.

When he was admitted at last to see a drug counselor, his treatment was not quite so tender. The counselor advised his client to sign in for prolonged treatment at the state hospital. Client wanted help but was reluctant to leave Mother. He also wanted to be able to leave the hospital any time he felt like it.

To a hippie type, counselor communicates in hippie language. He shouts a lot to get his point across. We could hear him. "Don't look at your mother, man. I'm asking you to take the cure, not her."

nell parks

penny blindness

Take it—
hold a penny
against the eye. Can you
see the brightest star
that lightens the sky?

mildred n. hoyer

Client delayed, counselor was impatient. "You're taking my time, man. Why should I go out on a limb to get you in a hospital? You'll put everybody to work, then you'll split. Go away and think it over, man. Flake off."

Back in the waiting room, client leaned against Mother and wept. "Is that all that's left for me?"

Even Mother was fed up. "I'm afraid so, dear."

They huddled for almost an hour, neither speaking, but sometimes it takes days before they come begging for commitment. Counselor's theory is, Why pave their way when they just think they'll try the cure? Make them suffer a little; they've got to be sure. Too many are already sure and on the waiting list for treatment.

His habit had been costing between \$150 and \$175 a day. We made a guessing game about where he got the money to support his habit. It wasn't complimentary.

Client finally decided on a term at the hospital. We clerks relaxed. He was a "maybe." If he didn't split, maybe he'd make it. He was still young enough.

All nine-o'clock appointments were late due to a broken water main at the corner; traffic was crawling. The switchboard was in trouble too. One minute we connected, the next, no dial tone.

"Behold! A walk-in approacheth."

Lillian left her desk to help sober Mrs. B get the plastered Mr. B through

the door and into a medic's office. Mr. B received a shot to ward off D.T.'s—not a new experience for him. Ours being an outpatient clinic, he was told to remain in the waiting room until the doctor felt it safe for him to go home.

"Too bad, he waited too long for the shot," I said, and summoned an aide. We clerks went about our regular typing and filing, ignoring the convulsions on the other side of the counter. Mrs. B was weeping and petrified, but we were sure the aide would not let Mr. B bite off his tongue. We were not too sure Mr. B would remain with the living.

Convulsions subsided. A friend of Mr. B's came with the car to take them home, but not before Mr. B had wet the floor and had thrown up all over the chaise lounge.

Janitor and mop. Pail of disinfectant. Open more windows. Take an aspirin. Coffee break. We ticked off all the necessities routinely.

"Why do they insist on torturing themselves?" I demanded, and got the stock answer. "Self-destruction."

I can't buy that. Last year I talked to three human beings who finally drank themselves to death. Our conversations took place when they were sober, partially sober, and dead drunk. They all pleaded for help, they were all scared to die, they all knew they were killing themselves but could not stop drinking.

Self-destruction, maybe—but not deliberate.

So goes the coffee-break talk. Everybody takes a guess; nobody gets the complete answer. Happily, there are enough dedicated professionals and nonprofessionals searching for all the answers to the alcoholism problem. Answers will come.

One thing everybody does agree on is that alcoholism is the most neglected health problem in the nation. But even that is changing.

Total abstinence is one solid answer, but few alcoholics can keep that state. "Would you eat sugar, if you were diabetic?" one therapist asks. "No? Then, why can't you leave booze alone if you know it is killing you?"

I settled back at my desk, nodding to a tall, handsome fellow in the waiting room. He had come into the clinic very drunk on two previous days. I was glad to see him sober today.

He had already seen his doctor, and had decided to commit himself to the state hospital. Good. He had recognized his problem, and knew thirty days rest and treatment would further ensure his sobriety.

They had phoned for a cab to take him. I tried my luck with the phone, but the lines had gone dead again.

"Can't you get the tower?"

I looked into the handsome man's face, at the same time catching a signal

from another clerk that he was hallucinating. He looked very calm, very normal.

It seemed to me his doctor should be alerted. "Oh, he's all right," she said with brisk confidence. "He's lucid one minute, then out of contact the next. He'll be OK. The cab will be here soon."

I had to make some phone calls, and dialed again. No luck.

"Can't you get the tower, Miss?"

I shook my head. "I'll try again in a few minutes."

We were both seated with the counter between us. I could not get away from his solemn gaze. "We'll go to five thousand, as soon as we get clearance," he confided.

So he had once been a flyer, and must have looked pretty sharp in uniform. How much, how permanent, was his brain damage from alcohol?

I had to keep trying the phones, and each time I dialed he pinned me with those steady, earnest eyes and asked, "Did you get the tower?"

I wished the phone would stay out of order. It was easier to tell him I couldn't get the tower than to say there was no tower at the other end.

A quiet, ordinary one-man conversation began across the counter. "You know I love you, Honey. I've always loved you." To imaginary friends he said, "She's a nice girl. I've known her for a long time."

We clerks found ourselves watching the door for the cab. If it didn't come soon, our flyer might get frustrated. We didn't want him to relapse into morbidity, or go to pieces altogether.

What a waste! kept running through my mind. What an endless, heartbreaking parade goes through this clinic every day.

The taxi pulled up. "Your cab is here, sir." I prayed he would go willingly. The driver came inside to sign the charge slip.

Our flyer looked puzzled. "Did we get clearance?"

"Sure. This driver will take you where you want to go."

He hesitated a moment, then apparently his true destination came into focus, because he sort of wavered. Then he squared his shoulders, gave us a half salute and a tired grin, and got into the cab.

"Come back and see us soon," we all called after him.

We watched them pull out of the parking area. "I hope he doesn't decide to bail out in the middle of the freeway," I said.

We were real clowns for the next five minutes—real wits.

There are days in our alcoholism and drug-abuse clinic when we have to laugh to keep from crying. ■



For her seven Christmases with the Bob Hope troupe overseas, Anita became the youngest American ever to receive the USO Silver Medallion.

"SHE can't be more than seventeen," thought Anita Bryant as she watched them wheel the thin, pale girl into the delivery room of Mount Sinai Hospital in Miami Beach, Florida, where she gave birth to a premature, illegitimate baby.

During the next few days the doctors fought to save the life of that baby. They lost the battle when the tiny infant went into shock in reaction to drug withdrawal treatment. It had been born a dope addict because the child-mother was a heavy user. "The baby never had a chance," observed the pretty singer.

Anita thought of her own twin "miracle babies" born almost three months prematurely in that same room. She nearly bled to death giving "normal" birth to Billy and then undergoing a Caesarian section to bear his sister Barbara. Within a few days, Billy could not breathe on his own, and both twins were losing weight and dehydrating rapidly when they were rushed in ambulance incubators to nearby Jackson Memorial Hospital's preemie ward for intensive care.

"I was a healthy, strong woman before having my babies," noted the radio and TV performer whose children now are robust, almost two-year-old toddlers. "It saddens me when I think of the young people who are abusing their bodies and then have children who have to suffer for it."

"Kids may not care how these things affect them," says Anita Bryant, "but they ought to think about how they will affect their babies. They show concern for the world, such as Vietnam and Cambodia, or at home they have ideas about pollution and cleaning up the slums. So they ought to think about their own babies even if they don't care how drugs or smoking or alcohol may affect their own bodies."

Anita is not down on the current crop of teen-agers. In fact, she's convinced that they have the potential of becoming "the greatest generation ever. They're more intelligent

today than ever before. They have everything—every opportunity."

The petite, twenty-nine-year-old wife of Bob Green began singing in public at the age of four. She gets her biggest thrill out of her performances for servicemen and college students because of her overwhelming admiration for today's youth. But her admiration is mixed with an urge to help them conserve their potential.

anita
bryant—

on tots,
teens,
and tunes

interview by adon taft,
miami herald

anita bryant



"Theirs is a faster age, more sophisticated. Those on LSD are in the minority, but kids are more rebellious, more questioning today. They're searching, seeking different answers. They're more aware of the world's problems because they see them on TV.

"This awareness is a good thing, but very difficult. It is confusing and frustrating for them. They can state the problems but not enough of them are seeking solutions," Anita feels. She agrees with them that the older generation created the problems, "but young people have to realize they can't keep using that as a cop out."

The former Miss America runner-up from Oklahoma is convinced that what young people, as well as all of us, need in their lives is Jesus Christ. She recognizes that many teenagers are "disillusioned with Christianity by the way some people live it; but they can't be disillusioned by the way Jesus lived it."

She has not always been that blunt about her faith. But, she explains, "the near tragedy with our twins brought us (Anita, Bob, Gloria, and Bob Jr.) closer together as a family and with God, and I can talk more fully about Jesus with kids now."

When she talks, kids listen because they recognize not only the concern but the sincerity backed up by a life that rings true. The young woman was the first entertainer ever to receive a standing ovation at a White House function, and the only one ever to have been so honored twice.

Anita calls her decision to enter show business as a career "the toughest I ever made." It came at the age of sixteen. She had begun singing in church in Barnesdall, Oklahoma, at a very tender age. By the time she was ten, her family had moved to Oklahoma City and she was a regular on a local TV show. She had her own show at the age of twelve. When she was sixteen, she auditioned for Arthur Godfrey's "Talent Scouts" program in Tulsa.

"When word came that I had qualified for the finals and would be flown to New York City to appear on a national network, I was ecstatic," recalls the young performer whose many talents have made her a favorite entertainer for business conventions, state fairs and rodeos, summer theater, college concerts, Armed Forces programs, records, radio, and television. "That was until some people whose opinions I respected told me they thought I would be making a mistake to go to New York.

"If you go to New York," one person reasoned, 'you may discover that singers of popular music often are called upon to compromise their Christian position. Are you willing to toss your convictions overboard for a career?'"

The next couple of weeks were torment for the girl who was to become the youngest American ever to receive the USO Silver Medallion (for her seven Christmases with the Bob Hope troupe in Vietnam, Korea, and other countries), to be the nation's No. 1 female recording artist, the first Homecoming Queen in the history of the United States Military Academy at West Point, and a radio singing star of Don McNeill's "Breakfast Club."

"Finally, I did what I should have done at the start: I talked my dilemma over with Mom," Anita declares. "After I told Mother what some of the church people had advised,

how confused I was, she made a statement that I shall never forget as long as I live.

"Anita, always listen to advice," Mother said. "Weigh the facts with an open mind. Then sincerely pray for God's guidance. But always remember, Don't ask God to bless your wishes; rather that you do with your life what He wishes."

"That night I prayed a different prayer," Anita continues. "Not 'Tell me it's all right to go to New York, Lord,' but 'show me what You want and I'll do it.'"

"This was the prayer God wanted to hear, for suddenly a great burden was lifted from my shoulders, and soon I felt relaxed and reassured of His love. A serenity encompassed me, and I knew I was to go ahead. I never have felt more certain of a decision in my life."

That decision led to a regular spot on Godfrey's morning TV show and the success which has followed. Television still is one of Anita's favorite mediums. She appears regularly on virtually all of the leading musical variety shows, as well as in commercials. She has hosted the annual Junior Miss Pageant and Miami's King Orange Jamboree parade held the night before the Orange Bowl football game.

Many of her TV appearances, as well as commercial assignments such as those for the Florida Citrus Commission, are the direct result of her wholesome reputation.

"You do have a reputation in this business," observes the beauty whose love of boating and fishing made her the subject of an ABC-TV "Wide World of Sports" program. "I don't mean to go around preaching. I live my faith before the people in show business. They are aware of it. At cocktail parties, I don't carry around a glass of ginger ale or something. People come up to me and ask, 'How do you do it?' Then I tell them."

The fact that she was able to turn to her mother in the time of her great need as a teen-ager leads Anita to encourage today's teen-agers to spend as much of their summers as they can with their families, doing things together as families.

She also encourages them to give themselves to projects which help others. She has started one herself as the result of the experience she and her family went through with the twins. Anita feels she owes it to God because she's convinced He was responsible for things working out the way they did.

She has launched Project Survival, a campaign to help pre-natal and post-natal babies. "We want babies to start off with as few handicaps as possible so they will have the best possible chance for a healthy, useful life," she explains. "We want other babies to have the chance that Barbara and Billy had."

Facilities for handling the problems of premature babies are very limited, even in Miami's Jackson Memorial Hospital which is recognized as one of the best in the Southeast. Anita and her husband are seeking to raise \$500,000 to equip one floor of Mount Sinai Hospital with the best equipment in the field and to make of it a training center for personnel.

Anita tells about the project, the twins, and her older two "miracle" babies in her book entitled "Mine Eyes Have Seen the Glory."

But while she is concerned about giving babies the best possible start in life, she knows parents can't stop there. She feels they have to concentrate on training children while they are young so that they will know what way to go when they are teen-agers.

For her, Bob, and their children, that means family devotions morning and evening. "If we fail to raise our own children to love the Lord and be good citizens, we have failed in everything," she says. ■

On a July night two years ago Tim's father pushed him through the doorway at 1334 Lane Street, Topeka, Kansas, and shouted, "Take him! I'm through! I've done all I can!"

The youth, his face bleeding from self-inflicted scratches, his blond hair matted, his clothes awry, fell where he was pushed, too drunk to know or care what was happening to him.

Chronic alcoholism, the nation's fourth most serious health problem, hampers, afflicts, and eventually destroys its victims. But Tim was fortunate. The doorway through which he was pushed was the entrance to the Community Alcoholic Treatment Foundation, where a dynamic program for rehabilitation of alcoholics is carried on.

Today Tim is sober, productive, and happy. He holds a job of responsibility; he maintains a modest but adequate home for himself, his wife, and two small children.

"There is no doubt about it," he declares firmly. "CAT saved my life."

In the past two years 80 percent of those who have completed the intensive five-week program offered by the Community Alcoholic Treatment Foundation and who have carried out the recommendations for aftercare are sober today. The treatment, with this rate of success, is creating a small revolution in its field.

Ed B. Holt, a retired Army officer who holds the Distinguished Service Cross for valor in World War II, founded the center "to treat the whole man, including his industrial deficiencies."

"Although we treat alcoholism as a medical disability," says Holt, "we use all known disciplines: medicine, religion, psychiatry, and Alcoholics Anonymous."

"People drink to escape deep inner problems," he continues. "They seek relief, however temporary, from seemingly unsolvable situations. Clear up those hostilities, expose and solve the problems, and alcohol is no longer necessary or desirable."

With this approach, CAT is licensed by the State of Kansas to treat alcoholism.

"Because of the shape I was in when I came," says Tim, "my first three days were spent in the hospital drying out."

Only men and women who are sober at the time of enrollment are accepted by CAT for the five-week program. Those who are not sober undergo detoxification in a local hospital before submitting to complete physical and psychological examinations. Since work therapy is a part of the treatment, participants must have no serious physical or mental handicaps.

"As the name implies," says Holt, "this is a community treatment center. We have the full cooperation of all community facilities including private, state, and Veterans hospitals, the Menninger Foundation, the churches, courts, Alcoholics Anonymous, and other organizations. If an applicant cannot take part in our program, we assist him in getting help elsewhere."

Ralph, a skilled machine operator, was given leave of absence by his employers to go through the program.

"My boss held my job for me for the five weeks," Ralph says, "but I paid for the treatment myself. I was proud the company

they are saving lives at cat

bula lemert

"Something is bugging everyone who comes in here. Until he finds out what it is, he can't be helped much."



Alcoholism is difficult to cure, but here is a center that is getting fantastic results by using a new philosophy in a community treatment program.



Group therapy: "They laid my whole personality bare."

thought I was valuable enough to them to help me cure my drinking problem."

Increasingly, business and industry are seeking to restore alcoholic employees to their former efficiency and usefulness.

"Many key executives and employees with a high potential develop a drinking problem," Holt points out, "often because of their own ambitions. They set impossible standards, feel guilty when they fail, and drink to compensate for their failure."

Patients are asked to pay for their treatment, though no one is turned away for financial reasons.

"This is part of the therapy," says Holt. "If they are broke when they come in, they can pay later when they are able to hold a job. People place a higher value on what they have to pay for. Sometimes the first step toward recovery is to restore dignity and self-respect, and a person paying his own way is headed in that direction."

The first seventy-two hours after enrollment the patient remains in one of the three converted residences that serve as dormitories for the foundation. During this time he is examined and evaluated, and his problems are appraised. In keeping with the philosophy of the program that no one is ever idle, he is occupied with household chores.

"I kept looking for locks and bars," says one young program participant, "but there were none. No whips, no threats, nothing to keep me here but myself. When they assigned me a counselor, as they do every new person who comes in, I thought I'd show him how tough I was. I started by telling some of the things I'd done. Then I found out he could top everything I told him. Like several who work here, he was a recovered alcoholic who had been through the program himself. Those boys don't have to look in any book for the answers. They learned them the hard way."

After the initial indoctrination period, an accepted enrollee is assigned a job in one area of the industrial complex operated by CAT.

He may go to work in one of the service stations located on busy corners of the city, in the used car sales lot, or in the body shop where cars are completely renovated or "Cat-zinged" as the shop proudly advertises.

Dr. C. E. Wilds, staff psychiatrist at the foundation, is high in his praise of the CAT treatment. "The people who work in this program engage in real, not make-believe, jobs. They work in and with the public. This is a living-learning process. Many for the first time acquire skill they can put to good use when they are on their own again."

Twenty-six-year-old Kay donned coveralls and spent her

working time cleaning the interiors of cars brought in for Cat-zinging.

"I really didn't mind the hard work," she says, "though at first I was indignant when they told me what I was to do. I found that keeping hands and mind busy was an essential part of recovery, and when my five weeks were up I felt better physically than I had for years."

Patients work ten hours a day, six days a week. Evenings and early morning hours are occupied with individual and group sessions with staff doctors and others.

"Something is bugging everyone who comes in here," says one staff member. "That's why he drinks. Until he finds out what it is, faces up to it, and tries to whip it, he can't be helped much."

Says Ed Holt, "We call it dynamic psychotherapy. We give the person a chance to expel his hostilities—and in most cases he is mad at something or somebody. Here he can do this in a controlled environment. We urge a person to take an honest look at himself, to see the direction he has been going and to make a turn the other way."

"This is not an easy program," says Dr. Wilds. "It is often rough and humiliating. But to change the entire direction of a person's life is not easy either, and five weeks is not very long."

Says one graduate of the program, "When I went through one of the sessions, I felt as if they had stripped me naked, though no one had actually touched me at any time. They laid my whole personality bare with their questions, and I was furious. When I went to work at the body shop, I buffed a car fender so hard it fell off. I welded it back and buffed it off again. Then I began to see this was part of the treatment. From then on, I was on my way to recovery."

One night a week is recreational night at CAT. It is the regular meeting date of "Club 90," a loosely organized group, some of whom are alcoholics, others merely sympathetic to them. The name implies a ninety-degree turn toward the right.

Friends and relatives of the enrollees and graduates of the CAT program attend Club 90 in such numbers that they often spill over the edges of the large meeting room, onto the stairs and into the halls.

"I never miss a meeting of Club 90," says Tim. "And my family comes too. I think the greatest help in the CAT treatment is the aftercare. They don't turn you out on the street at the end of five weeks. They try to help you get a job or train you for one. Then you can stay in one of the houses as long as six months, even though you work outside. They want you to come every week, and you can always come back any time for advice, counseling, or just to talk."

Indeed, the Foundation is programmed for service, not profit. It is funded by fees from clients, fees from referral agencies, revenues from the Jamison House Industries (after Howard Jamison, a major founder and supporter of the movement), and by private donors.

Since its inception in 1962 more than 700 persons have been exposed to the program. Not all have been helped, of course. Some have gone through the treatment more than once, some have had lapses from sobriety, and some have considered the effort far too great. But the overall percentage of success with this living-learning approach has caused other alcoholic treatment centers to take a new look at their methods and results.

"Whatever else you may say about the CAT program," says Chaplain Davies, "in a large measure it is working. And, after all, that is what matters."

"It would be worth everything it costs in money and effort even if it saved only one life," declares a recovered alcoholic, "because that one life might be mine." ■

■ Was there any person who inspired you especially to enter sports?

Yes, the athletic coach at the University of Santo Domingo when I was a student there. He was a very serious and honest man. Seeing that I had possibilities, he encouraged me, and he found a place for me in the United States. Since I could not continue my studies, and since I had to work, this came providentially. At that time I was considered the best athlete in Santo Domingo.

To what do you attribute your success as a professional athlete?

For twelve years I have played in the major leagues. When I arrived in the United States, I noticed that there were many players with excellent abilities; and I could see that if I wished to stay in the game I would have to excel. The road to success is not easy in any aspect of life. It requires hard work, endurance, strength, and perseverance. I firmly believe that these qualities are the main ingredients in a successful life.

Do you think of any other outstanding factor in attaining success?

Yes, in my case there was. As the key to all the triumphs in my life God has given me health and physical fitness. He has kept me well and strong. I have already played twelve years in the major leagues, and I hope to make it at least fifteen, although these days not many players last more than ten years.

Do you have any children?

Yes, a little girl nine months old.

As you know, we live in a time of grave peril for children. What plans do you have as a father for protecting your children from these perils?

First, I will instruct them faithfully in the principles of the Christian faith. Second, I will give them a good example. Third, I will control that which enters the home, especially in the matter of television and radio programs.

Do you smoke, Mr. Alou?

No, I do not smoke.

Why?

In my case, neither of my parents smoke, and this example was decisive in my life. Besides, I did not have money to buy cigarettes. Now I do not lack the

funds, but I do not smoke because of my conviction that tobacco is positively pernicious in its effects on an athlete. It would ruin my physical capacity. Also this vice is contrary to a life consecrated to God.

Do you drink alcoholic beverages?

No, and for the same reasons. Alcoholism is a vice, and alcohol is a poison that undermines physical strength and moral worth.

Do the major leagues have rules that control the daily lives of the athletes and that advise them against the use of alcohol and tobacco?

No, not as far as I know in the majors; in the minor leagues, yes. I suppose it is assumed that when a man reaches the major league he knows about those things and also that he is able to control himself.

Have you ever received an offer from any of the tobacco companies to pay for your signature endorsing a brand of cigarettes?

Yes, I have. One of the companies interviewed me, but I did not accept the offer because I consider it to go against my convictions.

Mr. Alou, I understand that you are a calm and unruffled player, that you never lose your temper. To what do you attribute these admirable characteristics?

In the first place, to the instruction in my home and the good example of my parents. I believe that in these days when youth have become uncontrollable the major reason is that the modern home has crumbled and has lost its

reaching your goal

moral force. In the second place, to my religious experience and the power of God helping me. I have the same temptations as anyone else. In the heat of a game things often happen to stretch the nerves and rouse tensions. But I always remember that everyone is watching me and that I must give a Christian testimony, and Christ gives me strength to remain calm.

By way of summary, would you like to point out the most important factors for success in life?

Gladly. First, live a temperate, sober, and regulated life free from alcohol, tobacco, drugs, and all that might be harmful. These things destroy both physical and moral strength. Second, have a high goal. Don't give in to everything. Work hard. Try to excel. Success is not a matter of time, neither of luck; it depends on work. Third, maintain a direct and personal relationship with Christ, a consecration to God, and a life in harmony with the divine will.

felipe rojas alou

Outfielder,
Oakland
Athletics

Interviewed
by
Fernando
Chaij,
Editor
of the
Spanish-
language
magazine
"El Centinela"

Felipe first signed into baseball in 1956 with the San Francisco Giants. From there he went to the Milwaukee Braves, who moved to Atlanta, then to the Oakland Athletics. Sixteen times he has hit two homers in a game; twice he had five hits in a game; he has had batting streaks of fifteen games or more three times.



interviews by george kinney



james kaat

Pitcher, Minnesota Twins

Fame and Fortune Not Enough

Averaging fourteen or more victories in each of the past six seasons, Kaat is a tough competitor. He has been the recipient of the Gold Glove Award as the league's top defensive player at his position in the last eight of nine seasons.

"I've never been an alcoholic, I've never been a drug addict, but I know several men who were. They've all told me the same thing, that the reason they chose such a life was that it was a way out, and then they came to find a personal relationship with Christ. Athletes have found there is fame and fortune in athletics, yet there is still something lacking. Fame and fortune are just not enough to satisfy one's life. Until he has that spiritual dimension in his life, his life is not complete. He is still going to have a longing and a yearning to be totally free."



darrel chaney

Infielder, Cincinnati Reds

Ask the Man Who Knows

In his second season, Chaney has now passed the flutter which always accompanies a rookie's advent into the majors. At shortstop the young player has shown unusual range defensively.

baseball stars look at life

"About drugs I say, just stay away from them. But I think a person who has been through the struggle with dope and has come back to normal living is one who could give the best advice, because I have never been through that sort of thing."



alan foster

Pitcher, Los Angeles Dodgers

Goals to Strive For

When he hurled successive no-hit, no-run games in the Pacific Coast League, Foster was dubbed "Double No-No." In the majors he is establishing himself as a regular starter.

"A human being is a goal-striving type of being. He has to have some sort of thing to be striving for, some kind of a goal to be working toward. Without this he becomes open to about anything to fill his time. He looks for things that will give kicks or fill time in a way different from the normal. As a result people seek access to drugs these days, since they don't have any goal to strive for; they're not interested in anything worthwhile."



orlando cepeda

First base, Atlanta Braves

Life Is Beautiful

In three seasons, Cepeda guided St. Louis to two pennants and Atlanta to a division championship. In one season he hit winners in 15 games. He is approaching 7,000 career hits, and is over 300 homers.

"Life is beautiful, and I don't want to cut it short. I keep my body in good condition by proper exercise and healthful living. Using tobacco and alcohol and drugs will not keep me in the condition I need to be in. They destroy. I need to keep my body healthy and strong."



george thomas, jr.

Outfielder, Boston Red Sox

Start New Every Day

Valuable as a utility man in 1966 and on the 1967 pennant team, Thomas also serves as back-up catcher. His sense of humor contributes to his service to the team as "holler" guy.

"Everyone is going to make mistakes; but he should take advantage of them, and learn from them, and go out and try again. The biggest thing is to be a man. Whatever has happened in the past, start new every day. That is so important."



jesus alou

Outfielder, Houston Astros

You Will Stay Happy

Youngest of the three Alou brothers playing major league outfield, Jesus was with San Francisco for six seasons. On his way to the majors he led three different leagues in hits.

"If you go into a ball park, or into your business, and things go wrong, if you are healthy and know that the Lord is with you, you will stay happy and will lead a much better life. I think the main thing for a human being is to feel good, not to feel as if you are doing wrong. When you do wrong, you never really feel good."

teens -- life can be beautiful

the more abundant teen life

An interview
with Rose Marie Klespitz,
Miss American Teen-Ager,
by Eston Allen
and a group of high school teens



IF YOU want to be tuned in on a vibrant teen channel, you need to become acquainted with Rose Marie Klespitz, a seventeen-year-old who was born in Germany and came to this country at age three.

She is exciting and ambitious. Her life shines and sparkles with realism. When you ask her a question, her answer will be from her heart—no put-on.

Her parents, Mr. and Mrs. Frank Klespitz, with a workingman's income, sent Rose to a parochial school to learn respect and reverence for God. They taught her respect for all people and encouraged a spirit of service to humanity as the best goal in life.

Applying herself to her work, recreation, and education, Rose stands today as an honor student in her class. She is well liked by students and faculty, and aside from her school and work, she devotes her time to help promote better living.

Does Rose have time for rock parties, marches, and other things which today's youth say they enjoy? No! She is teen spokeswoman of the Dodge Division of the Chrysler Motors Corporation, national teen crusader for the American Cancer Society, and outside of school hours speaks for service clubs, appears on radio and television programs, and works at JoAnne's School of Charm and Modeling in Aurora, Illinois.

Rose, who graduated from East Aurora High School this spring, won the title of Miss American

Teen-Ager in the tenth annual nationwide Miss American Teen-Ager pageant televised from Palisades Amusement Park, New Jersey.

In the televised pageant, Rose Marie topped a field of forty-four national finalists selected from more than 250,000 girls thirteen through seventeen.

One week earlier she had won her state contest. She has been queen of Aurora Kicker Soccers from 1969, and will continue to be through 1971. In April she was chosen East Aurora High School Queen for the Elite 8 basketball contest in which eight top teams competed for championship. She has won the outstanding student award, been a member of the student council, the German and Dramatic Clubs, and was chairman of the homecoming. Outside of school, she was a member of the Girl Scouts, the Red Cross, YWCA, CYA, and was district chairman of the March on Leukemia.

I have been with Rose periodically throughout the past few months, at her school, with her employer and her parents, meeting her on occasion at speaking engagements, taking pictures, and recording her conversation. I must admit that Rose is an exceptional young person, who has not allowed success to change her attitude toward her friends or her goal in life. She is dedicated to serving her fellowmen.

When I asked Rose if she was making plans for a

Hollywood career, she immediately answered, "No. Real happiness is not found in Hollywood." She wants to become more active in the American Cancer Society and in the Youth for Christ movement so that her life can be spent serving and influencing the youth of this nation.

Presently Rose Marie is devoting her ambitions to discouraging the wrong use of drugs, the habits of smoking and drinking, and abuse of other addictive elements which are destroying youth and adults. When the voice—reinforced by the life—of this ambitious and devoted young lady speaks out, you know she is sincere.

When you talk with Rose, she will tell you, as she did me, "I don't need to take drugs or alcohol or smoke cigarettes to find happiness or to know their harmful effects. I need only to look to those who are presently using them; this is enough to convince me. We also have enough facts available from doctors and researchers to know that these are not good for anyone." Rose is indeed a teen-ager who enjoys good health and a good life.

Perhaps if teen-agers would take the philosophy Rose Marie gives to her two sisters, Anna and Mary, and one brother, Erwin, they would find life more invigorating and exciting. Here is her statement of the situation: "Well, I try to help them with any problem they have and to impress upon them the fact that they should set their goals high and work toward them. I believe that if you work hard enough for something you can achieve it."

Rose does not talk about success as an accumulation of wealth and material things or the lowering of her morals to be accepted in some circles of life. She speaks of success by telling the story of her parents, Mr. and Mrs. Frank Klespitz, who came to the United States from Germany fourteen years ago with only \$15 in their pockets. There was still a good deal of wartime resentment against the Germans. They couldn't speak English; but hard work, prayer, taking advantage of every opportunity to accomplish something worthwhile, and helping others brought success to this family. The contribution these parents have made has given Rose her will to be humanitarian in aim and purpose. This, Rose indicates, is real success.

I asked Rose what other events or experiences besides her parents' training and her church have contributed to her wonderful outlook on life. To this she replied, "My trip to Europe two years ago, when I visited relatives behind the Iron Curtain. They have so little of this world's valuables, and they work so hard for everything; yet they have so much love and care for others. This had a tremendous effect on my life. I think my whole life changed after that summer in Europe. If our young people in America could see other parts of the world, they would appreciate their own country more."

Rose loves life so much that she generates enthusiasm. She enjoys her modeling and teaching at JoAnne's School of Charm. Her lecturing and her sports activities give satisfaction; but she also realizes that college is important. Presently she is enrolling in courses for further study in speech and dramatics, with the view of preparing to serve her aims in life even more and be ready to accomplish in the world something that will make it a better place to live. ■



Rose Marie gives pointers on complexion at JoAnne's School of Charm and Modeling, where she teaches.



Rose introduces you to her younger sister Mary, her mother, her older sister Anna, her father, and her brother Erwin.



Rose Marie works in the attendance office at her school.

Rose is teen representative for the Dodge Division of Chrysler Motors.

Rose Marie appears with officials of the Aurora Cancer Society.



Tennis is a favorite for Rose.





Broadview Academy teens seem more interested in Rose Marie than in the equipment she is showing them at her East Aurora High School.

Charm school operator JoAnne Salerno and her husband, Attorney Anthony, visit with Rose Marie and Miss Karen Jurasek.



Rose Marie is pleased with the grades her counselor, Mrs. Henrietta Merrow, shows her.



The ashtray lung discourages smokers from continuing their habit.

Rose was Miss Aurora Kicker for 1969.

How would I look as Miss America?" Mary asks her mother Rose Marie.



Anthony S. Salerno, Rose's agent, looks at "Listen" in the charm and modeling school where she works.

rose's suggestions to teens—

"Be yourself and try to evaluate why you are unhappy, and why some youth are using drugs, alcohol, or tobacco. Next, evaluate what the use of these narcotics accomplishes. Do they help make life valuable? If you make an honest evaluation of this, I'm sure you will find that the bad effects outweigh the benefits you think you receive."



teens talk with miss american teen-ager--

ONE morning seven teen-agers—Manuel Dizon, Teen Valcarengi, Becky Wang, Mike Lawrence, Leonard Jorgensen, Micky Torres, and Patricia Harper—from Broadview Academy in LaFox, Illinois, a Seventh-day Adventist parochial school, visited East Aurora High School to meet with Rose Marie Klespitz for an interview. They wanted to hear her views on many of the questions youth are asking today. These are the voices of youth speaking:

ROSE, HOW DO YOU THINK YOU CAN BEST REPRESENT THE YOUTH OF TODAY?

Well, by being myself and by becoming involved in significant matters. I am the national representative for the American Cancer Society, and this is something that I really enjoy. Possibly I can influence other young people to go out and work for the Society and to do other things like this.

HOW DO YOU TELL A PERSON, MAYBE YOUR FRIEND, WHY HE SHOULDN'T SMOKE?

The best reason, of course, is the association with cancer. I think it is so important to be healthy and fit; and even if you don't die of cancer or become affected with cancer, there's a chance smoking will lead to other things. It might shorten your life, and now they are even associating it with dizziness when you drive, so there are all kinds of bad effects from cigarette smoking. It's important to be healthy and to live as full a life as you can, and not have it cut short by a possible early death.

DOES THE USE OF ALCOHOL AND TOBACCO BY YOUR SCHOOLMATES MAKE YOU SELECTIVE IN CHOOSING YOUR FRIENDS?

Oh, no, I try to influence my friends; but I'm not going to say, "If you smoke, you can't be my friend." That's not the deciding factor in my friendship. I try to influence them by giving them my views as to why they shouldn't smoke, but the final decision is up to them. You can't make a person do something that he's not sincere in and doesn't want to do.

WHAT IS YOUR OPINION ON YOUTH USING DRUGS?

The purpose for drugs is for healing and helping people. This is their use; all others are a misuse.

WHY DO YOU THINK THERE IS A GENERATION GAP, AND WHAT CAN KIDS DO TO CLOSE IT BETWEEN THEM AND THEIR PARENTS?

Well, actually, I don't think that there is a generation gap. I think it's more of an attitude gap. This is the time of life in your adolescence when you are searching for things that you want to do and those things you want to accomplish. Your parents are there to help guide you, and there is not actually a generation gap. It's just that they have one way of looking at something and you have another way, and pretty soon you're going to meet.

WHAT IS YOUR RECIPE FOR HAPPINESS?

My recipe for happiness is getting along with others and helping others. I think other people are the main ingredient, and your association with them can bring happiness.

WHAT DO YOU LIKE TO DO MOST WHEN YOU JUST WANT TO GET AWAY FROM IT ALL?

I love sports—any water sport. I love to water-ski and toboggan. Tennis is a favorite of mine, and I also get a great feeling of satisfaction in helping others when I can. Some time ago I was at the Great Lakes Naval Hospital here in Illinois. This is where they have all the guys who were in Vietnam. I was working with "Operation Christmas Cheer." I can't describe to you the feeling of satisfaction that I had in being able to go there and give those fellows a part of myself as a Christmas gift.

WHAT IS YOUR CONCEPT OF GOD? I MEAN, DOES HE PLAY A MAJOR ROLE IN YOUR LIFE?

Oh, definitely! I went to parochial school through eighth grade, and this was God-centered. I go to church every week, but I don't go because I have to. I go because I really enjoy it and I really feel close to God. Religion is very important. You need something on which to base your life and something to work for, and I just feel that religion—a firm belief in God—is something that all people should have.

WOULD YOU SAY THE PROBLEM OF TEEN-AGERS TODAY IS THAT THEY DON'T HAVE GOALS IN LIFE?

I would say this is one of the major problems. They are not involved in anything significant. They are kind of drifting along. If they would set a goal for themselves, they'd be busy all the time doing something worthwhile and would feel much more satisfied.

WHAT IS THE KIND OF ILLUSIVE QUALITY IN A GIRL THAT MAKES HER CHARMING AND ATTRACTIVE TO BOYS, OR EVEN GIRLS?

I think friendliness and understanding are most important.

WHAT WAS YOUR GREATEST INFLUENCE IN ARRIVING AT THE IDEALS YOU NOW HAVE?

My parents, definitely, and my Christian training in church school. Sometimes when we were younger and things weren't going so well, my parents would say, "Don't worry about it—God is up there, and He will take care of us."

FROM dueling to bullfighting, there seems to be no human activity which cannot somehow be glamorized. The use of alcoholic beverages by America's military heroes, for example, has been "romantically" portrayed in movies, television, and books repeatedly.

The latest author to have done so is Harold L. Peterson, an employee of the United States Department of the Interior who, under the pen name of "N. E. Beveridge," has written "Cups of Valor."

Described as a "delightful book with hilarious illustrations of the leisure liquid of America's fighting men," the work describes the importance of liquor to America's military forces, with special emphasis on the Revolutionary period. The book at one point makes the statement: "During the Revolutionary War, drink was recognized as necessary for a soldier's health."

"Who Says So?"

One might well ask: By whom was it recognized as necessary for health? Certainly the physicians and other guardians of health of that era are known to have committed errors of judgment. For example, as George Washington lay dying at Mount Vernon in 1799, his physicians forced him to gargle frequently with vinegar and butter and placed a poultice of dried beetles on his throat.

Other surgeons of the time treated their patients by indiscriminately drawing blood (often using leeches), employing assorted herb concoctions, and, of course, using alcohol as a medication. A chief curative for children's diseases was fruit brandy. One need only examine the child mortality rates of that era to determine the effectiveness of the remedy. The therapy for a woman experiencing some difficulty in delivering a child was to strap her to a plank and then pound it repeatedly against the floor!

We are told in "Cups of Valor" that "a gill (one fourth of a pint) was scarcely enough liquor to sustain a man who had walked barefoot in the snow at Valley Forge or fended off ice floes while crossing the Delaware."

It is interesting to note how, on the bitterly cold night of December 25, 1776, Washington's bedraggled Valley Forge survivors crossed the ice floes of the Delaware River and marched nine agonizing miles to Trenton.

There the Hessians, under Colonel Johann Rall, were slumbering in a drunken stupor, following an all-night celebration of Christmas and of previous victories. At 7:30 the following morning, Washington's troops attacked. In a battle lasting less than forty-five minutes, 1,000 of Europe's finest veterans were killed or captured by amateurs in homespun uniforms. The "miracle of Trenton" cost the American side four wounded.

The battle changed the course of the entire war. All America was inspired, enlistments mushroomed, foreign countries began to feel compassion for the American cause. Alcohol indeed figured prominently in the engagement, but its use was not by the men who walked barefoot in the snow at Valley Forge.

The American Navy is also portrayed as centering much of its operation around alcoholic consumption. The Navy of the Revolution, we are told, "did its



Washington reviews his ragged troops at Valley Forge. The Hessians had been celebrating Christmas, and hangovers from their excesses probably contributed to their losing one of the most important engagements of the American Revolution.

best to demonstrate that water was something to be sailed upon, not drunk."

The early naval and merchant fleets of this country frequently obtained "volunteers" by offering to buy an unsuspecting young man all the liquor he could hold. The next morning the victim would awaken miserably to the rolling of the ship to which he had been "assigned." His "enlistment," if he survived it, ended in yet another personal tragedy.

Liquid Recruitment

Returning home, an older and wiser man, he might find his family gone, whereabouts unknown, believing he had died after his mysterious disappearance years before. Or he might discover that his wife had remarried and that his house, personal possessions, and land were no longer his own.

Soldiers were recruited in a similar fashion. A newspaper account of the time relates: "By lies they lured them, by liquor they tempted them, and when they were dead drunk they forced a shilling (signifying enlistment) into their fists."

The motivation for using alcoholic beverages by the colonists is anything but romantic. Gerald Carson, an authority on American manners and attitudes, suggests why our early history is "awash with references to rum, whiskey, applejack, and mixed drinks with highly picturesque names."

The reasons, says Carson, were that colonists were exposed to a dreary life of disease, disappointments, boredom, exposure, and brutally severe rural hardships. Their food was plain, unvarying—the workday routine blunt and wearisome. Carson even suggests that in the harsh winters, many drank simply in an attempt to keep warm.

Colonists who fled Europe to escape debt, personal failure, and frustration

often found that their problems had followed them to the New World. Then, as now, their use of liquor stemmed from an imagined temporary relief of their emotional and psychological problems.

It was also fashionable then, as now, to ridicule those who believed in moderation or abstinence from alcoholic beverages. When Dr. Benjamin Rush, for example, published a book showing the relationship between the use of liquor and crime and illness—in military and civilian life—he was ridiculed as "a silly old man."

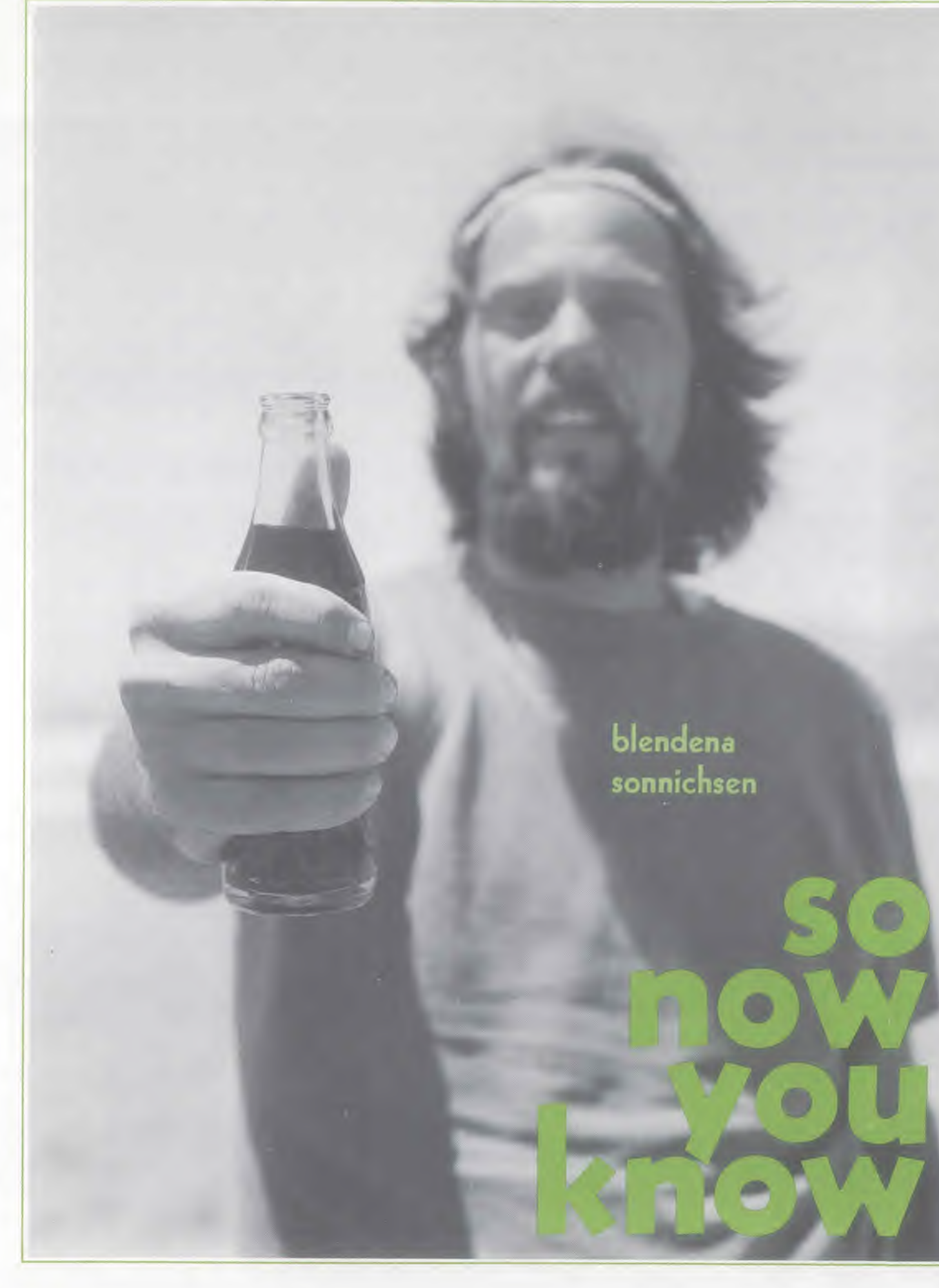
"Silly" Dr. Rush

Examining his credentials, we can determine just how "silly" Dr. Rush was. A close friend of Thomas Jefferson, Rush had the best scientific training available in the English-speaking world. It was he who urged that Thomas Paine write an appeal for American independence, even suggesting the title: "Common Sense."

Rush attended the Continental Congress, was a signer of the Declaration of Independence, and served as a surgeon general in the Army. He was many decades ahead of his time in recommending public-health clinics, humane treatment of the insane, penal reform, and veterinary medicine, and in anticipating modern psychiatry. This was the manner of man which pro-alcohol factions of the time found to be "silly."

The historic achievements of this nation and the gallantry of her early fighting men result not from the use of liquor, but in spite of it. To portray the soldiers and sailors of the Revolution as bartenders in uniform is a disservice to their deeds as well as an inaccuracy.

The use of alcoholic beverages has its distinctive niche in the social history of America, but it is a chapter of our heritage more to be deplored than celebrated.



blendena
sonnichsen

so
now
you
know

ROD ANZONE picked up the rubber stamp and hit the first can of peas in the carton viciously, leaving a blurred, black 27c on the shiny metal top.

After this display of violence he settled down and, carefully stamping the remaining twenty-three cans, carried them to the canned vegetable section of the supermarket.

All day long Rod had been disgusted and angry. Mixed in was a breath of fright too, fright at what he was doing and what could happen if he were caught.

"Damn every dope peddler and their filthy stuff," he swore softly, turning so quickly he bumped into Mr. Burnett, the store manager.

"Everything all right, Ramone?" the manager asked, looking at him questioningly.

"It's fine, sir," Rod answered, picking up the empty carton and hurrying to the back room.

"Boy, that was a close one," he said to himself. "A few more like that and I'm a goner. I've got to be careful. I owe that much to Ramone."

Rod worked until six o'clock. Then, hanging up his smock in the back room, he got his jacket and walked out in the store to shop.

It was a nightly ritual before he went home to prepare dinner for himself and Ramone, his twin brother, in the apartment they shared near Valley University. All the way home Rod's fears followed him. Once he thought he saw Mr. Burnett behind him; then he thought he saw the store manager coming toward him.

"If this keeps up much longer, I'll be nuts," Rod muttered wearily. A shy, sensitive lad, he was trying to work at the supermarket in his brother's place, desperately hoping no one would discover the duplicity until Ramone was well enough to come back on the job. He'd been home five weeks now, a shaken, frightened victim of one weak moment when, because he wanted to experiment, he'd taken a minute dose of LSD.

One of those scroungy, bearded, beaded excuses for a man, hiding behind the usual dark glasses and girly hair, had offered it to Ramone at a beach party. Ramone knew about LSD but thought he could try it without serious effects. Some people could, he'd heard—especially strong, healthy ones like him.

When the bearded one put it in a coke, Ramone thought there wasn't enough to worry about. One tiny speck couldn't hurt him—he was too strong.

But he was wrong. He never knew what happened until he came to his senses two days later, spread-eagled and tied hand and foot to the bed frame in the apartment he shared with Rod.

He felt as if his eyes had left his head; then he'd seen a mountain of fiery lava descending over him as waves of hot water washed into his mouth, nearly drowning him. He'd choked and screamed and tried to beat his way out with his fists. That was when Rod tied him down, where he lay until the nightmare passed.

The first week Ramone was suffering the agony of LSD, Rod called the store and reported him sick. But when the drug didn't wear off, Rod was frantic. His twin was in his last year at the University; he needed the summer job to see him through. He just couldn't lose this job. It paid well and was steady as long as he wanted it.

Rod had worked but was going into the service shortly. He decided to take Ramone's place at the supermarket, hoping no one would find out; Ramone was sure to get over this horror soon. All Rod could do was pray that he didn't have recurrences as many do who have used LSD.

When he got home that night, Ramone was sitting by the window. He looked pale and drawn as if he'd had a long, severe illness.

"Feeling better, kid?" Rod asked affectionately, feeling a deep sympathy for his brother. The twins were close to each other, the bond between them almost unbreakable. Rod and Ramone looked alike, even talked and walked alike. That was why Rod was sure he could keep up the masquerade until Ramone was on his feet again. He'd worked in grocery stores and also had watched his brother at his job. There

wasn't much to do—stock shelves, sack groceries, and do general cleaning.

"Are you feeling better tonight?" Rod repeated, hanging up his jacket and putting away the groceries.

"If only I could get my right eye down, I'd feel better."

"You will, kid. It just takes time for LSD to wear off," Rod said. "Remember?"

"It better hurry up. What's today, Monday or Tuesday?"

"It's Friday," Rod said. "Payday tomorrow. I'll bring the check home for you to sign at noon, like always." Ramone didn't answer. He was off in space again. "Thank God, he doesn't have those superhuman fits as he did at first," Rod thought. "I couldn't put up with many of those. Ramone's too strong."

Rod fixed supper, but he had to force his twin to eat. Afterward he cleaned up the kitchen and sat down with a book. By ten o'clock the boys were in bed, Ramone turning and twisting as he mumbled and moaned in the darkness. Rod listened worriedly, then he too fell asleep.

Rod worked steadily the next day until noon. When Mr. Burnett handed out the paychecks, Rod stuffed his in his billfold.

"I want you to cash yours before you go to lunch," the store manager said quietly.

"Y-y-you do?" Rod stammered, surprised, noting the manager's stern face.

"I do," Mr. Burnett repeated. Rod felt trapped. He couldn't forge his brother's signature even if he did double for him in work.

"Why did you do it?" Mr. Burnett asked, steering Rod to the office. Rod thought quickly. What had he done? Nothing wrong that he could remember. He'd been very careful about everything.

"I just saw your brother," Mr. Burnett said, closing the office door and motioning Rod to sit down.

"My brother?"

"Yes, your brother—your brother Ramone who worked for me."

Rod felt sick, but relieved. "Was he all right?"

"Let's say he'll be all right in time. Right now he's got a tough battle on his hands. LSD leaves a terrible scar if it doesn't kill you first. Ramone's had a bad time, but I believe he'll come out of it. It beats me, it really does, why a healthy young man with a fine future should even consider taking dope. Do you know why your brother took LSD?"

Rod didn't answer for a minute. Thoughts were going through his mind, thoughts of the past when he was waging a battle like Ramone. Should he tell Mr. Burnett? Would he understand?

"I think I know why my brother tried LSD," Rod said thoughtfully. "He has always been interested in science and psychology; even though we're identical twins, Ramone is far superior to me. He has a better mind and he's stronger physically. I think he took LSD as an experiment, because he wanted firsthand information for a paper he was writing. He always contended a stronger person would be unaffected by drugs, that it was the weak person who suffered the terrible consequences." Rod gripped his hands together as though pleading for understanding.

Mr. Burnett gasped. "Are you telling me you took LSD too?"

Rod nodded his head. "I did. So now you know why I've tried to help my brother. I thought I had to be with the 'in' crowd, to do what they do. I couldn't think for myself. That was two years ago. LSD nearly killed me, and Ramone took care of me until I recovered. I've never told anyone, been too ashamed. I've never touched any kind of drugs since. What's more, I never will. And I know Ramone never will either. He found that, weak or strong, you can't beat LSD. It can destroy you. That's what it is—one drop, and destruction. I'll go now if you don't mind. Ramone might be needing me," Rod said, fastening his jacket.

Mr. Burnett opened the office door. Looking gravely at Rod, he said, "Tell Ramone his job will be waiting for him when he's able to work. And Rod," he said, quietly holding out his hand, "I'll see you Monday as usual."

enjoy being awake

□ A UNITED States President once observed, "The greatest fear is the fear of fear."

□ We might add that perhaps the second greatest fear is the fear of not being able to sleep.

□ One evidence of the latter is seen in the big business that the manufacture of sleeping pills and other tranquilizers has become. People resort to the use of such drugs, not only for the purpose of inducing sleep, but to relieve their minds of the fear that they might not be able to get to sleep.

□ Actually, is it really so terrible to be awake for an hour or two at night? There are cases of chronic insomnia requiring medical attention, but most normal, healthy persons need not regard occasionally lying awake at night as a dreaded bugaboo. Instead of worrying about whether we always get the accustomed number of hours of sleep every night, we need to be more concerned about the loss of too many waking hours.

□ A statistician has come up with some interesting figures on the apportionment of time to various life activities. He based his calculations on insurance company estimates of a seventy-five-year lifetime. The number of years listed for each category are for continuous twenty-four hour periods devoted solely to that occupation.

Church	½ year
Eating	7 years
Dressing	6 years
Chores at home	4 years
Recreation	10 years
Miscellaneous	10 years
Paid employment	12½ years
Sleeping	25 years

□ The "paid employment" item, for instance, is based on an approximate fifty years of service, eight hours a day, five days a week.

□ Old Rip Van Winkle, who slept for twenty years, had nothing on Mr. Average Individual, who by the time he has lived seventy-five years, will have spent a total of twenty-five years, at twenty-four hours a day, SLEEPING!

□ Of course your body needs regular sleep. The amount varies with different individuals, depending on age, general health, occupation, and other factors. Many adults may need the prescribed eight hours a day—one third of their lifetime—twenty-five years out of seventy-five. Others can get along on seven, six, or even five hours of good rest.



□ There are occasions when you may be called upon to stay up most of a night—or all of it—for some urgent reason, and you will not long suffer from the sleep "lost." For the usual routine, it is good to be able to lie down at the appointed time and drop off to the sleep and rest required for health and tranquillity. It is then you must remember that the one overall remedy for sleeplessness, if you seem to be afflicted with that problem, is to quit fighting it!

□ You find yourself in bed, probably a very comfortable bed. Persons have slept—soundly—on the floor, on the ground, in a foxhole, in a crowded bus, during a sermon in church, or while sitting listening to television—perhaps a few minutes before coming to bed. Now suddenly you find yourself tense and wide-awake. Perhaps something has awakened you in the night, and you can't get back to sleep.

□ First, stop fretting over being conscious. You can rest while awake if you relax your muscles and your spirit. Let your toes get limp, let your fingers get limp, and relax your facial muscles in a smile. If you are in need of this period of rest, then let rest be the objective. Refuse to allow your worries, troubles, problems, hatreds, hurts, and grudges, even your routine work, to interfere with your rest.

□ At night worries and problems may easily become oversize monsters with proportions much greater than they ever have in reality. Make them wait until you can be up and at them more advantageously in the fair light of day—if they are still around. Let your rest-time thinking be calm, recreative, helpful, positive. Think of the nice people you know and of pleasant experiences you have had or anticipate having. Think of those you love. Relive happy moments and conversations. Make plans—the dream ones. This is your

rest time, and you can afford to indulge in the luxury of laziness.

□ Have you ever watched the starry firmament swing overhead at night? It is a sight that inspires and comforts and reassures. Quick glances at this marvelous display of God's handiwork are not enough. You need long, soul-filling looks. Ever since I was a little girl I have usually managed to have my bed placed so that there is a window with a view of a piece of sky.

□ You could profitably spend an entire night thus tuned in with the infinite, your eyes photographing the nocturnal sweep of the heavens. If you get sleepy while watching, that is fine. Sleeping at night is quite permissible!

□ A businessman of my acquaintance tells me that he always keeps an easy chair beside his bedroom window. On the rare occasions when he finds himself wakeful, he puts on robe and slippers, makes himself comfortable in the big chair, and lets both his mind and his body drift into a state of complete relaxation. He is one of those fortunate persons who has learned how much solace and comfort and satisfaction there is in simply sitting still in the calm and quiet darkness of night. He has a rule never to allow any daytime business to intrude. He has learned how much spiritual nourishment can be absorbed gazing out into the distant reaches of the heavens, so amazingly revealed in the dark. "Nights when I spend an hour or two like that, I feel more rested the next day," he reports.

□ Sometimes you may find yourself wakeful simply because you are not tired enough to be in bed. You toss and turn a few times, and you feel irritated at every noise that you are sure is what is keeping you awake. The bed begins to have a lumpy, disgruntled feeling.

□ That is the time to take advantage of the situation. Get up and divert a few hours out of your twenty-five years of sleeping time to some profitable and/or enjoyable occupation. There are a dozen things you have been wanting to do, and couldn't spare the time. Choose one of them, and get busy with it for an hour or two. Don't be concerned that you might be sleepy the next day.

□ If you should happen to find yourself drowsy before the following bedtime, just keep busy and fight off the sleepiness—which will soon go away. And you can look forward to the night and bedtime when you can put your head on your pillow and drift off in slumber.



Pot use may have effects beyond the smoker himself, since research is beginning to show the possibility of genetic damage.

Research Begins to Show Genetic Damage From Pot

Use of marijuana could result in genetic damage, according to Dr. Vincent dePaul Lynch, one of the nation's top research pharmacologists.

Dr. Lynch is preparing to publish a fully documented study which shows that animals exposed to cannabis show definite genetic defects through successive generations.

Lynch, who has been recognized as one of the most knowledgeable men in the field, has also served as chairman of New York State's Drug Abuse Commission.

The scientist, professor of pharmacology and allied sciences at St. John's University in Jamaica, New York, indicates that his findings will be "among the most shocking uncovered thus far."

"Unfortunately," he says, "we are developing abnormalities in the second and third generations of children, and this abnormality has never been present before in this strain of animals."

Until this time most medical authorities, while strongly advising against its use, were unable to ascribe any serious physical effects from the use of marijuana.

Lynch's report can be expected

to rekindle the intense controversy that has surrounded the drug for the past several years. It promises to be the most serious indictment of the drug to date.

President Richard M. Nixon, on drug addiction among schoolchildren: "One of the great tragedies of the past decade has been that our schools, where our children should learn about the wonder of life, have often been the places where they learn the living—and sometimes actual—death of drug abuse. There is no priority higher in this administration than to see that children—and the public—learn the facts about drugs in the right way and for the right purpose through education."

Children Pay the Price

Children of mothers who smoked during pregnancy are poorer readers and are less well adjusted socially than children born to non-smokers, according to a British research project.

Dr. Neville R. Butler says children born to mothers who smoked 10 or more cigarettes a day during pregnancy lagged an average of four months in reading ability be-

hind other children at age of seven.

Dr. Butler, a pediatrician at the Royal Hospital for Sick Children in Bristol, England, says children born to smoking mothers also were "significantly less well adjusted socially."

His study further found a 20 percent increase in stillbirths and deaths shortly after birth among the offspring of smoking mothers.

If You Smoke More, It's Harder to Quit

Smokers have long suspected that the more they smoke the harder it is to stop, and now three scientists come up with some basic research that may help tell them why, as reported for Science Service by Robert Cooke.

According to studies done by Drs. Budh Bhagat, M. W. Rana, and Maysie J. Hughes of the St. Louis University School of Medicine, smoking—or the intake of nicotine—works to stimulate the production and use of a brain hormone called norepinephrine.

The researchers report that studies using modern drugs indicate that increased use of the brain hormone causes behavior excitement and, in fact, may act as a means of avoiding depression.

"It has been shown experimentally," they explain, "that smoking contributes to mental alertness and efficiency, although the mechanism behind this effect is not fully known."

Other studies have virtually proved that smoking is a major contributor in heart and lung diseases. In fact, Bhagat, Rana, and Hughes point out, people who smoke die earlier; the danger of heart disease or lung cancer is increased by from 5 to 200 percent.

"From these studies we have concluded that nicotine induces adaptive stimulation" of the system responsible for producing and using the hormone, they add, and that this increase "may be responsible for an elevation in mood—a stimulation—working in the same fashion as some antidepressants."

"Once the body becomes accustomed to this increase in the production and use of norepinephrine," they explain, "any withdrawal of nicotine results in depression. Thus the body begins to depend on nicotine. And, therefore, the smoker must 'dose' himself with nicotine to keep the production of norepinephrine at elevated levels."

The scientists say they have shown for the first time through animal studies that habitual smokers are not only psychologically dependent, but that "they may also have created a genuine physiological need for nicotine."

"Creation of the need for nicotine will expose the smoker to the resultant hazards—heart and blood vessel diseases and lung cancer. However, once the smoking habit is started, it becomes increasingly difficult to stop."

Narcotics Peril Hits Auto Workers

Top officials of the United Auto Workers union are quietly worried over reports of widespread and increasing use of narcotics by workers at auto plants and other factories around the nation.

"Our shop stewards are finding the evidence in rest rooms—the sweet smell of marijuana, needles, and other paraphernalia for drug injections, guys with needle marks on their arms who become ill on the job," says Douglas A. Fraser, member of the union's international executive board and head of its Chrysler department in Detroit.

"It's both marijuana and hard drugs," reports Paul Schrade, executive-board member from Los Angeles.

Drug use has risen sharply in the last three years and "it will probably get more serious as time goes on," relates Fraser. Most of it occurs on the second shift, usually 3:30 p.m. to midnight, he adds.

One major worry is the safety of workers, who could be injured on the job while intoxicated with drugs, Fraser says.



Schrade says the problem is compounded in some plants where company nurses give depressants or pep pills to workers on the assembly line who complain of nervousness or fatigue.

Fraser says the solution to the drug problem might be similar to the long-standing campaigns against alcoholism.

In This NEWS

◆ **Drugs are an insidious menace to big business. See Page 20.**

◆ **There is new evidence on LSD's effect on coming generations. See page 21.**

◆ **Our present-day permissive society is nothing more than animalism. See page 22.**



New Red Light on Drugs

Corporations are getting their first close-up look at the drug problem, according to a report in "Wall Street Journal."

The company alcoholic has been around a long time. But now the employee who uses and sells illicit drugs is appearing on the corporate premises. The drugs involved range from marijuana to such "hard" narcotics as heroin. The problem hasn't reached major proportions, but it clearly is growing swiftly and there is every indication that things will get a lot worse before they get better.

Thus far the corporate drug problem hasn't caused major trouble for companies. But New York executives say that drugs pose a far greater potential threat than, say, alcohol. For one thing, some of the drugs being used, such as heroin, can seriously impair an employee's work performance.

One worry is that use of even relatively mild drugs like marijuana can lead to experimentation with hard drugs that could eventually destroy an employee's effectiveness. Another problem is that marijuana and other drugs beginning to show up are being used against the law. Companies understandably are distressed at the prospect of widespread lawbreaking by their employees. They also fear that a worker hooked on such costly drugs as heroin would not hesitate to steal to support the habit.

Still another worry: the possibility of legal actions from any employee accused of using illegal drugs. The personnel manager of a large New York publishing company says: "The rule of thumb is that you try to fire the guy for something else; otherwise, the risk of libel is too great." Evidence, he notes, is hard to obtain. Firing an employee for drug use also could bring publicity of the sort that most managers don't want.

The newness of the corporate drug problem also makes it sticky. Different companies are trying to cope with it in different ways. "We're groping our way," says an official of a New York securities firm. Some companies immediately fire any employee caught red-handed using illegal drugs. Other firms are more lenient. "We've had cases where an employee will pull out a marijuana cigarette in the office," says an executive of Metropolitan Life. "Our policy in such cases is to give the person a stern

warning, and if it happens again, out he goes."

Increasingly, personnel officers find themselves confronted by problems that are essentially medical. Considerable confusion is evident.

To clear up ignorance about drugs, some companies have recently undertaken broad educational programs. An employee newspaper put out by New York Telephone last month launched a question-and-answer column on drugs by a company doctor. Sample question: What is the prospect for cure of a heroin addict? Answer: Very, very poor. Some firms have begun special drug seminars for supervisors. Metropolitan Life, among others, has set up a program to brief its executives on such matters as how to spot drug-using personnel.

Banks and securities firms in the Wall Street area are turning to former heroin addicts for advice, in the belief that such persons know best how to deal with employee drug use.

"The Wall Street firms are scared to death" about drugs, says Ernie Odom, an ex-addict who works at Samaritan Village, a local addict rehabilitation center. "They have a big drug problem with their young employees." He estimates that about 70 percent of the more than 100 young people being treated at Samaritan Village "come from jobs on Wall Street."

Illegal Drugs Are Navy Problem

In the past year the Navy has discharged more than 3,800 men for illegally using or pushing drugs, according to Congressional testimony.

The statistics reflect what the Navy's chief of personnel calls "a rather rapidly rising curve over the past two or three years."

"We are watching it very closely," says Vice Adm. Charles K. Duncan. "We do consider it a serious problem."

In general, says Duncan, users of hard drugs such as heroin and the hallucinogen LSD are discharged. Last year the Navy discharged 151 men on "hard narcotics" while 1,857 were discharged for using LSD. Marijuana use generally does not result in discharge, he says, unless an individual sells it.

"High" in the Air

Charles Yarborough

Eastern Airlines has joined American, Trans World, and United in an agreement approved by the Civil Aeronautics Board to limit a passenger to four ounces of liquor on flights between points in the continental United States.

And the law against smuggling aboard—and drinking—from your own flask remains adamant.

Without going into any horrible examples, there is plenty of reading-between-the-lines to document concern of flight crews over the inebriated customer.

Western Airlines Capt. L. L. Wilkinson says there are other annoyances that may require assistance from the flight crew ("malfunctioning or inoperative galley equipment, stuck galley doors and drawers, seriously ill passengers, or those requiring oxygen").

"However," he says, "the alcohol problem is with us" (in the passenger cabin, of course), "so let's look at it realistically."

Tobacco Men Retaliate

The Tobacco Institute claims that the American Cancer Society has twice denied its request for an independent scientific review of a study in which the society said cigarette smoking produced cancer in dogs.

The institute, which represents the tobacco industry, charges that the cancer society is withholding the data from scientific scrutiny.

In a rebuttal statement, the cancer society says that "a number of distinguished scientists have already reviewed the findings" of the study, which was conducted over a period of three and one half years by Dr. Oscar Auerbach, a pathologist at the Veterans Administration Hospital in East Orange, N.J., and Dr. E. Cuyler Hammond, an epidemiologist and statistician at the American Cancer Society.

The society also says it has asked the Surgeon General of the United States Public Health Service to conduct an analysis of the Auerbach-Hammond study data.

The Tobacco Institute maintains there is no proof that smoking causes cancer in man or animals.



Vitamin for Palsy

A form of B₁ vitamin has been found to eliminate within eight hours the palsy in alcoholics caused by a brain disorder, reports Dr. Allan D. Thomson, of the New Jersey College of Medicine.

The vitamin form known as thiamine propyl disulfide (TPD)—originally extracted from garlic—relieved the neurological symptoms in six alcoholics with the brain disorder, Wernicke's encephalopathy. They were not benefited by thiamine hydrochloride, the form used in most multivitamin preparations, Thomson said. Their palsy disappeared after oral administration of TPD.

The clinical response, said Dr. Thomson, "was associated with an increase in blood and spinal fluid of thiamine and red blood cell ketolase."

"It would appear to be an ideal preparation," he said, "for the prevention and treatment of thiamine deficiency." Thiamine is essential to normal metabolism.

Aspirin Prevents Clots

Aspirin long has been known to induce a minor degree of stomach bleeding, even in normal individuals taking as few as two or four tablets in a day. Experiments by three New York investigators suggest that low doses of aspirin may have therapeutic value in preventing blood clots.

The researchers started with the premise drawn from recent studies, that an accumulation of blood platelets at the site of a diseased artery is the event that triggers the formation of a clot. Platelets are tiny blood cells which help the blood to clot.

In investigating this phenomenon, doctors found that aspirin makes platelets less sticky and therefore less able to accumulate and cause clotting.



This is an artist's conception of Teklite II "Minitat," a structure to serve as home and laboratory for two weeks at a depth of 100 feet.



"Your allowance raise will become effective just as soon as you do!"

LSD Cell Damage Confirmed

The first extensive long-term study comparing the incidence of birth defects with parental use of LSD has concluded that the drug "must be seriously considered as a possible mutagen"—an agent that produces genetic changes in cells.

"Although we cannot rush in and say we have unequivocal evidence at this time that LSD use causes birth defects, we are on firmer ground, more suspicious, than ever before," says Dr. Cheston M. Berlin, of George Washington University School of Medicine, where the study was done.

Mutagens are agents, such as radioactive fallout or certain chemicals, that cause biological mutations, or changes, in the genes or chromosomes of an organism. The mutagenic agent (the "changer") acts in some way to alter the normal configuration of the genetic material within the cells of an organism, often causing the organism to reproduce itself abnormally, to cause birth defects.

The researchers found that the rate of birth defects in children of LSD users, meaning either the mother or father or both, was 18 times as high as that of the general population.

The investigation involved 112 women, whose average age was 19, from various hippie commune groups in the Washington, D.C., area.

One very tough problem in ascertaining the role of LSD in congenital defects, Dr. Berlin reports, lies in sorting out LSD from a wide range of other possibly mutagenic agents used by the pregnant women.

These include caffeine drinks, cyclamates, cigarettes, exposure to X rays, poor maternal nutrition, purity of LSD used, other drugs used, and history of previous illness, including hepatitis and venereal disease. All of the subjects in Dr. Berlin's study had a history of such multiple involvement.

"We can say that this group of young people is a high risk as far as obstetrics is concerned," Dr. Berlin says. "It appears that the common denominator is LSD, but so many other factors are involved that it is hard to say it is just LSD."

We have to be extremely cautious about the conclusions we draw."

The evidence, however, is incriminating. Out of the 127 pregnancies, 62 children were born. Of these, 56 were normal and 6 were abnormal. Abnormalities included damage to the central nervous system, brain damage, and congenital amputations.

Such abnormalities in the general population occur at a rate of 6 in 1,000, Dr. Berlin says. Among drug users it occurred in 6 in 62, about 18 times as high as might be expected.

Dr. Berlin reports that the mechanism by which LSD might interfere with reproduction is not known. But there is some suspicion that the structure of the LSD molecule, which is similar to the structure of nucleic acid found in all cells, may be binding to molecules of nucleic acid, thus interfering with the normal replication of cells.

Tobacco Goes No-Smoke

American Brands, Inc., "will shortly have five domestic nontobacco subsidiaries," according to company president Robert K. Heilmann.

"Last year, nontobacco sales were more than \$525 million—20 percent of our overall business and 32 percent of our domestic business," reports Mr. Heilmann. American Brands' domestic nontobacco subsidiaries include James B. Beam Distilling Co., Sunshine Biscuits Inc., and Duffy-Mott Co., all acquired within the past four years.

In spite of American Brands' bent toward acquisitions, Mr. Heilmann emphasizes the importance of the company's tobacco operations. "Our biggest profit center and still the backbone of our business is the American Tobacco division," he says. The division's brands include Pall Mall, Tareyton, and Lucky Strike.

"Our major effort, which has consumed most of our time and thought for the last six years, is the replacement of nonfilter losses with new filter cigarette volume."

Cigarettes Drop Off

The use of cigarettes is falling at a faster rate than previously predicted, announces the U.S. Agriculture Department.

A department tobacco analyst says he expects the rate of decline to accelerate even further this year.

In December, the farm agency calculated that 1969's cigarette consumption totaled 545.6 billion smokes, a drop of 2 percent from a year earlier. However, the actual figure proved to be only 528.9 billion, a further 3 percent decline, the department's Economic Research Service says.

The department analyst said he is looking for per capita use this year to drop by another 6.5 percent to around 3,766 cigarettes. The rate of year-to-year decline should begin to level off in 1971—falling only 2 percent or 3 percent—for the somewhat ironic reason that Congress has banned all cigarette commercials on radio and television after January 1, 1971, giving stations less incentive to run antismoking commercials.

Drugs in Vietnam War

A "minimum of 75 percent" of combat troops in Vietnam use drugs, says Dr. Myron Feld, former chief of psychiatry at the Veterans Administration Hospital in Long Beach.

"The use of drugs complicates the treatment of Vietnam-era veterans to the point that I am completely dissatisfied with the results," he explains. "New methods of treatment must be obtained. None of our present methods are adequate."

"The various statistics that have been given us as to the use of drugs in combat troops range from 30 to 65 percent," Feld says. But he says his patients have told him "that 75 percent of combat troops use drugs—15 percent use opium, 20 percent hashish, and the rest marijuana."

Feld says the use of drugs may explain a puzzling lack of dreams in many hospitalized combat veterans.

He says it may be that soldiers "were in a dreamlike state already while participating in battle so that it has never entered their waking personality. It is not treated as a reality."

Feld also says a civilian psychiatrist who recently spent a three-month tour in Vietnam "stated that at least 10 percent of the officers in the vicinity of her station were regular users of drugs."

Combat troops are not the only ones who use drugs, according to Feld. "The 50 percent of our veterans who were non-combat or were never out of this country use just as many drugs."



WHAT WHERE WHY WHO WHEN HOW WHAT

◆ The United States is the world's largest producer of beer, with West Germany second. (Flint "Journal")

◆ In New Hampshire alcohol continued as the leading factor in driver license loss in 1969. The state's motor vehicle division reports that 39 percent of all lost driving privileges were because of alcohol violations such as driving while intoxicated, operating after drinking, and minors in possession of alcohol. (The Weekly Underwriter.)

◆ Americans smoked less but drank more last year, according to the Internal Revenue Service. The number of taxed cigarettes was 523.2 billion, a decline of 2.4 billion from 1968, IRS said. But domestic bottling of distilled spirits set a record—300.5 million gallons last year, up 5.6 percent from 1968. More taxed beer and wine was produced as well. (UPI)

◆ While 55 percent of the men in the United States drink liquor, nearly 7 out of 10 Washington, D.C., men do. Over half a million men in the D.C. area have ten or more drinks each week. ("Advertising Age")

Pot May Bring Panic

Some marijuana users experience distinct types of adverse reactions, such as "panic," reports Dr. Andrew T. Weil in the New England "Journal of Medicine."

Such reactions are "infrequent and nonfatal," he reports, "but physicians will see more of them as use of the drug increases and reaches new areas of society."

"Simple reassurance will end most such reactions," Dr. Weil says, but "improper medical management" can worsen the problem.

Among marijuana smokers without known mental disease, Dr. Weil says, the panic responses were the most common adverse reactions. These occurred in 75 percent of the unspecified number of cases Dr. Weil said he saw.

Panic reactions occurred most often, according to Dr. Weil, among "novice users of marijuana—frequently older persons or persons who were ambivalent about trying the drug in the first place."

Further, the social setting was an important factor on the frequency of panic reactions. "In a community where marijuana has been accepted as a recreational intoxicant, they may be extremely rare (for example, 1 percent of all responses to the drug)."

"On the other hand, at a rural Southern college, where experimentation with the drug may represent a much greater degree of social deviance, 25 percent of persons trying it for the first time may become panicked."

ARE YOU PUZZLED? NUMBER, PLEASE

Alan A. Brown

You needn't be good at arithmetic to answer the following queries about numbers. The subject matter in each is familiar to you. All you have to do is circle the correct answer among the three numbers which follow each question.

How many:

- | | | | |
|--|-----|-------|-------|
| 1. years did Rip Van Winkle sleep? | 10 | 20 | 25 |
| 2. blackbirds were baked in a pie? | 44 | 14 | 24 |
| 3. miles are in a league? | 3 | 55 | 250 |
| 4. dollars are in a double eagle? | 10 | 20 | 40 |
| 5. players are on a lacrosse team? | 9 | 12 | 10 |
| 6. years was Washington president? | 8 | 12 | 4 |
| 7. bones are in the human skeleton? | 180 | 206 | 109 |
| 8. strings are on a violin? | 4 | 6 | 8 |
| 9. shots in a round of ammunition? | 1 | 10 | 100 |
| 10. legs does an insect have? | 4 | 6 | 8 |
| 11. handles are on a goblet? | 1 | 2 | 0 |
| 12. languages in the world, approximately? | 300 | 1,500 | 3,000 |
| 13. white stripes on the U.S. flag? | 6 | 7 | 5 |
| 14. books are in the New Testament? | 12 | 19 | 27 |
| 15. nights in a fortnight? | 40 | 4 | 14 |

Marijuana May Cause Cancer

Smoking marijuana over many years may cause bronchitis and emphysema just as smoking tobacco does.

Further, "the possibility of carcinoma [cancer] of the lungs with long continued heavy use [of marijuana] cannot be discounted."

These are two of several statements made on marijuana in the current issue of the "Medical Letter," a nonprofit publication held in high esteem by physicians and researchers working with the effects of various pharmaceutical preparations.

In the article titled "Marijuana," the publication concludes that "far too little is known about the physical and mental effects of marijuana, and studies that will provide reliable data are badly needed. In the absence of such studies, it can only be said that most persons who use marijuana in moderation for a time are unlikely to suffer any lasting harmful effects."

A "Medical Letter" spokesman said that the statements on bronchitis, emphysema, and cancer were "based on comments of several 'Medical Letter' consultants."

Several of the consultants, the spokesman pointed out, noted that it is not the nicotine in tobacco that causes bronchial irritation. Rather it is general effects of combustion by-products which irritate the lungs.

"If one smoked hay there would probably be a similar risk," one consultant pointed out.

Some other statements the publication makes about marijuana are:

—There is a great variability in the effects of smoking marijuana resulting from variations in the plant from which it is prepared, the way it is smoked, the social setting, and the experience and expectations of the user.

—There is no direct association between the smoking of marijuana and the use of heroin, and most users of marijuana do not go on to heroin. Nevertheless, marijuana smoking helps generate drug-oriented groups in which the interest of a single member in other drugs, such as hashish or heroin, can quickly infect the group.

—The adverse effects of hashish, a preparation of the brown resin collected from the tops and leaves of high quality marijuana, are likely to be more severe than those seen with marijuana.

—Prolonged storage of marijuana reduces activity of the drug.

—Like users of alcohol and other disinhibiting agents, the marijuana user may behave in an unrestrained manner.

—Marijuana, like alcohol, has no true aphrodisiac properties.

The "Medical Letter" adds that "the treatment of acute cannabis [marijuana] reactions consists largely of reassurance and support. A sedative may be necessary. The infrequent psychotic reactions with marijuana ordinarily subside in a few days."

It's a Permissive World

The present-day so-called permissive society is nothing better than animalism, says Sir Paul Hasluck, governor-general of Australia.

"If a change in social custom or personal behavior is the result of indifference, laziness, or animal satisfaction of appetite, then those who have behaved in that way have not deliberately permitted anything," says Sir Paul. "They have made no more of a decision than a man, walking drunkenly, has made a decision when he falls into a dirty pit on a dark night. And they have reached the same result."

"There is nothing to boast about in belonging to a permissive society if all it means is that you are lazy and self-indulgent and don't care a rap what happens to anyone else," he continues. "A distinction needs to be made between this type of attitude and a reasoned and intelligent reexamination of society. There is need, too, for recognizing that living in a society requires service from people as well as conferring benefits on them."

How to Make Big Money

Informants on major drug peddlers are commanding fantastic salaries these days for whispering in Government ears, reveals the Justice Department.

"In one case, for example, a payment to an individual may exceed \$50,000 for information," a Federal narcotics official told a House appropriations subcommittee.

"We need the assistance of high level confidential informants," said John E. Ingersoll, director of the Bureau of Narcotics and Dangerous Drugs. "This cooperation does not come cheaply."

Federal narcotics agents expect to apprehend drug peddlers in the coming fiscal year at a cost of \$18,600 an arrest.

"I cannot understand this \$18,600 figure per arrest. I just can't figure it out," subcommittee chairman John J. Rooney said when narcotics officials testified before his subcommittee.

Ingersoll said a major cost in the arrest figure is payments to informers and purchase of evidence, for which the bureau asked \$2.7 million for the next year. That is nearly \$900,000 more than the year before.



This experimental communications device, smaller than a standard textbook, has a built-in special-purpose computer that makes possible the transmission of high-speed data on conventional telephone lines.

"The intelligent renovation of society is not to permit the individual to do whatever he feels like doing," says Sir Paul. "It is to re-examine constantly the nature and application of the rules, so that restraint on the individual does not go beyond the point that is necessary for his own protection and for the functioning of society and to ensure that just laws are administered justly."

"The solution is certainly not to let anyone do whatever he likes in disregard of others. Nor is it to read the book of rules in a loud and peremptory voice and never ask whether the rules are good or bad, or even necessary."

Public Wants Stiffer Penalties for Pushers

A large majority of Americans think persons convicted of selling or "pushing" heroin should be given stiff sentences, reports the Gallup Poll, with 24 percent favoring life imprisonment, 4 percent the death penalty, and another 43 percent calling for jail terms of 10 years or more.

The public is somewhat less severe when it comes to convicted marijuana "pushers" with 16 percent favoring life imprisonment, 2 percent the death penalty, and another 47 percent favoring jail terms of 10 years or more.

The sale of marijuana and heroin has reached alarming proportions in certain areas of the nation. According to a recent article in the New York "Times," supplying heroin in New York is one of the city's biggest businesses, with a minimum of \$129 million a year in retail sales.

As might be expected, the public puts users of the two drugs in a somewhat different category. Twenty-six percent favor jail terms of 10 years or more for heroin users, compared to 42 percent who say less than 10 years. None in the sample calls for the death penalty and only 3 percent favor imposing a life sentence.

It should be noted that 12 percent say heroin users should be given medical treatment rather than a prison sentence, while another 6 percent oppose any jail term at all. A total of 12 percent do not express an opinion.

More than 6 in 10 (63 percent) of persons interviewed favor sentences of less than 10 years for marijuana users, including 15 percent who think there should be no penalty. Only 14 percent say jail sentences should be 10 years or more. None in the sample call for the death penalty and only 1 percent favor life imprisonment.

Young adults in their 20's are less likely than are older persons to favor severe penalties for both "pushers" and "users" of the two drugs. Women too are more inclined to take a "softer" approach.

ANSWERS:
13-6; 14-27; 15-14.
7-206; 8-4; 9-1; 10-6; 11-0; 12-3,000;
1-20; 2-24; 3-3; 4-20; 5-12; 6-8;

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