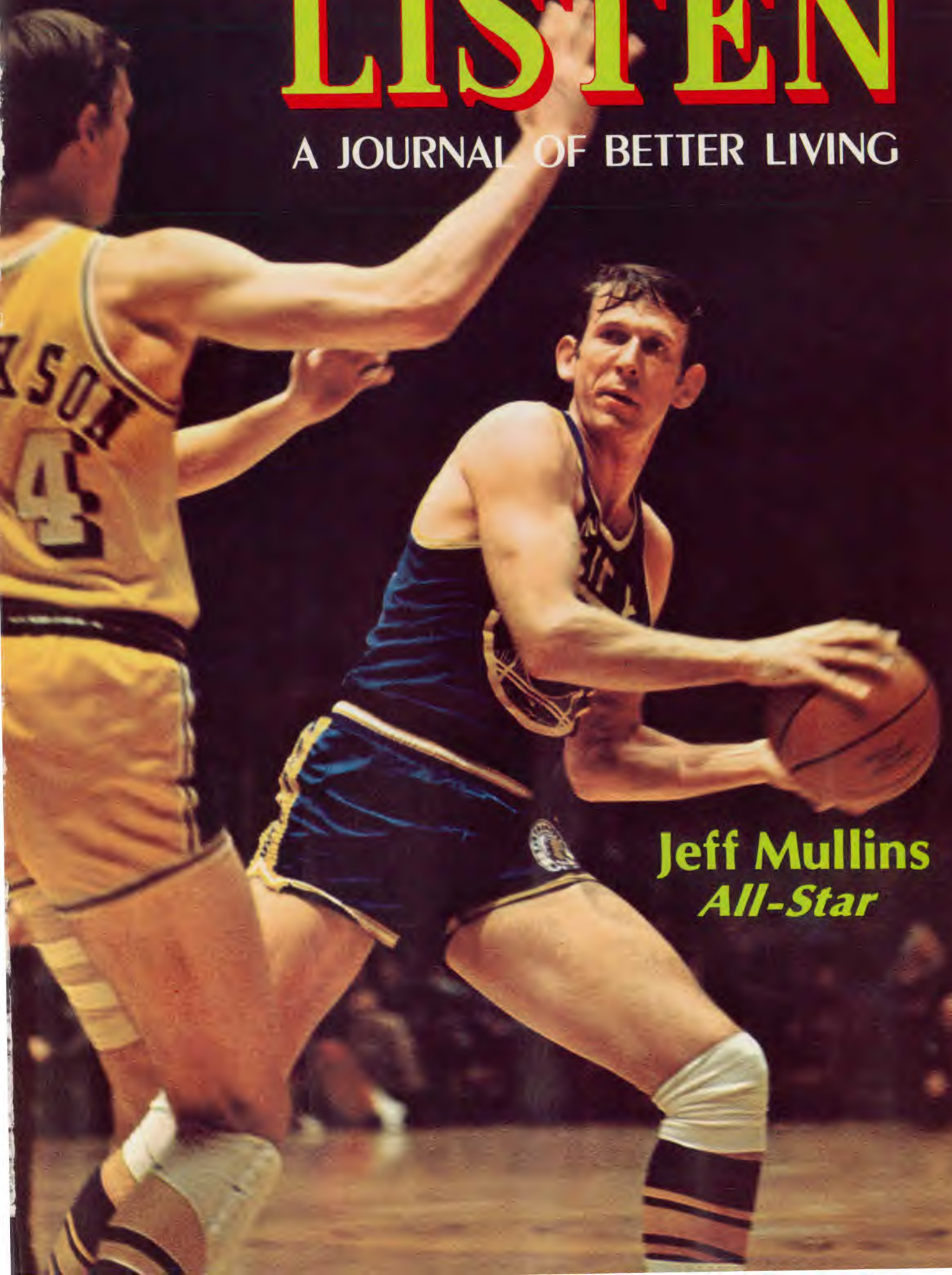


# LISTEN

A JOURNAL OF BETTER LIVING



**Jeff Mullins**  
*All-Star*



# LISTEN

Journal of Better Living

## Where My Nose Begins

"Stop Smogging." This is the theme of a series of colorful full-page advertisements in recent weeks promoting a certain brand of cigarettes containing so-called gas-trap filters.

The intimation in these ads is that a person smoking this particular brand is using a clean cigarette, one which should bring him no worry as far as health is concerned, and one which fits in with the present concern about ecology.

"Ecology" is a popular word right now. It has to do with organisms and their immediate environment, with man and the world about him. We hear about smog, pollution, cleanup. We see pictures of junk-choked alleys, littered roadsides, smoggy air, and polluted rivers and lakes.

But ecology is being unjustly limited when it is applied only to man's external world. Not only should this concept include the landscape around him, it applies internally as well. Man is ruining himself inside as well as outside.

The idea that any person can "stop smogging" merely by changing brands of cigarettes is preposterous. This claim is, of course, nothing but a deception. Any smoking results in "smogging," whether the cigarette has a gas filter or any other device to make it a so-called "safer" cigarette.

Asks Dr. Lawrence E. Lamb, "What do you think is the major source of pollution of the air in American lungs? Automobiles? Factories? No! Cigarettes win by a country mile."

He comments that if anyone is serious about fighting air pollution, his first target should be cigarettes. "I am distressed," he says, "at the antipollution militant, polluting his lungs with cigarette smoke."

Air pollution as such is not the direct cause of disease that it is claimed to be. It is, naturally, distressing and discomforting, but in relationship to the smoking habit it runs a mighty poor second in disease making. The people who have medical problems from air pollution are the smokers. Nonsmokers in the same environment are much less liable to trouble.

One cause of air pollution is carbon monoxide. This is a major pollutant from cigarette smoke. Actually, a smoker gets more carbon monoxide in his lungs when he smokes than is in the air of the most polluted city in the world on its worst day of pollution. And it is important to remember that the effects of smoking cigarettes and of air pollution are additive—one is added to the other.

As Dr. Lamb observes, "It is difficult to find anything good that cigarettes do for you. Since they are a source of air pollution, I am convinced they should not be allowed in crowded public places. After all, over half of the public no longer smokes. Why should this nonsmoking majority be subjected to the unpleasant experience. I don't wish to deny the cigarette smoker's right to poor health, but it seems reasonable his rights should stop where the other person's rights begin."

In other words, your pollution should stop where my nose begins!

*Francis A. Soper*

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♦ February's "Listen" is a single-theme issue on what smoking does to your heart. From the colorful cover to the graphic photos of the inside of the heart, this "Listen" is extra special. There's even a super eight-page color insert.

### Photo and Illustration Credits

Cover photo by Photography, Inc.; pages 6, 7, Bill Clemens; pages 9, 19, H. Armstrong Roberts; page 16, Vic Moores; Union Pacific Railroad; page 17, Eva Luoma; pages 20, 21, United Press International.

### Editorial Office

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

### Publication Office

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

### Subscription

Yearly subscription, United States, its possessions, and Canada, \$5.00; single copy, 50 cents. To countries taking extra postage, \$5.25; single copy, 50 cents.

### Change of Address

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

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



# A QUESTION OF

Does alcoholism automatically excuse law-breaking?

IS IT A crime to be drunk in public? For 360 years the law said Yes. In 1606 an English statute declared public intoxication to be a criminal offense. This idea persisted, at least in the United States and England, until 1966 when the Driver and Easter cases introduced some new thinking into the courts.

These cases were not the first attempts to define the criminal responsibility of chronic alcoholics. A number of cases during the period from 1850 to 1900 attempted to establish that because their drinking is involuntary, alcoholics should not be punished for their crimes. The rationale behind this thinking was that it would be inhuman, as well as futile, to punish an individual for behavior which he lacked the ability to control.

Whatever the arguments for or against this philosophy, 1966 chalked up two landmark decisions, handed down by two United States Courts of Appeals, reversing the long-surviving law in regard to public intoxication.

In effect these decisions reject the idea that all alcoholic drinking is voluntary, and accept instead that the chronic alcoholic drinks involuntarily as a symptom of his disease, alcoholism. Thus, the courts' decisions in the cases of Driver and Easter were that no chronic alcoholic may be convicted for his public intoxication. In 1969 the Senate further gave final Congressional approval to legislation making public drunkenness in Washington, D.C., a health problem rather than a criminal offense.

The new philosophy is compatible with society's present admission that alcoholism is a public health problem and that the alcoholic is an ill person in need of help rather than punishment. So far, fine! But we, the people—the law-makers—have a responsibility in the interpretation of any law which has to do with the millions of alcoholics in our society.

What are some of the issues involved which might make the difference between a law that is workable and one that is too permissive?

## 1. How shall the law be interpreted?

There is little dispute in modern society about the question whether alcoholism is an illness. The disputable question is whether or not that particular illness should exonerate the offender from his crime. Further, the decision must be made as to what is his "crime." According to the new law, public drunkenness may not be considered a crime.

But what about the behavior of the offender during the period of his intoxication? Would such acts as murder, assault, robbery, traffic violation, be considered punishable crimes, or would they be considered as symptomatic of the illness and therefore not punishable?

MARGARET HILL



Why do we call  
it progress when  
men build machines  
that act like men,  
since usually  
such progress means  
men will start acting  
like machines?

## PROGRESS?

John D. Engle, Jr.

A case in point was that of *State vs. Pike* in 1869, when the New Hampshire Supreme Court declared that if the defendant could prove that the murder with which he was charged was the product of his alcoholism, he would not be held criminally responsible. While the case is unique to date, it presents a glimpse of some possible pitfalls of the new legislation.

### 2. Who will escape conviction under the new legislation?

In addition to determining what constitutes a "crime" in the case of the chronic alcoholic, there arises the problem of differentiating between the chronic alcoholic and the nonalcoholic drunk. For all practical purposes the alcoholic and the nonalcoholic drunk are indistinguishable after their ingestion of a sufficient amount of alcohol to produce irrational behavior.

When a drunken driver becomes involved in a highway accident, should the extent of his criminal involvement depend on the resulting damage, or should it depend on whether he is a happy social drinker on his way home from a party, as opposed to a sick, miserable alcoholic? In short, shall punishment be determined according to the insult to society or according to the health of the offender?

The new law may conceivably decide that because the nonalcoholic has control over his drinking, whereas the alcoholic does not, the nonalcoholic is responsible for his drunken behavior and the alcoholic not. This introduces a new issue: The alcoholic, according to some authorities, does have control over his first drink. Might the courts decide that the decision whether or not to *start* a chain of alcoholic drinking is the individual's? Thus, is the crime perpetrated when the alcoholic takes one drink with the full knowledge that the results are likely to be catastrophic to self or to society?

Assuming that the philosophy of exoneration by reason of illness is sound, the mechanics of determining who is ill and who is merely drunk would create further delay and confusion in our already congested and inefficient court system. Some offenders display clearcut histories of alcoholic behavior. But what of the "heavy drinker" and the "compulsive drinker"? Are they ill? What of the weekend drunk? Is he an alcoholic or a jolly good fellow?

Medical men find that a diagnosis of alcoholism is subject to a great deal of uncertainty. This is especially true

since the alcoholic develops considerable expertise in concealing his illness from even those individuals closest to him, including himself. The occasional drunk, on the other hand, might do a masterful job of faking the illness of alcoholism if it meant the difference between conviction and acquittal.

### 3. Who is ill?

If the alcoholic is to be excused on the basis of his illness, why not, then, other offenders such as the kleptomaniac and the heroin addict, whose conditions would also lead to involuntary behavior? After all, who is to say that anyone who defies the rules of society is not "ill" and therefore the victim of involuntary behavior? This perhaps is the philosophy toward which society is moving. Meantime, shall the alcoholic be considered more ill than the murderer, the rioter, or the child molester?

Right or wrong, ours is a society which demands that offenders accept the natural consequences of their antisocial behavior. As the law is presently interpreted, it is considered appropriate to deal with lawbreakers in a punitive fashion. If this custom is to be altered for the alcoholic, then is it proper that other sick members who find their way into the courts be accorded the same type of consideration?

### 4. What constitutes "cruel and unusual" punishment?

The Eighth Amendment to the Constitution of the United States guarantees against cruel and unusual punishment. Here again one is confronted with the obstacles of interpretation. Is punishment of the alcoholic more "cruel" and "unusual" than punishment of the sex offender, for instance?

In formulating appropriate legislation for dealing with the drunken offender, it must be determined whether arrest would fall in the category of cruel punishment. If arrest is cruel for the alcoholic, is it cruel for other offenders also? Is punishment, by its very nature, cruel? Are capital punishment and long-term imprisonment violations of the Eighth Amendment?

Further, in deciding whether or not the alcoholic should be arrested, some consideration must be given to the connotation of the word "arrest," and also to the reasons for arrest. By "arrest" do we mean *punish*, do we mean *halt*, or do we mean *detain*? Arrest for punishment's sake is probably futile and inhuman for whatever offense.

On the other hand, if arrest means to detain the offender long enough to keep him from injuring himself or society, the practice makes good sense provided the offender is given opportunity for rehabilitation as a follow-up to the arrest. To confine an individual for unacceptable behavior, and then to return him to the situation which provoked that behavior, is archaic whether the offender is alcoholic or just plain delinquent.

### 5. Shall exoneration apply in the case of the repeating offender?

If it becomes the practice to withhold punishment for the alcoholic offender, there should be some stipulation as to how often the same offender may be excused. Suppose the lawbreaker is one of those alcoholics who do not recover



from their illness. It must be remembered that the alcoholic offender tends to be a repeater. How often would the same individual be excused?

What about the alcoholic who identifies with Alcoholics Anonymous or some other recovery program in order to placate friends and relatives, but pursues his drinking and his disregard of the law? Also, what of the offender who is a problem "drunk" but not a true alcoholic?

According to Judge William Burnett of the Denver County Court, many persons who appear repeatedly before the courts on drunk charges are neither alcoholics nor compulsive drinkers. Are these offenders ill? Will they not be easily mistaken for alcoholics by judges who are less knowledgeable on the subject of problem drinking than is Judge Burnett? Judge Burnett reminds us also that alcoholism is a progressive disease and that it cannot be clearly determined at various stages of the disease just how much self-will the individual possesses.

6. How will the alcoholic interpret the new legislation?

In many cases the alcoholic resists recovery measures until some crisis occurs which makes him decide that sobriety is preferable to a state of alcoholism. Sometimes this crisis is a bout with the law. If he can break the law with impunity, he feels there is one less reason for him to quit drinking.

Fortunately most alcoholics do not become involved with crime, although it is estimated that alcohol figures in at least 50 percent of crime, and about half of highway fatalities involve a drinking driver. On the average, each of the six or seven million alcoholics in the United States brings misery to approximately four persons besides himself. Certainly the agony which society endures as a result of alcoholism is sufficiently acute without adding to the chaos by assuring the alcoholic offender that it's all right if he disregards the law of his land simply because he is ill.

7. What constitutes "help" for the alcoholic?

Assuming now that the alcoholic is a sick person whose drunken behavior is involuntary, would exoneration of antisocial behavior be a real service to the alcoholic himself? It is characteristic of the alcoholic that he seeks escape from reality and that he abdicates responsibility. His hope for recovery lies in discovering what his society expects of him and in learning how to react in a responsible manner.

Excuses are a way of life for the alcoholic. Would not this aspect of his illness be perpetuated if society excuses his offenses and relieves him of the responsibility of accepting the consequences of his unacceptable behavior? Might not this attitude create an encouraging breeding ground for the illness of alcoholism?

I am not suggesting that punishment is preferable to rehabilitation. I am suggesting rather bravely that punishment is a facet of rehabilitation as long as the alcoholic is identified with a society which is set up on a system of reward and punishment. It is of little significance to mental health how the world should be. Survival relies on accommodating to the world the way it presently is. The alcoholic's basic problem is that of attempting to create his own

An ebony charger  
Duels shadows of pink.  
It's a moment of truth,  
To make the earth think. . . .  
As always, the darkness  
Must lose, and the gray  
Concedes to the white knight,  
The blessing of day.

world apart from the one the alcoholic considers hurtful.

8. How might the new legislation concerning alcoholism be usable and constructive?

The question of the law's handling of the alcoholic should never be one of choice between punishment and a chance for recovery. My thesis is simple: Assuming the normal consequences of one's behavior is a necessary aspect of rehabilitation, I contend that the alcoholic's mending includes acceptance of the basic truth that, whatever the reasons for behavior, society will put up with some acts and not others, and that when a person damages his fellowman something unpleasant occurs as a result.

First, the offender must find out that people don't like to have their cars wrecked, their property damaged, and their relatives injured. Then he can be helped to learn more appropriate ways to deal with his bitterness and frustrations. And this should apply to all offenders, not to alcoholics only. To the offender, what reason would there be for the effort of recovery if society is willing to accept his misdeeds on the basis of illness?

9. What is the law's responsibility to society's offender?

The foregoing is not to be interpreted as a plea for the punishment of the alcoholic. It is a plea for the punishment of *crime*, however, and for the immediate attempt at rehabilitation of the law violator, whether he be alcoholic or nonalcoholic.

In my opinion, alcoholism is not the issue with which society should be concerned. Our concern should be for measures which would attempt to restore violators to useful citizenship. Obviously these measures would vary depending upon the personality, the health problems, and the environment of the individual. The alcoholic would be helped in a very special way, but so would the kleptomaniac, the murderer, the teen-age runaway, the drug abuser.

Certainly many changes are needed in our present laws, but existing laws should not be broken. Therefore, it makes no sense to pass legislation which would excuse some groups for law violation. I do favor legislation which would make it mandatory for the courts to place criminals in programs of recovery or rehabilitation. This implies a major redistribution of public funds. At present, we, the taxpayers, are spending far too much money getting even with offenders, and far too little helping them to learn how to live. ■



# JEFF MULLINS— ALL-STAR

AFTER exhausting a lengthy list of superlatives describing his team's all-star guard, San Francisco Warriors coach Al Attles now spoke with an aura of finality:

"Actually, I guess the best way to describe Jeff Mullins would be to say that if you had a son, you'd want him to grow up to be very much like Jeff."

Highly talented and respected by his fellow players throughout the National Basketball Association, Jeffery Vincent Mullins is indeed worthy of the youthful emulation implied in such a tribute. A member of the Fellowship of Christian Athletes, Jeff neither smokes nor drinks; thinks "grass" is still best consumed by a lawnmower; receives a "kick" from a quiet evening spent with his family; and considers "getting high" as an elevation from which to release one of the more accurate jump shots in basketball.

At twenty-eight, Jeff Mullins has attained the title coveted by many, but reserved for only a few—that of "superstar." Voted to the NBA's midseason showcase, the all-star game, the past two years, this trim six-foot-four-inch ace of the Warriors has enjoyed phenomenal success in the seven years since his departure from the campus of Duke University.

High on the list of NBA scorers, Mullins is, in the words of his coach, "the guy we depend on to get most of our points." Perennially one of his team's top assist men, and the league's third-best free thrower last season, Jeff has continued to improve his play with each succeeding year in a maturing process that has more than fulfilled the expectations held for this former collegiate all-American.

Knowledgeable and serious about the game of basketball, Mullins's private thoughts and cherished ambitions, however, drift far from the noisy arenas and crowded airports of his chosen profession. He attaches no special significance or self-importance to his gifted ability to put a round ball through a hoop with a high degree of proficiency. Although appreciative of the financial rewards his trade brings, he is also keenly aware that he is merely adrift on an island of fleeting fame and fortune.

"Basketball is definitely a frustrating existence, a limited career," confirms Jeff. "Right now I have the advantage of doing something I really enjoy, but I must also channel basketball into my future."

Mullins's future, viewed from every angle, certainly appears bright. A business major at Duke, Jeff has utilized his summers wisely and will have many avenues open to him when his playing days are concluded. A qualified insurance agent, he has also spent two off-seasons in the employ of a North Carolina bank, and once was tabbed as a prime prospect for sales work at IBM in New York.

All of this quickly fades to insignificance, however, in light of the firm

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Interview by HARRY CUMMINS







When it comes to basketball, San Francisco's ("The City") hero is Jeff Mullins, superstar of the Warriors

foundation stones that uphold the life of the successful athlete—his family, his God, and his love for youngsters.

Jeff's wife Carolyn (Candy) is today his most ardent fan and a source of constant encouragement, but things weren't always that way. Jeff and Candy first exchanged glances in high school at Lexington, Kentucky, but never dated. When it came time to select a college, Jeff, besieged by athletic scholarships, chose Duke, while Candy remained in Lexington to continue her education at the University of Kentucky.

At this juncture, Cupid seemingly got some arrows tangled. Jeff, of course, joined the Duke basketball team, and Candy, a very captivating girl, became a Kentucky cheerleader. Three years later the inevitable happened. Duke and its by now celebrated all-American, Jeff Mullins, journeyed to Lexington to do battle with Adolph Rupp's Kentucky Wildcats, always among the nation's top teams. In an atmosphere hardly conducive to romance, Candy led the cheers for Kentucky and was delighted at every Duke mistake and missed shot by its star, Jeff Mullins.

Love won out, however, and today Jeff and Candy are the parents of a two-year-old daughter, Kelly Marie, and newborn Kristen Lee. "I finally got Candy on my side," laughs Jeff. "She is very loving and most considerate. Our marriage and the arrival of the girls have added much purpose to our lives. We both want to be wonderful parents, good neighbors, active members of the community, and most of all, a good Christian family."

Jeff Mullins remembers the family environment in which he grew to manhood: "My mother and father are good, honest, hardworking people; and I only hope I can be as good a parent as I feel they were to me. They taught by example rather than by tight authoritative control. Every incident or problem was discussed pro and con, and we [Jeff and his sister] were left to make the decision. I respected that very much."

Jeff started playing basketball as a youth in Staatsburg, New York. When his father's job dictated a family transfer to Lexington, young Mullins immediately set out to locate the nearest basket, which happened to be the cement courts of Woodland Park. "I can remember putting a quarter in for the lights, and playing all night," recalls Jeff.

From the crude surface of Woodland Park to the glittering floors of New York's Madison Square Garden and the Forum in Los Angeles, basketball has been good to this dedicated young man; and he is eager to acknowledge it.

"It has afforded me an opportunity to compete from an early age in a most wholesome atmosphere, and it gave me a keen interest at an age when many young people are groping for things of interest. It also allowed me to represent my country in the 1964 Olympics, and provided a college education without placing added burdens on my parents."

Perhaps the greatest benefit that basketball has presented Jeff Mullins, though, has been the opportunity to be in a position to influence young people, for whom he feels a great deal of empathy. "You know, young people have



The Mullins family includes wife Candy, daughters Kelly Marie and Kristen Lee (latter not shown), and Cuddles, the cocker.



been doing a lot of constructive thinking the last couple of years," voices Jeff.

"It has taken awhile for the older generation to grasp what these kids have been trying to say. The initial reaction was, 'What do *they* know,' but now they see that the rebellion of the youth has exposed a good deal of hypocrisy in adults.

"I believe young people are thinking so much, in fact, that they tend to become easily discouraged when they don't see immediate solutions to problems that have faced mankind for generations. It is then they often turn to drugs and sex, trying to find their own means of expression."

Jeff urges kids to set their goals and standards high, and to be big enough to do their "own thing" when the occasion presents itself. "If there are things you want to escape from, try to change these things by facing them squarely. Don't run or hide from them by taking drugs. That is the coward's way, and such a tragic waste."

For the past several summers the Warriors' all-star performer has conducted his own basketball camp for boys in Northern California, aiding youngsters in learning the fundamentals of life as well as basketball. Realizing that a significant segment of current athletes set poor examples by indulging in harmful practices, including the growing use of benzedrine, dexedrine, and amphetamine pills, Mullins quickly points a boy to something his high school coach once told him.

"When confronted with the argument that so-and-so is a great athlete, yet he smokes, drinks, and takes drugs, my coach would simply answer, 'Just think how great he'd be if he didn't.'"

Jeff is not willing to join the athletes who now take

these "uppers," realizing that the side effects more than offset the temporary improvement in reflexes and awareness, with the final result being a war of stimulants and depressants, in which one must counterbalance the other.

Mullins, quick to examine the structure of his own life, gives credit to The Fellowship of Christian Athletes for starting an inner turmoil during his college years that resulted in a necessary self-evaluation. "I had gone to church each week and always accepted things as they were. Then I began to think for myself, trying to decide what I wanted to do with my life. I'm still exploring really; the thinking process is still going on; but I guess we are all wasting time if we aren't always learning, don't you think?"

Jeff believes that more and more young people will discover in religion the only ultimate answer to their pressing problems. His personal brand of Christianity is not filled with the emptiness of philosophical platitudes, but rather springs from a simple belief in Jesus Christ and the responsibility of doing His will.

Enlightened and sparked, Jeff speaks with a soft smile as he explains what his own experience has meant to him. "Bringing Jesus Christ into my life has given me an inner peace that only He could give. Just knowing that He is near has helped me face up to daily problems and hardships with more confidence. Superficial things like greed, success, and money have given way to a whole new realm of relationships with people."

In his efforts to create an atmosphere of constant improvement, Mullins enjoys reading (often on plane trips between cities) about successful people from all walks of life. In remarking that religion is more readily discussed now among athletes than in the past, Jeff says, "There are some wonderful persons in professional sports—not all professed Christians, but individuals who are searching, and can communicate with honesty and open-mindedness. This is what is needed!"

Beginning the current season with a single game high of 42 points, Mullins averages over 20 points per contest. He hopes to lead San Francisco to its first NBA championship this season.

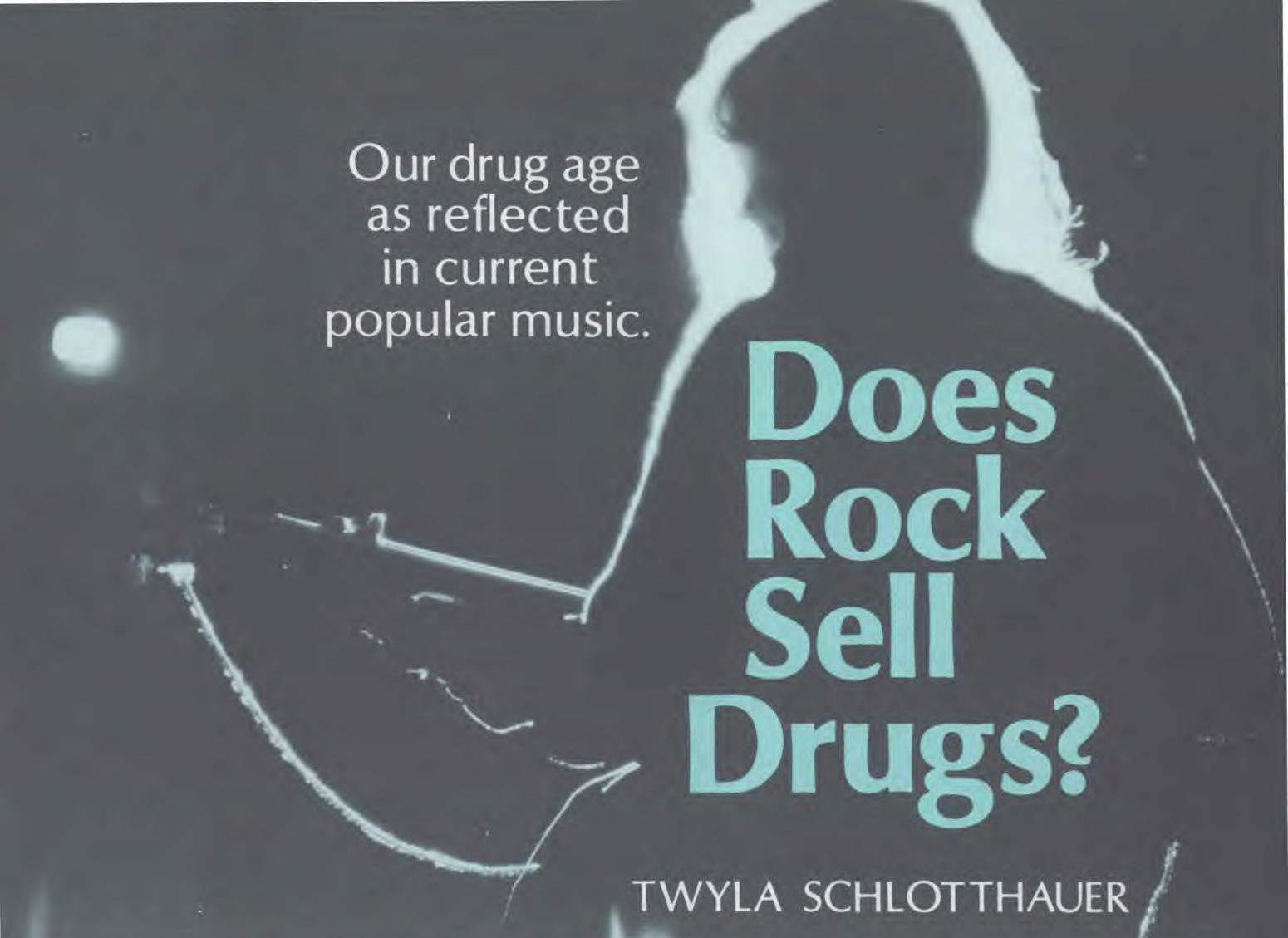
Always an eye-catching shooter with a "feathery" touch, Mullins has also become a vastly improved play maker and ball handler as well. He "does a lot of unselfish things to help the club," says Al Attles. Jeff admits to laboring long hours to improve all phases of his game, especially his ball handling. "I even went one-on-one against our dog Cuddles," he grins in describing the mismatch. "I'd dribble the ball around my back and through my legs, and she'd chase it like mad. I figured if she couldn't take it away, as fast as she was, then nobody in the NBA could either."

As active off the court as on, Mullins finds "relaxation" in a fast-paced game of tennis with his wife Candy ("Golf is too slow," states Jeff) near their suburban home in San Mateo, California. "She plays pretty well," concedes the affable Warrior. "She also keeps me plenty busy around the house," he moans, in an unconvincing attempt to sound the part of the harrassed husband.

While discussing their children recently, Candy Mullins exclaimed, "They just adore their daddy, and the three of them together make life such a joy." Somehow, that seems to say a great deal more of Jeffery V. Mullins, All-Star, than all the baskets he's ever scored.







Our drug age  
as reflected  
in current  
popular music.

# Does Rock Sell Drugs?

TWYLA SCHLOTTHAUER

PERHAPS no other artistic outlet has as striking an influence on the lives of British and American youth as current popular music—rock, folk rock, and folk. Frank Zappa, a noted rock and roll artist and *Jazz* magazine's musician of the year for 1968, has said that pop music is the "real religion" of young people today.

Have you ever really listened to the words of pop music? Do you understand the jargon often used? Do you know that "ups" refer to amphetamines which can be taken in pill form or injected? Do you know that "downs" refer to barbiturate pills? "Grass" may still grow in the front yard, but to kids it means marijuana, also referred to as pot, tea, weed, or Mary Jane. Marijuana cigarettes used to be called "reefers," but now they are usually referred to as joints or sticks.

Teen-agers are hearing and talking about dope. Their rock music idols are writing and singing songs that sometimes denounce, and sometimes suggest, the use or supposed pleasurable effect of illegal drugs such as LSD, cocaine, heroin, and even such prescription drugs as the amphetamines and barbiturates.

In some instances the references to drugs are clear and unmistakable. In other cases the lyrics are ambiguous or possibly only suggestive. But correctly or incorrectly some teen-agers and even younger children assume that these lyrics are related in some way to drugs and their use.

We do not suggest that the current drug abuse crisis has

been brought about by words or music or by any other single factor in our culture. But the generation gap—the lack of communication between parents and children—has brought about the development of a subculture jargon which many teens understand, but most adults do not.

Rock and roll used to be the most popular form of music. Now the trend is toward folk-rock music—personal songs with a strong emphasis on lyrical content. The Beatles, who started this widespread movement toward more thoughtful lyrics in popular songs, maintain a godlike status in the eyes of many young people.

Scores of folk artists, following their trend, became "folk-rock" artists and injected music with an unprecedentedly controversial flavor. Young and new rock and roll artists quickly became aware that to be signed profitably to a major company, one had to write and sing controversial songs. Lyrics about drugs, sex, war, became the rule rather than the exception.

Songwriters tend to be introspective in their work, writing about personal aspects of their own lives. Drug usage has been a very real part of the rock music world: the frankness of many pop personalities when speaking on the subject, the many arrests of pop figures for drug offenses. At one time many artists sincerely believed in the pro-drug lyrics of their songs and felt that the drug experience was meaningful and valuable.

According to a report from the United Nations, Department



of Economic and Social Affairs, Division of Narcotic Drugs, several factors account for the writing of controversial, questionable lyrics. The main factor "revolves around the traditionally commercial nature of the music business."

Record companies have allowed these releases because they, like the artists, want to make a lot of money; and they, probably even more than the artists, must scout for and follow trends. According to the UN's *Bulletin on Narcotics*: "It is also possible that the company executives sit behind covers of ambiguity. . . . There is an honest anti-censorship feeling among record company personnel in the United States, and the general idea is to give every writer as wide a lyrical berth as possible. The end result, sadly, is that the industry became something of an 'audio junk lot.'"

Robert E. Lee, a commissioner of the Federal Communications Commission, addressed the International Radio & Television Society in New York. In his speech titled, "Pollution of the Ear," he said: "Records fall generally into categories of drugs, sex [which covers prostitution, homosexuality, and free love], anti-establishment, and anti-religious. You only have to go as far as the title in the Beatle hit, 'Lucy in the Sky With Diamonds,' which obviously is an acrostic for LSD." [A fact the Beatles said was strictly a coincidence. But the lyrics are a string of colorful, bizarre, and clearly hallucinatory images, with an equally strange musical backing.]

The Reverend John McVernon has had vast experience in dealing with drug dependent kids through the Community Boys' Club in New York City. In his opinion, "it does not matter whether the artist uses drugs or not. The music that's soaked in the drug culture has the overall effect of so familiarizing the audience with the language, the customs, and the life style of the drug user as to make turning on no big deal."

Whether or not a song's author actually has drug use in mind is, sometimes, in the final result, of little actual importance. A current popular ballad by Anne Murray (words by Gene MacLellan) is the Canadian release "Snowbird":

"Spread your tiny wings and fly away  
And take the snow back with you where it came from  
on that day.  
The one I love forever is untrue,  
And if I could, you know that I would fly away  
with you. . . .  
So little snowbird take me with you when you go  
To that land of gentle breezes where the peaceful  
waters flow."\*

—a seemingly harmless song. But to a young teen-ager, the lyrical message changes if he knows that "snow" is slang among drug users for cocaine. The key factor is whether or not the song is suggestive enough to imply a drug-centered meaning, and hence, to trigger a drug-centered interpretation in the minds of the song's predominantly youthful audience.

One of the first songs to be drug-oriented was "Walk Right In," which in the winter of 1962 leaped into the number one place on the American hit parade. It was a lively melody sung cheerfully by an urban folk-music trio, the Rooftop Singers.

The "new way of walkin'" mentioned in the song was a reference—though little known at the time—to marijuana

smoking. However, it is quite probable that the lyrical message was lost on the great majority of listeners.

An early folk song was "Puff, the Magic Dragon" by Peter, Paul, and Mary, another folk group with popular appeal. This song is reputed to focus on marijuana—the "dragon" of the title being a play on the words "drag in," i.e., "to inhale."

The Beatles made popular a song called "Yellow Submarine." A yellow submarine is not a banana, but British slang for a small yellow capsule containing amphetamines or any other drug. One swallows a capsule and it becomes a "submarine."

This record, as usual a huge hit for the Beatles, was a sort of prelude to the Sgt. Pepper album they were to release in the summer of 1967.

The very last track on the Sgt. Pepper album, "A Day in the Life," is the one that perhaps stirred the most controversy. The song has a line in which the narrator says he made his way up some stairs and then had a smoke and shortly afterwards he began to dream. The song ends with Beatle John Lennon remarking that he would love to turn on the listener. The line "I'd love to turn you on" seemed to many people to refer to taking drugs. But Paul McCartney says it means "turning people on to the truth about themselves"—to make them see how materialistic they are.

"Steppenwolf" is a young rock and roll group made up of Americans and Canadians. This group made popular a song called "The Pusher." The opening line about smoking "a lot of grass" and popping "a lot of pills" is rather blunt. Though the song disapproves of heroin and its addictive qualities, it favors the smoking of marijuana.

Has music which speaks of drugs led to their use? "Definitely it has," says Youth for Christ's *Campus Life* magazine. However, the magazine also states that Dr. Thomas Rosenbaum and many other medical men point out that TV, radio, newspapers, and other forms of advertising have probably done more to promote the use of drugs than rock music has. There are pills to sleep on, pills to wake up with, pills for anxiety, pills for unhappiness, pills, and pills.

"Young people have taken more than a pill. They've taken some other stuff that's not so gentle. From it they've gotten entertainment, pleasure, adventure, thrills, terror, and sometimes enslavement or death."

Vice-president Spiro T. Agnew has accused some songwriters and motion picture makers of brainwashing young Americans with lyrics and films. The words and pictures carry a message, Agnew says, of a drug culture that "threatens to sap our national strength unless we move hard and fast to bring it under control."

As an example, the Vice-president quotes two lines from a Beatles' song:

"I get by with a little help from my friends.  
"I get high with a little help from my friends."

"It's a catchy tune, but until it was pointed out to me I never realized that the 'friends' were assorted drugs," Agnew says.

The Vice-president also criticizes a song called "White Rabbit," by the Jefferson Airplane:

"One pill makes you larger, and one pill makes you small.

And the ones that mother gives you don't do anything at all.

Go ask Alice when she's ten feet tall."

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"These songs present the use of drugs in such an attractive light that, for the impressionable, turning on becomes the natural and even the approved thing to do," he says.

Preoccupation with drug experiences is diminishing as the novelty wears off, notes *Campus Life*. Still, there is some mention of it. At one point "Aquarius" from the American Tribal Love-Rock musical *Hair* obviously alludes to drug use, with a naïve idea about its ability to deliver Utopia, to liberate the mind, and to inspire the user with golden dreams of visions.

"Popular music is not selling drugs," says Murray (the K) Kauffman, a DJ at Avco's WWDC, a top forty station in Washington, D.C. "If anything," he says, "music is giving the message against drugs." Murray, who has been called the "fifth Beatle" because of his close association with them, says the Beatles did bad work while on drugs. "Cynthia Lennon said she watched her husband John disintegrate into 'a blubbing idiot' while on drugs."

Music writers wrote lyrics about drugs because they wanted to share their drug-oriented fantasy world with others, according to Murray. "But they quit using drugs because they saw many of their friends go to Funny Farms, after using drugs. All of the Beatles' work while they were on drugs were bummers."

"The broadcasters have got to reach youth on a youth level," says a letter to the editor of *Billboard*, one music industry trade magazine, "and I don't mean using 'groovy, hip, fab-gear' cliché-riddled PSA's [Public Service Announcements]—because they are laughed at. . . .

"You cannot tell an eighteen-year-old hippy that smoking pot and hitting up with heroin are both equally bad, while you have a cigarette in one hand and a martini in the other. Marijuana on campuses is as socially acceptable as booze at convention hospitality suites!"

If young people don't trust and won't listen to the over-thirty authorities, whom will they listen to? An active West Coast group of ex-drug users and concerned long-hairs who understand the media are trying to get the message across in the voices that young people apparently trust—other young people, experienced drug takers, and rock music stars.

This group, the Do It Now Foundation, has put together an album of songs by some of the biggest names in popular music—The Beatles, Donovan, the Jefferson Airplane, Jimi Hendrix, Ravi Shanker, The Byrds, Buffalo Springfield, and others. All the songs in the album called "First Vibration" were donated by the artists to spread the word that SPEED KILLS.

Behind the beat of these songs is a message that warns about speed. It is one thing to read about the well-researched and substantiated side effects of amphetamines; it is another to hear Bob "The Bear" Hite, lead singer of Canned Heat, give a sickening description of Amphetamine Annie.

Will this method of drug education work? asks *Psychology Today*. "Experience suggests that the songs themselves probably won't have much effect, at least not directly. Some recent research indicates that many music lovers don't know what the lyrics mean anyway, and that what sells a song is not the lyric or the message, but the sound."

If this premise is true, then what about the possible effects of drug-centered songs? Their true importance is that through the controversy they have aroused, they have created among the young a great, easygoing familiarity with pot and LSD. Being arrested for a drug violation today is almost fashionable, and certainly nothing unusual. Pop musicians experiment

Lyrics about drugs and rock groups that use hard drugs have been barred by one of the nation's top ten record companies.

Mike Curb, twenty-five-year-old president of MGM Records, announced the new policy and called drug groups "the cancer of the industry."

"There's no question that it has become an 'in thing' for some groups or artists to describe 'a trip' on their records," says Curb, "and some of them feel they have to be 'stoned' to perform."

"When they appear, smashed out of their minds, and describe a great experience they had on drugs, they glorify drugs. I credit hard-drug record acts with starting hundreds and hundreds of new drug users."

with drugs for fun, and they have also musically reinforced their attitudes in the public mind.

The end result is that when a teen who lives in the ordinary world, not in the dope world, is offered a marijuana cigarette or a dose of LSD, he will remember them not as something he was warned about, but as something Mick Jagger, or John Lennon, or Paul McCartney has used and enjoyed.

With all the suggestions toward drugs, sex, anti-establishment, and anti-religion, can the acceptance of such ideas by our youth be more than a step away? asks Commissioner Lee of the FCC.

Not necessarily, replies the music industry's trade magazine *Cash Box* in an editorial in the same issue in which it printed Lee's address. "We ask that Commissioner Lee reflect more on what rock music is reflecting upon. Besides its comments on social ills, rock also feels that 'What the World Needs Now (Is Love, Sweet Love)' and perhaps we should 'Put a Little Love in Our Hearts' and 'Let's Get Together.' Rock also envisions a better world, Commissioner Lee." And perhaps one of the most encouraging songs to support this "better world" is Ray Stevens' "Everything Is Beautiful (In Its Own Way)."

It may come as a surprise to parents around the country, but many of the rock records young people are buying and listening to these days are frankly and totally religious, according to an Associated Press special report. And they are not a put-on, say record industry spokesmen.

The kids won't take an anti-drug song even if it comes from the Beatles or a Bob Dylan, says one industry spokesman. "But they will buy a song that takes a leaf from the Scriptures and speaks of belief and the goodness of life, such as the Beatles' 'Let It Be.'"

Not only has a flurry of religious songs been hitting the market, but also performers like Paul Stookey of PP&M are hitting the campus trail and meeting with young people all over the country to spread the word of the Scriptures and to tout young people off drugs.

The generation that once sang "I want to hold your hand" is now singing "I want to change the world." Rock music reflects upon these changes—social ills, prejudice, war, sex, drugs, love, pollution, communication—and the lack of communication. Some "rock does envision a better world." ■



# Teens—Life Can Be Beautiful

## YOUNG MAN IN A HURRY



Interview by  
JOSEPH N.  
FARLEY

JAMES William Bowles is a young man in a hurry. He runs and runs—and runs. In fact, nineteen-year-old Jim Bowles runs at least twenty miles a day, every day, and he's been doing it for over five years.

If you added up all the miles that this remarkable teen-ager has run, you'd find that he's well over the 40,000-mile mark. That's a distance equal to about one and a half times around the world, and he doesn't show any sign of stopping or even slowing down.

Jim is a likable, quiet fellow who looks even younger than nineteen. He's only five feet three and weighs in at 125 pounds; so most people don't take him for an athlete at first glance.

"Being kind of small is actually how I got into running," Jim says. "You know, too small for football and basketball. In fact, I wasn't even big enough to make the baseball team, and I was too slow for sprints. For a while I thought I was going to be a full-time spectator."

However, Bill Carter, track coach at Vincentian Institute in New York City saw that Jim was determined to compete in some sport, so he began preparing the sandy-haired youngster for a try at long-distance running.

The big factor in long-distance running is determination. Anyone can develop the endurance if he sticks at it long enough. But most beginners quit when they realize how many hours and how much sacrifice it will demand of them. It takes a special type of person.

Jim found that he enjoyed running. Once he made the varsity team, he decided to shoot for the top position on the team. He tried a little harder each time he ran. In fact, he got into serious trouble because he tried too hard.

Jim used to deliver the morning paper before school. In an effort to get good in a hurry, he began getting up an hour and a half earlier, and running ten miles after he finished his paper route. No one knew

about his early morning run, and at track practice in the afternoon, Coach Carter put him through the customary tough workout, which included another run of seven to ten miles.

But Jim hadn't really built his endurance yet. His knees couldn't take the punishment, and after five months he had to have an operation for torn cartilage and water on the knees.

It was only after the operation that Jim told Bill Carter about the extra ten miles he'd been running.

"Too much, too soon," was the verdict. Jim was anxious to start again, and as soon as the doctors approved, he went back to work. This time, however, Jim was put on a strict schedule designed to build his endurance to match his enthusiasm. Carter suggested calisthenics to develop all-around body condition, as well as the trampoline to develop agility and balance. And of course, lots and lots of running.

Jim ran every day, trying to pace himself



and build his body, particularly his knees, to take the punishment that a long-distance runner gives them. By the summer of his seventeenth year, Jim Bowles was a consistent winner in high school cross-country meets.

"That's when I discovered the special satisfaction of challenging myself. I began running to beat my own times—to go farther and faster," he says.

That same summer, Jim set a personal high mark of physical endurance. In a grueling 23 hours, 58 minutes, Jim ran an unbelievable 143 miles—nonstop.

And it was during this period of recovery from the operation that Jim began to develop a philosophy about taking care of his body.

"I'm not good at making up slogans, but I really feel that Americans need to be reminded about taking care of themselves. I don't recommend that everybody go out and run twenty miles a day, but I'd say that most people could take much better care of their bodies and feel better because of it. All it would take is some common sense and moderation in diet, plus a regular program of vigorous exercise."

Jim doesn't believe in "static" exercise. "You need to do something that will make you breathe deep and sweat a bit. Most of us don't know what we could do with our bodies because we just don't try. People go around with aches and pains, indigestion, insomnia, and constipation because they eat the wrong foods, don't get enough sleep, and never exercise. It's no wonder that heart attacks and strokes kill so many people every year.

"This may sound like a cliché, but the body you've got is the only one you're ever going to have. There's no sense being upset if it isn't socially perfect. If you keep your heart and lungs in shape, you're going to live longer, get more done, and feel better. It's that simple," he says.

Jim doesn't smoke or drink. His feelings on those subjects are as simple as his feelings on exercise.

"There's enough work for your heart and lungs to do without deliberately adding to the problem," Jim explains. "For instance, smoking just three cigarettes in a one-hour period is the same as being at an altitude of 8,000 feet. The smoke in your lungs robs your bloodstream of oxygen capacity. Your cells get less oxygen to do their work with and are forced to slow down. That's when you're headed for a case of chronic fatigue. One of the first things people notice when they kick the habit is an increase in their

ability to do things without feeling fagged out.

"Alcohol in the bloodstream does the same thing chemically. The name for a loss of oxygen capacity is 'hypoxia.' You induce a minor case of it with every weed and every drink."

Jim feels strongly about drug use, particularly among young people. "Even if we disregard the legal, moral, and psychological problems involved in drug use, we can get right back to the body. It suffers abuse because the typical user gets so involved with his habit that he withdraws from most normal activities, exercise included.

"The 'pill head' suffers fatigue, loss of appetite, and severe depression when he's not up on something. All of this leads to an eventual degeneration of body tone. In this condition the body loses its ability to resist infection and disease. It's strictly a one-way street for losers."

When he graduated from high school, Jim enlisted in the Air Force instead of going to college. He wanted to get his military obligation out of the way, and he felt that a couple of years between classes would do him some good.

When he's not running or working as an Air Force physical education specialist, Jim keeps up with scholastics by attending evening college. His goal is to get a degree in physical education and to teach on the grade-school level.

"I think I could show kids that natural talent and size aren't the only requirements for enjoying athletics and keeping physically fit," Jim says. "Determination counts too!"

The dedication that Jim has toward physical fitness makes demands that might discourage someone else.

For instance, there's time; the daily run alone takes about two and a quarter hours. Those are long, lonely hours. Over a year's time Jim spends the equivalent of eighteen full forty-hour work weeks on the run. The time spent on the road cuts down on social life. Jim dates, but shies away from the two or three late nights a week that some of his friends seem to enjoy.

So Jim Bowles, young man in a hurry, keeps right on running, day after day, mile after mile.

"If I keep in shape and my attitude stays good," he laughs, "I'll hit my big goal in the year 2000."

The goal?

"That's when I'll complete a quarter of a million miles, and just think—I'll be only 49!"



Smiling, nineteen-year-old James is ready to begin his daily workout, which includes a twenty-mile run.



Jim averages a mile every six and one half minutes, so he takes about two hours for a daily run.

Jim Bowles runs the last thirty-three-mile leg of the Camellia City Festival one-hundred-mile race.





## STOP Feeling SORRY FOR



## YOURSELF

IRWIN ROSS, Ph.D.

THE FASTEST way to drive people away from you is to drench yourself in self-pity. Constant complaints about the weather, your health, and the state of the world in general are soon going to fall on deaf ears. For nobody, not even your best friend, can stand a never-ending tale of your particular woes.

Aside from alienating your friends, feeling sorry for yourself damages your appearance. Unpleasant thoughts make an unpleasant face. Discontent, sorrow, and hate leave an imprint which no skin lotion or massage can erase. For the turned-down mouth, the lusterless eyes, and the heavily furrowed brow are all part of an ugliness that comes from within.

No one, of course, is completely free from an urge to parade his troubles and win sympathy. The great statesman, Disraeli, capitalized upon this perfectly human weakness when he couldn't remember the name of an acquaintance.

"Whenever this happened to me," Disraeli said in his later years, "I would give myself two minutes. If I still couldn't remember the name, I would always rescue myself from embarrassment by asking, 'And tell me, pray, how is the old complaint?'"

Yes, there are few things more satisfying than an invitation to list our grievances. Successful department stores do it for their customers. Doctors do it for their patients. And clever wives do it for their husbands. But when people complain constantly, without an invitation, that's a different story. It

is the beginning of the end of getting along well with others.

One trait the weepers and wailers share is a tendency to hurt themselves. Because their woes are a device to attract sympathy, they enjoy suffering. Of course, they would be the last to admit it, but frequently they manage to fall into situations from which they emerge with a physical or mental raw deal. Then they bitterly blame anybody but themselves.

Psychiatrists call such behavior "masochistic"—a term they apply to the entire trend of an individual's actions if his actions have a way of pushing him into trouble.

Until recently it was assumed that if a man smashed his car, fell off a ladder, or burned his hand, it just "happened." But when it was noticed that certain people were having many accidents and others were having very few, the matter went under psychiatric study.

Why, doctors asked themselves, do some people get involved in disasters almost as if by habit? And why is it that other persons practically never do?

Researchers found that a high percentage of all accidents do not happen "by accident." They are brought about by people's unconscious conflicts. Mostly, they are purposeful in character.

One study backs up this idea. Twenty miners from an isolated mine in Colorado were chosen for an experiment. Ten of them were accident-free, and the other ten had records of numerous mishaps. The two

groups were sent to the University of Colorado and given thorough psychiatric and psychological tests.

The men who were worried about problems at home or who felt insecure on the job or angry at their immediate bosses were found to have the most accidents.

Another form of masochism, although a less violent one, is the wish to be a martyr. Very few persons who whine about a despot boss or a demanding friend or selfish

spouse would think of making a change. They enjoy their misery too much. It's a sure way of attracting attention, and they wouldn't dream of doing without it.

One of the loudest complaints of the weepers is about lack of success in their work. They will explain that the boss does not appreciate them, their talent is being wasted, and their paycheck is a disgrace. They blame the whole thing on "bad breaks" or a more mysterious factor called "politics." It never occurs to them that they fail because they don't want to succeed. It's not that they're short of energy; they have plenty of it. But they fritter it away on long afternoons of golf, even longer evenings of bridge, lengthy phone conversations, or on anything else that will waste time and yet make them appear occupied.

young

ALICE KAY ROGERS



Why do they behave in this self-damaging fashion? The answer is basically this: These men and women would rather accept failure than endure the challenge it takes to succeed. They don't want to run the race because they fear the competition, so they unconsciously do their best to fail.

Fundamentally, what ails these people is an overdose of self-centered thinking. It amounts, in fact, to too much selfishness. They expect so much from each day that it never occurs to them to murmur, "Thank you, God, for what I have." Their prayer, instead, is, "Give me a lot more."

If you want to stop feeling sorry for yourself, there are specific steps you can take. One of them is to do more for others. Here is a spiritual narcotic better than all the pills your doctor can prescribe.

Talking to other people about your difficulty is also a sound idea, if you don't let it become a selfish indulgence. Make sure the people are close friends or relatives, who have sympathy, strength, and judgment.

Finally, the surest way to lighten unhappiness is to call on your faith. Having faith doesn't mean denying that trouble exists. On the contrary, intelligent faith points out the reality of our sorrows; but it asks that we put them into the proper perspective. Most important of all, it leads us past the fear of chance and "hard luck" into the bright fields of effort and self-reliance.

It is only after we learn these constructive ways of dealing with our complaints that we find ourselves getting along better with others. The weeping-and-wailing method drives people away. But an unfolding of sportsmanship and courage makes them want to be your friends. For, plunged as they probably are in their own sorrows, they will delight in your company if you give them strength and hope. ■

## istener

he listened as the gentle schemer spoke and pledged himself to wear the cardboard yoke of protest signs . . . then he believed a lie about a needle . . . now he thinks he'll die without a fix— he will get one somehow— who will inject the truth into him now?

R. W. SPALDING, M.D.

# Youth Asks — the Doctor Answers

**I have seen demonstrations to show that the nicotine from one cigarette will kill a mouse quickly. How come a person can smoke for years and not die from the effects?**

In the first place, a smoker does not receive a direct injection of nicotine. Only a fraction of the drug present in the tobacco enters the smoker's bloodstream by slow absorption through the lung membranes. Even so, a smoker must begin with a small amount of smoking. Although his body rebels, the boy or girl persists, to prove to himself or herself that he is a man (in his own eyes), or that she is not chicken any more than her best "friend."

Tolerance for the nicotine is built up gradually. Did you know that in 1969 there were more than 530 billion cigarettes smoked, which would produce over 30,000 gallons of nicotine? If only thirty gallons had been used in hypodermic doses to all the people in the United States, there would be no one left to tell the story.

How could the smokers in our country smoke so many cigarettes without being killed? Because each one had built up a tolerance against the poison in his body. Every smoker is indeed playing with poison!

**I have smoked only about a month. Has this had any bad effect on me?**

Yes. Nicotine and the twenty-odd other poisons contained in cigarette smoke have already had some harmful effect on your throat and lungs, on your heart, on your kidneys, and certainly on your brain.

Nicotine causes a constriction of your blood vessels, especially the smaller blood vessels, the arterioles. Making these blood vessels smaller cuts down the flow of blood to all parts of the body, especially to the brain. And remember, you have not smoked long enough but that the nicotine will have a greater effect on your body now than when your body has become more adjusted to the nicotine in the future.

**Are the cilia destroyed by smoking, or are they merely damaged? Will they recover?**

The cilia of the nose may be destroyed permanently by long and heavy smoking. The cilia are small hairlike structures of the mucous membranes of the nasal passages, which carry on a wavelike action to assist in the removal of irritating substances such as dust and bacteria as well as tars and poisons.

Frequent stimulation of these protectors may do little harm if the invading stimulants and poisons are not overwhelming. But damage may be done by smoking, especially with "heavy" smoking, and the mucous membrane from which the cilia grow may be damaged. Thus, the answer depends on the amount of smoking and the length of time smoking is continued as to whether the cilia will or will not be destroyed, and whether they can recover.

**Which is the strongest drug of abuse?**

Really, it is tobacco or the nicotine in tobacco. But undoubtedly you are referring to a drug trailed by the "B-dacs" (Bureau of Drug Abuse Control Agents). As to those "hard" drugs—"Harry," alias "horse," whose real name is heroin, is the strongest and most expensive of the drugs.

**Is it possible for a drug addict to be cured?**

The possibility of a cure in case of drug addiction depends on whether the addict can be motivated to desire to be cured. If he can also be led to seek divine aid, his chances are better. But often the will to do or not to do may have been destroyed by use of the drug. This is true whether the drug is a hard drug such as heroin or morphine, or a depressant such as a barbiturate, a tranquilizer such as Miltown, or a hallucinogen such as marijuana or LSD. No matter how you were introduced to the drug, if someone is "pushing" the drug to you, BE ALARMED. You will need much more help to get "off" the drug than you do to get "on." RUN FOR YOUR LIFE! ■

## Time Marches On

College used to be a place for those demonstrating aptitude, not those with an aptitude for demonstrating.



A PAJAMA-CLAD traveling salesman is getting ready to retire in his Boston hotel room. After turning back the covers on his bed he goes into the bathroom, turns on the shower full blast, comes back, crawls into bed, and promptly goes to sleep.

A tense businessman in Cleveland gets into bed, reaches over to a bed table, and turns on a tape recorder. Sounds of old-fashioned trains fill the room—nostalgic steam locomotive whistles, the clackety-clack of car wheels on rail connections. Moments later he is sleeping peacefully.

These are examples of the growing number of persons who, recognizing the danger of using barbiturates for sleep, have found "sound" ways of sleeping without them.

For years most people, including many doctors, believed that absolute quiet was the best assurance of a good night's sleep. Today, however, it is established that certain kinds of sounds can be more effective in producing sleep than all the quiet one can arrange.

Not all sounds, of course, promote the relaxation necessary for falling asleep promptly. Sudden, harsh, sharp, or un-rhythmic sounds can keep awake the best of sleepers. The types of sounds which seem most conducive to sleep fall into two categories; the rhythmic and the sustained flow.

Among those who prefer the rhythmic sounds, the devotees of the ticking clock are way out front. Discovering he always slept when an old-fashioned, loud-ticking clock he owned was about three feet from his ear, a magazine editor now carries it with him whenever he takes a trip.

Psychologists once believed that complete quiet was conducive to sleep because they thought it approximated one's condition before birth, while still in the womb. Later, they realized that the womb is not as quiet as they had assumed. There is a constant sound—the rhythmic beat of the mother's heart. Early experiments in this field revealed that a crying puppy, separated from its mother, was promptly lulled to sleep when a ticking clock was placed in its bed; the ticktock apparently reminded the pup of its mother's heartbeat.

More conclusive evidence of the value of approximating a maternal heartbeat was uncovered in an experiment made by Dr. Jonas E. Miller, of Sarasota, Florida, who says: "I frequently deal with people who are emotionally disturbed. Most of



Freda K. Routh



them feel insecure. I have found that tapping a heartbeat for such people and letting them listen to it often helps calm their nerves and fears."

Before birth, the unborn child knew nothing subconsciously but security. He was completely comfortable. With this subconscious and emotional state he also felt the heartbeat of his mother.

"When a person, later on, becomes emotionally disturbed and feels insecure," continues Dr. Miller, "he can often be brought back into a more secure state by again hearing the heartbeat, simulating that which existed when he was secure and comfortable. The use of a clock, as to its rhythm, also resembles a heartbeat, and might have the same effect."

In the "sustained flow" category of sounds, those such as the swish of waves, the muffled traffic roar, a waterfall, and the drone of electric fans and air conditioners are popular sleep-inducing devices. Apparently, the more evenly monotonous the "flow" sound, the better. One woman said, "I discovered I slept better on a train than anywhere else, because of the constant monotonous noise. Then I realized I slept better at home in summer because of the air conditioner. To duplicate this sound in the winter, I resorted to a small electric fan. The result was the same."

A man in Minnesota built a permanent home by a woodland waterfall after finding that, although an insomniac at home in the city, he slept fine when camping there one summer.

The discovery of how sustained sound can improve sleep at night has had far-reaching effects, not only in quieting poor sleepers' nerves but also in the eradicating of pain. In dentistry the use of sound is called "acoustic analgesia."

This helps explain why sounds are also effective in producing sleep. A large drug company says in its advertisements that many people have trouble getting to sleep because of tension-induced aches and pains that are of such a low grade as to be almost imperceptible, causing only an acute feeling of restlessness. Certain sounds literally drown out these small sleep robbers and bring relaxation and slumber.

If you are one of the thousands using barbiturates, or are tempted to use them in your desperation for sleep, why not investigate some of the "sound" ways of getting to sleep? You've nothing to lose, and a lot to gain—such as a good night's rest.



Dick found that his soft drink  
had been treated with—



# a drop of hell

"FOR GOD'S sake, Mom, come and help me!"

That cry still rings in my mind, haunting me. Several months have passed since my son unknowingly drank a soft drink which had been treated with LSD. Yet the terror of that night's memory still lives with me.

Sunday had drawn to its usual quiet end. The TV was blaring its football game, and all the male members of the family were intent on their favorite sport.

The relaxed atmosphere of father and sons sprawled in the den pleased me as I joined the men in my family. I knew that in a few hours the three eldest sons would take off in a squeal of tires for their nearby college campus.

When the house was once again quiet, I gratefully slid into bed. Later the sudden jangling of the phone jerked me awake. I groped for the bedside receiver and heard the frantic voice of my middle son, Dick.

"Mom, oh Mom, for God's sake, come and help me!"

The sudden hammering of my pulse made my voice shake and I asked, "What's wrong, Dick? Now calm down and tell me. Are you hurt?"

"No, I'm not hurt, but Mom, I'm so scared!"

"Are you sick, Son?"

"No, not sick," his voice broke into gasping sobs. "It's just that something has happened to me—I don't know what. Nothing's real."

I couldn't believe my ears. What had happened in the few hours since he left the house?

"Dick," I pleaded, keeping my voice as calm and reassuring as possible, for suddenly I thought of a recent article I'd read on LSD. "Did you eat or drink anything?"

"Just a Coke in a guy's room," he sobbed. "We all had some Cokes. I think they put some acid in mine."

"Dick," I ordered, "let me talk with whoever is there with you."

He obeyed, and I explained what had happened to the strange youth who took the phone.

"Stay with Dick," I asked, "until his father can drive to the campus and pick him up."

Once again my son took the phone. "Mom," he gasped, "the phone's melting. I can feel it spongy in my hand." His voice dwindled away then. "Wow! Guess what! I can taste heat, and my arms and legs are all tingling." He rambled on until the click of the receiver told me my husband had arrived at the dormitory.



# Horse Sense

Mildred N. Hoyer

Enthusiasm  
Without wisdom  
Is like  
A runaway horse.  
Wisdom  
Without enthusiasm  
Is like  
A horse, hobbled.  
But together  
They make  
A good team.

I now placed an urgent call to our family doctor. He sounded incredulous as I related my story.

"Are you sure it's LSD?" Dr. Smith asked briskly.

"No, I'm not sure. I'm acting on a hunch, but from what I've read it sounds like it."

There was a long pause on the line. "I don't know much about LSD, but I'll call the poison center, then call you back." His calm professional voice reassured me.

There was nothing now to do but wait.

Soon the door broke the silence, and my husband entered with our son. The sight of Dick was a shock. He apparently was in an exuberant phase, his gestures were animated, his voice high.

"Hello, Mom," he shouted, throwing his arms around me. "Did I shake you up? I'm sorry. I'm really OK now. Wow, man, this is really something! I know so much now—all the answers to everything. Why didn't I think of them before?"

He looked and acted like a merry drunk. I helped him climb the steps to his room. He had no depth perception and all the steps seemed on one level to him.

I remembered my years of psychiatric nursing training, and I removed his belt and emptied his pockets including a sharp nail file. As I took the file he seized my hand. "Take that thing away," he demanded. "It gives me bad ideas."

Suddenly his mood changed. "Man, that was some ride back from the dorm. You know it only took two minutes?" The auto ride he referred to was a forty-five-minute trip, but he had no sense of time passing.

The doctor now called back and ordered a sedative. "It probably won't do a thing. You'll just have to wait till the drug wears off—probably in six to eight hours. Call me if he becomes worse."

Eight hours. I looked at the clock. From what Dick had told me he had apparently taken the drug around 9:30 p.m.

"It was about ten when I got to the student lounge. I rapped with this guy for a while, when I noticed the cupcake he was eating was making a popping sound, then it unfolded like the petals of a flower. Then the other cake popped and it too uncurled. I was shook up and called you."

Now as he lay on his bed still talking and gesturing violently and muttering "Wow," I noticed that the pupils of his eyes were extremely dilated. The entire eye seemed to be one black pupil. His motions quieted and he lay still.

"I can feel your vibrations," he stated quietly. "I know what you are thinking."

He suddenly waved his hand through the air. "Look," he whispered, "I'm making patterns in the air with each finger. Can't you see them?"

Then I noticed that he was looking at a girl's picture in a popular magazine on his desk. As Dick gazed a foolish grin appeared on his lips.

"Is she real?" he whispered. "Look, I can make her do anything I want, smile, dance—" His grin turned into a scowl and, extending his foot, he made pushing movements into the empty air. "Get back there," he growled, "and stay there!" I realized that the picture had come alive and was now threatening him.

Suddenly he sat upright in bed. "I'm taking off again." His fingers tightened on my arm. The terror on his face tore at my heart, and I fought to keep my voice calm.

"You are in your own room. The drug will wear off soon, and you'll be all right. Don't be afraid."

"Your voice is echoing. Why are you talking in echoes?" Then, "Mom, I think they put speed in the Coke too." He continued to hang on to my arm as though I were his only touch with reality.

About fifteen minutes later he spoke again. "There, I've touched down again. I've seen color for the first time, and you know I'm color-blind. Everything looks like a big psychedelic poster. Colors are in patterns. The walls are elastic and spongy, I can push them in. Chickens and dogs stick their heads out at me. Mom, you're in a picture frame."

The night dragged on, and a pattern established itself. Fantasy and terror seemed to come in waves at least once an hour. When the attack of fear would occur, he'd grasp me in desperation and whisper, "Here I go again." Then he would travel in his own private hell. His fingers trembled violently, and ugly tremors shook his frame. He clenched his jaws and ground his teeth. Then he would relax and glance up at me. "I've touched down again."

At five o'clock in the morning Dr. Smith called again. I told him the drug seemed to be subsiding slowly but that Dick was still taut and wide awake.

"That's the methedrine," Dr. Smith said. "Give him the tranquilizers. When he falls asleep let him sleep till he wakes—around the clock if necessary."

Dick swallowed the tranquilizers reluctantly.

The sun was breaking over the horizon when he spoke again. "I can't see color anymore." His hand slid from mine and lay quietly on the blanket. His breathing slowed and became deep and regular. He was at last asleep.

I shook with silent sobs, and as the tears rolled down my face I thanked God that Dick had escaped from his nightmare. He lay relaxed, the young face so pitifully haggard.

Months have passed since that hellish night. Our son is not the same boy. Once outgoing and friendly, he is now quiet and withdrawn. He is under the expert care of doctors. We learned that if the individual who takes a trip has any latent neurosis, LSD will bring it out. We also have been told that a psychotic or potentially psychotic individual given LSD may NEVER recover his sanity.

Through the love and support of his family and friends my son will return to the happy carefree youth of the past. Unless once again someone decides it would be a huge joke to give him another trip, a trip from which this time he might never return.





Few things are more important to youth than complexion care, but drugs may cause blotchy skin and loss of hair.

## Drugs Hurt Skin and Hair

Pot smoking and drug taking can muddy the complexion and threaten the hair, says Dr. Irwin Lubowe, a leading dermatologist of New York.

This argument may carry greater weight with teen-agers than most of the pleas addressed to them by anxious parents and public officials. A girl who develops a bad case of acne or a hippie who finds his cherished locks falling like autumn leaves is much less likely to argue that drugs are beneficial, Dr. Lubowe explains.

In a chapter written for a new book, "A Teen-age Guide to Healthy Skin and Hair," Dr. Lubowe, addressing the young, writes: "Regardless of what you may have heard, drugs, including marijuana, do have specific pharmacological effects on the internal systems of the body as well as on the skin and hair. . . . In our own practice we have seen more than 100 cases of excessive hair loss among both boys and girls. Acne also is caused by drug use, particularly among girls. Why? Our research suggests that drugs affect the function of the sebaceous glands and the physiology of the hair structure."

"Recently a young girl visited our office, frantic about her severe loss of hair and excessive dandruff. Her appearance and her clothing were a mess. A college dropout, she was living in a communal pad in New York's East Village. When we questioned her carefully, we found she was a constant user of pot,

speed, and bennies. A lethal trio. What could be done to save her hair? she begged.

"We told her to stop taking all drugs immediately. We instructed her on proper scalp hygiene, prescribed a biological scalp lotion, an antiseborrheic shampoo, and vitamins taken internally."

Dr. Lubowe says it took eight weeks to restore the girl's hair to normal.

"Another interesting case," he writes, "was the result of chronic marijuana use. The patient, a movie actor in his twenties, had suffered from severe hair loss and dandruff for two years. His face was blotched and pimples, and his cheeks and back were covered with cysts. You can gather he was not stalling in anything at the moment."

The actor did not reveal his drug habit until after he failed to respond to normal treatment. He was questioned closely on his life style. Once he stopped the drugs his condition improved.

**HURRY**  
means  
wearing blinders,  
getting there today  
without knowing  
what was missed  
along the way.

**Mildred N. Hoyer**

## Home Important to Youth

### Addicts Poor Risks

Occidental Life Insurance Company of California, is refusing to issue life or health insurance policies to marijuana users.

Most of the big life insurers reject addicts of hard drugs as policyholders, but Occidental is the first in the United States to announce that a question specifically directed at users of marijuana and LSD will be included on new application forms for life and health insurance.

A spokesman for the company states that the new position on marijuana won't affect holders of existing life or health policies.

There has been no indication that other big life insurers intend to go beyond existing questions on addiction to hard drugs by adding questions on use of marijuana.

Occidental says: "Although marijuana isn't physically addictive, psychological dependence is an entirely different matter. We can't always determine whether we have an applicant for insurance who is psychologically unstable; therefore if we learn that an applicant is using marijuana at the time of application we will not provide insurance because we can't measure the risk."

### Pot Spells Disaster for Liquor Industry

Stroh's Brewery in Detroit has embarked on a crusade. It wants, an executive says, "to bring young people back to beer."

In some parts of the country, marijuana appears to be making inroads on the sale of liquor. While most tavern owners and liquor salesmen deny that the joint has replaced the jigger, or ever will, there are signs of at least a partial trend around the country toward drugs at the expense of drinks.

A beer distributor in Denver says that 1969 sales at one college tavern were down 27 percent from a 1967 base.

"Our retailers say they can tell when a big shipment of marijuana hits town," the distributor states. "The sales go down. But what do you do? Tell them to drink beer?"

One recent Colorado University graduate, an admitted marijuana fan, confirms the beer man's fears. "You can get your kicks from beer or booze," he says, "but pot is more of a calming, euphoric thing."

Robert Salter, assistant manager of the discotheque Evil People, says, "Marijuana spells disaster to the liquor trade. If they ever legalize it, the liquor business is dead."

Children who come to warm homes permeated with the smell of good cooking are less likely to seek sensations such as drug taking, in the opinion of author and social commentator Sam Levenson.

Levenson, who has written two best sellers on the simple virtues of life, is working on a third book which argues that the "synthetic, automatic, electronic, noise-infested, soot-laden, oxygen-free, peace-free" atmosphere in which children are raised promotes addiction.

"A home should smell like a home," Levenson said. "Children have got to touch, see, and feel that they are home. Mothering requires smothering—children whose senses come alive at home do not need to take a trip in search of what is so freely available to them."

"We need to retrace our steps to the days when this kind of home was the rule and not the exception it is today. Too many children do not come home to something cooking in the oven. Over and over they say they 'come home to nobody all the time.'"

Levenson, who wrote "Everything but Money" about life in the ghetto and "Sex and the Single Child" about the basic innocence of youth, does not consider the old-style home a universal panacea. But it can, he says, help eliminate the "boredom, loneliness, sense of personal irrelevance, and leisure without purpose" that plague the younger generation.

### Drug Ads Out for TV

Rep. Paul Rogers of Florida has challenged the drug and television industries to ban voluntarily all commercials for mood-changing drugs or face legislative action.

Before they can read or write, preschool children are indoctrinated by the commercials to believe that drugs can make them happier, more successful people, Rogers says.

"There is not much question," he goes on, "that this country is becoming a nation of pill users. . . . The commercials tell us to take pills to go to sleep and take pills to get started in the morning."

### In This NEWS

◆ Ten million Americans have quit smoking in four years. See page 20.

◆ The drug scene is now down to "kindergarten" level. See page 21.

◆ Campaigns to legalize marijuana are "cruel." See page 22.



## "Encouraging News"

# Millions Say No to Fags

At least 10.2 million Americans have quit cigarettes in the past four years, reports the first National Conference on Smoking and Health.

Dr. Daniel Horn, whose 1953 report on cancer and cigarettes touched off a widespread campaign against smoking, said a recent study showed that the number of former smokers increased from 18.9 million to 29.1 million during the four-year period that ended last July.

"Data from the study is the most encouraging news in the anticigarette drive since the first cancer scare 17 years ago," Horn said.

Horn is secretary of the National Interagency Council on Smoking and Health, a group of 31 government and private agencies that orig-

inally sponsored the conference.

Dr. Charles M. Fletcher, a British researcher, said new scientific data indicates that in addition to causing lung and other types of cancer, cigarette smoking affects the heart and blood circulation and other body systems and organs; it also has a bearing on ulcers.

"There is absolutely no doubt in any sensible person's mind," he said, "that cigarette smoking is dangerous."

Fletcher said recent data indicates a 35-year-old man who smokes 15 cigarettes a day forfeits 15 minutes of his life for every cigarette smoked.

"If you want to die 10 years before your time," he said, "cigarette smoking is an easy way to do it."

# "Keep Your Cool"

If you discover your son or daughter is using drugs, don't turn the youngster over to police or go into a rage and order him out of the house.

"Keep your cool, and don't panic."

These tips were offered at a conference on the drug crisis and the church, sponsored by the Southern Baptist Christian Life Commission.

Instead of calling the police, a parent who learns his child is using drugs should call a physician and seek his advice and help, according to the Rev. Dr. Henlee H. Barnette, a professor of Christian ethics.

Usually, he explained, a physician will be sympathetic and know what further steps to take for rehabilitation.

He said turning a youngster over to police could be one of the most damaging things a parent can do, and might turn the youth permanently against his parents and result in his expulsion from school and his imprisonment.

Prison could mean a postgraduate course in real crime, the professor added.

Dr. Barnette, of Louisville's Southern Baptist Theological Seminary, said that one of the first things a parent should do is to talk openly with his youngster about his problem—and to listen as well as give advice. "The victim of drugs needs to be heard rather than harangued and harassed," he said.

Scare tactics to try to frighten children off drugs won't work, he added, saying it would only cause them to turn a deaf ear because they usually know more about drug effects than the parents do.

Such tactics, he said, simply cause further alienation.

If the youngster has become a pusher—a drug peddler—and won't voluntarily seek help, the parents may have to notify authorities, he said, adding:

"If he is a junkie and will not seek help, about the only thing parents can do is to kick him out." Dr. Barnette said that for parents

to continue to support a pusher would merely feed his habit.

"He must give up drugs, or leave." But Dr. Barnette said that before taking such drastic action, the parents should make every effort to get the youngster into a hospital or a rehabilitation program.

Dr. Barnette contends that much of the drug culture in America has been popularized by rock musicians and that young people tend to take such musicians as models of behavior.

Rock songs are filled with references to drugs, he said, such as the Beatles' song, "I Get High With a Little Help From My Friends," and "Crystal Ship," recorded by the Doors, which refers to drugs supplied in white crystals such as methedrine.

Whether the songs encourage drug usage is debatable, Dr. Barnette observed, but added that young people do tend to identify with such performers, and the message of the experience of psychoactive drugs comes through loud and clear.

Motivations for drug usage among the young are many, he said, including such factors as these: a desire to escape from reality, a low self-image, a search for self-identity or religious experience, a sense of meaninglessness, a desire for thrills, rebellion against parents, or just plain curiosity.

Among sociological forces leading to drug use he cited inadequate family relations, peer group pressures, mass media, rock music, and oppressive social conditions.

Youngsters often feel that the system cannot be changed to conform to their ideals; so some seek to escape through drugs, he said.

He said the church, in order to deal effectively with the drug problem, must develop special ministries within the drug culture and a fellowship of sharing to help the addict break the chemical walls separating him from others. "Wherever men stand in need of help and healing, this is where the church is to be."

## Narcotics Arrests Soar

Nearly a quarter million people—one fourth of them under 18 years of age—were arrested in the United States during 1969 on narcotics and other drug charges, according to Federal Bureau of Investigation statistics.

About 8,000 of those arrested were under 15 years of age, and some were as young as eight and nine.

Nearly 55 percent of all those arrested were under 21.

The figures, contained in the FBI's annual "Uniform Crime Reports," show drug arrests soaring in every category—among those living in suburbs and rural areas as well as in cities; among females as well as males; among whites and nonwhites—but, most of all, among the young.

In the past decade alone, the FBI reports, arrests of those under 18 on narcotics and other drug charges soared 2,453 percent.

The FBI does not break down the types of violations, but they include all state and local offenses ranging from the use, sale, or possession of marijuana or pep pills to the "hard" drugs such as heroin or cocaine.

The great majority of the teenage arrests are for the use of marijuana, an FBI source said, "but

## LITTER BUGGED

People used to leave footprints on the sands of time; today they leave beer cans. —Anna Herbert.

that doesn't mean the upward trend in the use of the hard narcotics among the young can be ignored either."

Moreover, the source added, "a marijuana arrest is just as permanent a mark on a young person's record as any other arrest."

The FBI statistics, while the most comprehensive gathered, are still not complete and should be taken more as "trends" than as "total absolute figures," the agency explains.

Significantly, the increase for males under 18 years of age were up 2,300 percent during the past decade while the arrest rate for teen-age females soared 3,500 percent.



## Door to Heroin

Use of stimulants and hallucinogenic drugs such as amphetamines, marijuana, hashish, and LSD may lead to addiction to heroin, says R. C. Hammond, chief of the Canadian government's Division of Narcotic Control.

Hammond states that during the last two years Canadian officials have observed an increasing frequency of heroin addiction among persons 18-23 years old who started on marijuana, hashish, and amphetamines.

Many are from middle- or upper-class families and have no previous criminal record, he adds.

By contrast, he says, prior to and just after World War II the average heroin addict was between 25 and 40 and became addicted through association with other addicts.

## Drugs in School

A drug usage survey reports that 14 percent of university students have used amphetamines without a doctor's prescription, 26 percent have used marijuana, and five percent have used LSD.

Of the nine institutions (26,000 students) in Denver and Boulder, Colorado, surveyed, a medical center was ranked among the three institutions with the highest overall lifetime drug use. For the medical students amphetamine usage was almost as great as marijuana use.

The researchers report in a recent issue of the "American Journal of Psychiatry" that the main reason given for using amphetamines was to aid in study or in getting through exams. The marijuana users reported that curiosity was the primary reason for their initial use.

Of those who planned to discontinue LSD use, 42 percent reported fear of physical, psychological, or genetic damage. Of those students who had discontinued marijuana use, only 16 percent indicated fear of legal consequences.



Dr. Donald Mitchell of Juniata College, Pennsylvania, leads a pack of nursery-school pupils as he does his daily jogging stint. "One of these days those kids will pass me," he says. "Then I'll know it's time to quit."





"Mine's purely for defense.  
YOURS is an offensive weapon!"

## New Ads Take Place of Cigs

In 1969 cigarette companies spent \$200 million on television to show viewers those clean-cut boys and pretty girls traipsing off to Salem Country, or wherever, to share an intimate smoke.

Now they can't spend a penny because Congress has barred cigarette commercials from the air, beginning January 1.

The companies now find themselves with \$200 million of TV advertising money, plus another \$15 million a year that has been going for radio plugs, to spend elsewhere.

Cigarette companies believe TV is the best advertising medium for their product, and they were willing to spend more for this effective advertising than for what they think is less-effective space in newspapers and magazines. They also fear that if they pump too much into other media, Congress might take notice and ban cigarette advertising there too—or at least require the ads to contain a health warning similar to that on the cigarette packs.

It looks as if only \$70 million or so of the TV money will be kept in the advertising budget. Of this, the lion's share—at least \$35 million and perhaps as much as \$60 million—will go to newspapers, putting total newspaper advertising by cigarette companies in 1971 at \$50 million to \$75 million. Though the gain represents only a fraction of the money formerly spent on TV, it will bring a sharp increase from last year's total of \$16 million.

Magazine ad revenue from the cigarette companies has been rising, and it should continue to rise this year. Last year the magazines took in about \$40 million from cigarette ads, up more than \$10 million from 1969. They expect another rise of \$5 to \$10 million this year.

While the cigarette companies worry about the TV ban's possible effects on their sales, the TV stations are worrying about the ban's effect on them. The cigarette companies have been accounting for almost 10 percent of the TV industry's total ad revenues. "Never before has such a hunk of our business been withdrawn at a single time," says David M. Blank, a vice-president of CBS. Nevertheless, he predicts that advertising revenue for the three TV networks

will increase 3 to 4 percent this year. One reason for this is that major advertisers, such as Sears, Standard Oil, and Woolworth are buying additional time on TV to advertise their products.

## New Posters Portray Hazards of Drug Use

"LSD can take you places you never dreamed of," says the poster.

It shows a youth in a straitjacket cowering in the corner of a padded cell, undergoing treatment for addiction to the hallucinatory drug.

National Lifeline, a charity consortium in London, which cares for addicts and alcoholics, devised the black-and-white placards to strike out at early stages of drug usage which can lead to addiction.

One poster shows a writhing one-day-old baby. "He's been a junkie all his life," says the caption.

"This baby needs heroin the way most babies need milk," the message reads. "He's a registered dope addict. A victim of the drug scene. If he lives it will be a miracle."

"Unless people stop playing with drugs there'll be a lot more babies born in this state. Because this is what happens when you start turning on for a laugh. Some laugh."

Another poster advises parents to search their children's pockets for pep pills.

"Some school kids pick things up very quickly," says the legend on a picture of a boy with hooded eyes holding pills in his hands.

"It's not always sweets they pick up for sixpence a bag," the message reads.

The LSD poster warns: "Lysergic acid diethylamide is a terrifyingly dangerous hallucinogenic drug. Used for kicks, it can induce paranoia, hysteria, phobias, delusions, psychosis, hallucinations, manic depressions."

"We hope to shock the public into an awareness of the problem," says a National Lifeline spokesman.

He says 2,000 copies of each poster have been printed for youth clubs and schools "where we think they can have the best effect."

## Alcohol—Ignored Drug

Adapted, Colman McCarthy in the Washington "Post."

Among the social reasons for ignoring the dangers of alcohol is that many do not even classify it as a drug. Marijuana, heroin, and LSD are the drugs that get attention and worry the Establishment.

Many social drinkers, particularly those with a sophisticated self-image, laugh off the effects of alcohol. Yet even one mild drink hampers both intelligence and efficiency.

A second social reason for ignoring the dangers of the alcohol drug is its well-informed and highly shined image. The alcoholic beverage industry in the United States grosses \$12 billion a year and spends nearly \$200 million on advertising, a figure exceeded only by car and food ads.

The liquor ads unfailingly associate the consumption of the drug with sex, success, smartness, elegance, youth, health, and beauty.

Legally, sale of the alcohol drug is more and more widely sanctioned. The prohibition repeal legislation that began in 1933 culminated four years ago when the last remaining statewide ban on liquor sales ended in Mississippi. Beyond this, the drug has been available over the counter without prescription and, despite such laws as forbidding sales to minors and known inebriates, virtually available to anyone who is half-determined to get it.

## Kindergarten Kids Have "Fruit Salad" Parties

The drug scene has penetrated the grade-school level, and even kindergarten children are popping pills, reports a Tennessee state legislative subcommittee on narcotics and drug abuse.

Dr. Robert F. Lash, a Knoxville physician and director of the poison control center, told the subcommittee that kindergarten pupils are participating in what he called "fruit salad parties."

He said the children in these parties take medicine from their home and put it in a pile. Then, he went on, each child takes two or three pills from the pile and swallows them.

Referring to grade-school students, Knox County School Superintendent Mildred Doyle said: "Several of these children are experimenting with pills such as diet pills and tranquilizers which other children take from their parents and sell to them."

Dr. Joseph Johnson, a University of Tennessee vice-president, said that in addition to marijuana and pep pills being readily available on campus, heroin and LSD are also pushed at the university.

From the statistical side, Randall Tyree, assistant director of the Tennessee Law Enforcement Planning Commission, said the drug problem increased 241 percent from 1968 to 1969. Most drug abuse is centered around young people, he added.

## WHAT WHERE WHY WHO WHO? HOW WHEN WHAT

◆ The average American consumer spent \$81 for beer, wine, and liquor in 1969, up 5 percent from 1968, according to an Agriculture Department report on consumer spending. Per capita spending on alcoholic beverages rose from \$57 in 1959 to \$77 in 1968 before jumping to the \$81 level. (UPI)

◆ Excess deaths of English-speaking males are directly traceable to increases in the incidence of heart and circulatory disease, lung cancer, and bronchitis, the diseases which have been most directly linked with cigarette smoking. A 40-year-old American male can expect to live only 31 more years, less than a two-year-increase from life expectancy in 1920. The life expectancy of a 40-year-old American woman increased seven years, from 30 to 37 more years. (Los Angeles "Times")

◆ Whiskey produces hangovers ten times as great as vodka does, according to medical researchers at Rutgers University Center of Alcohol Studies. The reason is the difference in congeners in the two drinks.

A congener is a secondary product, such as an aldehyde or an ester, that is retained in an alcoholic beverage and is significant in the final characteristics of the beverage. Vodka contains 40 to 55 percent alcohol and has no congeners. Bourbon has as much alcohol but a great many congeners. Other distilled beverages fit in somewhere between the two.

Comparison of the two beverages showed that the reaction time in doing simple tasks was directly affected by the alcohol content of the beverage. But a test of the subjects after all alcohol had disappeared from the blood showed that the congeners in the bourbon still affected reaction time.

Investigators also found that consumption of any alcoholic beverage caused subjects to take more risks. But bourbon drinkers took significantly more risks than vodka drinkers.

## Litter Bit of Advice

American motorists could well heed the sign at the entrance to the Pleasure Gardens of Ceylon, which reads:

"If you with litter will disgrace,  
And spoil the beauty of  
this place,  
May indigestion rack  
your chest,  
And ants invade your  
pants and vest."



# ARE YOU PUZZLED?

## FIND THE COUNTRIES

The names of at least 60 countries are hidden in this puzzle. To find these names read the letters forward, backward, up, down, or diagonally. Draw a line around each name as you find it.

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

Albania	Colombia	Guatemala	Laos	Salvador
Algeria	Cuba	Haiti	Liberia	Samoa
Andorra	Denmark	Hungary	Mali	Spain
Angola	Ecuador	Iceland	Malta	Sudan
Argentina	Egypt	India	Nepal	Syria
Bolivia	England	Iran	Nigeria	Thailand
Bulgaria	Ethiopia	Iraq	Norway	Togo
Burma	Fiji	Ireland	Panama	Tonga
Canada	Finland	Israel	Peru	United States
Ceylon	France	Italy	Poland	Wales
Chile	Gabon	Japan	Russia	Yemen
China	Ghana	Kenya	Rwanda	Zambia

# New Studies Hit Pot Hard

Ray Cromley (NEA)

One of the cruelest campaigns ever conducted in this country has been directed at convincing Americans marijuana is no serious danger—"no worse than alcohol."

The idea that marijuana smoking tends to lead users on to even worse drugs has been denied as fantastic and without evidence.

The words of prominent medical men have been twisted out of context and their denials ignored. As a matter of truth, a series of not-yet-published research studies sponsored by the U.S. National Institute of Mental Health give the most horrifying picture of what marijuana may do to chronic smokers.

When these NIMH reports are made public, they most certainly will startle thinking people.

Listed below are some glimpses of what that research shows:

◆ There are indications, in some cases, that the marijuana-caused alterations in behavior "would be conducive to acts of violence." There is apparently a strong suggestion in some research that continued heavy use of marijuana may cause serious damage to the unborn children of users.

◆ Dr. Constandinos Miras, visiting professor at UCLA working under NIMH support, used radioactive marijuana to track the drug through the human body on subjects who smoked at least two years or more. His tests revealed "abnormal brain wave readings patterned to behavioral changes." In some cases, with longtime users, Miras noted chronic lethargy and loss of inhibitions for two years after their last usage, indicating, he felt, significant and lasting organic brain change.

◆ Dr. William McGlothlin, a research psychologist, and Dr. Jolyon West, of the Department of Psychiatry at Oklahoma University, working under a NIMH grant, found that present-day marijuana use plays "a role in initiation to other potent drugs, particularly LSD."

◆ Regular use of marijuana, they also report, contributes to characteristic personality changes—"apathy, loss of effectiveness, and diminished capacity or willingness to carry out complex long-term plans, endure frustration, concentrate for long periods, follow routines, or successfully master new material. Verbal facility is often impaired, both in speaking and writing." Some individuals show "a strong tendency toward regressive, childlike magical thinking."

◆ Drs. Harris Isbell, D. J. Jasinski, and C. W. Gorodetsky of NIMH, with associates in Germany, report that sufficiently high dosages of a substance extracted from the marijuana plant "can cause psychotic reactions in almost any individual."

Some NIMH studies center on marijuana from the standpoint of chromosomal breakage patterns. The objective is to determine the potential danger to future children of chronic smokers.

One of the most curious aspects of this whole miserable situation is that some environmentalists, who are most active in the fight against pollution and the use of some agricultural chemicals because of the potential harm to our physical bodies, are most strongly against any restraints on the use of marijuana, where the danger is infinitely greater, at least for those who use this drug.

# Many Writers Are Alcoholic

Writers, especially famous American writers, have possibly a higher rate of alcoholism than any other group, according to St. Louis psychiatrist Donald W. Goodwin.

He declares it may be because writing is an obsessional job, and that restricting obsessions to that part of the day spent working is difficult.

Goodwin says that of the seven Americans who have won the Nobel Prize for literature, four were alcoholics, according to their biographers, and a fifth was a heavy drinker.

(Among the Americans who won the award were William Faulkner, Ernest Hemingway, Eugene O'Neill, and John Steinbeck.)

"Whether, as Hemingway said,

most good writers are alcoholic, is uncertain," Dr. Goodwin says. "Apparently a large number are."

According to Dr. Goodwin, a list of well-known American writers of the past century would include a third or possibly half that could be considered alcoholic.

He speculated why: Writing is a form of exhibitionism; alcohol lowers inhibitions and makes it easier for people to show off.

Writing requires an interest in people; alcohol makes people more sociable and makes them seem more interesting.

Writing involves fantasy; alcohol promotes it.

Writing requires self-confidence; alcohol bolsters that.

Writing is lonely work; alcohol assuages loneliness. Writing requires intense concentration; alcohol relaxes.

The most important suggestion of Dr. Goodwin's is that careful writing requires an endless number of small decisions.

"Choosing the best word, excluding this and including that—the good writer, while writing, is an obsessional.

"Restricting obsessions to a 9-to-5 workday is difficult, the wheels keep turning, and writers are notorious sufferers of insomnia. Alcohol, for a time, emancipates the writer from the tyranny of mind and memory."



Penn State students were asked to show what they thought pollution is. One student used this tire stuffed with debris to put his idea across.

# AUTO DEATHS FAR EXCEED WAR DEATHS

From 1900 through 1968, motor-vehicle deaths in the U.S. totaled more than 1,700,000. This is a far greater number than all U.S. military personnel killed in all the wars since the beginning of our history. These war deaths, as shown below, reached 1,135,000 by 1968. In making comparisons, it must be kept in mind that nearly everyone is exposed to motor-vehicle accidents but relatively few are exposed to war deaths.

U.S. Military Deaths in Principal Wars

War	Total
Revolutionary War (1775-83)	4,435
War of 1812 (1812-15)	2,260
Mexican War (1846-48)	13,283
Civil War (1861-65)	
Union Forces	364,511
Confederate Forces	133,821
Spanish-American War (1898)	2,446
World War I (1917-18)	116,708
World War II (1941-45)	407,316
Korean War (1950-53)	54,246
Vietnam War (1961-68)	35,724
<b>Total</b>	<b>1,135,000</b>

Source: Office of Secretary of Defense.



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New movie shows in full color exactly how alcohol denies oxygen to vital body tissues.

Script by Charles Davis

Production by Burt Martin Associates

For Narcotics Education, Inc.



# JUST ONE

For many years we have known the harmful effects of alcohol on the mind and body of the heavy drinker, but we have lacked convincing evidence that it has a damaging effect on the moderate or social drinker.

Now we have the evidence!

"Just One" is that breakthrough. It portrays medical and scientific evidence, but in a popularized form. The story line, with its popping balloons and vivid scenes of internal damage to the body, will attract and convince teenagers.

The film is based on the studies done by Dr. Melvin H. Knisely of the Medical University of South Carolina. It shows that alcohol in the bloodstream

reduces the blood's ability to carry oxygen to nerve cells. It "agglutinates" the red blood cells, or causes them to stick together, thus denying life-giving oxygen to the brain and other body organs.

And this process begins with the first drink.

The work of Dr. Knisely and his associates carries forward the research of Dr. Cyril Courville as reported in the film "Verdict at 1:32," now known worldwide. This latest research may stand as a monumental contribution to the medical study of alcoholism because of its implications, devastating to the widespread assumption that drinking in moderation is harmless.

*Listen* (December, 1969) was the first national magazine to feature Dr. Knisely's discoveries in a popularized way. The *Reader's Digest* has since used a major article on his work. Now this new evidence can be seen on the screen.

Alcohol brings about the sludging of the blood, and in this way it keeps the brain and nervous system from receiving necessary oxygen for their proper functioning.



Red blood cells stick together when alcohol is introduced into the bloodstream.



This diagram sketched by Dr. Knisely illustrates the effect of alcohol on the red blood cells.

By checking the blood vessels in the eyeball, Dr. Knisely accurately picks out from a group of students which ones have been drinking.



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