

A JOURNAL OF BETTER LIVING

LISTEN



The HERITAGE SINGERS



Mirage

On the desert the day was hot and shimmering. Temperatures played above the hundred mark. Along the blistering pavement heat waves flickered and danced, but in the distance there appeared the cool—really cool—scene of a beautiful lake fringed with palms, the sheet of water extending even over the road ahead.

It was a mirage, that phenomenon so well known on the desert. How many hopes have been raised, then dashed, by this kind of visionary appearance. Thirsty, tired travelers quicken their pace as they see the oasis, but the rest spot keeps just out of reach ahead. It seems to move as they move. In the far northern latitudes seamen report a related phenomenon, with the illusion of ships and icebergs, looking as if they are inverted and suspended in the clouds. All of this, however, is a mere mirage, caused by the refraction of light by layers of air of gradually varying temperatures and density. A similar variation is responsible for the flickering appearance seen above asphalt and sand on a hot day, and also for the twinkling of the stars at night.

"Mirage" has long been synonymous with illusion, something that just isn't there in substance. It appears to be—in fact, pictures can actually be taken of it, which will show beautiful, refreshing scenes. However, its trees will shade no one from the sun, its waters will quench no thirst.

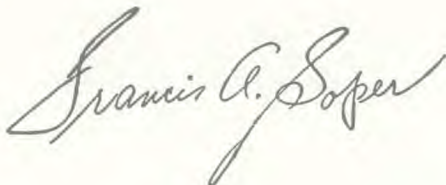
A smoker commented the other day that his habit has been to him only a mirage. He said that he had seen in smoking the very picture of relaxation and comfort, but in actuality this had turned out to be an illusion, constantly just beyond his grasp.

All of which is an apt description quite often applicable to drug use in its many phases and facets. The drinker feels he can obtain satisfaction from his indulgence. He can perceive the escape from life's stark realism. It looks so refreshing and pleasant.

However, intoxication is a mirage. King Solomon, the wise man of the Scriptures, found out, to his own sorrow, that "wine is a mocker."

In reality, life has its problems, its pressures, its "heat." But it is no solution to depend on a mirage. There is so much of a positive nature that can bring real satisfaction, real happiness.

A mirage passes, it disappears; but the problems and reality are still there, even worse than before. Only when one recognizes the mirage for what it is, and goes for something better, will he find the best in life.



LISTEN

Journal of Better Living

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

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

In This Issue

2	Mirage	Editorial
3	Alice's Viewpoint	Barbara Housh
4	The Right Window of Thought (Poem)	Mildred N. Hoyer
5	Postal War on Drug Abuse	M. W. Martin
6	Memo to Wives	Doris Parke
8	Better Than Popping Pills	Edward R. Walsh
9	Death Rides the Wheel!	Ted Alexander
10	Is Pot Being Whitewashed?	Duane Valentyne
11	TEENS—LIFE CAN BE BEAUTIFUL More Than Singers	Twyla Schlotthauer
15	Watch Your Weight!	Dr. Milford Blackwell and Maryanne Raphael
16	Comment on Diets	Shirley Johnson, R.D.
17	The Drug Scene—An Exhibit	Therese Belange
19	COLOR SPECIAL "Listen's" Newspaper in Miniature	
23	How Adaptable Are You?	Shirley M. Devereaux

In the Next Issue

- Next month features the "People Doctor," with his strong convictions on the better life. He lives it too. Don't miss the story of Dr. Joseph Kristan.
- "Reluctant Hero" tells the tragic experience of Ira Hayes, of Iwo Jima.
- "Listen's" story is about "Goldy"—no pleasant reading, but realistic and true.

Photo and Illustration Credits

Cover and pages 11, 12, 13, 14, Courtesy of the Heritage Singers; page 3, D. Tank; page 4, Gene Ahrens; page 8, Joan C. Beder; page 15, Howard Larkin; page 16, G. Troop, Tom Higgins, C. A. Murphy, Bob Schochet; pages 17, 18, The Smithsonian Institution; page 19, Richard Nowitz, H. Armstrong Roberts; page 20, Unility Airplane Council, United Press International; page 21, R. Axtell; page 22, United Press International; page 23, D. Tank, S. Rusch.

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 \$5.50; single copy, 50 cents. To other countries, \$5.75; 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 3575 requested. Printed in the United States of America.

ALICE invented a game with the morning sun. Every block toward school she allowed herself to step on three sunbeams before jumping two consecutive shadows.

I'll ask Mom and Dad tonight if the sign on Grady's store has always been spelled "GROCARIES." It's funny a man with a store across the street from a school would have a misspelled sign. I'll find out which street they used coming to school when they were in Mrs. Murray's class.

A smile accompanied the chuckle as Alice remembered the breakfast glow of being a whole family again. *I felt exactly the same on my ninth birthday. Mommy lit the candles, and I held my breath to capture the shine of the flames. It was just like that this morning. Kinda holy. A renewal. Daddy left the house shouting he wanted steak for supper. Mommy and I were smiling as we listened to him tell about going to work after lying around for two years. It's great to have him back.*

Winds pushing the clouds toward Alice carried the playground voices to her. *At recess I'll join the sound. Mommy told me to go to the principal's office first.*

Entering Roosevelt school, Alice walked slower, allowing her eyes to adjust to the dark hallway. The cafeteria exhaled a moist starchy breath. Each classroom door was open with light slanting into the hall creating

ALICE'S VIEWPOINT

Barbara Housh



a pattern of open Chinese-shaped fans. Alice walked the brown-black concrete between the arcs.

If I make the office without stepping on the curves, I'll be able to get one of Mom's or Dad's desks.

MISS PALMER, SECRETARY. The empty typing chair swiveled until its back was facing Alice.

Daddy stood in front of that very window. Mommy must've come into this room hundreds of times. They lived here. They were nine years old too. They're here now. I can feel them. They must be thinking of me. What time is it? I'll ask them at supper. I can feel them. I really can. I'm going to share and discover all over again for us.

"Are you Alice Miller?"

"Yes'm."

"Room 44."

"On the second floor?"

"That's right. Jim Miller your father?"

"Yes'm."

"Thought so. You have his eyes. Go on before the bell rings."

Room 44. There it is! When I go in, it will begin. The dream comes true. The years at Grandma's are over. Mommy, Daddy, and I are together again. It will be good forever and forever when I walk in.

"What are you standing in the way for?" A boy shoved past Alice irritably.

Alice waited for Mrs. Murray to look up from the papers she was grading. *I wonder if I'm the only one in the class who knows Mrs. Murray once went swimming naked in Ol' Man Grant's pond. Daddy seen her.*

"You must be Helen Clark and Jim Miller's daughter."

"Yes'm."

"You have your mother's hair. And your dad's smile. Helen was the sweetest girl. Do you remember anyone here?"

"Elsie Davenport and Betsy Redford. We used to play together."

"They're in Mrs. Ross's class. You'll get to see them at recess. Alice, I want you to sit in the first row, so I can help you. Just watch today. Here is a list of supplies your mother needs to get. Johnny, will you get books for Alice? There's the bell, I'll introduce you when everyone is seated."

Alice stood when Mrs. Murray said her name. In the rear of the room a boy put his head back and pretended to hold a bottle while making loud gurgles. Giggles and knowing glances stirred in each row.

Alice dropped to her seat staring at the pencil in the desk's groove while Mrs. Murray restored class behavior and began geography.

It wasn't secret. Daddy drank. Nobody ever said anything to me about it before. Why did that boy do that? He doesn't even know Daddy. Daddy is fun and nice. Daddy would never make fun of him, even if he had green hair.

Johnny deposited books in front of Alice. Then she found the page.

She smiled at the girl across the row on her left. The girl turned her head away.

They don't remember me. That's it. Elsie and Betsy will. Mommy said it'll take time to remake friends. That boy will not be my friend. I wonder who he is? Why did he do it? What was so funny? Why did everyone laugh? It wasn't like this when Mommy and I moved in with Grandma and Grandpa. What's wrong with me? Mommy said I looked really fine this morning.

They were supposed to be glad to see me. Grandma said this was a small town and small-town folks know everybody. If you know somebody, you're supposed to be nice.

From geography to math to recess. Alice emerged after the playground door vomited most of the youngsters. She recognized Betsy's copper hair.

"Hi, Betsy. Remember me, Alice Miller? We used to play on Holmes."

"Hi."

"Hi, aren't you Elsie?"

"Yeah."

"Do you remember me? We used to play together."

"My mother and father told me not to play with you."

"Why not?"

"Because your father drinks."

"My folks don't like ex-cons."

I'm a puddle. I've melted into a puddle. The top of my head is floating away. If I move I'll fall into a pile. If the sun goes behind the pillow-shaped cloud, I can move. If it doesn't I'll stay like this until the bell rings.

A girl with the last name of Haskins asked Alice to play "Run Sheep Run." Alice said No because she remembered Mommy once told Grandma the Haskins were not the right kind of people.

Boys behind Alice on the stairs whispered loud enough for her to hear, but not the teacher monitoring the hall.

"Hey, Con Miller's Kid. Hi, Kid Con."

The letters of the history book she was holding swam. *It was an accident. Everyone told me it was an accident. Daddy didn't mean to hurt that man. Daddy was sorry. Daddy'd cried so hard.*

Mommy told me when we got to Grandpa's that a judge decided that Daddy'd been drinking too much and too long. He had so many tickets for drunk driving that Daddy must be put in a place to be punished. Daddy didn't mean to hurt anyone, but because he did he will be gone for a long time. Mommy said we still love Daddy. When he comes out we

will go to our own home and be together as a family again.

The noon bell released her. Clouds were lower, and the game of the morning sun forgotten.

If I can make it home in five minutes, I can talk to Mommy. Mommy will tell me if it is my fault they're mad at me. What can I do to make it right? If they would only tell me what I did wrong.

Alice paused at the kitchen table to catch her breath while listening to her mother on the phone: "I don't know what I'd have done without Alice. It was so lonely. Ma talked only of the past. I listened to the same stories 150 times.

"Pa resented us coming back. But then he never liked Jim. No. All he said was I was a fool once about Jim and he figured I'd be a fool again.

"I know. But the parole board said it was a good thing Jim wanted to come back here—that he wanted to face up for what happened. Jim put on his sales pitch. You know Jim, he can charm a snake into a bracelet. Begged me to come back, said he couldn't make it without us. Said he needed me. Heard the same thing after every binge. I know. I always come back.

"Alice started school this morning. Has Ol' Lady Murray. Hope she don't have no trouble. That's all we need now is more trouble. Jim's so nervous. All he needs is an excuse to start drinking.

"If he does and the police pick him up, the judge said he'd have to finish his prison sentence.

"Jim said it was terrible. He had to see the prison shrink. That's what they call them head doctors in jail. The doctor told Jim he was sick like a person in the hospital. Said the reason Jim drank was because his body wanted to and not his mind. I don't know.

"You know Jim. He figures he's got a clean slate again. He's been punished. He said the doctor said he was an artificial sufferer. I don't know. Something like he really does feel bad, but he acts like he feels worse than he does. Don't I know it! He's always been able to put up a front.

"Oh, I think he means it. If I didn't I wouldn't have come back. He knows this is the last chance with us. It'll never be the same between him and me again.

"Alice? Alice thinks he's wonderful. Never saw a child so crazy over a father. They wrote back and forth when he was in jail. She wouldn't let me see the letters. When she got one, she'd be in a trance for many days. She don't blame him."

Alice waited and waited— Noon hour over and no dinner, she leaned against Grady's store, listening for the afternoon bell. Her eyes followed Betsy's copper head moving with a cluster of girls.

Daddy is wonderful! But it's not like Daddy said it would be in his letters. It was at breakfast. What happened? Daddy said in the letters we would grow as a family. Be one. He said time was waiting while he was gone. When he came home, time would begin. He promised not to drink anymore. Even Mommy got excited when it was time for Daddy to come home again.

He promised me it won't be like it was. I don't have to call home before I bring anyone in the house. He won't be in bed all the time.

Daddy wrote wonderful letters. I told him everything. I'll tell him about my morning. He'll understand. Mommy has a friend to talk to. I have Daddy to talk to. He hasn't talked to me since he come home, but he will if I ask him.

The bell rang, and Alice crossed the street to join the lines forming to enter school.

I hope no one can hear my stomach growling. Should have grabbed an apple. Bet Mommy is still talking.

Betsy and several girls wiggled past three or four others to stand around Alice.

THE RIGHT WINDOW OF THOUGHT

Whether or not
We look out of it
Makes all the difference
In what we see.



Mildred N. Hoyer

Why are they giggling? They're up to something. They're staring at me. Why?

"We have a club. We want you to know you will never be in it."

"Why?"

"Because of your dad."

"I didn't hurt no one. It was an accident."

"You're a Miller, ain't you?"

Voices surrounded her. *I'm a target. Why? They don't know me. They don't know Daddy. I haven't done anything to them. I'm me. I'm not Daddy. I can't even drive. I'm a good girl. I go to Sunday School. I wear clean clothes. I speak nice to grown-ups.*

Why are they mad? Why do they like seeing me hurt. I won't cry. They won't make me cry. I don't understand.

"Please stop. Please don't say things about Daddy!"

Daddy— *Where are you?*

Daddy, I'm hitting her. I don't want to hit her. I want to be her friend.

Daddy. *Daddy help me.*

Betsy was dismissed from the principal's presence with a warning.

"Look at me, Alice. I didn't expect trouble from you on your first day. Your poor mother! All she needs is for me to call her and tell her you started a fight. As if she didn't have enough with your father. First of all, ladies don't fight. You're too old to hit another person. I want you to promise you will not fight anymore."

Silence.

"What? I can't hear a nod!"

"Yes'm."

"All right! You're just like your father. Always stirring something up. Don't I remember though. Now, Alice, I am not going to call Helen this time, but next time I will. Do you understand? I do not want to see you in here again. I'm not going to have this from you. I'll put a stop to it before you end up like Jim Miller."

"Yes'm."

"Go back to class."

If I sit here and figure it out, everything will be OK. Somewhere I must've made a mistake. What did I do wrong? When the shadow hits the fourth row of the bookcase, it will be all right.

Being a good girl doesn't count. Playing at going to church, smiling, and being nice doesn't make any difference. Getting good grades doesn't mean anything. But if I don't do these things it counts against me. They all see Daddy. Don't they understand that Daddy is special? Daddy dreams and thinks of things that are beautiful.

They won't win. They won't use me to hurt Daddy.

What's happened to my day? It's spoiled. Tomorrow will be better. I'll tell Daddy, and he'll put a Band-Aid on my heart. He'll understand. It's not fair. I didn't start the fight. He'll understand. I'm me. Somewhere in Daddy's dreams I'm there. Isn't anyone going to look for me? Daddy will.

It wasn't like this when I blew out the candles on my birthday cake. Is this what it's all about? That candles won't burn forever? They melt into the icing and ruin the cake.

They won't look for me. That's too bad for them. I'm going to be special. They won't beat me down. Daddy'll tell me how to win. Tomorrow I'll be ready. They won't win tomorrow. Daddy will help.

"Alice, is that you?"

"Yes, Mommy."

"How was your day?"

"OK."

"Don't slam the door. Your dad is in bed. He's been drinking."

It's my fault. He heard about my fight.

POSTAL WAR ON DRUG ABUSE

M. W. Martin



THERE'S a recently issued stamp in the postal war on drug abuse, and two "discoveries."

The new stamp was issued by French Polynesia on March 24, 1972, and is a 20-franc value depicting the Fight Against Alcoholism. The design, by Therese Roscol, depicts a victim imprisoned by his own vice.

One of the new "discoveries" is a fairly rare Polish postal card (only 100,000 issued) of 1971. The imprinted stamp shows a cigarette smoker blowing smoke through his head. The cachet printed in the lower left corner of the card shows a match and a cigarette separated by the words "Don't Smoke." Above is a clever couplet, which can be freely translated as "You smoke, you pay/You throw your health away."

The other item of newly found material is a special cachet for the first day of issue of the German safety stamp, which was described and illustrated in the November '72 "LISTEN." It's rather appropriate.

This story you have just read, "Alice's Viewpoint," tells what the drinking problem means to children in the home.

What can it mean to a wife and mother? Read "Memo to Wives."

MEMO

To: *Wives*

From: *Doris Parker*

ALMOST everyone in town knows that Larry Allen has a drinking problem. It isn't so much the way Larry acts, for he is a quiet sort of fellow, seldom loud or noisy. He has never been booked on a drunk-driving charge. He has been warned a couple of times, and the city police take him home occasionally. He spends much of his time in bars, but he still has a job and manages to get by.

What about his wife Irene? Irene is sort of frantic-looking. She is thin and quiet too. Her eyes have a desperate, defensive expression; and she doesn't go out much anymore, or invite people in. She has stopped going to church. She spends quite a bit of time by herself, crying. And when the children are home, she spends considerable time yelling. They aren't home any more than they can help.

The fact is that you can often spot a man with a drinking problem by the way his wife acts. Alcoholism is a family problem.

There are millions of alcoholics in the United States. Some authorities estimate nine million, and a great many of these are currently married or have been married. Their families are sick too. Any wife who lives with an active alcoholic, unless she learns how to cope with this devastating problem, will almost certainly become as neurotic as does the alcoholic—sometimes more so. It follows that any child living in an atmosphere of despair, drunkenness, resentment, lies, and neglect, cannot help being affected. Thus, alcoholism is a family problem.

Since there are so many alcoholic husbands, I must be talking to quite a few alcoholics' wives. If you think your husband may have a drinking problem, or if you feel you definitely **know** he does, I am talking to you. And if you think he might have, but are not sure, some of what I have to say may clarify things for you.

Some people believe a man cannot be an alcoholic if he doesn't drink every day, if he still holds a decent job or manages a business, if he never drinks in the morning, or if he handles his finances fairly well. None of this is necessarily true. Few alcoholics get in the gutter overnight. It is usually a gradual deterioration over a number of years.

Here, briefly, are a number of alcoholic symptoms, listed in order to help you evaluate your own position:

MEMO—Page 2

1. Does his drinking cause family financial crises?
2. Does he drink when matters concerning his job or business make it extremely important that he not drink?
3. Does he hide bottles around the house or garage?
4. Does he miss work because of drinking?
5. Does he have seemingly logical excuses for drinking?
6. Does he drink alone?
7. Does he need a drink in the morning?
8. Does he have periods of remorse when he promises "never again," only to drink again?

These are not all the symptoms of progressing alcoholism, and no two people will have all the same symptoms. But if you truthfully answer even one of the above questions with a Yes, your husband either already has a drinking problem, or he is on the way.

Enough for his symptoms. How about yours? Most wives who begin to realize that something is wrong with their husband's handling of alcohol do all the wrong things. And don't say, "Why should I read this? He's the one with the problem!" Often the first step to getting a problem drinker straightened out consists of getting his wife straightened out.

Is that hard to take? A sad fact about many wives of alcoholics is that they are full of self-pity. If this is a picture of you, it may be hard to take a good look at yourself.

If you really want to do something about **your** problem, read on.

First, accept the fact that you cannot control his drinking. You cannot change him. He will do that himself only when he is ready, when he comes to the point where he admits to himself, "I must stop drinking! I cannot by myself stop drinking—I need help."

He will get to this point only when drinking and its consequences are more painful to him than being sober. For an alcoholic, being sober can be unbearably painful. And accept this fact too: Unless the consequences are allowed to develop painfully, it will take him much longer to reach this point.

You don't have to inflict that pain—in fact, you should not. But you can stop protecting him against the consequences of his own actions. If you are helping him to avoid painful results by bailing him out of trouble, he really doesn't have much of a problem, does he? You and the children may suffer with him; but you must avoid, as far as possible, suffering **for** him. Because, unless you take steps to prevent it, your alcoholic will use you to advance further his own illness, making you sick in the process. Alcoholics are adept at using people, including friends, mothers, wives, children, employers, creditors.

MEMO—Page 3

But why, for his sake and yours, should you allow another person's neurosis to give you one?

Here is your quiz. Give strictly honest answers, please.

1. Have you made excuses for him to yourself?
2. Have you covered up for him to others?
3. Have you ever called his boss to say he was sick when he was drunk or hung-over?
4. Have you ever bailed him out of jail and paid his fine?
5. Have you stopped going out or having friends in?
6. Have you lied for him or permitted him to lie to you?
7. Have you ever picked up a bad check?
8. Have you poured out his liquor?
9. Have you exacted promises from him that he could not keep?
10. Have you paid any of his bills that he could have paid if he hadn't spent the money on liquor?
11. Have you ever got his work equipment (typewriter, mechanic's tools, chain saw, or whatever) out of hock because "he couldn't go to work without them"?
12. Have you indulged in extreme emotional behavior, from loving attention, to cold, silent treatment, to hysterical screaming?
13. Have you made threats to leave him that you couldn't keep, or really didn't intend to?
14. Have you tried drinking with him on the theory that he wouldn't drink as much?
15. Have you gone looking for him and yanked him out of bars?
16. Have you used sex as a weapon?
17. Have you accused him of not loving you and the children?
18. Have you built a wall of hate, resentment, and self-pity around yourself?
19. Have you felt noble, long-suffering, and more than a little self-righteous?
20. Do you really want to get out of this trap?

There is a way out! It starts with the inner determination to change yourself. After all, who else can you really change? A Yes answer to any of the questions, except the last one, indicates that you may be directly contributing to his illness as well as to yours. And if you answered five or more of them Yes, you are a sick person yourself.

You are the wife of a man who has a recognized, arrestable problem, not the mother of a disobedient, retarded child. Your first step is to stop treating him like a child. Try the almost impossible (note, I said "almost," not

MEMO—Page 4

"completely!") task of detaching yourself emotionally. You have a life—live it! Attend to your own business, whether it's a job outside the home, or as a housewife and mother. Don't take personal responsibility for the things he does when he drinks. You are not responsible for any of them. He may be your husband, but he's a person in his own right, neither a property nor an extension of yourself.

Get out and go places. Get rid of that shame. He's doing these things, not you. Eliminate that self-pity. Have your friends in, when possible. Stop making excuses for him. Stop paying his bills. Stop hiding or pouring out liquor. There's always a way to get more, as you well know. Stop dragging him out of bars. That never sobered anyone up.

Don't nag, don't scream, don't pout, don't demand promises, don't threaten anything you are not prepared to back up. Be friendly, calm, and sympathetic when sympathy is reasonably logical. Don't delay dinner. If he's not there, he doesn't want it anyway. Don't drink with him. That only makes it worse. Don't pay to get his typewriter out of hock. Tell him, "That's too bad, dear. You'll have to figure some way to get it back." Don't call his boss. Why can't he call? Don't argue, and don't pretend to believe him when he lies to you. Don't wait up to see when he gets in. You need your sleep. Don't run him down to the children or your family. Tell them he's sick (it's true!) and that when he gets sick enough to realize it, he will do something to start getting better.

Don't let his condition make you ill too. You can't control his, but you can control yours, if you really want to. There are thousands of women in the same circumstances as you are, and many of them are doing something about it. They are healing their bruised emotions through knowledge, companionship, and self-treatment. They are banded together in groups all over the world, in a loosely knit organization called Al-Anon.

This business of successfully living with an alcoholic is a tremendously difficult job, especially when you are alone. But the members of Al-Anon can help you understand your husband and yourself. They can help you build a happy, productive, peaceful life, even if your husband **never** achieves sobriety. However, when you get straightened out, there is a good chance that your husband will eventually seek the help he needs.

If Al-Anon is not listed in your telephone directory, write Al-Anon Family Group Headquarters, P.O. Box 182, Madison Square Station, New York, NY 10010, for information and the location of your nearest group.

And don't wait. You really **do** want out of that trap, don't you? ■

Teens turn to
NEW film-making projects.

Better Than Popping Pills



Edward R. Walsh

Lights, camera, action! Bob Polin, NEW's film-making director, instructs crew members on location to start shooting. Evie Weil, Eric Johnson, Charlene Wynkoop, and John Gulotta follow the action along busy Post Avenue, Westbury's main street.



A TEEN-AGER walked the length of an empty school corridor, and stopped before a locker. He hesitated, opened it, and removed a bottle of capsules. "I've seen this all before," he told himself. "I want something new! *Somebody please help me.* Is anybody there?"

Abruptly the scene shifted to a deserted cemetery where a simple headstone marked a freshly dug grave. Silence smothered the landscape.

Suddenly the graveyard dissolved in a blaze of lights. Voices shattered the stillness.

As the closing credits of Eric Johnson's film *Why Me?* flashed across the screen, people began to stretch, move about, and chat with neighbors.

"These films explain themselves," said Bob Polin, project director for the Westbury Narcotics Education Workshop (NEW). "They're a direct acting out of what kids feel about drugs."

The 36 adults and teen-agers who had come to the public library that September evening were seated and listening now.

"Films aren't the whole answer to the drug problem, but they're a lot better than what's going on," emphasized Polin, a former teacher-guidance counselor with the New York City school system. Now a professional with Young Film-Makers Foundation and Youth Films Distributors, Polin had directed spare-time and energy to help Westbury teens produce the three films being previewed that evening for the community.

The young man spoke animatedly about the boom in film workshops. "A few years ago they were in their infancy. Now they're springing up everywhere—thousands of them all over the country. Several large school districts are using film-making as part of the curriculum."

"It's healthier than popping pills," commented Bert Johnson, Eric's father and one of the dozen adult organizers of NEW. "Four kids who were users have stopped since joining," he said, during the informal social following the screening.

"None of these kids in NEW are on drugs," added George Jackson, a professional photographer and NEW board member. "They're clean. They wouldn't touch the stuff."

Jackson's son, Mike, described how he got involved with the program. "When I heard about NEW, I decided to check it out but I didn't expect it to be so nice. I had an idea to make a film, so I came back the next day and wrote the script for *Alone.*"

The 18-year-old Westbury High School graduate, who plans to write poetry and compose music, called the local drug scene "a bad trip."

"I'm not sure it's any worse here," ventured 38-year-old Larry London, NEW's founding president, "but the pushers are having a field day. There's plenty of everything, and most of it is being pushed by kids on habits. Strictly nonprofessional."

The soft-spoken, dynamic attorney, who lets the teens conduct the program under adult guidance, has three children of his own. He and local supporters organized NEW in the fall of 1970 because they were "disturbed by the community's growing drug problem."

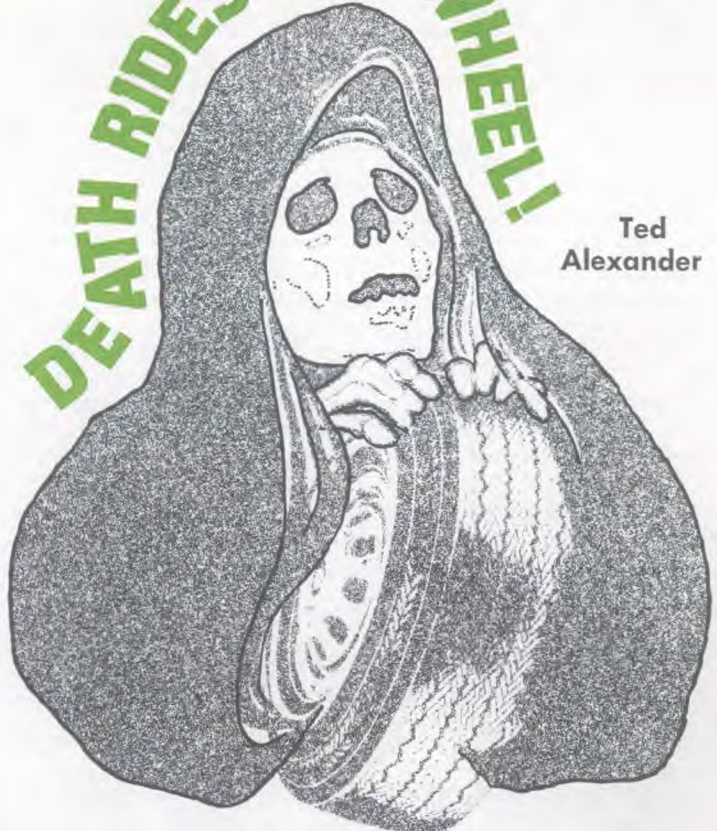
Right from the beginning, the rules were few, the objectives uncomplicated. "Maintaining and enhancing communication among and between youth and adults is the crux," he said. "There are no restrictions, no prerequisites, no money collected. You don't have to be an addict to participate. It's wide open."

When the money dwindled, NEW faced a fundless future. With only \$29 left, the directors were forced to suspend the weekly film-making sessions, stalling production on three nearly finished films.

When the money dwindled, NEW faced a fundless future. With only \$29 left, the directors were forced to suspend the weekly film-making sessions, stalling production on three nearly finished films.

DEATH RIDES THE WHEEL!

Ted Alexander



DEATH has its heavy foot on the gas pedal of every car operated by a driver under the influence of drugs. And the horrible fact is that in taking his own life, the drug-intoxicated driver carries the innocent with him in a frightful crash of vehicles that leaves riders in both cars either dead or horribly maimed.

Make no mistake about it. Drugs are rapidly becoming the number one cause of highway accidents and death. It's scary to know that the car whipping toward us may be operated by a person who, having no tomorrow for himself, leaves little possibility of a tomorrow for the innocent persons in the car he smashes into.

It is believed that at this moment more than 35 million Americans are using some form of sedative or tranquilizer. Druggists are selling legally, by prescription or otherwise, nearly 100,000 pounds of amphetamines each year, and more than one million pounds of barbiturates.

Authorities estimate that ten million people in the United States use marijuana. Nearly 300,000 are heroin addicts, and possibly a million other Americans have tried LSD or mescaline.

The drug addict is unpredictable. Don't ever kid yourself. Death rides the back of every user of an illegal drug. Putting him at the wheel of a motor vehicle, in truth, is to let a murderer run free on the highway.

The person taking drugs suffers an unbelievable personality change that makes him particularly dangerous. Because he is envisioning a hallucination, he instantly becomes a highway menace, an unreal person.

To stand by the twisted wreck of an automobile, to see the operator's body removed by police and firemen—and to observe the needle marks on the arm when the medical examiner rolls back the victim's sleeve—is suddenly to

For 32 years the author of this article was connected with the trucking industry as a dispatcher and weigher. He is well aware of the problems often faced by truck drivers. His writing career includes wide experience on Boston newspapers and for Boston radio stations.

The bleak outlook couldn't stall the determination of the pilot project's backers, however. A funding proposal from the New York State Council on the Arts finally came through, and the initial grant of \$25,000 covered expenses through June 30, 1972. This year's allocation, half of that, has not deterred the board from continuing qualitative, imaginative programs. And if all aid is terminated by the state, the adults are prepared to launch another fund-raising campaign.

"We'll go with our hands out as we did before," said London, describing their original response to the crisis.

Along with NEW's improved financial outlook came several shifts in program emphasis. Many of the original teenagers had moved on. NEW, still open to teen-agers in high school, lately has been attracting younger students. "We're concentrating on fifth- and sixth-graders," says London, "but we're getting kids as young as eight and nine years old. Believe me, they're every bit as interested."

Since it started shooting more than two years ago, the workshop has finished five films. Five more are in various stages of production.

"We try to get them to use their heads and express what they think on film," says London. "We try to get them to see that making movies is as exciting and as gripping as anything on TV."

Film-making remains the main tool for helping teens to express their views of reality, but other techniques are being introduced, including a workshop newspaper, still-life photography, and creative cartooning.

What results have been achieved through NEW's pioneering efforts? Has the considerable investment of time, talent, and money produced substantial change?

"That's difficult to answer," admits the program's articulate spokesman. "Some kids are off drugs, but how can we be sure NEW caused that? What we do have are people prepared to listen to what teens have to say. To *listen*, not to make demands."

Don't ask the teen-agers about results. They'd rather tell you what NEW has meant to them.

"Everybody gets something different," says one outspoken enthusiast. "For one thing, you really get to know how teens feel."

"I've met a lot of kids," chimes in a girl. "I've made a lot of friends and really learned about film-making."

Mike Jackson puts it more directly: "It's helped me—I'm using the technical things I've learned there. It really opens your head."

In Jackson's film *Alone*, a depressed, alienated adolescent roams the streets in a stupor. Carefree peers pass him by, unmindful of his deep distress. His tortured flight from reality ends suddenly when he steps into the path of a speeding car.

In Sara Robertson's untitled color film, a young girl runs away from home after a quarrel with her mother. Migrating to New York's East Village, she joins a band of "tripping" teens. But winter snows propel the unhappy outcast back to suburbia. She alights from the train, racked by painful doubts. At the last moment she cops out on life by leaping from the trestle.

"Why me?" asks Eric Johnson's troubled teen-ager as he seeks surcease from sorrow in a handful of gleaming white capsules. Life's a bad trip, ending with an untended grave, for those on drugs, his film seems to say.

Messages—loud, clear, compelling—about the drug scene.

Just before oblivion engulfs him, Johnson's overdosed bad-tripper gets off one final message—an agonized, desperate cry for help.

"I've seen this all before. I want something new! *Somebody help me*. Is anybody there?"

In Westbury, Long Island, NEW is there. ■

realize the terrible price of driving while under the influence of drugs.

The degenerating effects of drug use are evident in the deeds committed by the addict to sustain his habit. He will rob gas stations, banks, stores. He will assault and he will kill for a few dollars. A woman will sell her body and her soul—all for the money to feed a never-ending need.

The addict will use his car for getting away, and in the mad dash he will take incalculable risks. If a child or an elderly person is in his way, it's just too bad.

It doesn't matter which illegal drug is used—or legal drug for that matter—when not carefully controlled by a physician. The user has a constant need for larger doses, more powerful drugs. And the end can be tragic death.

First, there are the amphetamines and barbiturates. The "high" feeling they generate leads to mental disorders and the delusions and hallucinations that bring on many of the unexplainable traffic accidents and fatalities.

Two and two never make four when these drugs are combined with alcohol. The effect upon the user is multiplied far out of proportion to the use of one or the other individually.

Amphetamines and barbiturates may be introductions to the "hard core" use of illegal narcotics. The next step may be marijuana. Don't condone it, for it can be a drug of horror. It is easily obtained, cheaper than "booze," and is widely used. A hallucinatory drug, it may lead to experimentation with other drugs.

Heroin is a cerebral and spinal depressant, a product of morphine. Its use is marked by drowsiness. The pupils of the eye contract, and the respiratory system is slowed dangerously.

While under heroin, the addict is not particularly dan-

gerous. But once denied his "supply," he becomes dangerous and irresponsible. The user will break into medical offices, drugstores, pharmaceutical houses, and private homes in a desperate attempt to find the drug or to steal something of value.

The addict often kills anyone who gets in his way, ending his own life when he comes to understand what he has done. His automobile will serve as the means for getting about as he seeks to feed his need for more and more heroin, moving from one robbery to another in order to satisfy his increasing need for money to support the habit.

Seekers of "kicks" often turn to LSD, possibly the most dangerous of modern synthetic drugs. Its use creates visual disturbances, inability to concentrate, a distrust of society. Hallucinations develop, time and depth perceptions are lost. Music has "scent" and sounds have "color." There is a complete loss of identity and body control, and such disorganization of the mind that fixed objects seem to move.

Despite the fact that we have strict Federal laws, such as the Harrison Narcotics Act, the Import and Export Act that outlaws heroin, and the Narcotic Control Act, the illegal drug market continues to grow. Its dangers are most evident in the highway deaths it causes.

We need to support all legal action directed against the illegal drug user holding a driver's license, being on the highway while under the influence of illegal drugs, or causing death or injury while driving under the intoxication of such drugs.

We need to realize the drug problem in our community and support the legal authorities who are seeking to cope with it.

Most of all, we must never forget that death rides the wheel of any car operated by an addict of drugs. ■



Duane Valentry

MARIJUANA isn't the harmless fun-smoke that many of its defenders try to say it is, according to Dr. Harden Jones, a scientist at the University of California, Berkeley.

The recent head of Citizens Against the Marijuana Initiative until pressure of academic duties compelled him to resign, Dr. Jones has made numerous studies that have led him to disagree with marijuana backers.

"Marijuana produces a fogginess of mind that lasts far longer than is presently realized," he claims, "perhaps a month after all use has stopped."

Despite publicity to the effect that pot is not harmful, a recent National Commission on Marijuana and Drug Abuse survey showed extensive grass-roots opinion to the contrary.

"Most of those who have not experimented with the drug said they shied away from it because they feared physical or mental damage," said the report. "More than half expressed fear of damage to their body or mind, or said they refrained because it was illegal. Slightly under half abstained because they felt marijuana use was morally wrong, and slightly more than one third said they were worried about becoming addicted. Others feared arrest or jail or were concerned about the uncertainty of the drug's effects."

"The public anxiety over marijuana mounts at a rate for which I can think of no precedent in recent U.S. history," wrote William F.

Buckley, Jr., in 1970. He quoted from a report he had received from Dr. Keith Younge, president of the Canadian Psychiatric Association:

"The use of these drugs does indeed induce lasting changes in personality functioning, changes which are pathological inasmuch as they impair the mental and social well-being. The harmful effects are of the same order as the pathology of serious mental illness, distorting thinking processes and awareness of reality and impairing the individual's capacity to deal with the realities of life."

There is also considerable disagreement with those who argue that marijuana does not lead to the abuse of other drugs, particularly from the ones most in contact with drug users, the police.

Captain Roger Guindon, of the Los Angeles Narcotics Division, refers to a study of 100 heroin addicts at California Rehabilitation Center that reveals a connection between marijuana and violence.

"The study also revealed that each addict used marijuana prior to going on to heroin," showing the possible multidrug tendency of marijuana.

Police and other authorities who deal with the addict and also with youthful offenders have long suspected this connection. One says: "It's right there on the record! ■

is pot being
whitewashed?

teens—life can be beautiful

Listening to their program is more an experience than an entertainment. The Heritage Singers USA, in what they feel to be the alternative to the drug scene, are really—

More Than Singers

INTERVIEWS BY TWYLA SCHLOTTHAUER



**"Something beautiful, something good;
All my confusion. He understood;
All I had to offer Him was broken-
ness and strife;
But He made something beautiful
of my life."¹**

THE audience was quiet for a moment at the end of the song. Then from the middle of the group one of the young singers stepped forward.

"For almost five years I looked for peace and truth in the drug scene," he said. "I told myself that I was happy where I was, that I was happy in my life-style. But inside I was empty and strung out. Life was getting to be a big hassle."

Almost unnoticeably, some of the young people in the audience tuned in. He didn't come on heavy or try to be superslick, but this guy was talking their language.

"I first got into the drug scene when I was in college," he went on. "I was a crammer, so I started taking pep pills to study with. My girl friend got them from her dad, who was a doc-

tor. One of my best friends was taking grass and acid, and often I would say to him, 'Man, what are you doing?' Yet I could see that I wasn't reaching him at all, and in a few months I was right where he was.

"I was searching—not for kicks so much as to explore my mind, to find

For John Wohlfeil, life as a member of the Heritage Singers is more satisfying than his previous five years in the drug scene.



out more about myself and other people. I was caught between two things. I really wanted to love other people; I wanted to be nice to them. I wanted to be good to them—wanted to be honest. I tried to be that way, but that wasn't the way the world operated. You had to beat other people, you had to win, and you had to be successful. I was caught in this game. And I thought that through drugs I could get out—that I could really find out how to love other people.

"A friend of our family was the PR director of the Heritage Singers, and he kept inviting me to come to their program. So one night I went. When the group came out, I took one look and muttered to the girl with me, 'Wow, what a bunch of phonies.' I didn't listen to the music or to the words. I was just sort of spacing through the concert. But then they started talking about the love of Jesus Christ. And one of the singers pointed right at me and said, 'Young man in the brown suit, God loves you, and His Son died to save you.'



Max Mace is the director and founder of the Heritage Singers USA.

He'll fight your hassles. He'll fill you with the love and joy and peace you've been looking for. He's the only one who can."

John Wohlfeil then stepped back into the group. At the piano, Bob changed key again, and the Heritage Singers USA continued with a program that is more an experience than an entertainment. But the impact of John's words lingered.

**"There is a bright, new life that's so exciting,
And you can have this life if you decide.
The Lord can fill that lonely, empty feeling,
He'll give you joy and happiness inside."**²

Seldom has a music group so captured the affection of its audiences as has the Heritage Singers USA. Their music is superb. Their joyful enthusiasm is apparent at each concert. They come across with a well-blended, polished sound. But most of all, it's the words! They sing about love, happiness, God, Jesus, assurances for today, promises for tomorrow and forever. There's a positive message in their music.

"We want to be more than singers," says Max Mace, director and founder of the Heritage Singers. "We want to share the joy that Christ has given us. We're concerned about the young people who are searching. They don't find happiness through drugs; they don't find it through witchcraft, devil worship, or whatever. But there is a better way, and that's what we want to share."

The story of the Heritage Singers began just two years ago—in the spring of 1971. For several years Max Mace directed part-time groups, including the Rose City Singers, sponsored by United Medical Laboratories in Portland, Oregon, where Max was employed. But he had a dream of traveling full-time with a singing group, a dream of music becoming a more effective means of communication.



Well, that sent a real jolt through me, and I listened to the rest of the program. I realized they weren't phonies at all."

The young singer paused for a moment, as if he were searching for the right words to say. Behind him, listening attentively, stood the other eleven members of the Heritage Singers USA. The only sound in the large auditorium came from the piano. Sometimes changing key, arranging as he went along, accompanist Bob Silverman kept coming back to the same song, "Something Beautiful."

"I went home and tried to make a change in my life," the singer continued. "I thought I could do it all by myself—my own way. I wanted to keep on smoking grass. But I learned that when Christ comes into your life, it's a completely new life. Two weeks later I was a member of the Heritage Singers.

"I learned that we can live in a world of love—love for each other and love for Jesus Christ. You can't change yourself. He'll do it for you.





And so the Heritage Singers stepped out in faith. "We had no guarantee of financial backing," says Max, "and we still don't. But we trusted that the Lord was leading us and would provide." The small group of singers sold many of their belongings, stored the rest, and went on the road singing five days a week. "And the Lord did provide everything we needed: a sound system, a beautiful used bus with a nearly new engine, and open doors for singing."

The Heritage Singers were first heard in concert in June, 1971. Acceptance of the group was immediate and enthusiastic.

Presently, the group numbers 17, including an operator for the sound system, someone to sell records—everyone. The group is partly supported by record sales. They have recorded nine albums, all on the Chapel label, including "Come Along With the Heritage Singers," "More Than Singing," "The King Is Coming," "Happy Side of Life," "Let's Sing Along," and their newest release, "Talking About the Love of God."

Because of the heavy travel schedule you might think that strict rules would be enforced, but everyone is on his own. "Before they ever get in the group, it's laid out why we're here," says Max. "I tell them that if they're coming in just to entertain, or because they think it's a big deal, then they shouldn't come."

The Heritage Singers USA present five or six programs each week. The two off days are spent in catching up on personal correspondence, reorganizing the contents of suitcases, and other personals.

Each working day begins early when they assemble for worship. Rehearsal follows. Then the equipment is packed on the bus. After lunch they head for another program in another town, often three to five hours away. They set up the sound equipment, rehearse a couple of songs, and eat dinner. Then follows worship and another concert.

"We want every program to be special," explains Max. "When people leave our program, we want them to say more than, 'They were good singers.' We want them to say that the program had something to it—that the group is more than singers, because they have a message to give. There are too many groups around that are just strictly going in and going out, getting the money, and taking off. If we wanted to do that, we'd be in a different work."

**"Side by side we stand awaiting
God's command.
Worshiping the saving King.
Living by His grace, and moving on
in faith:
Jesus Himself will see us through.
Meet me in heaven, we'll join hands
together;
Meet me by the Saviour's side.
I'll meet you in heaven, we'll sing
songs together;
Brothers and sisters, I'll be there!"¹**

Music is an important form of communication, and Max chooses carefully each song in the repertoire. "I have a little philosophy that if the beat is on top of everything, if that's where your attention goes, if you can't get the message of the song, the beat is too much. We use electric bass and guitar, but more as a filler, not as the dominant part."

During the program, Max introduces his wife Lucy, who continues the chain of introductions until each member of the group has been identified by name and hometown. Then more singing, the old hymns and the new songs, each adding to the story, including the "talk solos" which can never be completely memorized.

Does the group have any song they're particularly keen on? "Yes, I think Bill Gaither's 'The King Is Coming' is probably our favorite, because we believe that it's true, and that it's going to happen—very soon.

We usually conclude each program with that song."

**"Oh, the King is coming! The King is coming!
I just heard the trumpet sounding
and now His face I see;
Oh, the King is coming! The King is coming!
Praise God, He's coming for me!"¹**

Routine packing chores are forgotten for a while as the singers take time after each program to talk with the audience. "Many of the young people we talk with say they're looking for happiness," says Max. "They are looking at drugs, they're looking at anything that will give them satisfaction on the surface. But down deep in their hearts they're agonizing. They're putting on a front, but that front will wear off eventually. There is only one thing that will give lasting peace, and that is Christ."

This searching isn't particularly limited to youth either. "Many adults are wrapped up in their businesses, their homes, their new cars. They're also trying to find happiness."

This is the thing now; people want to feel needed. They feel that most other people don't care anymore. "If someone has a problem, or he's sick, most people just feel, 'Well, that's his problem.' We want to be a group that cares about people. We want to take time to talk with them."

It's this caring bit that is so prominent in the drug scene, according to John Wohlfeil. Basically it's a need for people to care about each other and to love each other, he says. "The first time I took acid, it was beautiful. I felt that I was finding myself, that I was really loving other people. When we were high, we would experience this tightness, this warmth. But then after the trip, it wouldn't be there anymore. Each of us would be off in his own little shell again, doing his own thing."

After he came down from his first trip, John said he tried to separate everything in his mind. But most of it was pretty jumbled, so he'd go on



another trip. "My life followed pretty much of a pattern for the next few years, mostly acid and mescaline, some speed, a lot of grass along with it—you never give that up—and once in a while I'd try a little cocaine.

"I really loved drugs, and I crusaded for them. I had an urge to turn people on. It wasn't because I wanted to get them hooked. I really thought I had found something.

"Nothing dashed me like I hear about some people. There were no bad times, wanting to commit suicide, or a lot of freak-out things—except for one bad experience that really scared me." After his characteristic "You know?" John continued.

"We were at a beach in southern California, and I knew I shouldn't have dropped there, because I could see that it was going to be a bummer. I didn't know the people very well, and a couple of them were just kind of freaky. Also, we all were drinking beer on the beach, and that was illegal in California. We were really just freaking out!

"While we were really peaking on it, we went back to the car and found we'd locked the keys in the car. Just then a sand buggy with a policeman and guard dog came along the beach right in front of us. This completely freaked us out. Here we were drinking beer—man, it was just a pure bust!—plus we were peaking on this stuff. But the policeman just looked at us and went right on by.

"We were grooving on the sunset, and some of the guys were just going out of their minds. I went up to this motel to get a coat hanger to get

into the car. While I was away this cop came by again, and this time he started searching some of the guys. They were just spaced out, totally gone. They couldn't even talk, so I went over and showed him the coat hanger and explained what we were doing. He told us, 'Man, you'd better just get out of this county as fast as you can.' We knew we had a bunch of dope in the car. It was a nightmare, but for some reason we didn't get busted. I guess it wasn't in the Lord's plan."

At the time, John was in the rock music scene, but not as a performer. His thing was classical music. "But the Lord showed me that He put me in the group for a purpose, and it was a total thing. I began to have a love for the music—maybe not for the music itself, but for what it could do for people. That type of music



reaches a large cross section of people, and for me, right now anyway, that's where it's at."

**"Love is in your hand
Reaching out to someone
Who needs you
Are you there?
Love will understand
When others have forsaken
A brother,
Do you care?"⁴**

Each member of the Heritage Singers USA could relate a whole string of important "unforgettables." But one of the most indelible took place in Colorado. There was a girl in a wheelchair, and at the end of the program she slowly made her way up to the front. "It kind of took me

by surprise," relates Max, "but I went down and wheeled her up. She was all shriveled up, and she couldn't talk. She just had a little board with letters on it, and she pointed out each letter to spell the words. The first thing she spelled out was that she was thankful for her mind, that she still had a clear mind. I'll tell you, that night each of us took a close look at ourselves. This girl couldn't talk. Her arms and legs were all bent up, and she couldn't do anything. But she just pointed to these words and said she was thankful for her mind. It was beautiful."

After thousands of miles and hundreds of concerts, is it worth it? Obviously the music has been a hit. The sound is popular. But the real results are reflected in the lives changed—thousands of them. Everywhere they go, the Heritage Singers USA share a part of themselves—and when they travel on, neither you nor they will ever be the same. They are "more than singers."

**"I'm going to live the way He wants me to live;
I'm going to give, give till there's no more to give;
I'm going to love, love till there's just no more love—
I could never outlove the Lord"¹** ■

1 © Copyright, Gaither Music.

2 "You Can Experience" from the musical LIFE by Otis Skillings. © 1970 by Lillenas Publishing Co. All rights reserved. Used by permission.

3 © Copyright 1971 by New One-Way Publications, Tarzana, California 91356. All rights reserved. Used by permission.

4 Used by permission of Jeff Wood.





IT SEEMS as if everyone is on a diet these days, yet there are as many overweight people as ever before. Our present push-button way of life has lowered calorie needs so that our food habits and usual-size helpings are now too fattening for most of us. This situation has created such a problem that obesity is now the number one nutrition concern in our country. At any given time one fourth of our adult population is on a weight-control diet. Overweight people may also suffer from malnutrition because of a rich, unbalanced diet.

You have it in your power to end your weight problems. All you need to do is train your appetite, hunger, and food habits so that you eat minimally and healthfully. If you can develop good eating habits, you can deal with food without constantly being aware of the restrictions.

It doesn't make sense to continue to

cook fattening foods and at the same time to try to eat less. It's possible to cut out calories from recipes without loss of flavor or nutrition.

Buy yourself a good low-calorie cookbook and learn to cook a variety of nonfattening foods. Experiment with unfamiliar low-calorie dishes and try less fattening ways of fixing your favorites. When cooking from a regular cookbook, use less fat than the recipe calls for and replace regular milk with skim milk. Use stiffly beaten egg whites to replace flour in muffins, cakes, and cookies.

Most of us eat too many fats, sweets, poor quality bakery goods, and foods lacking in essential nutrients. Study the calorie and nutrition values of everything you eat, and specialize in serving low-calorie foods that are rich in proteins, vitamins, and minerals—such as green salads, green and yellow vegetables, melons, skim milk, cottage

cheese, and tomato juice. If you have sufficient knowledge of nutrition and culinary skill, you can eat well and stay slim without going hungry.

Avoid starchy fried foods, rich desserts, and too many fattening snacks. Be careful of hidden calories. Instead of cooking vegetables with butter or fat, try using herbs and spices such as onions, garlic, cumin, celery salt, paprika, basil, marjoram, thyme, oregano, saffron, and curry. Keep lemon juice on your table to eat on salads or vegetables.

Don't have fattening foods such as doughnuts, chocolate, or potato chips in the house.

Always have a nonfattening nourishing substitute for when you're really hungry. Keep radishes, cucumbers, raw cabbage, lettuce, tomatoes, carrots, and celery all prepared in plain view in the refrigerator for quick snacks. Drink unsweetened fruit juice, vegetable juice, or skim milk instead of soft drinks or hot chocolate. Tomato juice is more filling and less fattening than most other juices.

Make milkshakes with skim milk. Use a little extra flavoring (vanilla, maple, banana, or caramel), a dash of cinnamon, ginger, or nutmeg, two tablespoons of dry skim milk, and one pint fluid skim milk. Or make a pineapple milkshake with two tablespoons of dry skim milk and a glass of unsweetened pineapple juice.

Very ripe fruit can replace pastries and rich desserts. If you do buy canned fruits, make sure they're packed in their own juice or water with no sugar. If you can't find these, wash the fruit before eating and throw away the syrup.

When you serve fruit cup or berries, sprinkle them with unsweetened apple or pineapple juice or fresh orange juice.

If you are a candy addict, eat Life-savers one at a time, lollipops or Bit-O-Honey. These are much less fattening than chocolate candy bars, and they last longer if you suck them.

Make meals look as large as possible. Divide a meal into many courses. Start with water, then salad, then bouillon or consommé, then grapefruit, fruit cup, cantaloupe, or an orange. Garnish with chives, watercress, radishes, lemons, or cucumbers. Never begin a meal with bread.

When you serve sandwiches, have them open-faced. Try making sandwich spread with cottage cheese, radishes, and chives, or cottage cheese and hard-boiled eggs.

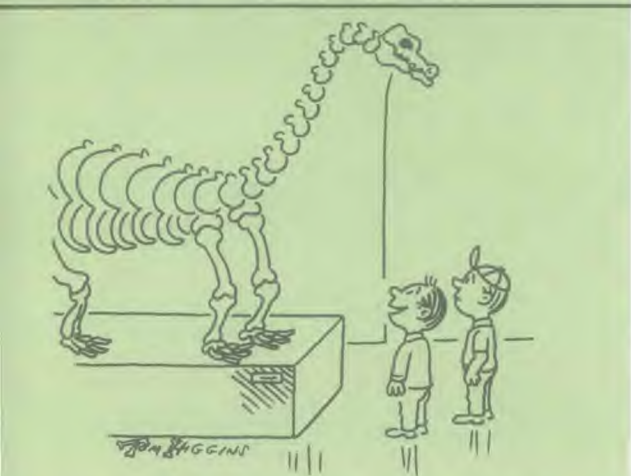
If you have noodles, macaroni, or

spaghetti, use a small amount with lots of sauce which you make yourself with tomatoes, spices, onions, and peppers.

Make cream sauces with skim milk.



"My wife is a light eater. . . . As soon as it gets light she starts eating!"



"He probably went on one of those crash diets and starved himself to death."



"It's a reducing service. We call twice a day and eat your dessert."

Buy a frying pan with nonstick finish to scramble eggs or panfry foods with little or no fat. A pressure cooker also allows for fast cooking without fat. Let food cool before using butter or margarine.

Make the table look full with a variety of nonfattening dishes, such as peppers, celery, and carrots.

Build each meal around a high-protein food. Proteins step up your metabolism and build and repair muscles and other body tissue. The body does not store up pure protein. The excess is rejected. Protein foods have a high satiety value, giving you a full feeling and delaying hunger.

Eggs are less expensive than meat or fish, and in general have fewer calories.

Slice foods such as cheese as thin as possible so it seems like more.

Fat helps fill you up but it adds too many calories. So you should use fat where it's most appreciated in salad dressing, or in butter or margarine on bread or potatoes. Be sure butter is served at room temperature, and it's a good idea to buy whipped butter, which spreads thinner. One or two tablespoons of unhydrogenated vegetable oil will reduce water held by body tissues, satisfy hunger, reduce cravings for sweets, and cause the body to change sugar to fat more slowly.

Serve a green or yellow vegetable at every meal. Most vegetables grown above ground are rich in vitamins and minerals and low in calories. A few exceptions are corn, winter squash, peas, and lima and navy beans, which are high in calories. When you serve these, use them to replace starches.

Try baking vegetables in foil. Find new ways of preparing them. Serve carrots with mint or cinnamon.

Add a very small amount of water to boil vegetables and serve them in their own juice. Don't throw vegetable water away. Save it for cooking other vegetables or making low-calorie soups or stews.

Mix vegetables such as spinach and lettuce or green beans and onions or turnips and greens. Be careful not to oversalt food, as salt helps the body to retain water.

Salads can start a meal or be used as a side dish, main course, or dessert. They give bulk to satisfy hunger and furnish many nutrients without adding many calories. But beware of dressings. Avoid oil, flour, cream, and mayonnaise. Use herbs, lemon, tomatoes, yogurt, and seasonings. Serve salads crisp and cold. Add dressing just before serving.

Cottage cheese is good with raw salads or on fruits. It's rich in proteins

and calcium and low in calorie content.

Include some carbohydrate in your meals, because fat won't burn properly without it. Starch is a better source than sugar, as sugar is digested faster, leaving you hungry sooner. When eaten with a high-protein food, a small amount of bread, potato, or cereal helps fill you up and furnish energy and vitamins, but a second helping boosts calories without satisfying much hunger.

But never fill up on starches or sugars, because they digest faster than proteins or fats, thus leaving you hungry.

Finish your meal with a low-calorie dessert, fruit or gelatin salad, custard made with nonfat milk, a thin slice of angel food cake (which is one half as fattening as other types), or sherbet or ice milk with a graham cracker or vanilla wafer. You can make a dessert with plain gelatin, add unsweetened



COMMENT ON DIETS

Perhaps such a large number of people are on diets because their diets are too permissive and thus not successful. Many persons who never mention a diet are actually practicing successful weight control, usually by limiting the size of servings, eliminating seconds, eliminating or decreasing the third meal, and by increasing exercise. They are moderate in their use of concentrated foods, such as butter, sugar, and refined-flour products. Vitamin pills are usually not necessary if one eats a good variety of natural foods, such as whole grains, fresh fruits, and vegetables.

Shirley Johnson, R.D.
Home Nutritionist

THE DRUG SCENE— AN EXHIBIT

Therese Belanger

fruit juice and serve with whipped skim milk.

Most fruits are low in calories. One notable exception is avocados.

See that you get at least one serving of citrus fruit each day to ensure a proper intake of vitamin C.

When dieting, make it a habit not to eat everything on your plate. Leave a little of the highest calorie food on your plate. Never eat food just to avoid wasting it.

Make your meals social occasions. Have a pleasant atmosphere, with candles, flowers, good china and silverware, and water in fancy glasses. Encourage conversation.

Eat slowly, chewing each bite many times. Serve foods that require lots of chewing, as they make you feel full sooner.

If you find yourself eating too fast, deliberately lay your silverware down between each bite and take a sip of water. Never eat standing up. Make it a habit to sit down even for a snack.

Start with small to medium portions. If you feel you must have seconds, choose the least fattening. Make your plate look full with radishes, parsley, carrots, and other low-calorie foods that take up space and add color.

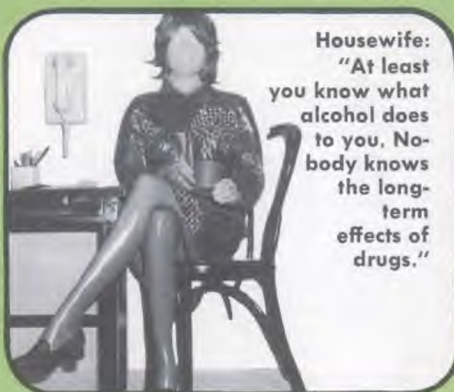
You should drink at least eight glasses of water a day.

A piece of fresh fruit makes an excellent snack. Another good snack is clear soup or broth which stimulates gastric juices and gives a feeling of satisfaction. Blood sugar tends to be low in the late afternoon, so give yourself an energy pickup to avoid hunger and overeating at dinner.

Make it a rule to have a good high-protein breakfast. This steps up metabolism and helps you avoid overeating. Mash up an extra-ripe banana and mix it with skim milk to use on cereal, and you won't need sugar. See that you eat enough food during the active part of the day so you won't overeat in the evening, because afternoon calories are more likely to be stored as fat. It's a good idea to have dinner as early as possible.

Drink water, unsweetened juice, or skim milk twenty minutes before each meal to cut the edge off your appetite. Never skip a meal, but if you aren't hungry eat very little and save the rest to be served at the next meal. Watch what you drink. Remember, it's easy to drink as many calories as you eat.

Don't let your concern for economics affect your eating habits. Shop for nutrition, not bargains. Consider the millions of dollars we spend each year on diet aids. You need never again worry about such expenses if you start eating correctly now. ■



Housewife:
"At least you know what alcohol does to you. Nobody knows the long-term effects of drugs."



White youth: "Smoking grass is just a different kind of high, like beer or wine."

"DRUGS are part of every culture." This is the theme illustrated by the current Smithsonian Exhibition on Drugs. Stephen Johnston, special museum consultant, explains the attempt to present all drugs—hard drugs as well as widely accepted substances such as coffee, alcohol, and tobacco—in their historical, sociological, and medical context.

The result is a thought-provoking blend of facts and attitudes. Noticeably missing is the scare-tactic approach. Rather it is a total picture illustrating the whole range of drug use. Conflicting views are conveyed without comment through a series of almost 100 pictures by some of the world's leading photographers. They document the extent that drugs have infiltrated twentieth-century culture.

Drugs are part of our everyday life. For example, we see beer at a family picnic,

wine at a wedding, or snuff taken by a very correct English gentleman.

Drugs have become a part of the political scene, such as the President in a ceremonial toast, Castro drinking a coke, or Churchill smoking. Pictured is a harried young mother taking her morning cup of coffee just before attending to her kitchen duties. The viewer can witness the hilarity of office and fraternity parties and then suddenly be confronted with photographs of drug victims—Marilyn Monroe, Janis Joplin, and Jimi Hendrix. Interspersed with the pictures are a few drug artifacts, a Bavarian beer mug, an opium pipe, and a delicate China teacup.

The display is housed in an air-filled plastic tunnel which can be swiftly collapsed, moved from its original home, in the Arts and Industries Building, and re-inflated in a new location. This summer the exhibit has begun a three-year tour of the country. It will be set up in museums, shopping centers, school auditoriums, church halls, and other exhibit areas across the country.

The mobility of the exhibit is practical; it also reflects the nomadic quality of many of the young, especially of the counterculture.

Young people will appreciate the irony of the flashing neon signs, which are reminiscent of the drugstores that have dispensed aspirin and sleeping tablets to every generation. Beneath the sign is a circle of vending machines, the kind one might find in a bus terminal offering combs, toys, and headache remedies. For a quarter they dispense a small plastic see-through box with a drug-related trinket. These are the "tickets" which allow admission into the exhibit area.

Before entering the tunneled display, the visitor sees an introduction area that illustrates the need for everyone to be concerned about drugs. You can browse through nineteenth-century advertisements of laxatives and chill tonics, whiskey, and tobacco, and one-night corn oil. One advertisement boasts "Soldiers in khaki, soldiers in blue, take Scott's Emulsion; you should too." And another advertisement tells of the "magic potion notion: the almost mystical belief that you



can cure whatever bothers you by ingesting the right substance."

From the mundane corn cures the introductory circle passes to the utopian quests and visions of artists and poets. Beneath a full-scale reproduction of Michelangelo's *Expulsion From the Garden of Eden*, from the Sistine Chapel ceiling, is a Biblical quote: "And ye shall be as gods, knowing good and evil." Beneath the surrealistic *Dream* by Henri Rousseau, a quote from Charles Baudelaire: "That fearful landscape of my dreams which no eyes know nor ever will."

To see the drug scene as it is today, enter the tunnel, view the compelling photographs, then listen to the talking heads, certainly the most talked about aspect of the entire exhibit. Five animated life-size figures have startlingly lifelike heads: a motion picture of an actor's face is projected onto a three-dimensional life mask of the same actor. The animated faces represent an American Indian, a Southeast Asian girl, a white youth, a Black former addict, and a bewildered housewife. The talking heads are not voices of authoritative fact, but a form of "talking pop art," an attempt to bring personal and subjective views into the museum format.

Their statements raise questions. Listen to the indictment made by an elderly American Indian: "Your drug alcohol has destroyed many of our people—" To him, peyote is a sacred food, a part of religion. Everything the earth gives is sacred—plants such as the fever weed and the snakeroot were given by God as gifts to cure the sick.

Next you meet a young Burmese girl in whose country addiction is not crime-producing, because opium is so plentiful. According to her, the opium farmer depends on his crop as "a means of economic survival." She feels the farmer should be taught about the misery his work spreads throughout the world; at the same time she cannot hide her wonder at the beauty of the opium poppy, or moonflower, at harvesttime.

The somewhat hip teen-ager will turn you off or on, depending on your views and life-style. He denies being a "junkie or an acid head," but freely admits to us-



Southeast Asian girl: "Opium is so plentiful in our country that addiction is not crime-producing."



American Indian: "Your drug alcohol has destroyed many of our people."



Black former addict: "Drugs have been hitting the Black man longer than anyone else."

ing marijuana. He says, "Most kids don't want the hard stuff, and can handle themselves with grass. A smoke is like beer or wine, just a different kind of high. Most people are paranoid about drugs."

Is it paranoia that so confuses the housewife who just cannot accept the fact that the drug scene is an extension of her own life-style? She asks the question, "How can you compare medications that help you function, with a drug that turns you off?" She worries about the legal aspect, and the unknown long-range effects: "At least you know what alcohol does to you."

The ex-addict knows what drugs have done to him. He also knows the reason for the exhibit: "White kids are shooting up—now they're doing something about it." Black kids turn to drugs because they don't want to see things as they are. "Drugs have been hitting the Black man longer than anyone else." You listen to the Black man's challenge for more help—jobs, education, housing—for the brothers and sisters who are still "shooting up until they die."

Concluding your tour, you enter the Rap Theater, where each session is followed by a discussion period in which all are urged to participate. Views are aired and questions asked and answered with the able assistance of three program coordinators trained by the National Institute of Mental Health. The programs range from screening films such as *Dusty and Sweets McGee*, *A Long Day's Journey Into Night*, the National Institutes of Mental Health documentary *Drugs* to panel discussions on the ethics of addiction. Participants hear performances by the very real and haunting inner voices from the nearby Lorton reformatory. Video tape replays of past discussions are also presented.

Eventually such video tapes will be available to the public, as well as publications with factual information.

For the present, the exhibit continues to explore all aspects of the drug culture, including the sociological and psychological conditions which lead to drug abuse. It does it calmly, without hysteria, and, as Stephen Johnston puts it, "with an open mind."



Why Teens Take Up Smoking

Cigarette smoking by teen-agers is increasing and is linked to such problems as poor school performance, rebelliousness toward authority, and "socially precocious behavior," according to several recent studies.

In January, 1968, an estimated 3 million teen-agers smoked, but in January, 1970, the number had risen to 4 million, reports the "Archives of General Psychiatry."

The journal said that "the single best predictor of smoking behavior in an adolescent is the company he keeps," and two studies found that teen-age smokers are very likely to have close friends who smoke.

Smoking also has "a highly significant correlation" to school achievement, the journal says. One nationwide study conducted for the American Cancer Society found that only 8 percent of students with an A average smoked cigarettes, but that 60 percent of those with a scholastic average of D or less were smokers. Moreover, heavy smokers "did significantly less well than light smokers."

Among college students, the study reported, smokers were more likely than nonsmokers to drop out of school or to show poor scholastic achievement.

"In contrast to nonsmokers," the journal says, "adolescents who smoke have been found to be more impatient to grow up, more rebellious, and more inclined toward impulsivity and risk-taking. . . . Smokers dated more frequently and were more likely to drink beer, wine, and liquor than nonsmokers."

One study found smokers to be "more gregarious and socially advanced than nonsmokers," and a survey of British adolescent girls found that "more than 90 percent of those who smoked over 20 cigarettes a day had had sexual intercourse."

The "Archives" also noted a link between marijuana usage and cigarette smoking: In one survey of 35,000 students in 25 U.S. high schools, researchers found that 15 percent had smoked marijuana—but half were already cigarette smokers.

Alcoholic Aid to Be Cut

Federal programs to help the nation's estimated 9 million alcoholics face cutbacks of funds and a change in philosophy that may damage treatment efforts, according to Iowa Senator Harold Hughes.

Hughes, the highest-ranking self-described recovered alcoholic in Government, warns of cutbacks in what he sees as already underfunded programs to establish local treatment centers for alcoholics.

"I am also concerned," he says, "that the Nixon administration will consolidate and homogenize the treatment programs for alcoholism" for reasons of "efficiency and reduced costs."

Are Weight Pills Safe?

The Food and Drug Administration has recommended further restrictions on production and availability of amphetamines and other drugs prescribed for weight loss.

The FDA's proposal would lower amphetamine production for 1973 by more than 60 percent when compared to 1972. With the major production cutback imposed in 1972, this would mean a total reduction of 92 percent or more since 1971.

The FDA further plans to limit availability of amphetamines by ordering off the market all injectable amphetamines and amphetamines combined with a sedative or other drugs. This action will be based on the FDA conclusion that the injectable form is unsafe and that not all the ingredients in the various combination products contribute to the claimed weight loss.

The FDA is also recommending that five other weight-control drugs widely used in the United States be listed under the Controlled Substances Act of 1970 but in a less restrictive category than the amphetamines. The act provides classes of availability based on medical usefulness of listed drugs and their potential for abuse and harm to public health. The five are all stimulants and appetite depressants—though not directly related to amphetamines.

Hughes says such an effort to rehabilitate all alcoholics in the same way would be doomed to fail, because "different approaches are required for different kinds of people."

Federal efforts to combat alcoholism are relatively new. President Lyndon Johnson introduced the first Federal legislation dealing with it in 1968, but Congress never appropriated enough money to get the programs off the ground.

Hughes led the fight for passage of the comprehensive alcohol abuse and alcoholism rehabilitation act. It established present Federal programs under direction of the National Institute on Alcohol Abuse and Alcoholism.

The Institute, now entering its third year, administers grants to local alcohol treatment centers sometimes as adjuncts to community mental health centers. It also conducts research, draws up educational programs, and encourages programs within the Federal Civil Service to help Government employees who are alcoholics.

The Institute also acts as a national clearinghouse for information on alcoholism and treatment programs for alcoholics, helping concerned localities draw up programs of their own.

Is There a Generation Gap in Families?

The so-called generation gap is just a myth, says an Illinois sociologist.

"On the whole, we have found that kids get along very well with their parents," says Dr. Alan S. Berger of Chicago's Institute for Juvenile Research.

Dr. Berger says that he studied the attitudes of more than 5,000 teen-agers, both black and white, toward their parents and found there isn't "any such thing as a generation gap. Kids have a very positive image of their mothers and fathers."

"Teen-agers from 14 to 18, the group we studied, tend to have the same values as their parents. And there doesn't seem to be any major area of conflict between them and their parents."

"A large majority of these students reported that they believed their parents understand them,

that they felt their parents have a sense of humor, that they feel it is important to please their parents, and equally important to take their parents' advice."

If a generation gap really existed, most teen-agers would hold views exactly opposite to those he found, said Dr. Berger.

But only a few did.

"We did find a minority of the teen-age population for which this was the case. And it is undoubtedly from them that the ideas about the generation gap have come," he said.

"But with very few exceptions, the positive image of parents that

emerged among the majority of teen-agers was somewhat startling.

"The myth of the generation gap implies that there is no getting along between parents and teen-agers, no understanding whatsoever.

"But it's perfectly clear from our study that the two can live side-by-side, even if they have differences of opinion. And the teen-agers can still like their parents despite those differences."

Dr. Berger said his study showed that when teen-agers fight with their parents and blame the generation gap, there is no reason to believe them.

"It is my belief that those who have rejected their parents, and then claimed it was because of a generation gap, were giving a superficial reason for more basic emotional problems that existed between them."



"Flying High" Is Dangerous

Hypoxia does not announce its arrival to its victim with sensations of choking, smothering, or an inability to inhale.

It often comes instead in the guise of a good and kind friend bringing a sense of euphoria, of well-being, and even a feeling of supreme self-confidence.

In a recent issue of "General Aviation News," Harry Weisberger warns about "Hypoxia—The Gentle Assassin."

The pilot who would burn his private ticket before climbing into a cockpit after even one drink often blithely soars to altitudes where, without oxygen, he might as well be guzzling straight from the jug, for all the difference it makes to his body.

"Drunkenness and hypoxia are blood kin," he says. "In both their sensory and behavioral symptoms



and their physiological effects on the human system, alcohol intake and hypoxia are strikingly similar."

Hypoxia does not indicate a shortage of oxygen in the air. The percentage of oxygen in the air (about 21 percent) remains constant at all altitudes.

What does change is the pressure of the air itself; basically, the air molecules are farther apart. This drop in pressure lessens the ability of the lungs to absorb oxygen from the inhaled air.

Hypoxia is, simply, an insufficient supply of oxygen to the body cells, in particular brain and nerve cells, caused by a decrease in the capacity of lungs and the blood to supply it and/or an increase in the body's demand for oxygen, as in the body's demand for oxygen, as in stressful situations.

The effects of hypoxia and the intensity of the effects themselves vary widely from pilot to pilot, and from time to time with the same

pilot. Moreover, a number of secondary factors influence an individual's susceptibility to hypoxia, and these factors tend to be cumulative.

Here's an example:

First, by letting his weight climb and his physical condition sag over the years, one pilot had induced what the flight surgeons eruditely term "stagnant hypoxia." This, you don't even have to leave the ground to get.

Crudely put, more flesh means more cells demanding oxygen; poor condition means poor circulation.

Next, by skipping breakfast and ignoring lunch he brought on what the medicos call hypoglycemia, low blood sugar. This reduces the blood's efficiency in absorbing and transporting oxygen. He had aggravated the hypoglycemia by wolfing a candy bar on the way to the plane. Contrary to common belief, refined sugar lowers the blood sugar level instead of raising it.

Those 2.5 packs of cigarettes he turned to smog during the day had lowered the altitude at which he could perform effectively over extended periods by an average 5,000 feet.

In other words, at 10,000 feet mean sea level, those butts made his body think (and respond) as if it were at 14,000-17,000 feet. And they reduced the acuity of his retinal cones, those little cells so vital to night vision. This is called anemic hypoxia. In this case, the blood's capacity to carry oxygen is diminished, mainly by the effect on the red blood cells of the carbon monoxide in cigarette smoke.

He already had low blood sugar from not eating. This and the anemic hypoxia are cumulative.

The aspirin he had taken didn't help a bit either. Sure, they dulled the sound of that anvil in his head, but they also jacked up his metabolic rate, thus escalating the oxygen demands on his already tired red blood cells.

FAA researchers J. Robert Dille and S. R. Mohler are quite specific on this point. Writing in the February, 1969, issue of "Aerospace Medicine," they say: "A reduced tolerance to hypoxia has been found with salicylates (aspirin)... mostly because of an increase in the metabolic rate."

Sugar Sobers Up Alcoholics

Researchers at Lynn Hospital in Massachusetts are sobering up alcoholics by injecting sugar into their veins.

The method, doctors say, will put drunks back on their feet and in control of themselves within two to four hours.

"Treated conventionally, an alcoholic may take 8 to 10 hours before he's sober. And if he's drying out, you may wait 24 to 48 hours before he's ambulatory and making sense," says Dr. Louis Kunian, chief of the hospital's emergency unit.

But doctors say that when fructose, a form of sugar, is given to drunks intravenously, they are able to cast off quickly the symptoms

of heavy alcohol consumption.

The sugar appears to speed up the body's breakdown of alcohol and reduce its intoxicating effect. However, the doctors say they are not sure of why it works that way.

Kunian and two other staff physicians report on the treatment in "Emergency Medicine" magazine.

The hospital now routinely uses the method on drunks arriving in the emergency room, and more than 100 patients have been treated successfully.

Some persons with alcohol problems also need other medical treatment, and the sugar method sobers them enough so that they can provide medical histories necessary for diagnosis.

Labeling Beer?

The National Safety Council has urged the alcoholic beverage industry to label each can of beer and bottle of wine and liquor with a warning that heavy drinking can impair driving ability.

Howard Pyle, safety council president, said that an estimated 56,700 persons died in traffic mishaps in the United States in 1972, with at least half of the toll attributable to alcohol.

"Although research shows that the majority of the public is aware of the potential hazards of drinking and driving, too many of the 110 million motorists who drink still don't make adequate use of this knowledge," Pyle said.

According to Pyle, product labeling would be a practical and immediate method of reminding the public of the dangers of alcohol abuse.

He admitted, however, that chronic alcoholics and abusive drinking drivers would pay little if any attention to a caution label.

"But as long as the drug industry is required to caution consumers against abuse in their labeling," he said, "perhaps the alcoholic beverage industry could perform the same public service."

TV Can't Sub for Mom!

When a mother takes a job only to provide her family with luxuries and a higher standard of living, she may be cheating her children of more than herself, says the "Milwaukee Journal."

Government and private studies show that in a child's early years, there is no substitute for the mother's presence. Especially not the TV set.

A recent Presidential survey found that the poorest children spent more time in front of television than in school, and that networks showed them over 200 crimes of violence a week. "What's more, 40 percent of the youngsters believed that this was an accurate picture of the way adults lived. That's a pretty steep price for luxuries."



Alcohol Crashes

Crashes involving alcohol occur at all times of day. During the morning rush hours, however, they are relatively uncommon—a principal reason for the low fatality rates at this time of day. In sharp contrast, the overwhelming majority of alcohol-involved crashes occur during the late afternoon, evening, and nighttime hours, reports the Insurance Institute for Highway Safety.

So greatly does the heavy use of alcohol contribute to crashes at these times of day that the odds are very high that it was involved in almost every serious crash. In one study the odds were found to be more than eight to one that the driver fatally injured in a single vehicle crash between nine p.m. and midnight had been drinking.

While there is an excess of alcohol-related crashes on Saturdays, they are very common on all days of the week. This is believed to reflect both the fact that heavy drinkers do not confine their use of alcohol to weekends, and that social drinking increases on weekends.

Remedy on the Road

Drunken drivers should spend 90 days with an ambulance crew, says a British doctor.

"Jail sentences don't mean anything, because they don't make drunken drivers see the suffering they cause," says Dr. Toni Haynes of Sutton-in-Ashfield, England.

"But if these drivers were sentenced to serve three months with an ambulance crew and made to go out and pick up the pieces at accidents, the experience would shatter them."

"It would make them realize far better than any fine or prison sentence the kind of damage their drinking can cause."



Loudspeakers attached to stoplights tell the blind when it is safe to cross the street. Instead of feeling and asking their way across busy Vienna streets, the blind can hear whether the stoplights are on green or red. A loud, low-frequency "peep" means it is safe to cross. No sound means wait.



U.S. May Become an Anthill

The United States is in danger of becoming a man-made anthill, inhabited by a flabby, inactive, neurotic, drug-prone, crime-ridden population.

That's the opinion of former Secretary of the Interior Stewart Udall.

Udall, who served under Presidents Kennedy and Johnson, has now left his profession of law to be a crusading environmentalist.

"When I say anthill," he says, "I mean an artificial, crowded asphalt jungle in which there is no place for people to exercise, relax their bodies, and run free.

"We need exercise; we need physical recreation to fight off stress; we need healthful places to play.

"But we're increasingly building a society where people are denied all these things which are so important to their physical and mental health.

"There are areas in our cities where children grow up actually never seeing a tree, and where the only place for them to play is a small patch of asphalt.

"We've built cities where a child can't walk safely to school, or an adult to work, for fear of being run down by a speeding car. There is no place to stroll pleasantly, to bicycle, or to play.

"Our cities are far less livable today than they were 30 or 40 years ago. This is an enormous work of destruction we've done. The whole urban system we have created works against the people, not for them."

Crowded conditions in our cities, Udall charges, are one reason for the tremendous increase in crime. And lack of recreational facilities, he adds, is forcing many adults today to find their recreation in drinking.

"That's why I say we're creating a flabby, inactive, neurotic, drug- and crime-ridden society," he says. "What we've got to do is keep na-

ture in the cities as much as we can. We need open spaces, everything from small plazas and squares with a little green on them where people can get relief from the pressures of the day to large open areas, places to play—even places that a boy with a dog can get lost in.

"The American environment is slowly going down the drain because our national priorities are wrong.

"The greatest concern of this country now is business. But the



Advocating vigorous exercise, former Secretary of the Interior, Stewart Udall, climbs Mount Fuji in Japan.

ultimate concern of any society must be the health, well-being, and happiness of its human members. And that's exactly where we've fallen down.

"To do what needs to be done would cost us 5 to 10 billion a year for the next 20 years. We're rich enough to do it."

But, according to Udall, "We've been spending our money on the wrong things—and we've been shortchanging ourselves."

Nixon Steps Up War on Crime and Drugs

President Nixon plans to step up the fight against drug abuse and pump more money into state and local crime-fighting programs through revenue sharing.

In his fiscal 1974 Federal budget, the President cited the two programs as highlights of his administration's law enforcement effort.

Nixon says he "launched an all-out war on drug abuse" during his first term. "With the 1974 budget, we will continue to press that attack aggressively."

Budgeted expenditures of \$719 million, an increase of \$64 million over 1973, "will permit continued support for interdiction of drug traffic and for the treatment and rehabilitation of drug users," Nixon added.

The President said that the Office for Drug Abuse Law Enforcement will continue to focus "a coordinated attack on street-level heroin traffic" while the Bureau of Narcotics and Dangerous Drugs aims its effort at "middle- and upper-echelon drug traffickers."

The new Office of National Narcotics Intelligence "will coordinate the collection and dissemination of narcotics intelligence," he said. The administration will also increase the training of foreign drug-fighting officials.

Warning on Drinks

Lawmakers in the Utah legislature want to put a warning on liquor bottles.

The Utah house of representatives has passed a bill requiring a three-by-four-inch label on liquor containers and restaurant menus warning about the dangers of drinking and driving and defining legal drunkenness.

The bill defined a drink as four ounces of wine, 12 ounces of beer, or one ounce of 86-proof liquor.

The label would warn that two drinks bring a 160-pound man to the danger level and three drinks to the point of legal intoxication.

**WHAT WHERE
WHY ? WHO
WHO ? HOW
WHEN WHAT**

● It is hazardous to be a drunken pedestrian. A Boston study reports that 42 percent of the pedestrians over the age of 18 killed in traffic accidents last year were drunk. Blood samples taken of 139 killed drivers, police said, indicated that 53 percent of the drivers over the age of 21 were drunk. (UPI)

● In New York City, a total of 374 Board of Education employees, including 103 teachers, have been arrested in the last six and a half years for the possession or sale of drugs. (New York Times)

● Cancer epidemiologists seeking explanations for recent rises in the incidence of pancreatic and esophageal cancers are leaning to the view that alcohol and/or smoking may play etiologic roles. University of Michigan gastroenterologist Dr. H. Marvin Pollard says that pancreatic cancer has become "a frightening epidemic in America." He says it appears possible that alcoholic beverages or tobacco smoke contain pancreatic poisons. (UPI)

● The government in Singapore has instructed all its medical staff to set a good example to the public by refraining from smoking in public. Smoking is banned in theaters and other public places, and there is a prohibition against cigarette ads in newspapers and on radio and television. (UPI)

● The average American's annual bill for alcoholic beverages now comes to \$92 for every member of the family—including the baby—according to a report by the Northwestern National Life Insurance Co. Only adults over 21 are permitted to buy alcoholic beverages in most states, of course, so the bill is even higher if you exclude the youngsters—\$149 per person. (National Enquirer)

● People who smoke cigarettes around indoor swimming pools may be gassing their companions, reports Medical News. Carbon monoxide from the tobacco smoke can mix with fumes from chlorine in water to form small quantities of phosgene, a poison gas used during World War I. (AP)

● Alcoholics in Oakland, California, may be able to go to a tavern; but instead of liquor they will be served coffee, fruit juices, milk, and soft drinks. The idea is to make alcoholics feel at home in a familiar atmosphere where they can be helped rather than hurt. The Alameda County Health Care Services Agency says it hopes to purchase a tavern as a reception and screening center for chronic inebriates. It has selected "New Hope Saloon" as a tentative name for the bar. (AP)

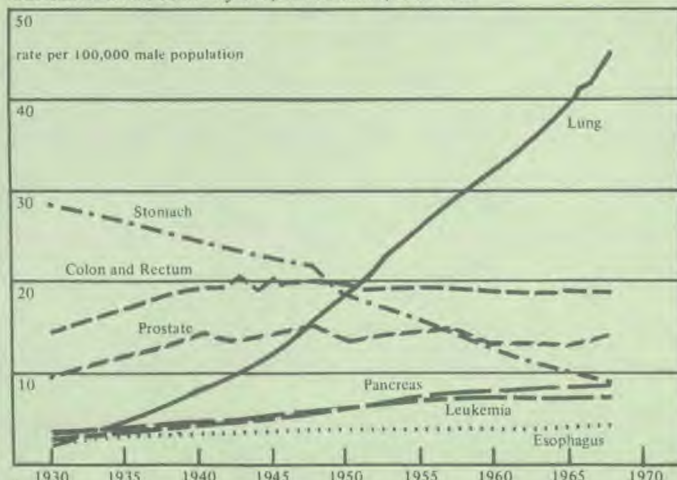
Car Deaths Decline

Traffic deaths linked to alcohol decreased by nearly 39 percent in Fairfax County, Virginia, last year.

Police attributed the decline to the year-old Alcohol Safety Action Program, (ASAP). Since ASAP's inception, more than 3,000 arrests for driving while intoxicated have been recorded, compared to 79 recorded the year before.

Under ASAP, a mobile blood test unit can be dispatched within minutes to any county police officer requesting it. One program director estimated that convictions are currently running at 90 percent of those tried.

Male Cancer Death Rates* by Site, United States, 1930-1968



*rate for the male population standardized for age on the 1940 U.S. population. sources of data: National Vital Statistics Division and Bureau of the Census, United States.

ARE YOU PUZZLED?

A "REST" PUZZLE

Frieda M. Lease

This "rest" test is sure to be relaxing. Fill spaces with letters to complete defined words.

- | | |
|----------------------|------------------------------|
| 1. _____ rest | most unbiased |
| 2. _____ rest | stand of trees |
| 3. _____ rest | top |
| 4. rest _____ | control |
| 5. _____ rest | most expensive |
| 6. _____ rest | shared concern |
| 7. rest _____ | to limit |
| 8. _____ rest _____ | dejected |
| 9. _____ rest | closest |
| 10. rest _____ | act of returning
to owner |
| 11. _____ rest _____ | braced framework |
| 12. _____ rest _____ | distinction |
| 13. _____ rest _____ | struggle |
| 14. rest _____ | dining place |
| 15. rest _____ | unrelaxed |
| 16. _____ rest | stop |
| 17. _____ rest _____ | quickly |
| 18. rest _____ | renew |

Drug "Epidemic" in Schools

The House Select Committee on Crime has voted to call for "massive" Federal aid for in-school detection of drug use, treatment, and drug-abuse education.

The move was based largely on a staff report that a "drug epidemic" has hit the nation's public schools.

The report says that "drug abuse prevention and treatment must become an integral part of school life. It must be integrated into our schools with the permanence, expertise, and long-range commitment accorded the highest priority."

The report says that the money should be raised through increased excise taxes on drugs—including alcohol and cigarettes, which are considered part of the "epidemic."

"Our preliminary examination of the matter indicated that the problem was severe," the report continues, but our investigation dem-

onstrated that the drug crisis in our schools greatly exceeded our worst expectations.

According to the report, drugs are infecting youth and contaminating schools, and the problem has reached crisis proportions.

"Tragically, the chances are substantial that when a parent sends his child to high school each day he is sending him into a drug-filled environment," the report says. "He is placed in an atmosphere where drugs are usually bought and sold—an atmosphere where there is considerable pressure from other students to use drugs."

The report claims that drug abuse in our schools has become so extensive and pervasive that it is only the uniquely gifted and self-possessed child who is capable of avoiding involvement with some form of drug use.

The report also says that TV drug advertising is contaminating the airwaves with unnecessary and deleterious advertising—deleterious to children's health because it conditions them to the unnecessary use of drugs. "One in every six television advertisements is a drug advertisement. Over \$211 million is spent annually to indoctrinate and brainwash us with the necessity of purchasing various drugs," the report says.

"In the course of our investigation we were repeatedly told by educators that television commercials have already conditioned a child's values before he enters school. Undoing the initial impact of these television commercials will take a lifetime of education.

"If one is ill and requires medication, a doctor is the most appropriate agency for prescribing drugs—not an advertising agency," the report concludes.

One in Eight Have Smoked Pot

One of every eight Americans has smoked marijuana at least once, but most of those who have tried wouldn't use it again if it was legalized, according to a new survey taken for the National Commission on Marijuana and Drug Abuse.

The commission says it believes that 26 million Americans—most of them under age 25—have tried marijuana at least once. Two years ago the commission estimated that 24 million Americans had tried marijuana.

The heaviest marijuana users are the nation's 18- to 21-year-olds, the report says. Approximately 55 percent admitted that they have used it at least once.

Approximately 40 percent of those 22 to 25 years old have used marijuana at least once, and 14 percent of youngsters aged 12 to 17.

Commission chairman Raymond P. Shafter says the pattern seems to indicate that "people experiment with marijuana and then outgrow it."

The survey showed that 63.3 percent of the youths who had tried marijuana said they wouldn't use it again even if it were legal. And 71.2 percent of the adults who had tried marijuana said they have no interest in using it again.

The survey also showed that cigarette smokers and alcohol users are more prone to use of marijuana than nonsmokers and nondrinkers.

More than 50 percent of those surveyed who are cigarette smok-

ers said they had tried marijuana. In contrast only 34 percent of the adults who don't smoke cigarettes and only 11 percent of teen-age nonsmokers had tried marijuana.

The same pattern was seen for alcohol users, with 38 percent of teen-age drinkers admitting they had tried marijuana compared with only 7 percent of teen-age nondrinkers.

In the adult group, 26 percent of those who drank admitted they had used marijuana while only 5 percent of the nondrinkers had tried it.

Capital Drug Problems

The use of hard drugs such as heroin and LSD has dropped in the Washington, D.C., area; but problems involving alcoholism—particularly among teen-agers—are on the increase.

That is the finding of most "hot-line" emergency telephone services, as well as the Washington Area Council on Alcoholism and Drug Abuse.

According to the council, the main reason drug use has declined is the scarcity of high-quality narcotics on the street.

Alcohol is probably the most popular substitute for heroin, because it is cheap and easy to obtain, says Mary Kidd, the council's executive director. She says that the most popular alcoholic drink among teen-agers seems to be fruit-flavored wine.

The council notes that former heroin users also are buying more cocaine and amphetamines.

Most agencies say they think that the use of marijuana and hashish is still high among youth, but that most callers who admit using the drugs have other more basic problems in mind.

Real Cost of Smoking

R. R. Whittington has devised a nifty argument against smoking cigarettes. It goes like this, and has for 25 years: When he sees a youth light up, he offers the lad \$10 if he will find out the cost of smoking a pack a day during the average life expectancy (for a smoker) of 60 years.

Two 13-year-olds collected \$20 from Whittington after they asked a bank manager this question: "What would 50 cents a day at 6 percent interest compounded daily amount to in 47 years?" Answer: \$47,991.86.

It convinced the boys. But it's driving bankers crazy.

ANSWERS:

18-restore; 15-restless; 16-arrest; 17-pesto; 18-rest; 13-wrestle; 14-restaurant; 11-restless; 12-restoration; 11-restless; 12-restoration; 8-restless; 9-nearrest; 10-strain; 5-dearest; 6-interest; 7-rest; 2-forest; 3-crest; 4-re-

Drug Use Causes Pain

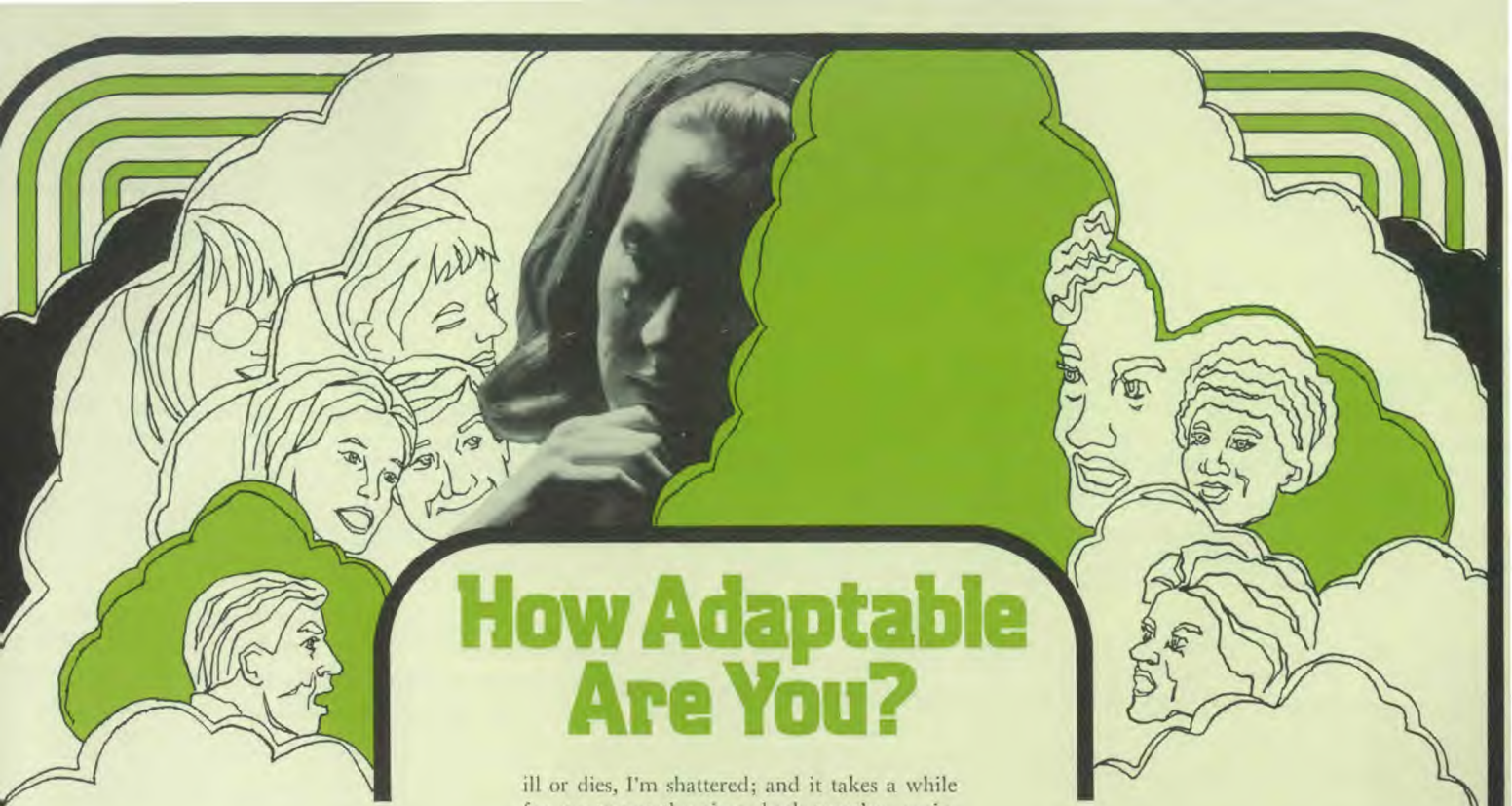
There's a new medical problem associated with drug addiction. Five cases of spinal osteomyelitis, apparently resulting from injection of heroin with contaminated needles, have been reported by a group of orthopedic surgeons from Loma Linda University School of Medicine.

Back pain was the first and the most persistent complaint in all five cases, according to Dr. Larry L. Kroll, orthopedic resident.

The Loma Linda doctors feel that the medical profession should be on the lookout for this problem, especially when treating drug addicts. Once the condition is suspected in drug addicts with low back pain, the doctors believe, it will no longer be rare.



When someone tells you that you "have rocks in your head," it's a fact, say investigators at Ohio State University. According to the investigators, these rocks, magnified 5,000 times through a scanning electron microscope, are part of the balance organs in the inner ear. The researchers are studying what happens when the rocks are exposed to gravity conditions different from Earth's, a condition that may face future space explorers when they "settle" on other planets.



How Adaptable Are You?

ALL her friends kept telling her, "Jean, you sure are a gal who goes along with the show." Small wonder. She was active in school, church, sports, and the community. Nearly always she worked with someone else or was part of some sort of a team. And this meant that she had to be adaptable with a capital "A."

Eventually, as so often happens, Jean overextended herself to the point where she contracted a serious illness. In fact, she almost died! What really happened is that Jean had forced herself to operate in excess of her "adaptive range." In a physical sense, she had taxed her "adaptive reactions" beyond all rhyme and reason. And she paid a high price for it.

In Alvin Toffler's provocative book, *Future Shock*, he talks about the limits of a human being's adaptability. Despite all the advances we have made, still the individual does not have an infinite ability to take constant changes in his stride.

Consider the young girl who gets married and has a baby before the first year is over. She then changes both her residence and her job, goes into debt, faces financial problems, and loses a close relative. As change after change assails her, life becomes overwhelming and she becomes very ill. We're told that there's no progress without change, that change is a part of life. That's true. But when changes come close together for a long period of time, the average person can't cope. So he becomes ill. It's as simple as that.

It seems that people vary in their adaptability powers. My husband grapples with tough, even sad, problems with considerable courage and stamina. Yet he is more likely to blow his cool when we run out of some everyday household item I've forgotten to get at the store. Conversely, I can do without most anything for a matter of days without any ill effects. But if a loved one becomes seriously

ill or dies, I'm shattered; and it takes a while for me to put the pieces back together again.

During the years we traveled extensively we were amazed to discover how many people cannot adopt new ways and thus adapt to a new environment. In the South Pacific a number of American women had to be flown back to their homes because it was impossible for them to make the transition. In Alaska the same thing occurred.

Our world of the future is predicted to be full of constant change. It is going to be vital that we try to adapt to these awesome changes. Yet it will be as necessary to know how many changes we can take, and how often. We can't do much about the illnesses or deaths of those close to us, but we can regulate, to a certain extent, changes in jobs and residences.

We can strive for more patience and tolerance so that we are less likely to have trouble with bosses and co-workers, in-laws and friends. And we can take certain steps to keep out of business and financial trouble. If we have racehorse-type personalities and live on a constant merry-go-round of activities, we can start gradually tapering off and slowing our pace a bit. We can learn to say No when a Yes will only get us in deeper, and probably into eventual ill health.

In *Future Shock* it is suggested that searching for the right amount of change in our individual lives might be equated with the pursuit of happiness. It is strange that while so many of us experience too many changes in our lives and thus feel overstimulated, others suffer from boredom and restlessness because they lack enough changes to keep life interesting. There is a fine balance involved here, and everyone must find it for himself.

In the future, preventive health measures might not so much involve learning the secrets of exercise and good nutrition as in reg-

ulating the changes in our lives. The idea is new, even revolutionary; but changes and health are being linked together with increasing frequency. In the past we often were pressured to adapt to innumerable situations and conditions. If we protested, we were called poor sports. But if the new thinking catches on, some of the others may not think it's worth it. They could be taking a few years off their lives!

Adaptability is great, and this fact cannot be over-emphasized. But there is a limit to how much and how often it is safe to keep the adaptive reactions in high gear. Then too we need to think more about the part adaptability plays in our close human relations (husband-wife, parent-child, with in-laws, between close friends, et cetera).

In some relationships one party does 80 percent or more of the adapting, and this is far from fair. If you've been a doormat in this department, let the other party know you'll consider a 60/40 percentage (few relationships can run on a 50/50 basis for long!), but that a continued 80/20 is out of the question. And if you are willing to do some soul-searching and discover that someone close to you is so kind as to do the major portion of adapting required, give him a break and even up the score.

How adaptable are you? Be honest. Do you adapt to others your fair share of the time, or are you inclined to expect them to adapt to you? Perhaps you're on the other side of the fence and spoil those whose lives you touch by doing too much adapting. Either extreme is a mistake.

Those in the know advise us to try to limit the amount of changes in our lives for our own good. For it is change which requires us to adapt constantly to the new and unknown. Yet it is possible, through education, that even the most adaptable people will be able to increase their adaptability.

Shirley M. Dever

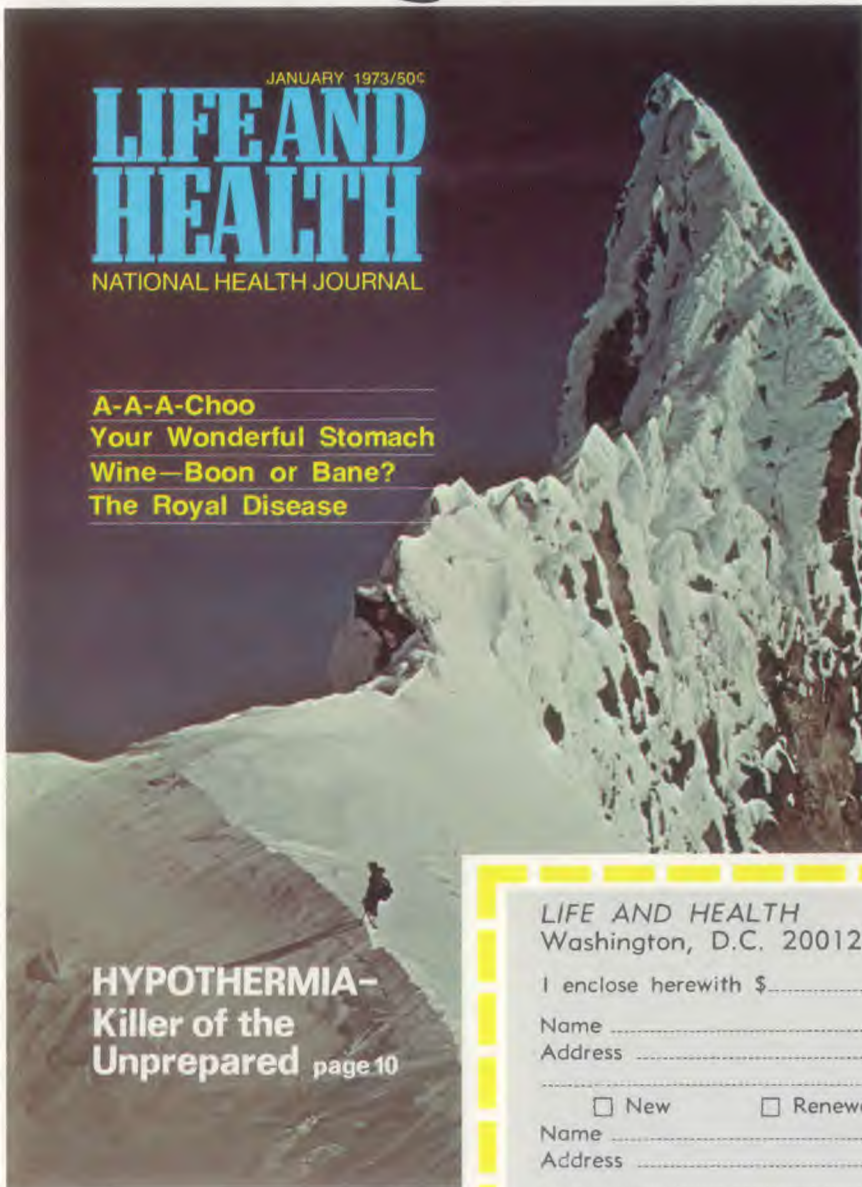
That will be \$10. please



smiles the girl behind the desk. You have been feeling miserable for days, and are more than happy to pay the cost of an office call so that your physician can offer his professional help. Within a day or so, you should be feeling like yourself again. All very well. But there is still one thing better than getting well, and that is not getting sick in the first place. An ounce of prevention is always better than a pound of cure. The reason most people do become ill is that they are careless or lack knowledge concerning the laws of health. **LIFE AND HEALTH** is prepared to make twelve "house calls" to your home each year, sharing vital information on how to stay vibrantly alive and well. And all for only \$6.00—which is a lot less than a single visit to your physician.



If **LIFE AND HEALTH** is not a regular visitor in your home, why not subscribe today?



LIFE AND HEALTH
 Washington, D.C. 20012

I enclose herewith \$..... Please send **LIFE AND HEALTH** to:

Name			
Address		1 yr. \$6.00	2 yrs. \$11.75
..... Zip		<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> New	<input type="checkbox"/> Renewal	<input type="checkbox"/> Gift	
Name			
Address		1 yr. \$6.00	2 yrs. \$11.75
..... Zip		<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> New	<input type="checkbox"/> Renewal	<input type="checkbox"/> Gift	

Sign your name as you wish it to appear on gift cards.
 Names for additional subscriptions may be listed on a separate sheet and enclosed with this coupon.