

LISTEN

A
JOURNAL
OF
BETTER
LIVING



Teen-ager
NANCY NORRIS



Biggest Problem

Narcotics is the biggest problem the Los Angeles County Grand Jury has encountered, according to Narcotics Committee Chairman Roger J. Roelle. "Narcotics is public enemy No. 1."

Alcoholics Claim Welfare Aid

The State of New York has directed its county welfare departments to make aid available to alcoholics unable to work. This is being done on the basis of alcoholism as a disease.

U.S.'s Wettest City

San Francisco has one liquor outlet for every 138 adults. One out of every six adults in the city has a drinking problem. Faced with increasing numbers of juvenile drinkers, this city will have 1,500 potential alcoholics from its 9,000 youth who will reach the age of twenty-one in 1958.

Drinking and Desertion

In a study of 150 multiproblem families by the New York City Youth Board, alcoholism, drinking, and drug addiction were found second only to desertion as the immediate cause of the breakup of the family. Desertion was

found to be the single major source of trouble among 28.3 per cent of the families in the study, and alcoholism and drug addiction accounted for 20.3 per cent.

Tranquilizers May Be Habit Forming

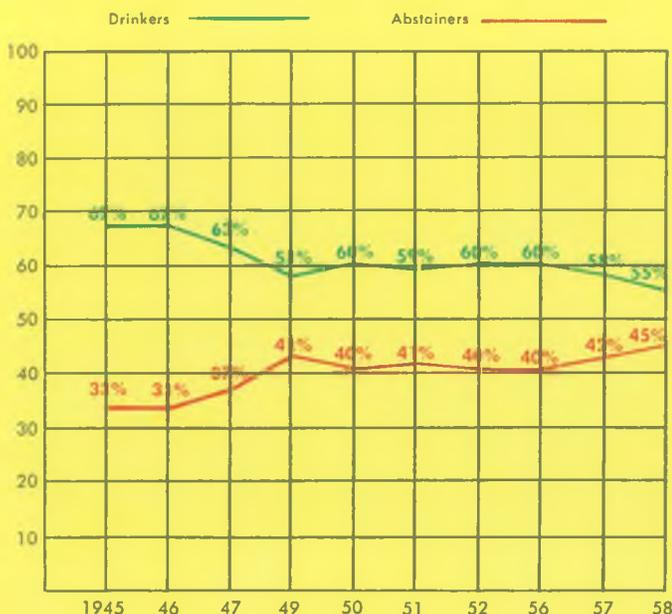
"Alcohol is the senior citizen of tranquilizers," notes Dr. Keith S. Ditman, director of the Alcoholism Research Clinic at the University of California Medical School, Los Angeles. He estimates that 25 per cent of the men and 35 per cent of the women alcoholics use drugs to excess. Drinks or drugs reduce anxiety, but drugs accomplish this without befuddling or causing a hang-over. These drugs, too, may be habit forming.

Greater Menace Than Narcotics

Two leaders in the field of medical research point out that alcohol is worse than other narcotics. Dr. Karl Bowman, retired University of California psychiatrist, declares that alcohol is a greater menace to society than narcotics. Agreeing with him is George Dusheck, science writer for the *San Francisco News*, who reports the Council on Mental Health of the American Medical Association as saying that alcohol is a more potent cause of human misery and disease than heroin or any other narcotic.

DRINKING DOWNTREND

There are now 2,800,000 fewer drinkers in the United States than last year, says the Gallup Poll, a decline from 58 to 55 per cent.



WORLD DRINKERS

The New York "Herald Tribune" World-Poll reports the number of drinkers in different countries as follows:

	Fre- quently	Occasion- ally	Not at All	Did Not Answer
France	30%	50%	19%	1%
Italy	18	58	22	2
Britain	11	62	27	—
Japan	11	31	58	—
Austria	8	74	17	1
Canada	5	56	38	1
Germany	4	73	21	2
Sweden	3	61	34	2
Brazil	3	40	57	—
Belgium	2	59	39	—
Norway	2	66	26	6
Mexico	1	52	45	2

LISTEN

A Journal of Better Living

SEPTEMBER-OCTOBER, 1958
Volume 11 Number 5

OUR COVER

A busier young lady you never saw than Nancy Norris during the month of April, 1958, submerged as she was in her profession of modeling, her teaching, her church activities, her commercial appearances, and her work as coach in helping to select her successor to the title of Miss Maryland.

Nancy was not too busy, though, to take hours—a considerable number of them—to appear before the cameras and recording microphone to express in word and feature her deep personal convictions of better living.

"Listen's" cover is by Byron Logan, of Takoma Park, Maryland.

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Editorial Office: 6840 Eastern Ave., N.W., Washington 12, D. C.
Editor: Francis A. Soper Editorial Assistant: Sue Taylor-Baker
Circulation Manager: H. K. Christman
Sales and Promotion: L. R. Hixson, Jesse O. Gibson
Editorial Consultants:
Winton H. Beaven, Ph.D., Director, Institute of Scientific Studies
W. L. Halverson, M.D., D.P.H., Former Director of Public Health, California
Matthew Hill, Washington State Supreme Court
Andrew C. Ivy, Ph.D., M.D., D.Sc., LL.D., University of Illinois, Chairman
of the National Committee for the Prevention of Alcoholism
Joseph T. Zottoli, Boston Municipal Court
Cyril B. Courville, M.D., D.N.B., M.Sc., Director, Cajal
Laboratory of Neuropathology
George T. Harding, M.D., D.N.B., F.A.C.P., President and Medical
Director, Harding Sanitarium and Hospital
Laurence A. Senseman, M.D., D.N.B., F.A.C.P., Director, Fuller
Memorial Hospital
Publication Office: Pacific Press Publishing Association, Mountain View, California
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UNWANTED STEPCHILD

FEW words in the English language are more forbidding and cold than the word “unwanted.” But that is the very word now being used by the liquor industry in its self-appraisal of its present position.

In a major editorial in one of the leading industry journals, entitled, “The Industry Needs Respect,” it weeps out its woe.

The difficulty seems to be mainly in its failure to persuade Congress to repeal the excise tax on alcoholic beverages. Harder than pulling hens’ teeth, this official writer complains, harder than selling refrigerators to Eskimos.

And he goes on, “What is worse is the fact that while excise-tax cuts on other commodities are at least considered, this industry gets no mention whatsoever. It is completely ignored, and our pleas fall on deaf ears.”

All this, it is claimed, in the face of “the best argument” for such a tax cut, that argument being the growth of illegal distilling and bootlegging. From July 1, 1957, through April 30, 1958, Federal agents seized no less than 7,772 stills, in this 25th year of repeal. However, there is no mention of the failure of the promise made when the Eighteenth Amendment was repealed—that repeal would eliminate bootlegging.

Because of this excise tax, the industry wails, it “is shoved aside like an unwanted stepchild when tax hearings are held. This is a legal industry, created by the will of the people, and one of the country’s biggest and most important revenue producers. When will it get the respect which is its due?”

These shed tears indicate clearly that the industry itself recognizes a stigma attached to anything having to do with alcoholic beverages—a stigma of which it is not only cognizant, but afraid, a stigma that is innate, inescapable, constant, definite, a stigma rising out of the very nature and potential effects of alcohol as a beverage.

It is a unique sight to see a multi-billion-dollar industry, in its official organ, feel like an “unwanted stepchild” and cry for “the respect which is its due.” Actually, it cries for the respect which is not its due; in many areas it is already beginning to receive the respect which is its real due.

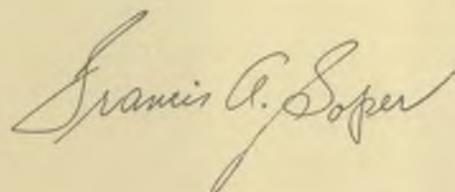
This “I shouldn’t be doing this” feeling reminds one of a small boy who knows he has been in the cooky jar and because he can’t look his parents in the eye, begins to rationalize. But it is impossible to rationalize away the trail of damage and danger left by beverage alcohol.

This fact was recognized by the United States Supreme Court when some time ago it ruled the liquor industry a tolerated business, legal only by stretching the meaning of the word.

That this is also seen clearly by the industry is indicated further by the fact that it is embarking on a campaign to reinstate Sunday sales in areas where such sales are now forbidden. Such a ban in the first place implies that drinking is an evil that must be halted on Sunday. Actually, logic calls that it be also banned on other days as much as on Sunday.

There are other circumstances under which drinking is banned, too. Bartenders are officially discouraged from using their own product, though they sell it to others; repeatedly advertisements for barkeepers specify that they must be total abstainers.

Indeed, the day when the liquor industry receives the respect which it *really* deserves will come when the public awakens to the sinister dangers of beverage alcohol and its untoward results on man and society. Then, and not before, will the industry get the respect it “needs.”



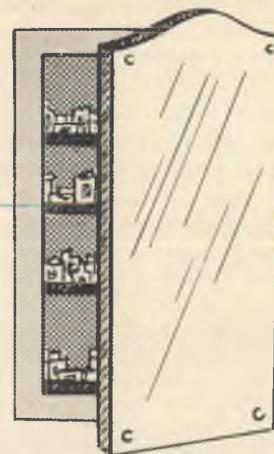
Many persons today are attempting to have a good life without living a good life.

THE United States seems to be falling in love with the newest inhabitant of its own medicine cabinet—tranquilizing drugs.

Choruses of warning cries from specialists trained in diagnosis and treatment of mental disorders are showing little result. Stern admonitions from doctors pointing to startling side effects of tranquilizing pills go virtually unheeded.

Tranquilizers, a latter-day “liquor,” reveal to the innermost core the instabilities of people unable to live with themselves, who desperately seek salvation in a pharmaceutical tablet, in a rose-colored aspirin for the soul.

Statistics of this situation are staggering. Estimates indicate that some 20,000,000 Americans—about one out of every four adults—will carry a prescription calling for a tranquilizer to the drugstore this year. Fifty million pre-



Does Happiness Come in Pills?

scriptions, more than the total for all other drugs except antibiotics and vitamins, will be filled by pharmacists. At least \$180,000,000 will be spent in 1958 on “happiness pills.”

All this will take place against a background of somber pronouncements from qualified persons who regard the drift to pharmacological tranquillity with both fright and distaste.

“The casual use of the drugs is medically unsound and constitutes a public danger,” the American Psychological Association has cautioned.

“For the person who is not mentally ill, I see no reason for tranquilizers. I do not think it is good,” warns Dr. Robert H. Felix, director of the National Institute of Mental Health.

People are losing contact with themselves, so that they don’t have any dreams for the future or any creative expressions,” observes Dr. Ralph Greenon, clinical professor in the medical school of the University of California at Los Angeles. “They don’t even know whether their wives or husbands are angry. They have a boardinghouse marriage, just eating and sleeping without any deep contact.”

What are these pills which are sweeping the country? What do they accomplish? Why are they selling so phenomenally? What are their assets? What are their dangers?

The tranquilizers are a group of chemical substances of comparatively recent use in the United States, though they have been known in other lands, particularly India, where some were used as herb medicines. They were first employed in the United States to control vomiting, to lower blood pressure, and to aid in relieving a condition known as “mucous colitis.” Most of them affect the central nervous system and the spinal cord.

GILBERT GEIS, PH. D.

Los Angeles State College
Department of Sociology

There are three major types of tranquilizers. *Chlorpromazine*, sold under the trade name of Thorazine, is a synthetic drug which was discovered in France and first came into use in the United States in 1954. It works primarily on the thalamus, and decreases both psychological and motor performance, producing a calming effect.

Reserpine, or Serpasil, is the product of the root of an Indian snake plant of the *Rauwolfia* group. Two years ago, a group of Harvard University biochemists discovered how to produce it artificially in the laboratory. Reserpine is soluble, and may be taken either orally or by use of a hypodermic injection.

Meprobamate, the last of the triumvirate, was introduced into the United States in the summer of 1955. Like the others, it produces a detached, indifferent attitude in the user; in particular, it relaxes muscles. Meprobamate is sold commercially under the trade names of Miltown and Equanil.

Together, the three drugs are classed as “ataractics,” a term derived from a Greek word meaning “not disturbed.” At present there are at least thirty-one different ataractics available in the United States.

Tranquilizers have produced spectacular results in reducing the resident populations of mental hospitals. In 1956, largely through their use, there were 7,000 fewer psychotic patients in the crowded mental hospitals at the end of the year than at the beginning. Headlines throughout the country proclaimed this achievement. “Drugs

Are Closing the Veterans' Violent Wards," a story from Washington reported. In Trenton, New Jersey, the state director of mental health announced a record rate of discharges for the state. The same downward trend was evident during 1957, though the decline was not as rapid.

Even with mentally ill patients, those out of contact with reality, the pills are no cure-all. They represent no final solution to emotional difficulties. Psychiatrists stress that their major advantage is in allowing the patient to calm down long enough so that others can deal with the basic problems that led him into insanity. They stress that the discharge rates from the hospitals should not be

Let's Rush a Little

B. Coursin Black

SO LITTLE time. One *must* miss something—the radio show, or the TV program, which? Or that meeting? And this is the night the stores are open late!

Really, how did they get along in the old days? There was just nothing to do. They used to gather in the old-fashioned living room and listen to father tell stories, and to mother read verses from the family Bible. Now and then some neighbors dropped in to chat. One can't possibly find time to visit these busy days. There is too much to do.

Why, I've heard they used to sit in a darkened room, with only a fire on the hearth to furnish light, and look out where frosty stars shone over the white, silver fields. They had fun those queer days in popping corn and playing Questions, in talking of school and Halloween and the coming Christmas decorations. But today we are really busy. We have no, simply no, time for even saying Hello to our neighbors, let alone talking with them.

A day is not twenty-four hours any more. It is much shorter. That is why we have no time for things. We must hurry so. Things to do, now. In olden times it was a day's trip to town. Now, a ride of fifteen minutes. Better hurry, and maybe it can be cut to fourteen minutes. Time is valuable, you know.

Ho, hum. Just what will we do tonight?

taken at face value. We still do not know how many of these patients will return to the wards, how many of them will not be able to function if the pills begin to diminish in effectiveness as the human body becomes accustomed to them.

Psychiatrists stress that we actually have no sound information on the long-range effects of these pills which Americans are swallowing by the billions each year.

They also look askance at the spate of side effects that the pills sometimes produce in patients. Most often these take the form of jaundice, resulting from liver disorders

or from the destruction of red blood cells, of lowered blood pressure, excessive sweating, or acute depression. Others have noticed the appearance of Parkinson-type diseases, such as shaking palsy. These disorders cease when the dosage of tranquilizers is stopped, but there is no guarantee that there might not be either long-range or cumulative effects by this time.

The transition to the use of tranquilizers beyond the walls of mental hospitals was a rapid one, pushed forward relentlessly by economic competition between the producers of the pills. Once one company had flooded the market with its particular product, others felt compelled, however reluctantly, to follow suit. Advertising of the pills became so blatant that the United States Congress was forced to hold hearings to determine, as Representative J. A. Blatnik of Minnesota, chairman of the Government Operations Subcommittee, expressed it, whether the drug companies abandoned scientific approaches for "soap-selling" promotional methods.

There has also been a great deal of criticism directed at the sale of certain tranquilizers before they have been adequately tested and evaluated. The best dosages of tranquilizers, for instance, still remain a matter of controversy. Recently the Food and Drug Administration felt compelled to request manufacturers of tranquilizers to reduce the recommended dosages and to warn physicians against excessive prescriptions. Disturbed by the state of affairs, the National Institute of Mental Health set up a two-million-dollar experimental program centered in Bethesda, Maryland, and Lexington, Kentucky, to be known as the Psychopharmacology Service Center.

With the spread of the use of tranquilizers, other warnings began to be sounded. One doctor soon cautioned that general practitioners, before they casually prescribed the pills, would have to make more strenuous efforts to differentiate between anxious patients and those who were seriously depressed. A depressed person, Dr. Frank J. Ayd, Baltimore psychiatrist, reported, is already suffering from underreactivity of the sympathetic system, and "to superimpose a drug which is a sympathetic depressant only aggravates the existing emotional depression and increases the risk of suicide." Dr. Ayd also pointed out that many general practitioners simply cannot adequately distinguish between anxiety and depression, because both show similar symptoms, though depressions are "among the most common illnesses."

The United States Air Force, concerned about the effect of tranquilizers on the performance of its fliers, issued an edict forbidding any pilot from going aloft following the use of tranquilizers. In fact, the Air Force ruled that pilots could not take up planes until four weeks had passed from the time they employed a tranquilizer.

Combined with alcohol, tranquilizers produced further unsettling results. Experimenting at San Francisco's Langley Porter Clinic, researchers gave a subject one dosage of Chlorpromazine and one of liquor. After a deep sleep, the subject became loud and boisterous, and his actions became "irresponsible." The experiment showed that the pill increased the effect of alcohol by boosting the amount circulating in the blood and the brain, and by altering the

(Turn to page 25.)



office of a man named Earl Rogers, then California's best criminal lawyer, and father of the noted writer, Adela Rogers St. John.

"I started as an office boy," Giesler recalls today, taking a long look backward. "I used to drink in my earlier days. I liked liquor, and I needed it after a tough day in court."

Dividing his energy between the challenging, difficult work and his youthful, energy-consuming, "relaxation" with buddies, he soon began to pay a heavy toll to a bottle. Still, the young lawyer felt he needed the support of alcohol to succeed in his chosen field.

Innately shy, to this day Jerry Giesler, after decades of brilliant courtroom activity, admits to painful self-consciousness and stage fright.

This Barrister Shuns the Bar

Duane Valentry



"My knees shake and my heart pounds for maybe five or ten minutes," he says. "Then everything in the courtroom becomes a blur and I don't see anything; then I'm all right again. Sometimes I get sick. I remember one big murder case when I broke down two nights before the trial. The doctor put me to bed. They didn't think I would be able to go on, but I did."

As with many people of a shy nature, liquor seemed to offer him a way out, a false courage. Giesler leaned on it so heavily he soon found it had become a problem bigger than his shyness ever was. Also he awoke to the fact that it had ruined his marriage.

"One morning I got off the train in Los Angeles after a wild weekend in San Francisco and started thinking about what drink had done and was doing to me, and what it had done to other lawyers. I swore I would never touch it again. I haven't, to this day."

This sudden transformation marked the real beginning of one of the most fabulously successful careers in the history of criminal law. In 1931 Giesler was married for the second time, a marriage that has been an exceptionally happy one.

As the attorney who has helped many a movie star in a divorce action, Mr. Giesler doesn't mind giving advice when asked on how he thinks marriages can be saved, taking his own as a typical marriage that has evolved successfully. Most divorces, he strongly believes, shouldn't happen.

"Sure, we have arguments," he admits, "but both Mrs. Giesler and I have the happy (Turn to page 26.)

WHEN San Francisco was recently named the hardest-drinking city in the United States, one group within the city was singled out as the hardest-drinking group, the lawyers. For some reason, according to this survey, lawyers seem able to "drink more and hold it better" than any other group.

A man who has one of the keenest legal minds of our day, and is, in fact, known as America's most famous criminal attorney, Harold Lee Giesler, can personally vouch for it.

"Jerry" Giesler, as he is familiarly known, now seventy-one, can look back on his days as a young lawyer and remember the feel of a glass in his hand all too well.

Those were the days when Jerry, who had just moved west from Wilton Junction, Iowa, went to work in the

Ilsa and John
at a reception
with the mayor
of Bankstown.



At his desk, John
thinks of another
world swimming
record to break.



Coach Don Talbot.
He trains his pupils
to be champions.



Living Like Champs

Ernest H. J. Steed, "Listen's" South Pacific correspondent, interviews ILSA and JOHN KONRADS, Australia's amazing young brother and sister swimming champs.

"Mom and dad were afraid we would get drowned," says Ilsa. The best solution to the problem, their father felt, was to teach them how to swim in the center's swimming pool.

Australia and swimming were a new life indeed, a grand experience, for this family had known the terrors of aggression. In 1945 they had left their home in Riga, Latvia, fleeing to Germany.

After five years of struggling to establish a new home with a sense of security around them, the family joined the stream of migrants to sunny Australia. Mr. and Mrs. Konrads and their three children felt that this was the place to begin again.

"I was glad to be in Australia, but when I started swimming lessons I found it hard going," continues Ilsa.

Twelve months later the family moved into the Sydney suburb of Bankstown. At the Olympic pool each day they saw hundreds of children and young people enjoying its spacious area of sparkling water under a brilliant sky.

Merely paddling around in such a place would be of little use, so the next step was to line up under the pool's coach, Don Talbot.

Before school and after school it was "all in" for instruction, practice, and exercises. This continued for four years.

"Ilsa and John were soon above-average swimmers for their age," remarks Coach Talbot, "but it was only this last season I recognized them as world class."

Ilsa as a thirteen-year-old topped the ladder within a few weeks. Two world records, (Turn to page 34.)

IF I were to tell you the story of two world swimming champions, aged fourteen and sixteen years, you would expect to hear all the details about their swimming before they could crawl or walk.

Well, this episode is different.

First, let me introduce to you world champion swimmers Ilsa and John Konrads of Australia.

When John started on world records a few months back, he began knocking them down like pins in a bowling alley.

The amazing part about it is that seven years ago neither John nor Ilsa could swim, and had never really tried.

The turning point came one day when the Konradses, recent arrivals as migrants, were settling at a new Australian center for immigrants in southern New South Wales near Wagga. Near the center Mr. Konrads noticed some large water holes, a real menace to active youngsters.

GAUDY signboards, colorful advertisements, and popular custom all commend beer as a mild, harmless, and refreshing drink. During the fiscal year ending June 30, 1956, a total of 86,381,710 barrels of beer were withdrawn in the United States.¹ On the assumption that 65 per cent of the adult population of our country drink beverages containing alcohol,² this allows an average of more than one barrel of thirty-one gallons to each drinking person within the year.

Robert Straus and Selden D. Bacon made a scientific study of the drinking habits of college students.³ Their data were obtained on the campuses of twenty-seven colleges within the United States. With respect to personal preference, 47 per cent of male students indicated their preference for beer, 11 per cent for wines, and 42 per cent for spirits.

In 1951 Dr. Milton A. Maxwell, associate professor of sociology at the State College of Washington, supervised a poll of the residents of the State of Washington to determine their drinking habits.⁴ It was observed that 63.3 per cent of the sampled population of the state (twenty-one years or older) used alcoholic beverages to

a greater or less extent. Of these, 54.2 per cent indicated beer as their first choice of an alcoholic drink.

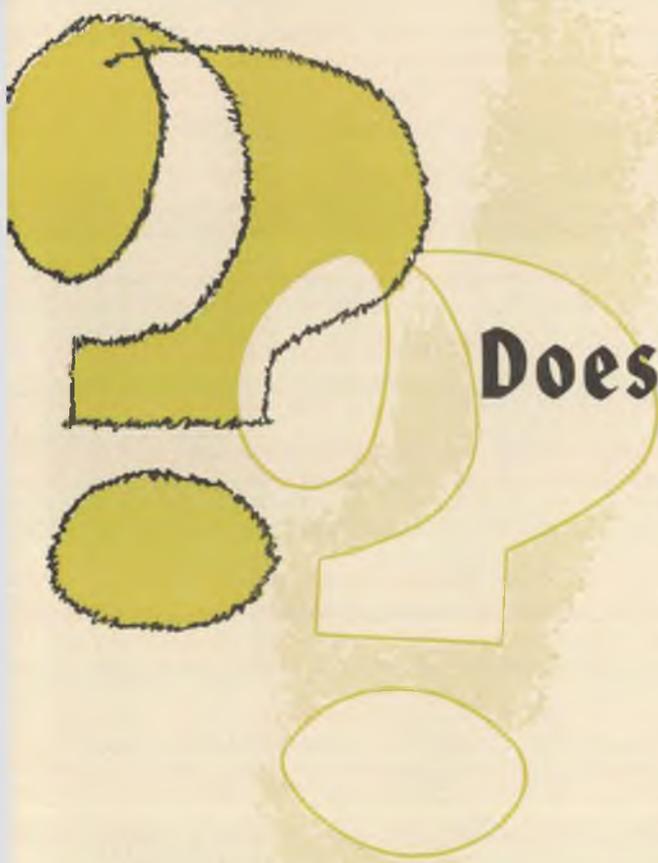
But more important than the evidences of the popularity of beer is the question, Is there any harm in beer?

The basis on which it is contended that beer is relatively harmless is that it has a low alcohol content. Beer manufactured in the United States contains about 4 per cent alcohol in contrast to an alcohol content of 14 to 21 per cent for wine and 40 to 50 per cent for distilled liquors.

Its low content of alcohol makes beer a popular drink. During prohibition years brewers tried to develop a popular demand for near-beer—beer without alcohol. The following typical advertisement appeared in the *Chicago Tribune* for October 5, 1930: "It is brewed by masters. It has the same age, the same flavor, the same quality and purity. . . . *Alcohol was always a small factor in beer.*"⁵ But even with such promotion, near-beer never



- Is it harmful?
- Does it contain alcohol?
- Why do drinkers like it?
- Will it intoxicate?
- Can it make a driver dangerous?
- Does it affect a person's ability to think?



Does Beer Really "Belong"?

became popular. It tasted like beer, but it did not produce the effect that regular beer, with its 4 per cent alcohol, produces. Evidence enough, then, that beer's popularity does not depend on its taste! No doubt many soft drinks have a better flavor than beer, but they lack the "punch," and they are not capable of adding "life" to the party.

Among those who use intoxicants, beer is a favorite drink at parties because it releases the emotions, makes a person more talkative, and reduces self-consciousness. Those who like beer contend that these are desirable effects which make social occasions more enjoyable. But before drawing conclusions, let us consider the manifestations of these effects.

Because it contains alcohol, beer does release the emotions. There are various kinds of emotions, and beer releases them all. After two or three glasses a person not only laughs easily, but cries easily; he not only loves more ardently, but hates more vigorously. This is the reason

HAROLD SHRYOCK
M. D.

why so many "gay" parties at which beer is served reach their climax in fist fighting. Under the influence of beer a person laughs long and loud at any crude joke, but he also takes prompt offense when the joke is pointed at him. He has lost that control of the emotions which makes a sober person capable of good sportsmanship.

Beer makes a person talkative by increasing the quantity, but not the quality, of his conversation. Words flow freely, but they have no depth of meaning. When a person is under the influence of beer, his conversation lacks the sparkle that should make it interesting. Genuine humor requires insight and wit, but beer serves to suppress the intellectual centers of the brain, so that they are no longer capable of supporting a brilliant conversation.

Beer reduces self-consciousness by stifling the social restraints which enable a person to act "properly." In the absence of these restraints there develops a false sense of superiority which makes a person arrogant and impulsive. There is a try-anything-once attitude. The dictates of conscience are shifted to the left, and there is a feeling of release from moral rectitude.

The alcohol contained in beer has the same effect as the alcohol in other beverages. It depresses the cortical centers of the brain and makes a person less alert and less aware of the reality that surrounds him. Under its influence a person lives in a sphere of make-believe. Those who use beer consider it necessary to a good time, but serious thinkers agree with Lady Nancy Astor when she remarked, "The reason why I am a total abstainer is that I want to know when I am having a good time."⁶

There are those who ask, Is beer, with its relatively low content of alcohol, actually intoxicating? The answer to this question obviously depends on establishing a definition of intoxication. If beer is not intoxicating, then why is its sale subject to the same legal restrictions as those which govern the sale of liquors with higher alcohol content? Why are there rules for bus drivers and air pilots which prohibit their use of beer? Why was it that as soon as the prohibition against the sale of beer was repealed in 1933, Secretary of the Interior Ickes ruled that beer must not be sold on Indian reservations?⁵

Perhaps a better way to answer the question, Is beer harmful? is to notice the effects it has on human beings.

In the first place, the drinking of beer causes a significant amount of alcohol to be present in the blood stream. Many research scientists have made calculations on the amount of alcohol occurring in the blood after the drinking of measured amounts of beer and other alcoholic beverages. For our present purpose the observations of Kjell Bjerver and Leonard Goldberg are cited.⁷ These studies were made at the Karolinska Institutet in Stockholm. One group of subjects drank three or four bottles of beer containing 4 per cent alcohol a little more than one hour (average of seventy-four minutes) before samples of blood were taken for the determination of alcohol. Their blood alcohol concentration ranged from .039 per cent to .046 per cent of alcohol.

Another item of evidence indicating that the reason for the popularity of beer depends upon its alcohol content comes from the study of *(Turn to page 28.)*

"Club Thirteen" Speaks

1958 Winning Temperance Oration, Paradise Junior Academy, Paradise, California

Beverly Rairdan

I WOULD speak to you, young woman, who I recall came in arm in arm with your companion last night. You were very beautiful. I know, because I am the Night Club, and I have seen much. Many things I know to be true facts, and I will tell you of them.

I am still a young institution, but already I have an exciting history. For three years I have stood on the outskirts of every town and city, catching youth as they pass by. I believe I am attractive. You will usually find me all bedecked with colored lights; housed in some unique building decorated with little cedar trees, or flowers, or shrubs. With my dazzling lights, my enticing music, and the laughter and gaiety of youth, I lure boys and girls from their homes into my presence.

And when youth come in, they find me prepared. I have smooth, shiny floors over which youth—hot-blooded boys and girls clutched madly face to face—may glide to the exciting strains of jungle music, designed by all the laws of rhythm to rouse the sleeping jungle beast in any human heart. Then when they have danced until they are hot and breathless and filled with nameless desires, there are inviting tables where they may sit and talk together. And before them I place food and drink—delicate food, expensive food; and drink that is both expensive and powerful. After all, it is for the serving of the drink that I exist.

I saw you come in last night, young woman. You did look beautiful in your pastel pink dress, and your companion was handsome in his dark suit. I knew you were a stranger. You had never met me before. Your companion, I had met him many times because he has come in

before with other women who were strange then as you were last night. I could see you as you were, wholesome and innocent. I watched while you, in the arms of your friend, glided over the floor, and I saw his face grow flushed as the warmth of your body reached his.

I saw him lead you to a table away from the noise. You and he sat at a small dainty table with flowers and shrubbery around, where the music and soft lights captured your adventurous heart. I heard your companion order the drinks. I saw you shake your head, but I knew you would yield, as others have. I have seen it all a thousand times. I have seen pure and innocent girls take their first drink, then grow maudlin and rowdy; I have seen them go out to lose their virtue and their self-respect under the influence of my drink, and come back again and again until they were transformed into the hard-faced shrew-eyed women you saw in my place last night.

I laughed—surely it was funny when you didn't want to take that shot of whisky, and your companion and another young man held you and made you take it. It was amusing how you coughed, choked, and sputtered, and finally swallowed. At that moment I claimed you for my very own.

I am the Night Club. I have spoken, but I could tell many things more. I have claimed you, young woman, and you are mine. Yes, tonight another girl will come in. I will rob her, too, of her choicest treasures. The next night there will be another—and another—and another. I am the Night Club, "Club Thirteen."

That "Dynamite" Factor



WHEN young people notice pictures or read stories of serious auto accidents, they console themselves with repeating, "It will never happen to me." Yet each year many such young people are killed in auto accidents. We must recognize that if we are to reach the goal of real safety in auto travel, something more is needed than the simple belief, "It will never happen to me."

Are you really interested in your own safety on the highway and the safety of your fellow man? If so, I think you will find interest in what follows, and it may be importantly helpful to you or those to whom you transmit these pertinent facts.

Here I wish to point out a mysterious traveling companion whose presence with you in a motorcar is seriously dangerous to you. If I told you that such a companion travels in only a few cars, but that he was present in half the cars last year involved in fatal accidents, would you decide he was a companion you wanted? If I told you that in some mysterious and subtle way his presence with you would affect your judgment, impair your vision, slow down your reaction time and in such a way that you would not be conscious of it, would you be concerned? If I told you that in ways that we do not yet fully understand he would warp your thinking ability and affect you like a case of "highway hypnosis," would you shun him and keep him out of your car?

Then let me tell you the truth about this mysterious traveling companion—alcohol.

What have we been finding out about alcohol and auto accidents? In 1938 a pioneer study was made in *Evanston, Illinois*. A sampling was taken of drivers selected at random, throughout a week at different hours. Each driver was stopped and asked to blow up a balloon, and then he was allowed to continue on his journey. Out of a total of 1,750 drivers, only twenty-four refused to co-operate. The balloons were tested to find the amount of alcohol on each driver's breath. It was found that 87.93 per cent of the drivers had no alcohol and that only the remaining 12.07 per cent had any alcohol. Only .42 per cent—less than half of 1 per cent—of the latter group had enough alcohol to be normally charged with drunk driving.

About this same time, over a period of three years, 270 drivers in accidents who required hospitalization were tested in the same city, and 46 per cent of these had alcohol on their breath. This contrast is of great significance. If, when finding that 46 per cent of the accident-involved drivers had alcohol, it was also found that 46 per cent of the accident-free drivers had alcohol, it might be concluded that the alcohol consumed had little to do with the accidents. It would be like finding that half the drivers had blue eyes and half of those killed or injured had blue

WILLIAM N. PLYMAT

eyes. We would decide that whether you have blue eyes or not, or alcohol or not, had very little to do with your chance of being killed or injured on the highway. But *here it was found that a very small percentage of the normal population had alcohol, but nearly half of the accident-incurring drivers had alcohol.*

Some interesting data have recently come from two states indicating the alcohol involvement in fatal accidents. In the *State of Delaware* in 1955 it was found that 40.6 per cent of all drivers involved in fatal accidents had been drinking. In 1956, 51 per cent of the fatal accidents involved a drinking driver.

Alex B. Stephenson, supervisor of the *Montana Highway Patrol*, in October, 1956, said: "We can say without contradiction and backed up by our blood alcohol tests that last year's [1955] experience showed that in 50 per cent of fatal accidents, the driver had been drinking, and this year it is running even higher." In January, 1957, Mr. Stephenson issued a press release in which he described accidents in Montana: "The tests showed that the leading cause of fatal accidents during 1956 was the drinking



A specialist in gathering and evaluating traffic-accident statistics, William N. Plymat is nationally known as an attorney, a lecturer, a businessman (Preferred Risk Mutual Insurance Company, Des Moines, Iowa), and an active supporter of temperance endeavors. He is making a major contribution to the cause of traffic safety in his advocacy of the lowering of the legally permissible blood alcohol level from .15 to .05 per cent. He has lectured at several sessions of the Institutes of Scientific Studies at both Loma Linda, California, and Washington, D.C.

Young people everywhere know and respect this genial genius. He serves on the board of Allied Youth, and frequently appears before youth groups to describe in simple, straightforward language the sensible, safe way to drive.

driver. . . . Of 134 drivers killed, 55 per cent, or 73, had been drinking; 37 of the 113 passengers who died, or 30 per cent, also had been drinking."

Recently the same general situation that existed in Evanston in 1938 was found to exist in *Buffalo, New York*, in 1957. Among some two hundred drivers sampled in personal-injury accidents, and nonaccident drivers sampled at the accident scenes, by the police department of that

city under local option, which might give it a more favorable picture than the average American city. Nevertheless, the Buffalo figures confirmed the same general picture to the effect that only a small percentage of all drivers have alcohol. And the Buffalo study told again the same story that was first found in Evanston. *Among accident drivers, 55 per cent had alcohol.*

As we continue to study this evidence showing that only a few drivers on the road are drinking, yet half of those killed or injured have been drinking, we are shocked into a realization that here we have something that deserves careful study. We have here a powerful "dynamite" factor that somehow produces accidents in an extensive way. We begin to realize that if a person "has alcohol," he is in great danger of a serious accident. Moreover, *when we see that of the half who have alcohol, only half have enough alcohol to be normally convicted of drunk driving, we begin to realize that a small amount of alcohol is somehow very deadly.*

Many factors go into causing accidents. There is usually more than one cause, with two or more independent causal factors combining to create an accident. There are carelessness, speed, law violation, lack of knowledge of operating a car or of the rules of the road, bad personality, fatigue, poor vision, poor lighting on the highways, mechanical failure, bad weather conditions, various physical disabilities, sudden attacks of illness, and multitudes of other causes.

With each or a number of these causes, in about half the cases alcohol combines to cause an accident. How is it that with only a few drinking drivers on the highway, half of those killed turn up with alcohol? As we study the matter, we realize that normal people, by adjusting or controlling their conduct, seem able to overcome many adverse factors that might produce accidents; but when they get a small amount of alcohol their ability to do this is in some way impaired. So a large number of accidents occur that apparently but for the alcohol would not have occurred.

Here are some examples. A driver may be operating on an icy highway. Without alcohol he slows down carefully as he observes the icy condition, but with a little alcohol his perception is slowed and he does not see as clearly. He does not become "conscious" of the ice as soon as he should. Then when he decides to slow down he does not have as good an ability to do this. His reaction time is slowed and he is delayed, or his action is not carefully responsive. With alcohol he may "hit the brake" too hard and go into a skid that, if his keenest senses were active, would not have occurred. So an icy road combines with alcohol, and the drinking driver has an accident that but for the alcohol would not have occurred.

Or let us take something a bit more subtle. A driver leaves a party where he has consumed alcohol. He has a false sense of well-being and ability, and drives a bit faster than he would normally do. His tongue has been loosened by the alcohol, and in addition it causes his mind to wander to subjects far afield from driving. As a result his attention to the road drops. Other persons in a similar condition in the car are less attentive and more voluble, too. They distract him from his driving. (*Turn to page 30.*)

According to the

National Safety Council--

1. In many accident cases, the fact that a driver has been drinking is not recorded and is never entered in the driver's official record.

2. Social drinkers are a greater menace than commonly believed, as their critical judgment is impaired with a fairly low alcohol concentration and they outnumber the obviously intoxicated drivers.

3. Drinking to any extent reduces the ability of *any* driver.

4. Small amounts of alcohol reduce self-control and driving ability.

5. Alcohol is not a stimulant, and is classified medically as an anesthetic.

6. Loss of judgment and the capacity for self-criticism occur before obvious symptoms of intoxication.

7. It takes at least three hours to oxidize (eliminate) one ounce of pure alcohol (about two cocktails).

8. Two cocktails (about .04 per cent of alcohol in the blood) may reduce visual acuity as much as would the wearing of dark sunglasses at night.

9. "Under the influence" means that because a person drinks alcohol he has lost (to any degree) some of the clearness of mind and self-control that he would otherwise possess.

10. You do not have to be obviously intoxicated to be "under the influence" and an unsafe driver.

11. Pure alcohol leaves no odor on the breath—it is the flavors in the beverage that cause the odor.

12. Coffee or other stimulants will not offset the effects of alcohol. Only *time* can eliminate alcohol from the blood stream.

city, it was found that of nonaccident drivers 87 per cent had no alcohol while the remaining 13 per cent had .05 per cent or more alcohol in the blood. Apparently those having a little alcohol but less than .05 per cent were classed in the no-alcohol group. In the Evanston study, if that low-alcohol group were so tabulated, the percentage in Evanston classed as having no alcohol would be 94 per cent.

The Evanston study was conducted shortly after the repeal of prohibition and before consumption became as widespread as in recent years. Also Evanston is a dry

THIS much is clear: An intoxicated motorist's vision isn't! There are times when it's difficult enough for a sober driver to see everything clearly—in rainstorms and snowstorms, for example, and on poorly lighted streets where the pavement is as black as night.

It's even worse for the driver who has been drinking. Under favorable driving conditions or bad, his eyes are liable to play tricks on him. Unfortunately the "joke" is too often on someone else—the driver of another car who isn't able to get out of the way, or a pedestrian cruelly mowed down by a bleary-eyed, blurry-visioned tippler behind the wheel.

The following might be a drunken driver's own thoughts as he finds out, the hard way, that drinking and driving don't mix.

"Jush one more round, bartender!"



What the Drinking Driver Sees

Adapted from Llyle Rapp, Kalamazoo "Gazette."

"Ah, thank you, bartender. Drink up, Jim, this is for the road."

"Where's my car? I know I left it here. Lesh see, red and white."

"Here it is. What did I do with those keys?"

"Naw, Jim, you get in on the other side, I can drive jush as good as anyone."

"Where's that ignishon swish—oh, yes, there you are. Now we're off."

"Whoops! That's reverse."

"Oh, I just scraped his fender—no damage."

"Lesh see, now, which direction? Oh, left, sure, left."

"Now we got clear sailing."

"Fast? I'm not driving too fast."

"Who put that extra center line in—there was only one when we came out here."

"I am on the right side of the line."

"Stay in my own lane? What do you think I am doing?"

"They certainly build these fences close to the road nowadays."

"Get back on the pavement? Oh!"

"Here come two cars right at us."

"Only one? Whash the matter with your eyes?"

Zoom!

"I oughta get that guy's number."

"He wasn't on our side of the road? You're crazy."

"See those four red lights up ahead?"

"What do you mean, only two? Watch me pass 'em." Screech!

"I made him get over on his own side."

"He was? Naw, he nearly hit me."

"Me slow down? Let you drive? I'm doing all right."

"Narrow bridge? Where?"

Whish!

"Thatsh what I call smart driving."

"I jammed my fender? Don't believe it."

"Look at all those lights coming after us."

"A truck? Whash he doing on our side?"

"Quit your worrying—I'll get him over."

Wham!

"Where's my other arm, nurse? Gone? No-o-o!"

"I'm lucky? Jim's dead? Oh-h-h!"



1. As judge and attorney watch, Borkenstein, in uniform, gives a Breathalyzer test in court. This hearing was part of a program done before TV cameras at Chicago. An automatic release allows all air to escape from the cylinder except the last 100 centimeters needed for the test. Thus, surface air is "blown off" so deep lung air, not throat air, is trapped. A drinking man wastes his time if he tries to beat the test.



2. Captain Borkenstein runs a mock test on a subject at Stout Field. Indiana was the first state in the Union to enact a law prescribing the percentage of alcohol to be considered evidence of intoxication. In foreground are ampoules of the yellow chemical used in the test.

3. Borkenstein works in his home workshop tinkering with the original Breathalyzer model. During a vacation in 1954 he started the machine and worked twenty hours a day until it was finished, using only the tools strewn on the workbench. The present Breathalyzer is produced for \$600; tests cost about 60 cents.

4. With a special cord the Breathalyzer can be used on an ordinary car battery, or plugged direct into any part of the car's electrical system. Here a trooper and a volunteer demonstrate its use from the trunk of a "traveling lab."

5. Borkenstein spends a lot of time traveling throughout the United States, Canada, and Europe to traffic symposiums where he contributes to demonstrations of chemical crime weapons. Here, in his "home away from home," the Stout Field crime lab, he works with

Trapped by Your Breath

Fred D. Cavinder



a device formerly used for blood tests and still used for blood analyses.

6. Here's the Breathalyzer in a head-on view. Once turned on, the machine is heated until the thermometer (A) reads at body temperature. The light meters inside the machine are balanced by aligning needle and center mark in viewer (B). The valve is flipped to TAKE (C) and breath is sent through tube (D), which is fitted with a pouch to catch condensed saliva. Lights (E) tell when the cylinder is full, and the needle is depressed in ink pad (F) and set at .00 on chart and scale (H). The breath passes through the yellow chemical—potassium dichromate—and throws the meters out of balance in scale (B) in proportion to the percentage of alcohol present. This scale is readjusted by moving the light inside the machine with knob (I) which at the same time swings the needle across scale (H) and gives a direct reading in percentages. State law designates .15 as top percentage.



INVENTED by Captain Robert F. Borkenstein, head of the state crime laboratory at Indianapolis, the Breathalyzer has existed only since 1954, nearly twenty years after the world-famous Drunkometer was devised by Dr. Rolla N. Harger, Indiana University biochemist. That made it Indiana's second machine for sorting out tipplers who are traffic killers in disguise.

Harger's machine, accurate but more complicated to operate than the new metal box, passed thousands of court tests. However, even if they seldom were made, mistakes were possible in measuring the Drunkometer's fluid, catching a breath sample in a balloon, and judging a chemical's color change visually.

So Borkenstein "holed up" in his basement and put together the Breathalyzer, basing it on his knowledge of photography and chemicals and eliminating every element of chance he could imagine.

More than 200 Breathalyzers have now been put in use throughout the world. Its accuracy has not been questioned since it won its court acceptance in a test case in 1956 in Madison, Wisconsin. Some experts have pronounced it so "mechanically perfected it is almost incapable of making any errors."

Cited as the most dangerous highway delinquent is the so-called social drinker whose inhibitions are loosened just enough to make him a hazard, operating with a feeling of well-being. He's set to take anyone's dare—even his own.

And, visually, liquor and wine affect people different ways. That's why the chalk-line test went out years ago. That's why police hesitate to toss a man to the courts because he looks like a drunk driver. He can look that way with a brain concussion, too.

The Breathalyzer doesn't go on appearances and can't be fooled. Borkenstein can predict in experiments where its needle will hover when a man of given bulk consumes a known amount of alcohol. That's how sure he is of it.

The keynote of his invention is easy operation. Policemen have only two switches and a knob to manipulate in a test. It's a chore simple enough for a child.

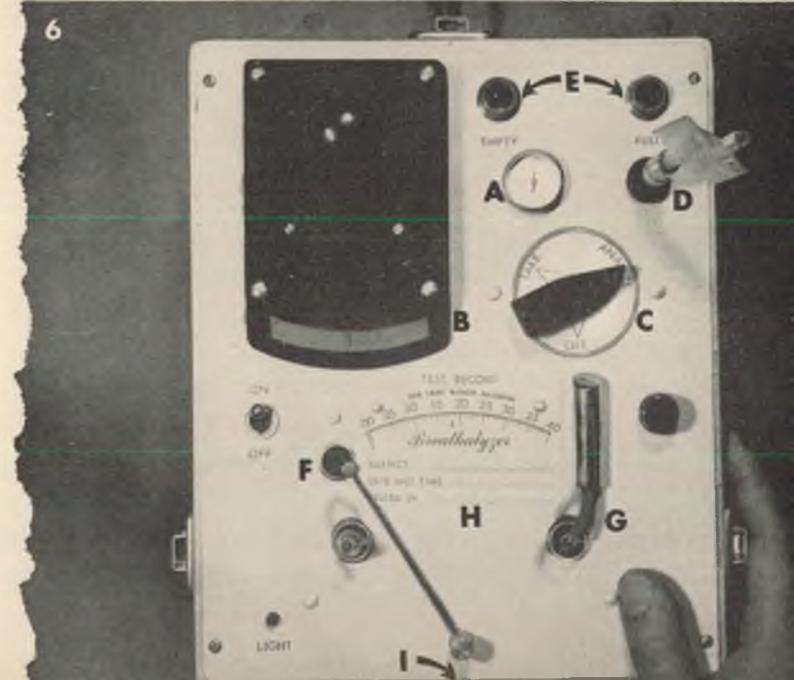
This fact makes it a potent court weapon, because in the past cases have been reversed because a policeman was not properly trained and had trouble explaining how his breath-testing machine worked. With the new machine riding beside him in the squad car, every cop is an expert, eliminating the need for a doctor or a technician to give the test.

Dr. Harger once said, "A drinking driver's chances for an accident are 5,500 per cent greater. If all motorists knew that drunk-driving convictions were going to mean almost certain jail terms, their carefree mixing of gasoline and alcohol would be sharply curtailed."

Borkenstein hopes his impartial machine will help accomplish that curtailment. "Don't forget," he points out, "it protects the innocent as well as establishes guilt."

"But the real solution must come inside the people," he says. "They have to get rid of the attitude that they can safely mix liquor and driving. Until they learn, the Breathalyzer is there to protect their lives and those they endanger."

The Breathalyzer accurately establishes guilt, but protects the innocent as well.



LISTEN salutes one of America's
truly great families —

MARION RUBINSTEIN

"BY PERSONAL preference and religious training, we never had liquor in our home. It was not a question of force, but one of understanding and freewill choice."

The man who speaks these words is Judge Ray H. Pearson, of Miami, Florida, one of four children of Dr. and Mrs. I. T. Pearson of that city. All these four children not only have grown to healthy adulthood, but have become successful and important citizens of Dade County and Florida.

Judge Ray Pearson, youngest of the four, is now judge of the Circuit Court. Prior to that, he served in the Court of Crimes for three years.

"In that capacity I saw the destruction and the broken homes which alcohol brought about," Judge Pearson relates. Dealing with some 500 divorces a year, he finds that "a large portion of the marital strife and discord is the result of intemperance."

Newly elected president of the Alumni Association of the University of Miami, Judge Pearson is past president of the Miami Junior Chamber of Commerce. In 1953 he was chosen the "Outstanding Young Man of Dade County," and in 1954, one of five outstanding young men in the State of Florida.

How did Judge Pearson get that way?

His answer was quick and sincere, and set a rule quite easy for other young people to follow. "We were molded by my father's example," he said. "From his own background, dad retained a high sense of moral integrity and forthright sense of honesty."

"Basically, dad is a strong Christian," he continued. "Even when we were exceedingly poor, he was a tither. He took us all to Sunday school as soon as we were big enough to go."

Who is this father that the judge admires so?

He is Dr. I. T. Pearson, who came to south Florida forty years ago. He became principal of the Redlands Farmlife High School, and later was made supervisor of public instruction, remaining in that position for twenty-six years, retiring in 1949.

Tribute here was also paid by Judge Pearson to his mother. "Our family wasn't dominated by one parent," he related. "Mother was the home builder. She had more time for us."

In her footsteps walks Mrs. Rudolph E. Conolly of Miami Shores, Florida. Mother of one son, age twelve,



The Pearsons: Successful and important citizens of Dade County and Florida. (Front) Dr. and Mrs. I. T. Pearson; (left to right, back) Judge Ray H. Pearson, Judge Tillman Pearson, Mrs. Rudolph E. Conolly, and Dr. C. Dade Pearson.

Judge Ray Pearson: "Not a question of force but of freewill choice."

she also serves as substitute teacher in addition to her club work and her church work at the Miami Shores Community Church.

"She is the quietest one of our family," explained her brother, Judge Ray.

Next to his father, Judge Pearson's admiration is centered on his older brother, Judge Tillman Pearson, justice of the Third District Court of Appeals. He was appointed at the age of forty-five by Governor Collins.

Prior to that he was judge of the Civil Court of Records in Dade County. Holding a jurist doctor's degree in law, Judge Pearson enjoyed an outstanding record as a lawyer in the civil branch prior to his appointment to the bench.

Like his brother Ray, Judge Tillman has done a lot of lay preaching from the pulpit both in the family church, which is the Grace Methodist, and other churches.

"All of us have always been Sunday school teachers and attended church," Judge Tillman Pearson, oldest of the Pearson children, explains. "Daddy set the example for us in this and other things in his entire life."

Sponsor of the youth group (Turn to page 33.)

the PEARSON family of miami

W *HERE is your home?*
In Silver Spring, Maryland.
Are you going to school?

No, I am not. I will be starting this fall in business college.

What are you doing now?

Let's see, I am a fashion model, a photography model, and I teach modeling.

Where are you working?

Marjabelle Young's Modeling and Finishing School in Silver Spring.

What is the profession of your father?

He is in the air-conditioning business in Washington, D.C.

What are your own chief interests?

Everyone asks me that, but no one seems to believe me. I am interested really in sewing and cooking. I love these activities.

Are you an outdoor girl, too?

I certainly am.

You have outdoor hobbies?

mistake. I didn't pay any attention. My father and mother said they were interested, and that they would like for me to join, for the main reason of the scholarship, since if I wanted to go to college I would have to have a scholarship. I didn't have any money saved. That's the only reason I entered.

You say, Nancy, that you are an outdoor girl and are interested in sports. Do you feel that smoking and drinking are any help in sports?

No. As far as I am concerned, I never have smoked or drunk—nothing of that sort. When I say "sports," I mean sports, real sports, active sports. I don't mean anything with smoking and drinking.

When you were going to high school, did you feel that many of the kids were influenced by their teachers' use of tobacco?

I don't think so, at least not in the group I was going around with at that time. Not many of the young people I was with did smoke or drink. We believed in having a good time, and such habits do not help in having a good time.

Do you refuse a drink when it is offered you?

Yes, I would refuse, if such were offered me. I make

Answering questions put to
her by a panel of teen-agers,
Nancy Norris, Miss Maryland,
outlines for modern youth
some suggestions
for -----

Interview arrangements
by Wendell Fogg

Really Living

Sports of all kinds.

Nancy, what is your ambition in life?

Well, right now I will be staying in the modeling field, then I will go to college, and afterward, I hope, get married—eventually.

What, would you say, has been the greatest thrill in your life?

Going to Atlantic City for the Miss America pageant last year.

What took you to the pageant?

I went as Miss Maryland.

How did you go about entering the contest?

I did not enter myself. Some girls in school put my name in for the Miss Silver Spring Pageant, and I didn't know anything about it. When the Junior Chamber of Commerce came to see my parents, I thought it was a

many appearances around the state. I have made them all year long, and no one has offered me any alcoholic beverage. I think they know better than to offer any to me. Any teen-ager should know better than to accept.

Which do you think has the greatest influence on the average young person—the home, the school, or the church?

Well, I believe it is a combination of all three. A teen-ager should pay a lot of attention to his parents. After all, a teen-ager is brought up by his parents at home, and he does many things because his parents do them. It is just accepted that way. And school is for every teen-ager. And church—I hope that every teen-ager goes to church, too. It is said in many articles you read that teen-agers don't go to church, and that they are too busy with social life. I don't find that to be true at all. I feel that teen-agers go to church possibly more than some adults do. Yes, I think it should be a combination of all three.

"There is no purpose in it at all."



"You are the smartest of all."

"I'd be scared to death, really."

"If you are a jellyfish or not."

"I will go to college."



"Do

"All this sort of takes your ego away."

"I'm glad you asked that."

"Let them be the fools."

"Well, you're chicken."

"We b
hc



"Not just sitting around like a bump on a log."

"are still little babies."

"Everything depends on your backbone."

"We want to 'let go.'"

At the Takoma Academy library, near Washington D.C., teen-age panel members think up their questions for Nancy Norris as recording microphones are given their final tests by Francis A. Soper, "Listen" editor.





"You are a teen-ager, a young adult."

"When I say 'sports,' I mean sports!"

"I really like it."



"I'm being happy, good time."

"No one seems to believe me."



Do you feel that the average teen-age girl respects a boy who drinks?

No, I don't. At least, I don't anyway. Maybe some girls have a different view on this, but I would not like it if when I went out with a boy he started drinking. As a matter of fact, I would wonder if I would ever get home that night, if he were driving. I'd be scared to death, really.

Why do you feel that teen-agers begin to drink in the first place?

When teen-agers go to parties where there are a few people who start drinking—you know, they say, "Well, you're chicken, you're square, if you don't drink." All this sort of takes your ego away, and you feel that you have to drink, too. But if you have a strong will power and a strong backbone, you will refuse. I think it depends upon the person, how weak he is.

All teen-agers have problems. What do you think are their major problems?

I feel that teen-agers who live in a big metropolitan area, as we do, where the city is growing so rapidly, don't have enough to do. We have so much stored-up energy that we want to "let go," and there is no place to let go. If more adults would put money into recreational areas, such as swimming pools, that we could use, and other things to keep ourselves occupied rather than roaming the streets, using hot rods, and such, I feel that teen-agers wouldn't have many problems.

What part in your life does religion play?

The most important part of all. I think you will find that true with most teen-agers. I hope you do, anyway.

What is your opinion about the use of tobacco by teen-agers?

I think it is a very, very bad habit. What good does it do you? There is no purpose in it at all.

What do you believe brings the most happiness and satisfaction to teen-agers today?

As long as teen-agers are occupied, I think they are happy. Isn't that so? If you are sitting around idle, you can't be very happy. As long as you are participating in as many things as possible—your activities in school, the church, as many organizations as you can get into—it is really the best. You enjoy life: you are not just sitting around like a bump on a log.

What has influenced you personally not to drink?

I've never had the urge to drink. This past year I have worked with the Maryland Traffic Safety Commission—I am on the committee, and I have seen in accidents the results of drinking. So many teen-agers, and other people, have killed themselves by the effects of alcohol. I think if more people in the state, more people in the world, could see these effects, I know, I just know, they wouldn't drink.

Do you think the use of alcohol really promotes sociability among young people?

No, I don't see why. I don't see how one can think that.

Well, how about at a teen-age party where most of the kids are drinking?

You have to have backbone, and say, No, thank you. You have to show that you are really much more grown-up than are those who drink. Let them be the fools; they will find out sooner or later. When you get a little older you will realize all the more how important it is not to yield to the pressure.

So you don't think it is safe to be guided by what the majority does?

Do what you really believe in. If your parents have shown you a good code of living, follow that. There again, I think everything depends on your backbone.

You say that teen-agers should have backbone to turn down drinks when they are offered. Do you think we should accept invitations to functions where we know there will be drinking?

If you are strong enough, yes, because you can still have a good time if you want to. You don't have to drink or smoke to have a good time. I have a wonderful time just meeting people and finding out about them. It's the same as when you are in school. You learn so many things, and you meet so many people, that you really have a good time. You don't even think about doing all these bad things. (Turn to page 32.)



Balancing the Diet



Concluding interview in "Listen's" series with M. Dorothea Van Gundy, Nutritionist, International Nutrition Research Foundation.

MISS VAN GUNDY, has real study been given to this problem of drinking among young people, its cause and prevention?

A great deal of study has been given to this problem, not only by doctors, but by educators and juvenile workers as well. In America today we seem to have lost our control, particularly in the younger set. An education that does not teach self-control is a waste of time.

Where should this self-control be developed?

I believe the first and most important place to learn self-control is in this matter of eating—what to eat and when to eat. This has a great deal to do with our body chemistry and how our body functions.

We have heard the claim that some children may be started on the road toward alcoholism by the food that mothers put on their tables. Do you really think this is true?

Yes, I do believe this is true. It is a terrible thought, and I suppose many parents would be shocked if they had any idea that they were contributing in any way to the increase of drinking, especially among children and teen-agers. Yet that is possible in poor nutrition. Young alcoholics under twenty-five are the most difficult to treat.

What are some of the things that may possibly help create an appetite for drinking?

In a previous interview I mentioned a few things that help to create such an appetite, such as overeating, spicy rich foods, eating between meals, and high-carbohydrate foods.

These all seem to be on the negative side. You have spoken of the various nutrients that should be included in our dietary program. What foods would you use to get these nutrients?

That's a good question. We may use seven basic food groups. They are as follows:

1. Green and yellow vegetables.
2. Citrus fruits and other fruits containing vitamin C.
3. Potatoes and other vegetables and fruits.
4. Milk and milk products or suitable substitutes.
5. Protein food, including nuts, soybeans and other legumes, cottage cheese, eggs, and commercial foods made from nuts and grains.
6. Whole-grain cereals and bread.
7. Fat, including oil, salad dressing, avocados, and olives.

Some foods from each one of these groups should be used every day. This will ensure a well-balanced program.

Miss Van Gundy, I notice that you do not include meat, fish, or chicken in this list. Is there any reason why they were omitted?

Yes, there is a reason why I have omitted them. There are so many more wonderful protein foods in the vegetable kingdom.

Isn't it necessary to have meat in order to have enough protein?

There will be no deficiency in protein whatsoever if a variety of natural foods is used. There is sufficient protein in the natural foods. Where do you think the cow and the horse get their protein (Turn to page 31.)

DRY SPOT BY THE SEA

Charles V. Mathis

FROM May through October, New Jersey's seacoast resorts play host to millions of vacationists. Three of these recreation retreats—Wildwood Crest and Ocean City on the southern shore and Ocean Grove in Monmouth County—cater especially to family and youth trade through the absence of night clubs and the no-sale of any alcoholic beverage. In this feature Listen gives an inside glimpse into one of these dry spots by the sea.

Sometimes it is claimed that a resort dedicated to the gaudy pursuits of vacation recreation cannot be "dry."

Wildwood Crest, a family resort near the southern tip of New Jersey, has accomplished this objective with notable success for many years.

The sum result amounts to one of the most attractive, wholesome, and crime-free atmospheres to be found along the entire Atlantic seaboard. Juvenile delinquency is all but unknown.

However, Wildwood Crest has not always been dry. A single bar was at one time operated in connection with a dockside restaurant and fishing dock by Billy Kornblum. About eighteen years ago, having learned that another license was being sought in the borough, Kornblum made a house-to-house canvass to get signers for a petition opposing the granting of another license.

The voters learned through this campaign that there were enough opposed to liquor to dry up the resort completely. When the question was brought before borough officials and placed on the ballot, the situation was changed by local vote. The sole local bar was then shuttered.

This dry edict was representative of the attitude of the average resident, and was not brought about by business pressure, although business interests did not oppose the measure. Since then no pressure has been brought by the liquor interests to get

back in business. Nor is any such business planned for Wildwood Crest.

Mayor Edwin Nesbitt and Commissioners Edward Austin and Robert Hendrickson say they enjoy preserving the wholesome climate of the resort, since it, among other advantages, makes this an ideal place to rear their own families.

Police Chief Everett Murray is the "most happy fella," in that the local jail is seldom used. In fact, during the busy summer vacation season Chief Murray can turn his attention in the evenings to serving as master of ceremonies at programs on the Wildwood Crest municipal pier. The orchestra, hired from money derived from local real-estate taxes, furnishes nightly music at the pier. In addition, the police chief directs community sings and amateur contests from the pier stage. These programs are all free to the public.

The combination of planned recreation and no alcohol helps make for a high-type environment that attracts family groups as permanent summer cottagers and vacationists. The class of people thus attracted is the envy of rival resorts.

The remarkable record achieved by Wildwood Crest in police and recreation matters spills over to the resort's broad and beautiful beaches, where Captain Gene "Scoop" Taylor's well-trained corps of young college lifeguards reflect their alertness in a record that is never marred with drownings. The beaches are advertised as the "safest in the world," and there is a wealth of statistical justification to verify the claim.

All beaches are free and are more than 1,000 feet wide even at the high-water mark. Nor do bathers have to worry about walking through the jumble of discarded cans and bottles so common to some seaside resorts.

It is not by mere chance that vacationists return annually to this spot. The path of industrial progress detoured Wildwood

Mayor Edwin Nesbitt comments —

"Contrary to the claims of some seashore resorts that contend that resort vacation business has declined after the liquor business has dried up, Wildwood Crest has continued to prosper and enlarge since the voters decided to eliminate all liquor licenses. For example, the past summer season was by far the biggest vacation business period ever experienced. Nearly all our motels, hotels, and guest homes posted 'No vacancy' signs for nine weeks.

"The upsurge in building has been tremendous for the past ten years. Private-home and summer-cottage building has jumped to unprecedented highs not equaled by resorts where there are cabarets on almost every corner. We would recommend the wholesome atmosphere and business upsurge enjoyed by Wildwood Crest since liquor and beer sales were banned."

Crest, and left it unspoiled, charming, and restful. No jungle of neon signs, bars, and swinging doors greets the visitor here.

The cool ocean breezes and salt-spiked air, laden with health-giving qualities, make for an average summer temperature of 70°, with days and evenings equally comfortable.

Wildwood Crest offers miles of everything that salt water offers—surf bathing, swimming in quiet coves, and miles of public silver-sand beaches.

For local color, travel the coast roads past shipyards, harbors with fishing fleets, and the giant United States Coast Guard Receiving Center installation at nearby Cape May with its mammoth buoy tenders, lightships, and Coast Guard cutters.

This resort is also a famous yachting and sailing center. Frequent regattas offer a sun-splashed symphony for the eyes on the adjoining inland waterway known as Sunset Lake. Several different sight-seeing boats sail daily and nightly for an unforgettable trip.

Fishing is another key pastime at Wildwood Crest. One of the largest party fishing fleets on the coast heads for deep-sea fishing grounds daily. The area is a virtual "fish bowl."

Fishing, the free variety, is available in surf and from piers and rock-pile jetties. No license is required. Fishing is also popular on the inland waterways, in Sunset Lake, and on nearby Delaware Bay.

There's nothing quite like family life in the cottages, motels, guest homes, and hotels of Wildwood Crest. It's a "do as you please" affair, with every comfort and convenience. In any one of the score or more of restaurants there awaits a tasty snack, or a full dinner if you desire.

A building boom stretching over the past ten years is insurance against a housing shortage, even at the height of the summer season. The greatest variety of accommodations is available, during June, July, late August, and September. July seems to be the busiest vacation month of all the year.

Motel and guest-home owners often get a chance to post the "No vacancy" signs, because guests are guaranteed that no noisy café crowds will be unleashed to disturb their vacation slumber.

"Dry and delightful" would best describe Wildwood Crest, a resort only three hours from New York City on the Garden State Parkway. Yes, it's only a hop, skip, and a jump to this resort that glories in being different.

1. Wildwood Crest's broad beach stretches more than 1,000 feet from the high-water mark to the avenue.

2. Sun-splashed symphony at sea: White sails against the wind are visible from many vantage points at Wildwood Crest.

3. Wildwood Crest is home for the famous Pageant of Sails regattas.

4. The "Crossroads of the Yachting World," Cape May County harbors abound in unusual craft such as this Chinese junk "Mon Lei," formerly owned by

Robert Ripley of "Believe It or Not" fame, but now passed to other hands.

5. Coast Guardsmen on review at the U.S. Coast Guard Receiving Center in Cape May City, New Jersey.

6. Eugene Grace, second-highest-paid executive in the nation as president of Bethlehem Steel Corporation, says that the tremendous family trade and steady growth of Wildwood Crest and Ocean City, New Jersey, are due to the two resorts' allegiance to their ban on both liquor stores and taverns.





1. Florida: Governor LeRoy Collins says youth temperance should be a year-round project.

2. Texas: "The future of America depends upon the character and quality of our youth."—Governor Price Daniel.

3. Virginia: "It is apparent," according to Governor J. Lindsay Almond, Jr., "that greater emphasis is needed on the building of good character."

4. Indiana: Declares Governor Harold W. Handley: "Show the delights and accomplishments of a life of abstinence."

5. New Jersey: Governor Robert B. Meyner invites all good citizens to support YTE Week.

6. Wisconsin: "Our young people must always be alert in mind and body."—Governor Vernon W. Thomson.

7. Illinois: Encourage the youth, says Governor William G. Stratton, toward "sound and temperate habits."

8. Maryland: Governor Theodore R. McKeldin repeats the need to "Think Before You Drink."



Youth Temperance Education Week

FROM spaghetti to salmon, from cleanup to fire prevention, from barbershop quartets to the Army—every week of the year, and virtually every day, is designated to honor or promote some product, organization, or project.

One of the most sensible and valuable in this myriad of special days and weeks, however, is Youth Temperance Education Week, proclaimed this year by thirty-five governors in as many states.

The YTE Week idea is initiated by youth themselves, requesting their governors to issue the enabling proclamation, and then securing the backing of mayors, sheriffs, and other officials.

Started in Virginia in 1945, YTE Week is designed to make more real to the public the facts about beverage alcohol, to combat juvenile delinquency, and to portray attractively the advantages of abstinence. Radio, TV, news-

papers, films, discussion groups, leaflets—all are utilized to tell the story to youth by youth. The project is sponsored through the Youth Temperance Council of the W.C.T.U.

This year saw primary emphasis placed on "Youth Proud to Abstain" honor rolls, signed by young people in every part of the country and displayed on Youth Day, August 30, in Washington, D.C.

College Orators



Conrad Gill
South Lancaster, Massachusetts

Alex Nischuk
Madison, Tennessee



Onnie Jackson
Huntsville, Alabama



James Perona
Arlington, California
1958 Third Award Winner



Walter Sherman
Berrien Springs, Michigan
1958 Second Award Winner



Albert Ellis
College View, Nebraska



Jim Wilhite
College Place, Wash.



Charles Fryling
Takoma Park, Maryland



Charles Teel
Angwin, California



Cyril Myers
College Heights, Alberta,
Canada
1958 First Award Winner



Sharon Olson
Collegedale, Tenn.

Academy Orators



Jane Nowack
Centralia, Missouri



Robert Dunn
Newbury Park, California



Ed Skoretz
College Heights, Alberta,
Canada
1958 Second Award Winner



Angelo Privetera
Maitland, Florida



Penny Osborne
Weslaco, Texas
1958 First Award Winner



Elaine Kirk
Nevada, Iowa



Dick Manuel
New Market, Virginia
1958 Third Award Winner



Henry Felder
New York, New York

Youth for Youth

BUDDING orators from all parts of the United States and Canada are this fall warming up their vocal cords and gesturing arms to participate in the annual contests to be held next spring by the American Temperance Society.

Since 1950 the ATS has sponsored oratorical contests through its affiliated chapters in colleges and academies. In

1956 the first national oratorical contests were held in Kansas City, Missouri, in connection with the Society's national convention. In 1957 the contests were conducted in Chicago.

The 1958 contests were held last spring at the New York Center, just off Times Square in New York City. Representing more than 20,000 students

in more than 80 schools in North America, nineteen finalists competed, eleven college student and eight of high-school level.

Listen here pictures the 1958 finalists in action, youth speaking for youth, vigorously and effectively presenting their personal convictions concerning the better way of life!

HAPPINESS IN PILLS?

(Continued from page 6)

chemical processes by which the body breaks down the alcohol.

The Langley Porter Clinic issued a stern warning after it concluded its scientific work: "This finding makes it imperative for the millions of persons taking tranquilizer drugs to be careful of their drinking when they are driving or are around potentially dangerous machinery."

Thus the effects of driving while under the influence of alcohol, already a serious national problem, have found a compounding agent, raising the menace to greater, more serious proportions.

The startling absence of sound knowledge of the operation of tranquilizers is clearly illustrated by the debate that surrounds their addictive properties. Early reports indicated that the pills, unlike opium derivatives such as morphine, heroin, and codeine, and unlike the barbituric-acid sleeping pills, were not physically addictive. This meant that the user could cease taking them without suffering bodily distress, though he would likely have become dependent upon them psychologically after a long period of use.

However, even this finding on physical addiction has become subject to question after research conducted by a team of competent scientists.

In early 1957 Dr. Louis J. West, chief of the psychiatry department at the University of Oklahoma Medical School, and Dr. Donald C. Graves, an associate professor of psychiatry at the same institution, reported that the addictive reaction to tranquilizers was much the same as that associated with sleeping tablets. One patient, after having been given a prolonged dosage of Meprobamate, became "agitated, markedly irritable, and nauseated" when the drug was withdrawn. Fifty-two hours after the withdrawal the patient suffered a convulsive seizure, and later he went through two additional seizures.

Another patient in the Oklahoma City hospital was relieved of her severe anxiety symptoms temporarily through the use of Meprobamate, the researchers report. But the effects of the drug soon became less and less satisfactory despite a steady increase in the dosage. When the drug was finally stopped, the patient experienced withdrawal symptoms of marked tension, fearfulness, weakness, tremulousness, and marked insomnia. The doctors had to resume the medication within the same day, and thirty hours later the patient suffered through a convulsive attack.

"Meprobamate should be used with caution and under the close supervision of a physician, particularly in patients with a history of dependence on drugs or alcohol," the doctors warned.

Most serious is the potential effect on the stamina of the United States during an orgy of tablet-taking that saps the nervous energy and the vital strength of its people. Experiments with animals clearly illustrate the perils of the drugs. Cock pheasants, rambunctious animals, always fighting for self-survival, become quiet and docile under the influence of tranquilizers, easy prey for their fellows who have not been fed the pills, a Cornell University experiment showed. Siamese fighting fish, one of the most independent and fearsome denizens of the ocean, retreat and surrender readily to foes when dosed with tranquilizers.

INFLUENCE

Sir William Osler, the famed physician, was examining a patient who was a heavy drinker.

"You'll have to cut out alcohol," ordered Osler.

"But, doctor," protested the other, "I've heard it said that alcohol makes people do things better."

"Nonsense," said Osler. "It only makes them less ashamed of doing them poorly."

The use of the pills on animals, in fact, poses some interesting biological questions: Does the tranquilizing of cows and hens, for instance, a practice carried on extensively today, have any effect on the milk and eggs which they produce? Does it infiltrate these products, and eventually the body of the consumer, with the drugs?

Foreign commentators have watched unhappily the international spread of tranquilizing drugs. In Australia a movement is under way to restrict the use of the drugs, to keep the Australian nation, as Dr. Charles McCarthy, a Sydney psychiatrist has noted, from becoming an island of dull and stupid people. The Russians, too, have noted the use of tranquilizers in the United States, not without a certain gleefulness. The Russian newspaper *Gudok* commented happily on the escapism that it believed the pills represented for Americans.

Tranquilizers reflect a core of uncertainty and insecurity in our nation. They reflect a strong interest in finding short cuts to integrity, and they reflect juvenile attempts to have a good life without living a good life. They reflect, particularly, a certain immaturity. There is certainly no point, beyond archaic masochism, in suffering unduly from a

serious condition that can be alleviated with pharmaceutical preparations; but even less is there a point, or a reason, for childishly sidetracking all uneasiness and exchanging it for a path of oblivion.

Some keen observers have compared tranquilizers to other escape items which characterize American society. They point to a growing number of people who insist on taking the easiest, least painful way of existence. They point to the lack of emphasis on the essentials of hard work and strain in the learning process in the school systems.

They observe, however, that progress does not lie in inert tranquillity, that out of reasonable tension and insecurity, and out of what has often been called "divine discontent," arise newer and better solutions of situations and problems. No spoon-fed, half-dazed American school pupil will contribute stirring support to scientific advance. No tranquilized citizen will remain alert to the threats and dangers to his very existence. The body itself has inbred mechanisms to prepare the individual to cope with a certain amount of tension, stepping up his metabolism and pouring adrenalin into his system. The same doctors who have noted the biological dangers of tranquilizers stress the emotional pitfalls of the new drugs.

"A certain amount of tension and alertness is necessary to keep things straight in life," Dr. James A. Wall, of the Westchester psychiatric division of the New York Hospital, has noted.

"Tension is a good thing within limits. Anxiety within limits is an essential part of normal personality development," Dr. Felix, of the National Institute of Mental Health, has said.

Without tension, Dr. Greenon, of the University of California at Los Angeles, has pointed out, life becomes empty and futile. "Mental health," he notes, "does not mean a chronic state of happiness in which there are no problems to solve. Happiness is always the end product of some effort successfully completed, and the normal, healthy person has problems he is facing and trying to solve."

These are sound observations, pointing accurately and accusingly at the tremendous spread in the use of tranquilizing drugs among Americans. They can be summarized in the quietly reasoned comment of Dr. James P. Hendrix, associate professor of medicine and therapeutics at the Duke University School of Medicine, who writes:

"Present-day living is fraught with tensions and anxieties for many individuals, but the everyday use of drugs as relief from these pressures seems unwise."

BARRISTER SHUNS—

(Continued from page 7)

faculty of giving in. I think if more couples could learn that, we would have a lot fewer broken homes. And I think the man has to give in more than the woman, with reason."

In his work as a divorce lawyer, Jerry Giesler has become somewhat of a marriage expert, and drink, he finds, is not the only main trouble in many marriages.

"Among the persons who come to me for divorce," he says, "sex is usually one of the biggest problems. Of course, this never comes out in court. So many marriages could be saved if we had healthier and more realistic and understanding attitudes toward sex.

"At least 75 per cent of the divorces I've obtained for clients could have been prevented. I tried. I always try to persuade these people to try again, to work their problem out."

Today Jerry Giesler does as much of his work at home as he can manage. Possessor of what has been termed a "whiplash mind," he finds he gets many good ideas late at night, and so has

formed the habit of keeping a pad and pencil by his bedside. He thinks wistfully of the vacation he has never had.

"At times I think I'd like to go away, take a trip to someplace new. But now I suppose it's too late and I never will."

That abstinence is no bar to either success or social popularity has been proved once again in the case of this famous man. Without the supposed support of liquor he has been able to attain a brilliant courtroom record and to become one of the legal minds most in demand in our time. Without liquor he has never lacked for friends and companionship, although of a different sort from what he once sought.

"I like people, but I'm not a social person," he says. "I've been invited to a lot of so-called Hollywood parties. But they are so much of a sham—so much unrealism. It kind of palls on me."

"When going up against Jerry," said a member of the state attorney's office recently in Los Angeles, "a prosecutor always knows his methods will be fair and uncompromisingly honest."

Despite headlines that sensationally play up many cases and names with which he has been connected, Giesler's

own career is described, even by those who have been bested by him, as spotless.

Mild-mannered and paternal-looking, this star attorney gives no hint at first glance of the dash and vigor of his courtroom manner, nor of the lightning-like agility of his mentality. Once, endeavoring with little success to get a known gangster to admit on the stand that he was a gangster, Giesler suddenly asked, "Do you shoot with your right or left hand?"

"Either one," the gangster flashed back without a pause. The case was in Giesler's lap from that moment on.

At the age of fourteen Giesler decided to become a lawyer, and he adopted the great Clarence Darrow as his idol. Strangely enough,—it would not be believed if written as fiction,—fate so arranged that Jerry's first courtroom appearance was to defend Darrow. Rogers, supposed to do so, was ill on the important day.

This defense was so well executed that not only was the great Darrow freed of the charges that a jury had been bribed, but Giesler's own name was made, a fact which Earl Rogers recognized tangibly by putting it on the office door with his own.

Publicity and personal fame are somewhat distasteful to Jerry Giesler, and although he has been photographed with most of the top names in entertainment, he himself does not seek the limelight and keeps no photographs in his files.

On the walls of Giesler's office, however, are numerous citations for his many public-spirited and charitable works, none of which receive publicity if he can help it. Not only has this busy lawyer been active all his life in behalf of charity, but he also has taken time to serve as president of the Lawyers' Club of Los Angeles and on various committees of the Bar Association.

Three grown children—two daughters and a son—complete the Giesler family circle. He and his wife like to entertain small parties at home and find good food, good conversation, and good friends all the ingredients needed for successful entertaining.

Does the nation's most noted barrister feel the use of intoxicants to be a handicap to success?

"I am definitely satisfied that drinking would hold anyone back either in the business world or in the social world. Frankly, I do not see how it could be otherwise, especially on repeated performances."

For himself, Jerry Giesler chose total abstinence a long time ago, and has not regretted that decision.

Drawing by Alan Dunn. © 1957, The New Yorker Magazine, Inc.

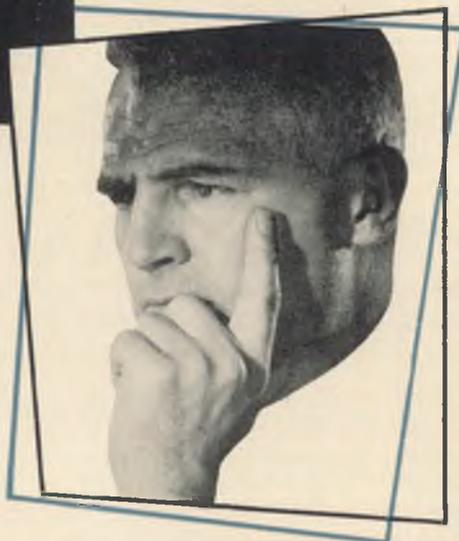


"There you have it. Three or four drinks, the expansive mood, an off-the-cuff remark, and bingo, we have a new foreign policy."

When searching for causes of juvenile drinking, parents need to—

Marie Aubuchon

Look in the Mirror



IT'S smart for Junior to "get loaded"!

That seems to be a prevalent attitude on the part of many parents today. I know, for during the past year I've been surveying conditions in my own county. Maybe my county isn't exactly typical of the entire nation, but I doubt that it's far from being representative of what is going on in many places.

One father I know about actually laughed when his son was picked up for drunken driving and forced to spend the night in the county jail. The boy had been drinking since he was old enough to walk. When he was only two, his father freely gave him sips of beer. An older boy, his brother, twenty-one, was arrested for being involved in a hit-and-run accident which caused a severe shock to a woman, resulting in the premature birth and death of her child. His driver's license was revoked, and he spent some time in jail; but today he is still driving—minus a license. The father is not concerned. He manifests an attitude which speaks louder than words, "Well, what of it! After all, you can expect such shenanigans from a real boy."

Whenever I think of this particular

parent, I wish he had seen the automobile accident I witnessed several years ago. The occupants of the car were teen-agers, and they had been drinking. Their car rammed into the rear of a transport truck, and as a result the top of their car was sheared off. One of the girls had been drinking beer from a can, and the impact of the collision shoved the can up into the top of her mouth so far as to cause the mortician great difficulty in removing it. Five lives were lost in that accident—five youth, with possibilities of a happy and useful citizenship, disappeared in a whiff of alcohol fumes!

A tavern in the south end of my county sells whisky to youngsters. One patron is a thirteen-year-old girl who staggers home drunk at least twice a week. Her parents know the situation, but do not care enough even to attempt a remedy. The only time they made any complaint was when the girl presented them with a bill for \$10 due the bar for whisky.

Parents of teen-age girls are becoming more lax. A bartender told me that girls, fourteen and fifteen, come into his place and solicit drinks from strange men. Pointing to a beautiful little

blonde, seated at a table with a soldier, he went on to say: "She is just fourteen. She comes in here often, buys a coke, and waits around until she can talk some man into buying her a highball. I won't sell it to her. However, the man buys it, and she drinks it. What can I do? I've talked to her parents, and they got sore at me. They think her drinking is cute."

A nun in charge of a reformatory for girls tells me that the girls cannot get liquor in the city, so their boy friends drive them to the country. These boys are acquainted with just the right spots where liquor is always available.

A young girl friend of my daughter's told me that she stopped attending her high-school sorority parties, because the girls tried to see how drunk they could get. This girl and my daughter have been taught the consequences of alcohol and the ruin it produces.

Every girl should understand the potential result of drink in a woman's life, on the beauty of youth, on moral standards, and on mental powers.

I know of a woman who, at the age of twenty-five, married a man several years younger than herself. It was not long before she turned to drink in the hope of finding consolation in the distress caused by her unhappy marriage. But the hope was a mockery. The youthful beauty of face and figure quickly disappeared. The lines in her face made her look old and faded, her body became fat and flabby, and she realized that her personal charm had slipped away. Her husband deserted her, and soon she lost her home and her car. The few drinks each day to which she turned in the beginning of her sorrow, were replaced by a fifth of whisky and a bottle of wine each day. Now she solicits drinks in cheap bars from any bum who has the price. Not long ago I saw her hitchhiking along the highway, a dirty and unkempt remnant of a once decent and respected woman.

It is true that narcotics are ruining the lives of many youngsters each year, but alcohol is ruining far more, because it is more easily obtained and because there is not the moral horror connected with liquor that is attached to heroin. If parents knew the true nature of alcohol, they would not be so blasé to their children's drinking.

A feeling of tension exists in the world today, and a sense of insecurity confronts all teen-age children. But alcohol has never really solved a human problem, and it never will. The boy or girl who is trained to face the world, and who has the education and the

(Turn to page 31)

(Continued from page 10)

Straus and Bacon.³ Fifty-three per cent of the male college students who were questioned indicated that a significant reason for their drinking beer was "to get high;" 16 per cent of the same group listed as one of their reasons, "to get drunk."

It is difficult to know how many thousands of traffic accidents are caused by the degree of intoxication that beer can produce. The scientific studies cited in connection with this article are conclusive that beer makes an automobile driver less efficient. Even the lower concentrations of alcohol in the blood cause delayed reflex time. Many car accidents are attributed to fatigue. How much more prone is the driver whose brain has been depressed by the alcohol contained in beer until he does not realize that he is a menace on the highway!

The alcohol contained in beer is sufficient to convert a normal man into an alcoholic. An alcoholic is defined as a person who has become addicted to the use of beverages containing alcohol so that he is no longer able to abstain even though he desires to do so. Less than 10 per cent of the persons who drink alcoholic beverages actually become alcoholics. But it is estimated that there are almost 5,000,000 alcoholics in the United States at the present time.⁸ These are the tragic cases which are a menace to society, a burden on the taxpayers, a problem to the courts, and an overload on our public institutions. It cannot be determined in advance whether a given person who permits himself to indulge in alcoholic beverages will become an alcoholic.

In connection with our present discussion of beer, and in view of the contentions by some persons that beer does not contain enough alcohol to be harmful, it is interesting to note that beer is prominent among the drinks that lead to alcoholism. This leaves no room for doubt as to the harmfulness of beer.

Dr. Albert D. Ullman, assistant professor of sociology at Tufts College in Medford, Massachusetts, made a study of "The First Drinking Experience of Addictive and of 'Normal' Drinkers."⁹ One of the groups that Dr. Ullman studied consisted of 143 inmates of a county house of correction who were known alcoholics. The second group consisted of 250 male students at Tufts College. Of the 114 inmates who could remember what beverage they used at their first drink, 40.4 per cent had used beer. Of the 157 students who could remember what they had taken the first

by one who went through it

horrors OF THE HANG-OVER

"NOW, here," said Ann, "is another bottle! Just guzzle it down as you always do. Remember, this is the third, and when you sober up you will have a nice little hang-over!"

Do you think for a minute that I paid any attention to Ann's remarks? Not so you would notice it! My nerves were taut, and all I could think of was getting a man-sized shot to quiet them. I was not in the least interested in the right or wrong of my action. In fact, I was a drunk who, after six years of sobriety, had been tempted to take that first drink. My blind spot prevented me from realizing the consequences of my stupidity, so here I was down to the bottom again. The week before, I had gone to a party in first-class shape—hair trimmed, clean-shaved, shoes shined, wearing a suit fresh from the cleaners; but it was a wet party. I was aware of this, but it had been so long since I had taken a drink that I guessed I could handle the situation safely. How wrong I was!

Well, here I lay, under Ann's scathing rebuke, with a week's beard on my face, bleary-eyed, filthy, and remorseful, knowing that I had failed to keep some business appointments that involved money. Fortunately I had a wife who could love even such a fellow as I. Although she deplored my present state, she was wise enough to understand that "when I was good I was very good, and when I was bad I was horrid."

All things come to an end sometime, and so it was with me. I reached the point where I simply had to quit drinking or die, according to my doctor. Then came the agony of the hang-over.

Jangling nerves were by no means the worst part. I could sit it out until nighttime in an agony of mind and spirit, and then fear to go to sleep lest I never wake up. At times Nature would assert herself, and I would find myself in a half-world, peopled by nameless creatures such as could never be found anywhere on this earth. To

say that I suffered agonies would not express the horrors I endured, for the reptilian creatures that surrounded me were inimical, and often whimsical, in the way they leered at me.

These slimy creatures seemingly kept getting in my way all the time and making me fall over them. To my mind they appeared as large fat protoplasm. They did not have any legs, but just rolled and tumbled around. They had faces and large round lidless eyes, and what great pleasure they seemed to get out of my discomfort! To my mind they were all white meat, of the kind found in a lobster's tail.

The places in which I found myself surrounded by such unreal creatures appeared to be old factories in a woeful state of neglect and repair, and to me they appeared broodingly silent and spookish. I had the impression that I was an expected, but unwelcome, guest, and I could not escape the feeling that these inanimate things were part of the conspiracy to make my sojourn unpleasant. If this were not true, then why did a rusty piece of machinery always seem to take a vicious delight in tripping me up, and even go to the extent of reaching out to impede my progress as I frantically tried to escape?

It seems, too, that I always showed up in this weird environment immaculately dressed, and the most dire punishment inflicted was that I constantly tripped over these hideous phantom creatures into the mud and slime of their habitat. Occasionally I would be cheered by having made some apparent progress, only to arrive at a dead end, where in trying to extricate myself I became more entangled than ever.

I never escaped, but merely awoke to be again conscious of my hang-over.

At the present time, in my continued sobriety, it seems hard for me to believe that in these United States there are more than 4,500,000 men and women who continue to subject themselves to the same harsh treatment that I endured during the never-to-be-forgotten horrors of the hang-over.

time they had indulged in an alcoholic drink, 47.1 per cent had used beer. This study alone does not prove that beer produces alcoholics, but it does indicate how it ranks in the memory of persons who have been asked to trace the history of their use of alcoholic drinks.

Another study, reported by Terry, Lolli, and Golder, taken together with Ullman's study, gives further insight to the relation between the use of beer and the development of alcoholism. This study is entitled "Choice of Alcoholic Beverage Among 531 Alcoholics in California."¹⁰ The subjects of this study were persons who had been committed to the Santa Rita center for treatment of alcoholism. All but 6 per cent were under sentence for drunkenness or related offenses. The group included 491 men and 40 women. The occupations of the men had been as follows: 42 professional workers, 1 executive, 7 minor executives, 34 clerks, 34 salesmen, 5 civil service workers, 100 skilled workers, 170 unskilled or semiskilled workers, and 98 without occupation. The occupations of the women had been: 4 professional workers, 9 secretaries or clerks, 5 saleswomen, 1 factory worker, 15 housewives, and 6 without occupation.

In this group, 32 per cent indicated that they had used beer in their "earliest drinking patterns," while 18 per cent indicated that they used beer in their "present drinking patterns." With reference to their "episodes of intoxication," 16 per cent indicated that they used beer at the onset, and 6 per cent that they used beer at the peak of the episodes. From these data it should be clear that beer does play its part in producing alcoholics.

Further proof of the unfavorable influence of the alcohol contained in beer is offered by the observation that the drinking of beer can even lead to the development of delirium tremens. Dr. Horatio M. Pollock, prominent psychiatrist in the State of New York, studied two large groups of delirium-tremens patients in the New York State mental hospitals.¹¹ In the first group he found 18 per cent and in the second group 6 per cent who were exclusive beer drinkers. Comparable observations of beer drinkers among those who have delirium tremens were made in a study conducted in Germany.¹²

What is wrong with beer, the popular drink that is supposed to be so mild that some have argued that it is not intoxicating? Here are the facts:

1. Beer does contain about 4 per cent alcohol. It is the influence of alcohol on the human brain that accounts for beer's popularity.

2. It is not the taste, but the effect that causes people to want beer. The reason that beer seems to add "life" to the party is that its alcohol depresses the intellectual centers of the brain so that the inhibitions are removed and people think they are having marvelous times even when they are acting foolishly.

3. Beer reduces the performance of experienced automobile drivers and tends to increase the effects of fatigue as this relates to the handling of cars.

4. Beer contributes to alcoholism and to delirium tremens.

This is what's wrong with beer!

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Cycling and Seeing

Alan W. Farrant

Dick plus his bicycle . . . equals 5,530 miles



SOME sort of world record was set by seventeen-year-old Dick Knowles when he completed a round trip of 5,530 miles by bicycle. His tour, through nine Western states and Canada, was done in fifty-two days.

Starting from Los Angeles, Dick's trip average was more than a hundred miles per day. He pedaled all the way, at no time hitching a ride. "This," says Dick, "would have defeated my purpose, which was to make the entire trip under my own power."

When he left home, Dick had twenty-three pounds of equipment, consisting of sleeping bag, one change of clothing, essential toilet articles, camera and light meter, a lamp for night riding, and bicycle tools.

"I worked out a schedule before I left," explains Dick, "and tried to stick to it, as this furnished me with an incentive to keep on. At times I got very tired.

"The entire trip was fun. I recommend it to anyone who likes to ride a bike. And I especially suggest that youths around my own age do something along this line. Certainly it is a lot better than getting into trouble.

"And by 'trouble' I include drinking, yes, and the fact that some of my school chums are taking dope. Boy, they're dopes!"

To Dick the reason for his trip is simple—he wanted to go. He started saving his money for the trip a year before he left, earning most of it with his bicycle, delivering telegrams.

The trip meant a lot to Dick, not only for the actual travel itself, but because he proved to himself that he was capable of putting into effect a plan of action. He showed himself that he "had what it takes."

To those who said he would never make it, Dick can now say, "Ah, but I did!"

THAT "DYNAMITE" FACTOR

(Continued from page 12)

Then, the alcohol is operating on his vision, giving him a "tunnel" effect. He does not see as clearly to the sides as normally. Because of the alcohol, he is driving as a sober man would with sunglasses at nighttime. He cannot see well what he actually looks at. A man may start from the curb to cross the street. The driver does not see him as quickly as otherwise, because of the "tunnel" effect of alcohol. Furthermore, when the man is finally in view, his outline does not catch the attention of the driver instantly because of the "sunglass" effect. When the driver realizes that a man is actually in the path of his car, and he tries to decide whether to turn to the right or the left to avoid him, whether to speed up or apply the brake, the alcohol slows this decision. Finally, when the decision is made, there is a loss of more time in applying the brake, because of the slowing down of muscular action. And the extra speed due to alcohol is a further handicap. All these impairments combine into a major impairment and an accident, perhaps the death of a pedestrian. But for the alcohol it would not have occurred.

Let us take an example involving personality. When an impetuous driver who is never content unless he is passing every car on the road gets into heavy traffic and has to follow other cars for long periods, he returns home exhausted and angry. He is frustrated. In spite of this, when cold sober, he stays in line because as he looks around the car ahead, he sees clearly that he cannot safely pass. Now assume he takes some alcohol. He looks around the car ahead of him, but because of alcohol, his ability to see clearly is impaired. He does not correctly measure the distance to the oncoming car.

Neither does he see a car coming up a side road, because of his "tunnel vision." His speed of perception is slowed. When a car, which has been coming toward him, goes by he sees that he has what appears to be a chance to pass, but he loses a second or so in observing this. His strong desire to pass every car on the road is in full control of him, so he makes an incorrect decision as to his ability to pass; and since his reaction time is slowed when he decides to go ahead, he loses more time then. When finally he is abreast of the car ahead of him, the car from the side road that he did not see before, comes onto the highway. When he gets into this stressful situation he is not able to think clearly and coolly. He is

more excitable than when sober, and he gets more confused. He tries to pass the new vehicle, too, and he runs into the oncoming one head on, with fatal results. Here we have another accident and death that but for alcohol would not have occurred.

When we stop to *think* about situations of this kind, the answer would seem to be simple: Avoid alcohol completely; never drink. That is, of course, the logical answer. But human beings sometimes have difficulty being logical in a situation as simple as this. They may have a "personal reason" for wanting not to be truly objective, as for ex-

GOD IS TAKING CARE

Della Adams Leitner

God is taking care of this,
Is my thought today;
Problem, whether great or small,
Smooth or rough the way.
In His wisdom, guidance, love,
All is now secure;
With uplifted head I walk,
For my faith is sure.

God is taking care—how well
I have cause to know,
For through wilderness of pain
And heartbreaking woe
He was there beside; His hand,
Reaching out to me,
Gave me strength and grace and
Love's security.

I affirm in constant prayer,
Fear not, God is taking care.

ample their own liking of the effects of alcohol. In this case, they will ignore evidence, or magnify the importance of other factors in accidents, and will go into extensive ducking and dodging. If their attention is called to what they are doing, they will first deny it; and if the evidence is so convincing that it becomes impossible to deny it, they will then become angry. We have then an impossible situation. No one can be persuaded that it is unwise to drink, until he looks at the evidence, and we cannot show such persons the evidence because their addiction "blinds" them to the facts.

One of the most dramatic examples of this effect of drugs occurs in relation to tobacco. Dr. Alton Ochsner of New Orleans, one of the most eminent cancer specialists in the world, formerly president of the American College of Surgeons, and president of the American Cancer Society, wrote a book en-

titled *Smoking and Cancer*. Dr. Evarts A. Graham, also an eminent cancer specialist until his death, wrote the Foreword to the book. After pointing out that lung cancer has moved in a generation from a position of rare incidence to first place, Dr. Graham said:

"Fortunately as the result of a large amount of research it is now possible to state that the chief factor responsible for this astounding increase has been the development of excessive cigarette smoking. Dr. Ochsner has given a good summary of the evidence for this point of view. Unfortunately it has not been universally accepted, and there are still many cigarette addicts among the medical profession who demand absolute proof. However, the sort of proof which these die-hards demand would require human experimentation of a type which is impossible to consider. The obstinacy of many of them in refusing to accept the existing evidence compels me to conclude that it is their own addiction to this drug habit which blinds them. They have eyes to see, but they see not because of their unwillingness or inability to give up smoking. On the other hand, if the evidence incriminated only an article of diet, such as spinach for example, probably nearly everybody would accept it as conclusive. I have never encountered any nonsmoker who makes light of the evidence or is skeptical of the association between excessive cigarette smoking and lung cancer."

It is quite impossible to show any person who is addicted to tobacco, and who has not previously decided that he would be willing to stop smoking if the facts warranted it, that there is any real substance to evidence of the association of smoking and lung cancer. In fact, in the usual case you cannot even get him to look at a book on the subject, or examine testimony of an expert on the subject. You will find if you try it that he will resent the intrusion.

So it is with alcohol. The time to think clearly about the use of alcohol is before one has acquired the habit, either extensively or even moderately. For those who either do not have this thinking handicap, or who can make an advance decision that they would be willing to avoid the use of alcohol if they found it substantially unwise, the next article in this series in *Listen* will outline a method of intelligent thinking on the subject of the use of alcohol, in relation to driving in particular, but to living in general. It will show how to avoid being misled by those who have an ax to grind. It will suggest our logical response to the evidence presented in this article, if we are purely objective and unprejudiced.

BALANCING THE DIET

(Continued from page 20)

to build such large, strong bodies? They get it from the vegetable kingdom. Personally, I much prefer to get my food firsthand from vegetables rather than secondhand from the meat of animals.

Do you have any other practical suggestions that will help a person in maintaining a good diet?

Yes, I have a summary of about ten different items that I would like to include here. I think if a person puts these principles into practice in his daily program it will be a great help, not only from a health standpoint, but it will also help to improve the thinking of those who follow such a dietary program.

Suggestions for Good Nutrition

1. So far as possible, remove from the general diet the foods that have been altered to any great extent in manufacturing, such as white sugar and its products.

2. Use whole-grain cereals and natural foods for the most part, rather than enriched and fortified foods.

3. Include plenty of fresh fruits and vegetables in the diet every day. Some of these should be raw. If for some reason the raw vegetables cannot be taken, then fresh vegetable juice or liquefied raw vegetables should be used in their place.

4. Take meals at regular times and nothing between meals or late at night.

5. Eat a good breakfast.

6. Masticate food thoroughly and do not wash down with liquid at mealtime, especially with ice water. Drink up to a half hour before meals and one to two hours after meals. Get at least six to eight glasses of liquid per day.

7. Keep the meals simple (have variety from meal to meal), well prepared, in such a way as to preserve as many of the vitamins and minerals as possible.

8. Avoid rich desserts at the close of any meal, particularly a heavy meal.

9. Do not overeat. It is damaging to your digestive organs.

10. The mealtime should be pleasant and unhurried. Avoid undue physical, mental, or emotional strain immediately before or after meals.

If you have acquired poor nutritional habits, set about at once to re-educate yourself to better ones. It will pay great dividends.

"Never forget that our greatest investment in this life is in ourselves. Not in the negative sense of self-gratification but in the true unfoldment which means a greater capacity to serve God and His children. So let's open a bank



The Doctor Answers

In this issue of Listen we inaugurate a new regular feature specifically intended to help answer questions, especially those coming from young people. These queries will be discussed by R. W. Spaulding, M.D., a physician and medical educator of long years' standing, who specializes in counseling teenagers on medical problems.

Listen invites you to send your questions to Dr. Spaulding, c/o Listen Editorial Offices, 6840 Eastern Ave., N.W., Washington 12, D.C.

Is alcohol really dangerous?

1. Alcohol is deceptive. For example, it makes you think you can drive better, when tests prove that your driving is worse. It removes your ability to make quick, clear decisions. It puts your good judgment to sleep.

2. Alcohol is a poison, an anesthetic, and a narcotic. When it is taken into the body, the body tries as rapidly as possible to get rid of it, in the same way other poisons are destroyed—by the liver.

3. It affects first the nerve cells, which are destroyed by repeated contacts with this poison.

4. The first drink removes resistance toward further indulgence.

Why do people drink?

1. Because "the gang" all drink. Everybody does it.

2. To prove that you're just as much of "a man" as the next fellow.

3. Because it is forbidden by your parents, your preacher, or your coach.

4. To make one forget his problems—to "drown it all."

5. Just for a lark.

Does alcohol have a bad effect on teen-agers?

As a young person becomes a teen-ager, he begins to take over to an ever-

increasing degree the responsibility for his own actions. Decisions must be made. The better these decisions, the more responsibility that person can be trusted to carry. A drink of an alcoholic beverage never improved the judgment of an adult or a teen-ager. I have yet to learn of a case, scientifically proved, in which it did.

Should an unconscious person be given brandy?

No liquid should ever be given to an unconscious person in sufficient amounts to require him to swallow, as that liquid may find its way into the lung instead of the stomach. Certainly an alcoholic beverage should never be given, as alcohol is *not* a stimulant, but rather an anesthetic and narcotic.

Why can't a person drink pure alcohol?

Put some alcohol in a flask, then drop a piece of bread and a piece of meat into it. Leave it half an hour. You'll find the answer.

Do people sometimes die from drinking too much?

Yes, acute alcoholism is an occasional cause of death. Exposure and alcohol-caused accidents are much more common causes of deaths attributable to drinking, however.

account for life. Let's study and learn how to choose, for deposit in our life's account, only the richest things life has to offer: the most highly nutritious foods; the cleanest, most constructive habits; the most optimistic, cheerful attitudes, and the deepest devotion to God. Your drawing account will be filled to overflowing with all life's richest blessings. You will have dynamic vitality, a long, productive, happy life; and blessings of love and peace will crown your every effort. The truth will truly make you free."—Catharyn Ellwood, in *Feel Like a Million*.

LOOK IN THE MIRROR

(Continued from page 27)

physical ability to solve the problems confronting them on every hand, does not need the soporific, alcohol.

The leaders of tomorrow's world need to be clear-thinking, alert persons. The need is, now and in the future, for persons with the most vigorous brain power. We need healthy, physically perfect people. It is certain that America's future alcoholics will not fill the bill.

It is time that our young people were

taught the truth about alcohol, about time that the glamour ads appearing in newspapers and magazines give place to some straight-from-the-shoulder truths about the effects of liquor on young minds and bodies.

In considering this problem of youth drinking, parents must, as it were, look into the mirror to see whether their own faces are clean. Only as they awaken to their own responsibility and face facts as they are, can they fortify their children against the insidious onslaughts of influences that tend only to weaken and unfit modern young people for present enjoyment of life and future leadership of society.

REALLY LIVING

(Continued from page 19)

Many teen-agers think that drinking and smoking are a mark of sophistication or adulthood. What do you think about this?

I don't think it is right. Coming back to the same comment, it depends upon you—if you are a jellyfish or not.

Where, would you say, should a young person's first loyalty be?

For myself, I have two preferences. They are my home and my church.

How can a teen-ager make his own home a better place?

This is a slangy expression, but I always say: "Don't hang on your mother's apron strings." You'll learn so much more if you are on your own. Don't depend on other people. Of course, you turn to your parents for advice, and they suggest things that are for your own good. But I don't think you should be always saying, "Mother, she did this to me, and mother, she did that to me, and I just don't know what to do."

Do you think commercial advertising has any influence on the teen-age population so far as drinking and smoking go?

When teen-agers see such advertisements, they usually recognize them as appealing to adults, but I know teen-agers like to follow what adults do. There again, it depends on how weak you are or how strong a backbone you have. The reaction depends on yourself.

Why do you think that recently there has been such a rise in drinking among teen-age girls?

Many teen-age girls believe that they mature faster than boys, so they date older boys. And these boys try to show the girls that they are sophisticated, you know, so they want to drink. Then the girls have to show that they are sophis-

For
Your



Reading and Reference

Stewart H. Holbrook, *Dreamers of the American Dream*, Garden City, N.Y.: Doubleday and Co., Inc., 1957.

Heroes and heroines of the early temperance movement in the United States occupy Part 3 of this volume, tenth in the Mainstream of America Series.

The author, one of America's eminent historians, deals in this major book with what he terms "off-beat" characters—visionaries, who "dreamed nobly"—and includes, with rather dogmatic treatment at times and frequently unsympathetic interpretation, such well-knowns as Dr. Benjamin Rush, John B. Gough, Father Mathew, P. T. Barnum, Carrie Nation, and Frances Willard.

Ralph A. Habes, *How to Live Without Liquor*, New York, N.Y.: The New American Library of World Literature, 1956.

The title of this book, published in pocket-size, is misleading, since its one purpose is to outline a procedure of reclaiming alcoholics. Included are some excellent suggestions as to what problem drinkers can do and where they should go for help. There is nothing whatever on how to avoid getting into that condition in the first place.

Robert S. de Ropp, *Drugs and the Mind*, New York, N.Y.: St. Martin's Press, 1957.

In this age of drugs there is need of

icated, too. However, I haven't seen such an increase in girls' drinking. You perhaps have read about it, but I haven't seen it myself.

There seem to be many teen-agers today who are tempted by alcoholic beverages. What is the underlying reason for this temptation?

I think it is sociability. They feel they have to be sociable, that they are "dared" to drink. Everyone else is doing it, and they feel they will be called "square" if

an authoritative book for the general reader on all the drugs and their specific effects on mental processes. Dr. de Ropp, researcher and biochemist, here fulfills this need.

Unique is the author's accurate treatment of alcohol ("that dreary old nerve poison") and tobacco ("that curious drug"), in the category of drugs. This is *must* reading in its field.

Lois Lundell Higgins and Edward A. Fitzpatrick, *Criminology and Crime Prevention*, Milwaukee, Wisconsin: The Bruce Publishing Company, 1958.

A major contributor to *Listen*, Dr. Higgins is perhaps the best internationally known authority on the narcotics problem, in both the law-enforcement and the youth-education phase. The nation has now been alerted to its narcotics menace largely because of her vigorous efforts in recent years.

In this major volume, she combines talents with Dr. Fitzpatrick, to cover in lucid, college-level language, the entire profession of criminology, devoting considerable space to drug addiction and alcoholism.

Very few books in this field are popularly written and still present the subject authoritatively, but this book is the best evidence that it can be done.

A Co-founder, *Alcoholics Anonymous*, New York, N.Y.: Harper and Brothers, 1957.

A detailed account of the twentieth anniversary of AA held in Saint Louis in 1955, this book describes the movement's "coming of age," and outlines in detail its three legacies: recovery, unity, and service.

Particularly profitable are the chapters reporting how medicine (W. W. Bauer of the American Medical Association), religion (Father Ed Dowling of Saint Louis), and "a friend" (Bernard Smith, New York attorney) look at the organization AA.

This volume is meant only for those deeply interested in AA. It won't have any appeal beyond this circle.

they don't. If you are not afraid to be called "square," you will prove to yourself that you are really not square, that you are the smartest of all!

Where do you think most teen-agers begin smoking and drinking?

I believe it is at parties, at social functions. Young people are, as I said, afraid to be called "square."

Have you changed any of your opinions or convictions since you became Miss Maryland?

No, I haven't. If anything, I have made them stronger. I have met so many people, so many wonderful people, that it has deepened such convictions twice as much.

Did any of the girls in the Miss America contest drink or smoke?

It isn't a requisite of the Miss America Pageant that the participants be non-smokers or nondrinkers. I imagine some of the girls smoke, and some may drink. I don't know. We, of course, weren't allowed to do either during the week of the competition. We were very busy that week, I tell you. I got about two or three hours' sleep each night. The last night I got one hour's sleep—then I slept all the way home.

May I ask what church you belong to?

The High Episcopal. I attend St. Michael's, though; that is Catholic.

Do you attend church with your parents?

Very definitely. Yes.

May I ask a rather personal question—Do you have a boy friend?

Yes, I do. I am pinned to a boy at the University of Maryland. He is a junior.

Do you think a college education is necessary? Do you advise it for everyone who can go?

If you have the money, yes, I think you should go. For myself, I have a scholarship to business college. A person learns so much more in college, not only in his studies, but also how to get along with people. This, you will find, is most important.

Do you intend to work after you finish your business course?

Yes, I do for a while. Of course, I am working now, but I'd like to be on my own for a while.

May I ask what type of organization you belonged to when you were a senior in high school?

Let's see, I was in so many while I was in school—student council, all the senior activities, including plays, dramatics, senior trip, senior prom. I was an editor of the yearbook, also on the school newspaper. I can't remember all of them.

Any sports, Nancy?

Of course, all sports—intramurals, softball.

What sports are you particularly interested in?

Tennis, horseback riding, swimming, ice skating, I love. I was in an ice troupe for about three years, and in roller skat-

ing. My parents were professionals in roller skating, so of course I had to take that one.

Did you ever do any homework?

Oh, yes.

Did you find that all these activities bothered your schoolwork?

When I was a senior, we didn't have as much homework. We had more time for activities. Maybe I was just lucky, maybe I just went to a good school, you know.

How many subjects did you take your senior year?

Psychology, sociology, math, English—there were seven in all.

You said that drinking and smoking were not part of the judging in the Miss America contest. Just what are you judged on?

Revelation

Esther H. Davis

I looked into my heart today,
And then in horror turned away.
If I, who have no cause to tell,
Can nurture hate and tend it well,
How dare I hope 'twill ever be
That earth from hatred shall be free?

I'm glad you asked that. Beauty of face, beauty of figure, intelligence, and ability. So many people think it is judged only on beauty, but it really isn't. A person's charm, personality, and the way she handles herself, her poise, her composure, all are included.

What personal suggestions do you have that an average teen-ager of today could use in making a real success in life?

There again is the combination of home, school, and church. Your parents know what is best, so listen to them. I know we are at the age now when we think we know everything. You know—"I'm growing up and my parents are old. They are old fogies. They don't know what they are saying." But they do. After all, look at the experience they have had all these years, how much they have seen, and how much more they know than we. We are still little babies, really. Even I am.

Do you have what might be called a code of living that you apply to your own life? If so, what might this be?

I was asked that same question in the Miss America Pageant at Atlantic City

this past year. It seems like every girl had the same answer—good, clean living. This includes taking part in church activity, a good home life, and school, if going to school. We believe in being happy, having a good time, and helping other people.

THE PEARSON FAMILY

(Continued from page 16)

in his church, the judge often addresses Allied Youth, of which his father was one of the founders.

"What impresses me so much about Allied Youth is that the problem of alcoholism is discussed there frankly and openly," this judge comments. "The problem of alcoholism has become more acute in recent years. The war was responsible for this, and extended social drinking has lowered the morals of young people."

The best way is to have an *understanding* of the problem, Judge Tillman points out. "This is what Allied Youth does for young people," he said. "The liquor industry brings our attention to the glamour and excitement of liquor. But no one has effectively taken the problems that can result from liquor and brought them to the public mind."

A teetotaler, Judge Tillman Pearson explains it simply by saying, "Mostly because all the Pearsons are. We were just raised that way."

One way to fight alcoholism, Judge Tillman Pearson says, is for society to condemn drinking; but modern society does not frown on drinking. "Even in moderation there is danger," he goes on, "for all excessive drinkers were originally moderate users of alcohol. With the constantly increasing tempo of modern-day living, more and more people are turning to excessive drinking."

Walking in the footsteps of his father, Judge Tillman hopes to help in solving this problem by working with young people at his church, the Grace Methodist Church, where he is chairman of the official governing board of that church.

Named after the county in which he was born is the next Pearson brother, Dr. C. Dade Pearson.

He, too, is father of two boys, and active with youth groups. He is the charge lay leader at his church, which is "the closest direct relationship with the preacher."

"Like Tillman and Ray, I, too, preach in our church and other churches when the preacher is away," Dr. Pearson, who is a dentist, explained.

He added: "I do not drink alcohol. My family do not drink. We firmly believe in teetotaling. I feel that the re-

peal of prohibition was a very bad thing, and I look forward to the return of effective legal control.

"I believe, however, that the best way for us to teach young people is, not to drink ourselves. Teaching is best done by the example we set. It's not right to say to young people, 'Don't drink,' and then sell it on every street corner."

These, then, are the convictions of the Pearsons, family of distinction, who walk in the footsteps of their father and mother, and find that it has led them to honor and success in their chosen professions.

Autumn Land

by
Bertha R. Hudelson



Drowsy and hushed beneath pale skies,
Lavishly brushed with nature's dyes,
Chattering words of summer-tired things,
Panting birds with lifted wings,
Autumn heat, hot waves of sand;
Then raindrops come to drench the land,
And wind bestirs the fresh-cooled air
Leaving contentment everywhere.

LIVING LIKE CHAMPS

(Continued from page 8)

the 880 yards and then the 800 meters, were captured, both within a time of 10 minutes 16.2 seconds. Also among her records is the 4 x 110 yards relay.

Today Ilsa, at fourteen, bids fair to become the world's best woman swimmer. The Empire Games and the Olympics in Rome in 1960 should see amazing results from both John and Ilsa, Coach Talbot forecasts.

As she ate away at a double-headed strawberry ice-cream soda, Ilsa told me that she has her eyes set on schoolteaching as a career.

John was standing nearby in his togs. Twelve stone (168 pounds) in weight, he is a powerfully built young man. I found it hard to believe he is only sixteen, except for his boyish features.

Here is a list of the world records John has scored this season:

220 yards	200 meters
440 yards	400 meters
880 yards	800 meters
1,650 yards	1,500 meters

and three relay records:

4 x 100 meters
4 x 110 yards
4 x 220 yards

One may wonder how many more world records there are for him to capture. John and Ilsa have been trained to be champions; Don Talbot trains all his pupils that way. To him there are a lot of things that go to make up champs.

Crew-cut, businesslike manner, perfect physique, and capable—these were the first impressions I gained of Talbot as I stood by him with hundreds of young people milling about in the Bankstown pool.

"One of the really important aspects of training is behavior," he commented. "I teach them to live like champions.

"A champion must be good all round, must create a good impression; for whatever the champ does, the people do. Champions must develop principles, aims with high ideals," said Talbot.

He enlarged upon this for me. "It means to follow rules for good health: rest well, early nights, wise selection of food, and definitely no habits such as drinking or smoking.

"If a lad wants to go ahead, he must select for his close friends good company that will help him achieve his aims. I've found that even one bad friend can mess things up a lot. I don't mean snob-bishness, for a champ will be friendly to all, but will uphold his standards."

I was interested in Don's positive viewpoint regarding the "twin habits" of drinking and smoking. He explained that he neither drinks nor smokes.

"Smoking is one of the filthiest habits I've come across, apart from all the other things that can be labeled against it," he said. "As for drinking—well, I don't drink because I've seen the effects of it, and I believe what I read in medical reports. I'm interested in health, and, more than that, I have a wife and family. Liquor and smoking definitely offer me no benefits. They would limit my chance of health and success.

"In fact, I don't agree with drinking, even in moderation. The stuff is no good, and I'm wary of it. It would be unthinkable that I would advise a kid either to drink or smoke. A swimmer cannot perform 100 per cent effectively if smoking or drinking.

"From my observation the young person who begins drinking or smoking soon gets into trouble somewhere along the line. With a lack of ideals and knowledge, hooliganism and delin-

quency result. If youngsters come for coaching and I know they smoke or drink, I turn them away."

These opinions were impressive to me from a coach who is only twenty-four years of age. But his stand for such ideals has paid off well with his world champions. John and Ilsa Konrads are only two of his fifty students.

Turning to John, I asked him how he felt about teen-agers who drink or smoke. "I don't agree with teen-agers' drinking, and it's hard to see what they like about it," he said.

John told me that he and his sister rarely go to parties, and if liquor is served, they both say, "No, thank you."

Don Talbot remarked that they avoid parties where liquor is served. "I encourage them to keep up the resistance to it. Really, it is a sign of weakness to take liquor and a sign of strength to say 'No' to social pressure despite the ridicule," he said.

John broke in, "Sometimes the chaps tease me, but I don't mind."

As if to emphasize his opposition to liquor, he went on, "Liquor counter-acts general condition, mental outlook, and ruins ideals. That's why I've no intention of ever using it—or smoking either."

I asked John if he had found the advice of his teetotaling, crew-cut coach hard to take. He replied that he had enjoyed learning everything his coach had given to him.

John puts something better in the place of liquor; it's pineapple juice, always first choice, along with his aim to be a draftsman. He is training at Sydney Technical High School.

Turning to Ilsa, who was leaning against the springboard steps chatting to her girl friends, I asked her opinion.

Almost in chorus with her friends she said, "Smoking is no good for breathing;" and then added, "it stops your growing."

In her next statement I could see the whole picture of her thinking: "I don't think I could keep being a champ if I drank liquor or smoked."

"Plenty of good activity in worthwhile pursuits is one help," chimed in Don Talbot.

Ilsa was soon talking about her hobby of stamp collecting, her love of milkshakes, and John was telling me about his collection of records.

These healthy-minded young champions who have startled the world are *real* champions. Their parents are proud of them, their coach is proud of them, Australia is proud of them, the world is proud of them. Youth everywhere can safely follow their lead in high ideals for health and happiness.



OPINIONS



Deliberate Murder

"To me, there is nothing funny about drunken-driving jokes. Drinking is a willful act. In a very real sense, therefore, the deaths and maimings on the highway that result from drinking can be regarded as nearly deliberate. Drunken drivers kill three people in California every day. They are responsi-

torial, *Tap and Tavern*, journal of the liquor industry.

Is It Right?

"I don't know how long this singing will last. No matter how long it lasts, it's given me a greater responsibility than most men my age; not just to my family, but to the many who look to

No Odd-Balls

"Men and women in the military are just a cross section of America, and they number many nondrinkers. However, the nondrinkers need a temperance program which they can rally around and promote without feeling like odd-balls."—Major General Charles I. Carpenter, Chief of Air Force Chaplains.

Driving Affected Early

"A study of the accident situation reveals that low concentrations are similar to those which have been found to affect driving performance, namely .03 to .05 per cent" (one third the present legally recognized level).—H. Ward Smith, the Toronto Crime Laboratory, Canada.

Only One Drink

"Only when each individual refrains from driving or walking in traffic when his actions are affected by even one drink will we begin to fully control the problem of mixing alcohol with traffic."—B. R. Caldwell, California Highway Patrol Commissioner.

Coffee Won't Nullify Alcohol

"When it's one for the road, make it a cab or bus. Coffee is better than another drink, but may lead to a false sense of security. Caffeine won't make a competent driver out of a New Year's celebrant. The depressing effects of alcohol on the central nervous system are difficult to combat."—Dr. Theo. R. Van Dellen, columnist and medical adviser.

ROTTING MORAL FIBER

"We have become a population whose moral fiber has deteriorated to a point where the flaunting of the degenerative vices of mind and body have become the accepted commonplace.

"Following in the footsteps of their elders, we have a younger generation epitomized by rock 'n' roll, be-bop, and calypso, by screaming tires and screeching voices, a generation characterized by thoughts and actions, by habits, attitudes, and ideals in consonance with their 'Sloppy Joe' attire.

"It is the nation's business, the duty of every intelligent leader, of every decent citizen, to take hold of the knowledge which is ours and utilize it once more in building into the character of our people the understanding and utilization of those traits which are necessary for the preservation of a nation and of society."—L. V. Simmons, superintendent of schools, Rocky Ford, Colorado.

ble for one of every 4.3 injuries. Drivers who had been drinking are responsible for one of every five of all traffic accidents. And other states report similar statistics."—Governor Goodwin J. Knight, of California, in the *Saturday Evening Post*.

A Very Good Question!

"Instead of stories concerning new business, new promotions, and advertising plans of the industry, as trade papers of other businesses do, we are kept busy reporting the threats and the dangers present in this and that legislation, year after year, and trying to find ways and means of promoting sales without running afoul of the 1,001 regulations and laws that keep us in bondage. . . . Are we in a legal business or not?"—Edi-

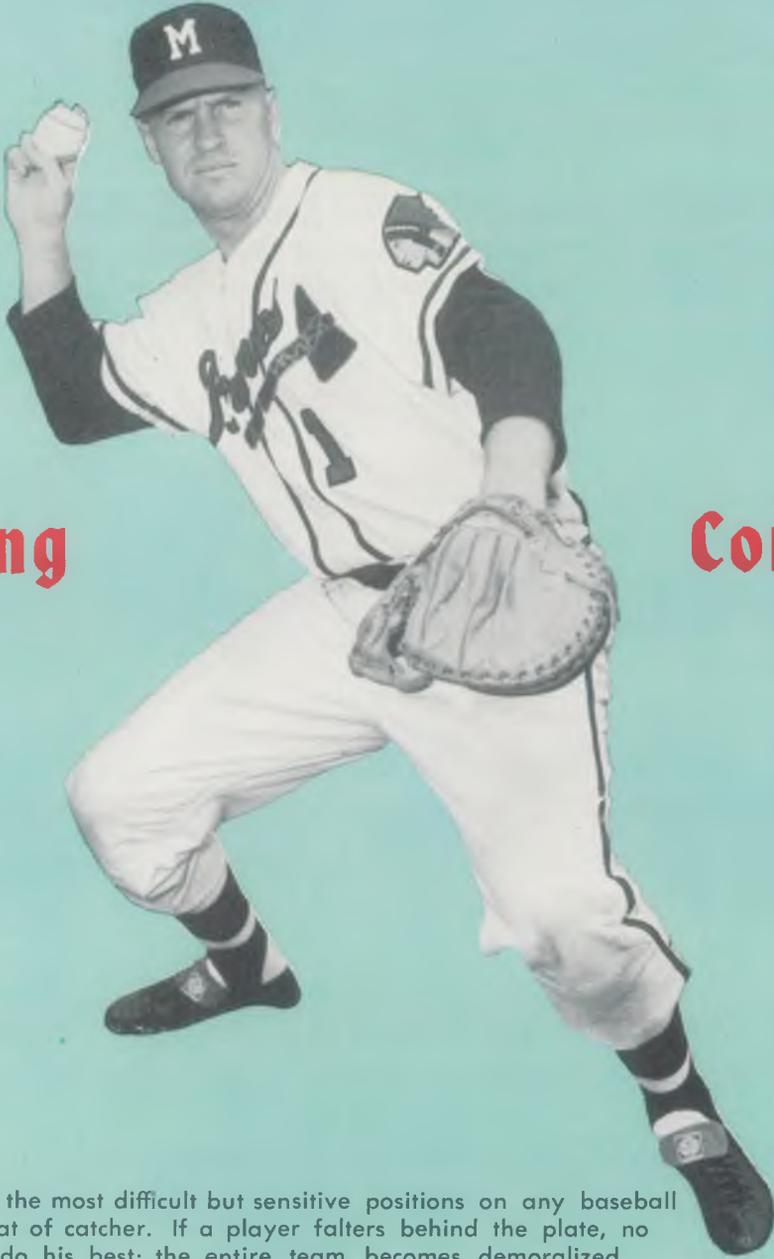
young singers as their example. I owe them a lot, if not everything. The only way I can repay them is to make a day-to-day reality of the question that lights my life: 'Is it right?'"—Pat Boone, recording artist and star of screen and TV.

THREE QUESTIONS FOR MODERATE DRINKERS

"1. If you give the nondrinker an accident rate of 1 in car driving, then the moderate drinker carries a rate of 3.2 (National Safety Council). Is that the moderate's idea of good citizenship?

"2. Four times as many children of drinking parents drink beverage alcohol as do children of abstaining parents (Hofstra College Report). Is this the moderate's idea of good stewardship?

"3. Dr. Robert Selinger, prominent Johns Hopkins psychiatrist, is our authority for the next statement: 'Social drinkers as a group cause more trouble of all kinds than true alcoholics.' Do the moderates really want to be a part of our national 'problem'?"—Willard Tomlinson, in "Friends Journal," Nov. 23, 1957.



Winning

Combination

ONE of the most difficult but sensitive positions on any baseball team is that of catcher. If a player falters behind the plate, no pitcher can do his best; the entire team becomes demoralized. With the 1958 World Champion Milwaukee Braves, the catching is "solid" in the hands of their No. 1 player, **Delmar Crandall**, captain-catcher who last year did much to ignite the spark for his team to gain baseball's highest prize, in a tingling, closely played World Series.

Even more important, Del provides the steady day-to-day genius on the diamond that inspires his whole team and helps forge them into a winning combination.

On the diamond and off, Del is known as one who encourages high idealism in personal habits, idealism that assures the winning combination in life itself.

"Every day you can read in the papers about people who are either in trouble because of drink or have lost their loved ones because they could not stop drinking. I have never read that anyone has ever gained anything by drinking.

"I am a nondrinker. My teammates and friends know this, and I believe respect me for it.

"Many feel that it is sissy not to drink, but the easiest way to prove such an idea wrong is to look at professional sports, whether it be baseball, football, hockey, basketball, or any other, and point out the many stars who do not drink.

"Drinking is very harmful to body and mind; to do your best in sports—or in any other endeavor—you must have a strong body and an alert mind."

Interview by

Wilfrid E. Belleau