

LISTEN

A
JOURNAL
OF
BETTER
LIVING



MARK O. HATFIELD
GOVERNOR
STATE OF OREGON



Bars Are Liable

A tavern owner who serves or permits an employee to serve a "visibly" intoxicated person or a minor may be sued, the New Jersey State Supreme Court has ruled in a unanimous decision.

This decision reversed a lower court ruling, and the state supreme court ordered that a \$453,000 suit against four Newark taverns be tried before a jury.

The suit was brought by a widow whose husband was killed when his car collided with one driven by an eighteen-year-old boy who was declared intoxicated by a physician who examined him after the accident.

In addition to suing the bars, the widow instituted a separate court action against the eighteen-year-old, the boy's mother, and an adult friend, who were accused of buying drinks for the minor at four bars.

Anything for Laughs

A Maryland beer factory has introduced a new beer named the "Colt," "featuring the insignia of the current world champion pro football team," the Baltimore Colts.

Anything to Get Into the Act

When President Adolfo López Mateos of Mexico visited Chicago, one of the biggest whisky makers in the United States got into the act by putting up a huge outdoor billboard, which included large pictures of Mexico's president and the Mexican flag. The real purpose behind this ostentatious show was revealed by the inclusion of the name of the whisky maker on one corner of the billboard.

TV Character Sold to Wine Company

Pictures of TV character Charlie Weaver are being used extensively to promote wine sales by the wine company which sponsors the Charlie Weaver Show on television. Knickknacks endorsed by Charlie are being used widely to promote wine drinking. This company is spending \$1,800,000 during the first six months of 1960 on blatant advertising, most of it for the TV show, which reaches not only adults but children in their own living rooms.

Temperance Protests Get Results

Public-service type ads sponsored by breweries have been banned in Nova Scotia newspapers after vigorous protests from temperance groups.

Women's Role

A six-page whisky advertisement aimed directly at women, reportedly the first instance of whisky promotion tied in with fashion, appeared in the November 15, 1959, issue of *Vogue*, a national women's fashion magazine. This is an ad "recognizing the increasing role women play in the purchase of liquor." "This advertising will be backed by intensive department-store merchandising," says *Advertising Age*.

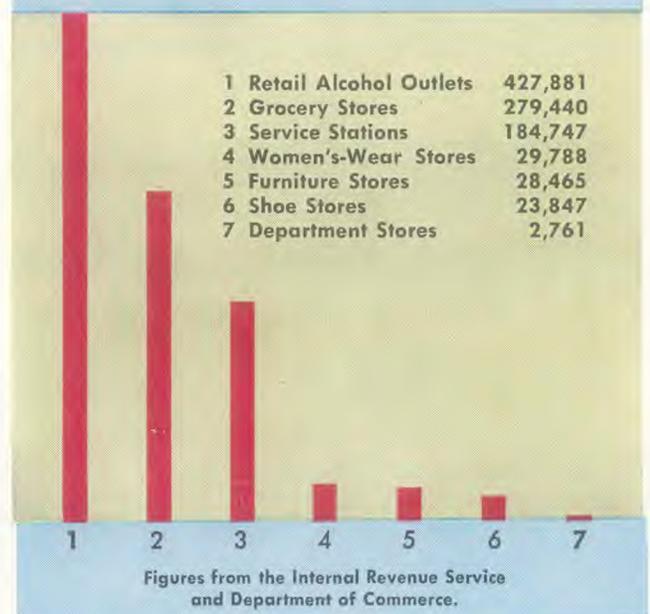
A Franciscan Padre Started It

California's wine industry began in San Diego in 1769 with the planting of the first wine grapes by a Franciscan padre, Junípero Serra.

Determined to Make People Drink

Seven breweries and five distilleries were among the top 100 advertisers in the United States in 1958, reports *Advertising Age*. These twelve manufacturers of alcoholic beverages paid newspapers, magazines, radio and television stations, billboard companies, and other advertising media more than \$180,000,000 to induce more people to use their products.

Businesses in the United States



LISTEN

A Journal of Better Living

MAY-JUNE, 1960
Volume 13 No. 3

OUR COVER

When it became known that "Listen" was considering Governor Mark Hatfield of Oregon as one of its personalities, some doubters said, "Oh, you will never get him to say anything; he's on the national political scene now, and will be skittish about committing himself."

However, as the story developed, the very opposite became evident. Instead of skirting an issue which some public figures claim is political dynamite, Governor Hatfield unhesitatingly described his own personal habits and expressed his convictions regarding what he feels is best for his state and nation. Public life today should have many more leaders who do not avoid the really basic issues and the major considerations important to the welfare and future of society.

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Only the dashboard lights and one or two little reading lights for passengers broke the darkness in the bus as we rolled on down highway 66 toward Chicago.

I had boarded this Greyhound in a small town in central Illinois and found a seat near the front next to a personable young woman. As the bus pulled away from the depot, which was only a counter in the corner drugstore, I began remarking to her on the snowy landscape, on the falling temperature and prospects for a cold night; then the conversation turned to the philosophy of little towns in general.

"I love little towns," she said. "My heart has always been there." But her voice sounded strange and rather far off. Her mind was not on what she was saying.

We came around to questions of destination—hers was a hospital in Chicago where she was returning to duty as a nurse. She spoke only in terse phrases or short sentences, quite staccato. Her eyes looked intently, though unseeing, out the window. Only occasionally did she turn so that the dim light reflected in her face. A side glance revealed to me glistening moisture filling her eyes. Her hands were nervous.

"Well, I must tell you," she volunteered after a while in rather explosive emphasis. And the story began to unravel.

"I've been home—now am going back to duty." She bit her lips and looked out the window again.

"Jack and I were going to be married in June. He wanted me to marry him last Christmas. I should have said Yes. But I told him, let's wait a while—we need a little more money. Maybe my job will help.

"Jack was so wonderful. He

was getting established on his farm next to the old home place. The future was rosy. He was building a house for us—had the walls up, the roof on. We had the furniture ordered, the floor plan all laid out, and—"

Her voice trailed off; her hand brushed through her black hair.

"He was buried today," I wondered whether she could swallow hard enough to stem her feeling. Nothing I could say would matter a whit. Just the telling of personal woes relieves pent-up pain.

"Sunday night he was crossing highway 66 south of here a few miles. He had waited for the light, then started on. But he never got across."

The story stopped for a long, long moment. "A drinking driver didn't see the light, and plowed into Jack broadside. Oh, we should have gotten married when he wanted to. Today it's too late. Now he is a statistic—just a human statistic!"

But it had happened. It was all over for Jack and his bride-to-be.

He was now entered in the long list of statistics of traffic accidents—20,000 deaths in a year stemming from drinking and driving.

We threaded through the last curves into the underground bus terminal in Chicago's Loop. I looked at my watch. In the three hours we had been talking, at least six persons—on the basis of the national average—had died in drinking-driver accidents.

Mere human statistics? Some 20,000 of them in a year. No, not mere statistics, but each victim dear to someone, and back of each accident the real human story, the story of hearts broken, of lives ruined, of loved ones left behind with memories of tragedy.

And all so utterly unnecessary!



**JUST A
HUMAN
STATISTIC**

Francis A. Soper

In a day of big government can the individual citizen make his influence felt?



IN THIS age of steam-rolling political machines and powerhouse pressure groups, the questions are often raised: "What influence on government does the individual citizen have? Can the citizen's voice be heard amid the babel and clamor of twentieth-century

politics?" I believe the citizen still counts in a democratic nation. Government in this nation must depend upon the consent of the people, and the mass is made up of individuals.

That consent has to be developed by public discussion, public conversation, and public information. If you don't have substantial consent, you may not have a law very long.

Everyone needs to understand that this democratic process, this business of getting substantial consent, is something you have to work at. Don't assume it will happen automatically.

The implied power of the individual who collectively makes up the public, is illustrated in the fact that every legislator has an instinctive horror of being asked to take a position which ultimately will fail because it is not based on adequate public support.

If the power of the individual is really such an important force, why, then, is it so often ineffective in the political arena?

The tragic answer is that responsible citizens who are actually paying an average of \$600 per capita every year for local and National government do not choose to

Unhappily, we have a society which is fond of the notion that people should be alike, that they should act alike. Within this culture there are subcultures, subgroups, which are frequently very insistent. There is pressure for conformity. Our children go through this phase during adolescence, as a part of their growing up. They wear the same uniform that the group does, don the same bobby socks, use the same jargon.

Conforming does have its merits, but these merits have been exaggerated. The time has come to re-establish the fact that humanity is not merely a social structure, but a collection of individuals. "Freedom" means that every person has the opportunity to realize his own potential. If this potential involves being different from the rest of us, he should feel free to be different. Furthermore, we should honor him for what he is, and not resent him for the difference.

We need to help our children in their lives to develop the capacity to resist the temptation always to conform.

The correcting process, then, must begin with the individual who can erect some effective barriers to stop the steam roller of conformity, which, if left unchecked, will gain such momentum that it will crush all who stand in its way.

The first such safeguard is personal character. Each of us has, first of all, responsibility for his own behavior. Although it is fashionable to "pass the buck," the fact is that we cannot truly delegate this responsibility, not even to the state.

The next safeguard is the power of example—one of the most telling powers open to us, not only for ourselves, but for those around us. What you do, how you act, witness far more loudly to what you believe than anything you can say or write. Other people are watching you, perhaps not intentionally, but nevertheless you are witnessing continually.

A third safeguard is the education and training given

Safeguards to Nonconformity

Congressman, Second District

Byron L. Johnson

State of Colorado

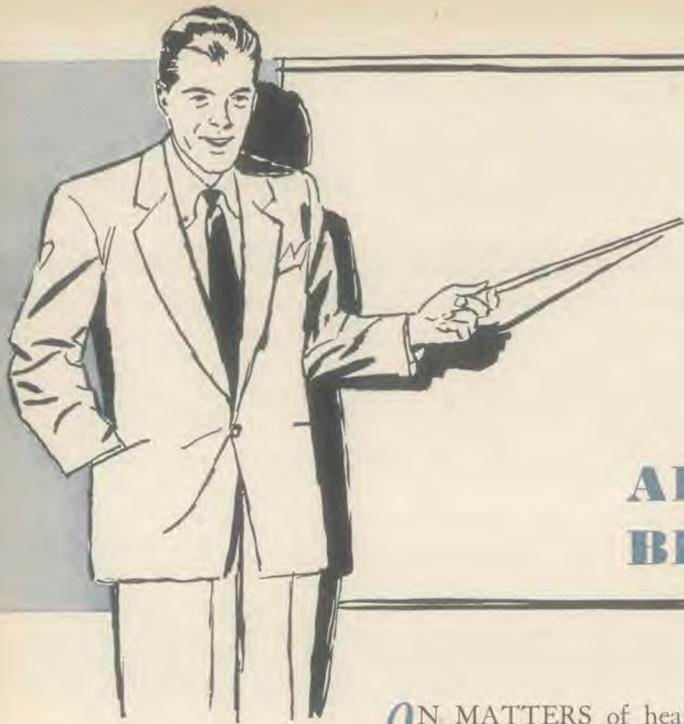
make their power felt where it counts most—at the precinct level and in the county assembly where the persons who will be candidates for public office are chosen.

Anyone who is a responsible citizen ought to be concerned with what kind of people are nominated for office. Are they the kind of candidates you want to support? If you are not there when they are chosen, your influence cannot be felt as it should be.

If you stand to one side, the battle goes to the side that is the stronger without you. Sometimes your vote, your action, might make the difference. As someone has said, "If you let George do it, George will do it; but he will do it for George, not for you."

young people in the home, the church, and the school. This is one of the most important safeguards. What we do to help the next generation to understand itself, its own problems, and the society it must face, will help develop the kind of personality and character we want our children to have and of which we can be proud.

You enjoy the privileges and benefits of being a citizen; you ought also to accept the duties and obligations that go with it. As more of you do, this can be a better country. But it will improve only as each of us recognizes that it isn't the preacher, or the county sheriff—it's I who must make the first step toward a better community, a better nation.



What Everyone Should Know About ALCOHOLIC BEVERAGES

Andrew C. Ivy,
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Distinguished Professor
of Physiology and Head
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Chicago

IN MATTERS of health an ounce of prevention is worth, not a pound, but a ton, of cure. The prevention of any disease is based on discovering the cause of that disease as soon as possible and educating the public regarding how it may be effectively prevented.

This is the reason that I, a medical scientist, physiologist, and physician, am interested in the *prevention* of acute and chronic alcoholism, which is, I believe, the greatest cause of human misery in the United States today.

It has been frequently stated that alcoholism, in its acute and chronic stages, constitutes the largest public-health problem in Western civilization about which practically nothing is being done in regard to prevention.

In view of this, there are certain facts which the average person should know about what causes alcoholism, how large a problem it actually is, and the solution. These may be summarized under ten major headings, as follows:

1. *Alcohol is the cause of acute and chronic alcoholism.*

In medicine the cause of any disease is separated from the contributory causes. For example, the germ bacillus tuberculosis is *the* cause of tuberculosis; poor diet and poverty are contributory causes. Unless the germ of tuberculosis exists in the environment outside a person, and then gets inside him, that person will never contract tuberculosis.

Similarly, alcohol is *the* cause of acute and chronic alcoholism, because unless alcohol gets inside a person's body, the disease is not contracted. Among contributory causes may be listed shyness, desire to conform, frustrations, tensions, emotional immaturity, and the presence of alcoholic beverages in one's environment.

Any disease resulting from a vice is the easiest to prevent and to cure. All that needs to be done is to stop practicing the vice. Today alcoholism is the most promoted and the most sought-after disease in Western civilization.

2. *Alcoholism, in its acute or chronic stages, is a disease by the medical definition of "disease."*

A disease is present when any function of the mind or body is impaired. "Ism" means to be "under the influence," so alcoholism exists when there is enough alcohol in the blood to impair the brain. Physiologically, an "excess" of alcohol means that amount required to impair the higher functions of the brain. In some persons this is one or two beers, cocktails, or highballs.

Acute alcoholism refers to a temporary impairment of the brain by alcohol, for perhaps a half hour to two hours after taking one or two beers or cocktails, or impairment for days or a few weeks after drinking larger amounts. Chronic alcoholism refers to the condition in which the drinker is more or less continuously under the influence of alcohol for weeks, months, and years. Repeated exposure to acute alcoholism leads to chronic alcoholism.

An "alcoholic" is a person who relies on alcohol to meet the ordinary demands of life and who continues to drink after his drinking has caused marital, occupational, or social difficulties.

3. *The consumption of alcoholic beverages creates the No. 3 public-health problem in the United States.*

For example, in the United States today there are 5,000,000 alcoholics and 3,500,000 prealcoholics, a total of 8,500,000 persons requiring some sort of treatment. Furthermore, only about one third of those rehabilitated remain "on the wagon" for as long as five years. All the physicians in the United States could not treat so many, even if physicians could be persuaded to do so.

The size of the problem is increased by the large number of persons injured and killed in traffic accidents. The most carefully conducted studies show that an average of 50 per cent of persons killed in such accidents have alcohol in their blood. The most scientific study ever conducted shows that 40 per cent of personal-injury traffic accidents are caused by drinking drivers. This is the Evanston, Illinois, experiment. Less accurate estimates range from 20 to 33 per cent.

According to the Travelers Insurance Company, approximately 2,800,000 people were injured or killed in 1958 in traffic accidents. If 20 per cent, or one fifth, were caused by alcohol, then 560,000 persons were injured or killed in traffic accidents caused by alcohol in 1958. If 40 per cent, or two fifths, were injured or killed for the same reason, this total would be 1,120,000. This is more than double the total of 550,000 American casualties which occurred in combat during all four years of World War II.

Dr. Harris Isbell, chief of the Narcotic Hospital of the United States Public Health Service, has stated, "Numerically, alcohol is the most important of all addicting depressant drugs," referring to the United States and Western civilization. Arnold J. Toynbee, one of the greatest contemporary historians, has stated in his book, *Civilization on Trial* (1948, page 205), that alcoholism and race consciousness are two conspicuous sources of danger to Western civilization.

In this connection it should be recalled that all the drunkenness and debauchery referred to in the Bible and associated with the decline and fall of civilizations were due to beer and wine. Distillation, or the making of whisky and fortified wines, was not used until the fifteenth century A.D.

4. *The drug alcohol puts the brain to sleep, first impairing the sense of caution, the judgment, and the automobile-driving skills of a person.*

Alcohol does not stimulate the brain, although it may appear to do so. It impairs the judgment, making a person less tense, more talkative, and more hilarious, and it weakens the sense of caution, the judgment, and the reflexes, rendering a man more accident-prone. It causes him to think he is a better auto driver, when he is really a worse driver.

5. *Only a small amount of alcohol will put to sleep or impair the higher functions of the brain.*

One beer or cocktail is enough to impair a person who weighs from 90 to 120 pounds. Two beers or cocktails will impair a person who weighs 190 to 210 pounds. The sense of caution, judgment, and ability to drive an automobile are impaired before one feels the effects of alcohol; that is, before the feeling of warmth of the skin and a feeling of "relaxation" and "no worries" is noticeable.

6. *Alcohol is an addiction-producing drug.*

By experiments on voluntary human subjects it has been proved that alcohol is an addiction-producing drug. When it is withdrawn from a person after several weeks of heavy drinking, psychological craving and physical dependency occur. The sign of physical dependency takes the form of the shakes, convulsions, and hallucinations. Withdrawal of alcohol leaves the brain more irritable than normal.

A prealcoholic can quit drinking without outside help, if the occasion demands, but an addict cannot quit without outside help.

In view of the fact that alcohol is statistically the largest narcotics problem in Western civilization, it is an exceedingly dangerous and tragic misrepresentation of

the truth to claim that alcohol is not *the cause* of chronic alcoholism and is not an addiction-producing drug.

7. *Members of a family or citizens in a community vary considerably in their susceptibility to acute and chronic alcoholism.*

This is true also of the effect of all drugs, poisons, and germs on the human and animal body.

According to the best and latest estimate possible, susceptibility to alcohol is such that one in eight persons who begin to drink occasionally or moderately becomes a heavy drinker or an alcoholic.

At the present time there is no way to determine beforehand who is and who is not susceptible to becoming an alcoholic or a drinking driver. *But we do know that the only absolute way to avoid becoming an alcoholic or a drinking driver is to practice total abstinence.*

It is certain that the susceptibility of a person to the development of acute or chronic alcoholism depends on two types of contributory causes.

The *primary* contributory cause depends on how a

To Drink or not to Drink

Carolyn Hagner Shaw

"Oh, come on! Don't spoil the party! You must have a drink." The unhappy person to whom Mr. Inexperienced addressed this diatribe looked thoroughly embarrassed and finally mumbled Yes.

Both participants in this little episode were wrong, in my opinion. In his overanxiety to be a good host, Mr. Inexperienced overdid it. He only succeeded in upsetting a guest in his home. In an unforgivable manner, I might add. It should go without saying that the courteous host will never urge a drink upon anyone who does not want it and, above all, will not comment on the refusal.

The guest, who is placed in the unpleasant position of being urged to do something he does not want to do, should remember that he is not offending his hosts, or anyone else, if he refuses to imbibe. It is purely a matter of personal choice, and he should know that he will not be thought prudish or guilty of "spoiling the party" if he does not drink.

Just to say, "Thank you, no," a gracious regret expressed diplomatically so that it implies no criticism of those who do differently, is all that is necessary.—The Washington "Star."

person reacts to the social pressure to drink and to the nervous tension to which he is exposed. It depends on whether he has learned to obtain relief from nervous tension by the use of the drug alcohol, or by the use of physiological and wholesome methods, such as work and play, or physical and mental recreation.

The *secondary* contributory cause depends on the ease with which the repeated use of alcohol acts on the physiological and biochemical processes in the body of the drinker to lead to repeated episodes of acute alcoholism which result in the production (Turn to page 27.)

Junior Achievement

Marion Rubinstein

INDUSTRY in America need not worry where its future leaders will come from, for many of these are being trained now by an association whose membership is limited to high-school teen-agers. Called Junior Achievement, this association has already trained a number of their members to serve industry in a unique and valuable manner, says James M. Jones, executive director of the Miami, Florida, branch of the nationally known Junior Achievement organization.

The unique setup of Junior Achievement "teams up" industrial leaders of each city with a group of teen-agers. The youngsters choose a product they are interested in; the adult advisers are those who know all about making and marketing such a product.

"For the first time in their lives youth find that they have been given full responsibility. They like it, and come through with flying colors. This feeling of responsibility continues on, even at home, and the parents are amazed and delighted," says Jones.

Business firms hiring Junior Achievement members are enthusiastic about them. These firms say, "Our good employees are JAC's." None of these youth have ever been involved in what is described as juvenile delinquency.

In a number of instances the performance of Junior Achievement members has been so outstanding that there has been an industrial agreement between the adult adviser and the JAC member. When that happens, a new business appears on the industrial horizon.

Another outgrowth occurred when one of the advisers, who had suggested the manufacture of a certain

product to a JAC group, found that it was successful, and he promptly decided to give up his own job and go into the business of manufacturing that product.

In the Miami area some 250 youngsters are manufacturing at Junior Achievement headquarters the following products: TV hostess tables, memo pads, driftwood penholders, electrified yule candles, doorstops, tie racks, automatic bird feeders, palm pod centerpieces, screen and jalousie cleaners, personalized stationery, cosmetics, shampoos, shell jewelry, toy blocks, plastic pen sets, plastic and metal paperweights, paper pads, TV guide covers, end tables, wall lamps, knife holders and sharpeners, and telephone pad holders.

Multiply this activity by 200, the number of cities in which Junior Achievement is functioning, and you get an idea to what good use 60,000 teen-agers in this country and Canada are putting their time.

The youngsters chosen to operate the firms under the Junior Achievement plan are carefully screened. Some 600 applications were received in Miami. Of these 600, only 400 were invited to discuss JAC with Jones.

"In that way we get the hard core of youngsters who are really interested," he says.

So vital has JAC become to the nation that it is now leading industries *into* the cities with JAC organizations.

"Industries will look for cities where JAC has been established because that means it's a good city for industry," explains Jones.

One thing is sure. Nobody wants to learn how to go bankrupt in his teens. Judging from all the enthusiasm there will be no Junior Achievement bankruptcies.

Junior Achievement members learn many skills and trades such as—



use of power tools



artificial flowers



business management



furniture gluing
and construction



efficiency scheduling



Physicians are among the most frequent victims of trickery by those who are driven to desperate straits to obtain narcotics to support their habit.

ARE you a doctor, druggist, or grocer? Are you a housewife, a day laborer, or anyone who is a medical user of narcotics? If so, watch out for the increasing trickery thousands of addicts are practicing as the supply of illicit drugs is reduced by more effective Federal and local enforcement.

Doctors and druggists are the most frequent victims, but almost anyone who is known to have legitimate contact with medicinal narcotics can become the victim of an addict driven to desperation by the demands of a ruined body. Addicts will engage in any form of trickery and deception their sick minds can devise to obtain drugs. They will not hesitate to use violence or to commit murder.

Here are some typical case histories of narcotics trickery used by addicts:

Recently a group of well-organized narcotics thieves in one city victimized doctors by posing as patients. They visited physicians' offices on busy days, reeling off convincing case histories of old ailments, such as migraine headaches. Rushed doctors were induced to make only brief examinations, after which prescriptions for pain-relieving drug compounds were written for patients who seemed to be in obvious pain.

One thief, however, overplayed his act, and a physician insisted on a thorough examination. This, of course, unmasked the addict, who was arrested after the doctor quietly telephoned police.

A variation of the feigned-sickness routine was used successfully in San Francisco by an addict who told doctors a realistic story about a sick wife.

"My wife is arriving by train tomorrow, accompanied by a nurse. She's making the trip because of important business. Would you come to the hotel to see her, Doc?"

The physician would agree to attend the patient. However, the addict would turn up the next day with information that his wife was in Los Angeles too sick to travel farther, and that he was going to meet her. Would the doctor do him one final favor by writing a prescription for narcotics he could take to his wife to ease her suffering?

Moved by the pathetic tale of a sick wife stranded in a strange city, the doctor would write the prescription.

The next day the addict was checking telephone books again, searching for another doctor who might fall for his line.

In another city a female addict obtained narcotics by frantically telephoning a doctor, giving a garbled address in a lonely part of town. The doctor would be forced to park his car and search on foot for the address. While the doctor did this, the female addict broke into the parked car, taking any available drugs. Some doctors make the job easier by failing to lock their car doors.

Addicts sometimes obtain jobs as attendants at medical building garages or parking lots. Then they systematically pilfer medical bags doctors leave in their automobiles. They also watch for patients bringing packages from the medical building pharmacy, and when a patient leaves a package in his car and goes shopping, the addict helps himself, usually obtaining a good supply of narcotics.

One addict tricked druggists by ordering medicines

Leo
Rosenhouse



DON'T Be

Fooled

BY NARCOTICS TRICKERY

containing narcotics by telephone in the name of various doctors. In a professional tone of voice, he would ask that the drug be delivered immediately by messenger to the address of a "patient," promising to drop off a written prescription for the medicine the next morning.

This addict, who studied medical terminologies and learned a few standard prescriptions, always made his telephone calls when the druggist was busiest. Too rushed to exercise caution, the druggist would violate a Federal law by filling the telephone order for compounds containing narcotics. He gave the matter little thought, since doctors often called in for medicines in emergencies.

(Turn to page 34.)

Psychiatric Aspects of the Alcohol Problem—Part II

ONE of the most common symptoms of conflict in any person is a *rigid personality*. If we have a broken bone, we splint it, and keep the part rigid, which act means that that bone is weak and has to be kept inflexible. In a way that illustrates a rigid personality.

We might think a person who never gives an inch, who never budes once, shows great strength of character. That may be true in some instances. I am not saying that inflexibility at times does not show real strength of character, but actually a rigid personality, a person who *never* moves, is often an individual who has weaknesses underneath. He must splint himself, hold himself stiff and inflexible, lest the dam break and overwhelm his ego. If that happens, he will become sick.

As I was flying to California on a recent trip, the pilot announced, "If you look down now, you will see that we are crossing the Missouri River, and we are entering Nebraska." I suppose you can get several object lessons from this river, depending upon the point of view you have, but I thought, "Here's this tremendous river which makes many devious turns, but it ultimately reaches its destination." I think that principle is true with many of us in life. We must be flexible, but always have the proper course, always have the proper destination, in mind. So flexibility, without sacrificing principle, represents, as a rule, a healthy personality.

Another symptom of conflict is *fatigue*. The person who has to deflect so much energy to control internal problems and conflicts that he has little to give to life suffers from fatigue. Very little fatigue has medical reasons for its existence, except in cases of tuberculosis, undulant fever, or some other chronic debilitating disease. A large percentage of fatigue is really due to psychological factors. A person may become overwhelmed by his own internal conflicts, may want to sleep excessively, and may not be getting adequate satisfactions from life. This is evidence of an ego that is being besieged and almost overwhelmed.

In these rigid personalities, and in these individuals who complain of fatigue, we see physical problems which

we can group under tension states. In psychiatry the term "tension states" is used; in political warfare the term "cold war" is used. Any person with a tension state isn't in a hot war yet, but he is in a cold war constantly. In such tension states the ego is struggling to keep everything under control, but it is always in a state of fevered pitch to meet this and that emergency. The whole nervous system in the body is always alerted to meet some possible situation that might arise. Because of this, all kinds of physical complaints develop.

One of the most common of these is headaches, almost an American disease. I don't think Europeans are so often affected with headaches. A friend of mine, a neurosurgeon, was in France talking to a neurologist in Paris. Referring to a certain type of headache, histamine cephalagia, supposed to be a type of headache due to an excess secretion of histamine, he questioned, "Do you see it?"

The Frenchman said, "No, we never see it, or hardly ever see it."

My friend asked, "How do you explain that? We have so much of it in America."

The reply came, "Well, we take an hour for lunch in France."

In the United States, headache is very common; so is backache, because people are carrying too great a load on their backs. If they could get it off, they would be much happier and find more satisfaction in life. Abdominal complaints, bowel trouble, spastic colons—all are evidence of tension states. Of course, we see in psychiatry that these people believe they really have something wrong with them. They *do* suffer; they *do* have distress. It isn't all in their head, but in their body. However, it is the result of emotional conflict. They go to doctors and surgeons, and many of them have surgical operations which are not indicated.

Some of the more pathological reactions are called anxiety states. Anxiety tension states are common in psychiatry today. If we can picture this in a graphic way, we can see why. An ego is having to exert effort to maintain repression, but suddenly some life situation provokes a tremendous amount of anger in the individual. Maybe



Man

DIVIDED

Against Himself

Harrison S. Evans, M.D., D.N.B.

he is an office manager who has had all kinds of difficulty, personal problems, and he is so angry he would like to sock someone, or shoot someone, or do something else drastic. This impulse of anger becomes mobilized and powerful, threatening to break through. As a result, the ego has to send out an alarm reaction, a panic reaction: "Help! Something terrible is happening." That is experienced consciously as a real panic. Because it fears it is going to be overthrown, the ego experiences panic. This is reflected in palpitation of the heart, shortness of breath, dizzy sensations, and all kinds of fear responses. This often comes up in specific situations.

A young college boy who had developed an anxiety reaction came to me. He was so fearful that he couldn't go various places because he would get panicky. I said,

"When did you get your first panicky attack?" He said, "I remember it very well. I was sitting in a biology class, and the teacher was talking about choking or throttling." About that time, for some reason, this student suddenly developed a tremendous amount of anxiety. He became faint, had palpitations, his mouth became dry, and he could hardly remain in his seat. The next day he returned to class, and reacted the same. He could hardly sit through the class. After three or four experiences he had to drop the class entirely. Gradually this anxiety spread to many other situations.

Now, what happened? When this teacher in this class talked about a destructive act, it mobilized, pricked, an inner conflict that the student had. He had much hostility within him, (Turn to page 29.)

Glue Sniffing - Dangerous Fad

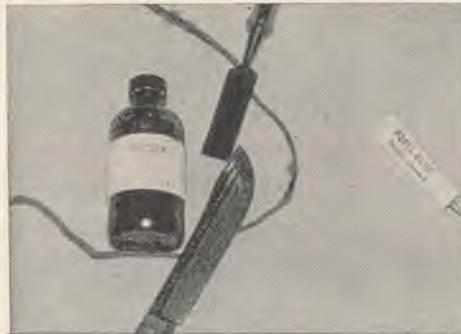
Lillian R. Donato and Betty J. Fluke

NOT long ago a boy of fourteen was committed to a mental hospital. His I.Q. had previously been well above average. Now he is suffering from brain damage so severe he may spend the rest of his life in the institution. This brain deterioration is the result of deliberate prolonged inhaling of the intoxicating vapors of plastic cement.

Unfortunately, this is no isolated incident. The new and highly perilous fad of "glue sniffing for kicks" has recently involved an alarming number of young people.

In another city a policeman approached a parked sedan with four occupants. As the officer opened the car door, a sickening odor stung his nostrils. In the front seat two teen-age girls sat motionless, heads back on the seat, crumpled handkerchiefs covering their faces. The officer brushed the handkerchiefs away. The girls stared at him with eyes that would not quite focus. In one girl's lap lay a flattened, empty tube of the type of plastic cement known as airplane glue. Two boys lolled on the rear seat, one still holding a glue-soaked rag to his face. The second boy mumbled something incoherent. On the floor of the car lay several empty tubes of glue.

These four young people were



Everyone is aware of potential danger in using any of the four items on the left—sharp chisel, knife, frayed electric cord, and bottle of poison. Few know, however, that the tube of plastic cement glue can be dangerous.



This boy, working on a model in a small basement room, without ventilation, is exposing himself to danger as surely as . . . this boy who deliberately inhales fumes from plastic cement glue for the "kicks."



taken to the city jail and placed in the care of the juvenile officer, who later called their parents to come to take them home. They were as intoxicated as though they had been consuming liquor, with the same resulting lack of bodily and mental co-ordination.

The most insidious aspect of this practice, according to Dr. John S. Anderson, a Colorado city-county health director, lies in the fact that the excessive inhalation can have dangerous or even tragic results. Plastic cement contains poisons consisting of various solvents—chloroform, carbon tetrachloride, acetone, ethylene dichloride, toluene, xylene, and others.

Chloroform, carbon tetrachloride, and acetone can cause necrosis of the liver, a condition in which liver tissue is destroyed and is replaced by fat deposits. Although this injury later heals over, repeated and severe damage can lead to cirrhosis of the liver.

Fumes from toluene and xylene damage blood-building portions of the body. The bone marrow cells thus destroyed are never replaced. In a western city a youth was recently hospitalized with a case of severe anemia, diagnosed as being the direct result of prolonged inhalation of glue fumes of this type.

(Turn to page 32.)



*Modern teen-age thinking answers
the question—*

is smoking smart?

Sophie Altman and
Dorothy McFarlane

"SMART" has two meanings—intelligent, and sophisticated. Teen-agers want to be judged by both standards. When the smoking question arises, they ask themselves, "Is it smart to smoke?"

Here's what they say, when persuaded to speak with complete candor on this "burning" question. An extensive survey of high-school students yields these thoughts from teen-age minds today, and tells the whys and wherefores leading to youth's decisions.

Why Smoke?

First of all, what impels any boy or girl not only to try the first cigarette, but to keep on smoking while it still may be distasteful, awkward, or forbidden?

Most boys say, "We admit it's social pressure."

"It makes me feel I'm one of the crowd, and anything that does that gives me a feeling of assurance, of pride."

"Smoking is really an adult habit, so smoking makes me identify myself with adults. When you get to be a senior in high school, at the very least you kind of feel it's up to you to act mature. Smoking becomes a visible outward sign of maturity."

Girls try to prove themselves more individualistic, or at least they would like to feel that they make up their minds independently. They disclaim "group pressure," but are victims of it just the same.

"Smoking gives me the feeling of being in the adult world, no longer a child. Like drinking, or driving a car, it makes me feel older. You know, most of us long to get a driver's license, not just because we want to ride around on four wheels, or be independent. We want to feel responsible and capable of mature decisions."

"Curiosity starts us off. Everyone wants to see how it tastes, how it feels. We continue, trying to make it seem easy and relaxed. And then, we have the habit."

"I smoke from boredom. I'm often bored, alone or in a crowd. Then I light a cigarette, and I enjoy it and have something to hold my interest."

"Smoking also makes you feel comfortable. It gives you something to do with your hands. I don't know why, but hands are such a problem. And smoking keeps them busy."

On the other side of the picture, giving the whys for nonsmokers, the answers are fewer, briefer, but no less impressive.

"None of these reasons 'sell' smoking to me. I need more convincing reasons to join a special group. This kind of pressure makes me stubborn in my resolve not to smoke."

"I can't kid myself into thinking that smoking makes me any smarter, any different."

"I don't like the taste, the odor, so why bother with it?"

"I would hate to feel I have to rely on some 'prop' like this to get along in life. It's like learning to swim with water wings, acquiring a habit you'll have to give up if you ever want to swim out on your own."

"How you look to others, how you feel yourself, shouldn't be the issue. Smoking habits should be based on a study of smoking facts."

Frequently, neither parents nor teachers know when smoking starts. The first cigarettes are "private investigations," but they follow a pattern.

The boys say, "Most of us try a few smokes in the ninth or tenth grades."

"That's when it seems like real 'big stuff,' but actually it's looked down on as a habit at this stage. Smoking is just experimental in junior high."

The girls think, "Most of us fool around with it a bit. Then it becomes a matter of family discussion. And from there on a lot depends on the parents' point of view."

"Before high school, when girls smoke, they look silly. Like little kids 'dressing up in grown-up clothes.'"

Both girls and boys say that at least 50 per cent of high-school students smoke, with the higher proportions in the upper grades.

The nonsmokers add, "But this doesn't mean that 50 per cent keep on smoking. Lots of us try it, and don't like it, then drop it."

"Use the scientific attitude—give it the test, and then test it by laws of reason as well as taste."

"Teen-age smokers are a shifting population. They smoke for various reasons, and stop for various reasons."

Just like adults, teen-agers find that certain situations, atmospheres, or associations encourage smoking. At other times they skip it entirely.

Both boys and girls say, "You usually try your first cigarettes alone, locked in the bathroom or when no one is at home. You're afraid to fumble around with them until you have practiced a bit."

"But you really start smoking with a crowd, especially if older kids are there, and no adults are around."

"Boys want to be one of the gang. Whether it's a careful riding to a game, a group gathered together in a garage or 'rec' room, or a meeting of some sort, you'll find yourself smoking along with the rest."

"Girls do the same. Slumber parties often end up in a perfect fog of smoke. Sorority meetings, clubs, and such get pretty thick."

"Most of us, boys or girls, don't smoke on dates at first. We wait until we're high-school juniors or seniors, when we think we won't look ungraceful or too young."

"A lot depends on school rules, and smoking areas, the opportunities they give you."

"We know girls shouldn't smoke on the street, so that cuts us down a bit."

"Some smoke at home, but not many. Few parents really approve or encourage smoking, so we avoid upsetting them if possible, in the first smoking years."

Those who don't smoke stress the fact that environment has a lot to do with smoking.

"Kids who grow up surrounded by smoke are likely to smoke as a matter of course. It hasn't much appeal if you're not used to it."

"If you're busy in activities that keep you occupied, you haven't any spare hands for cigarettes."

"Supervised activities, sports, clubs, and extracurricular classes in skills give you little chance to smoke."

Who Influences Smoking Habits?

Among the teen-agers who smoke and those who don't smoke, there's agreement on one segment of the smoking question. They all admit the same influences, for or against smoking.

One boy voiced the general opinion: "Parents are, and I guess should be, the major influence on smoking habits. Their preferences, whether commands or suggestions, make us stop and think."

A girl injects, "But if they smoke themselves, and advise us not to smoke, it's mighty unconvincing."

A boy adds, "I think you'll find that when parents don't smoke, usually the kids won't either."

A girl explains, "My mother smokes, but advises me against it. She says her parents didn't want her to smoke when she was my age. Then it was looked down on socially. But now she wishes she hadn't started because of health reasons, and begs me not to. It's hard to decide."

"That's always the pull, at this age, your parents on one side, your friends and what they're doing on the other. I think friends usually win out because most of us are rebellious, pulling away from the home rules."

"You're right," a boy agrees. "Smoking can key up the conflict between loyalties, test the strength of parents' wishes versus the customs of your crowd. It's tough."

Another says, "Some parents say, 'I'd rather you would not, but if you must, don't sneak it. Smoke at home.'"

A girl declares, "This is an easy out. The parent feels he has done his duty. The son or daughter smokes away with no guilty feelings."

"On the other hand, the kids who are strictly forbidden to smoke are the ones who smoke the most. They get a thrill out of rebelling, feel adventurous. Smoking at home isn't exciting."

"But smoking at school can be exciting. Some schools have restricted areas for the sake of safety and good taste, but these turn out to be privileged areas. I know in one school where there's a senior court for smoking. It becomes in the minds of some students an award to seniors, a place where the 'elite' of the school gather."

"When this happens, the stuff they try to teach in health classes just doesn't mean a thing."

A boy comments, "Teen-agers aren't much interested in health. What we read in papers or magazines about smoking dangers just doesn't reach us. It's the older generation who feels danger close. As for us, so what? We may get hit by a car, or bombed."

Another adds, "Training rules make a slight dent. When you see how athletes have to cut smoking, how it affects your abilities, you're likely to think twice."

"You may also stop and think when you see that usually top students and class leaders, as well as athletes, rule out smoking. They feel they must set a good example, and they're smart enough really to think for themselves."

A girl laughs, "And then you look at ads, TV and such, you see that lovely crowd of wonderful-looking people at play, and you want to light up too."

What Are Teen-Age Conclusions?

Teen-agers feel that smoking is not "smart, sophisticated" if—

"Smoking isn't smart if you're obviously too young, and your childishness is accentuated rather than diminished by smoking."

"Smoking isn't smart if you (Turn to page 32.)



"Stick your head through this piece of paper," Lynn Brodie asks of her friend Steve Howard, who thinks that it is impossible to do. Lynn puts the paper "necklace" over her friend's shoulders. "V" cuts made along length of paper make it possible to carefully expand it.



Steve challenges Lynn: "Make the egg rise in the glass." It can't be done?



Here's a puzzler. The problem is to move only three pennies and invert the pyramid by so doing.



The law of inertia is demonstrated here. Coin is on a card. What will happen if the card is snapped away? Will coin fly away, too?



Party Plans



Make her sweep the floor. Lynn, holding broom near bristles, prevents Steve from forcing broom to floor. Unnoticed by him, Lynn has moved broom to an angle so that while Steve is trying to force broom down, he actually is forcing it to one side and toward her.

Steve gives Lynn half an apple; she starts to bite, but there is a penny stuck onto the fruit. How did it get there?





Steve shows how to make the egg rise by pouring a heavily salted water solution into the glass.



Solution: Take two end pennies on bottom row, add them to second row. Take the penny on top of the pyramid and move it to the bottom. Now pyramid will be inverted.



The card is snapped away, but the coin remains suspended in air for an instant, then drops into glass.



Try to draw diagonal lines across a paper by looking into a mirror at the reflection of the paper. You'll be surprised at the results. This is what Lynn and Steve drew. They were doing their very best to draw straight, even lines.



WHEN young folks get together in informal groups or at parties, often it takes a little time to break the ice. One of the best ways to get everyone relaxed and feeling more at home is to demonstrate a few simple tricks, to pose some mathematical puzzles, or to interest the gathering in some parlor games. Any of these can help your party and can be the beginning of a successful evening.

Of course, you must know how to do these things. Many good books have come out on

parlor games and tricks, and it might be well to read one of them. For a starter, these pictures show some easy-to-do tricks which could help the spirit of any party. All are easily done, and none need elaborate preparations. Several of these tricks demonstrate scientific principles, and interest could be sustained by explaining why things happen the way they do.

It's all in good fun, and if you master a number of these "astounding feats," you may be known as the Houdini of the neighborhood.



Lynn holds her fingers together, and Steve tries to draw them apart. It can't be done, because Steve's strength is trying to exercise itself by forcing muscles in opposite directions. Lynn can hold fingers together because she is pressing inward, although she is the weaker.

Phenomenon of the penny in the apple is explained as Steve shows how he cuts the apple. The wet penny is stuck to the side of the knife.



the war we are losing

Drastic action is needed
to stem the tide in--

FOR more than twenty years a brutal, undercover war has been waged against the citizens of the United States. Law-enforcement officers, witnesses, and many innocent persons have been murdered in gangland style, soldiers and sailors have been debauched, and thousands of promising young people have been turned into physical and mental wrecks—their lives ruined.

Why have some of the kingpins of this sinister, undercover war, waged with hypodermic needles, smuggled heroin, and marijuana cigarettes, weapons as deadly as bullets, been able to operate so brazenly? Their drug-crazed captives in the United States number somewhere between 50,000 and 100,000, and the list of the enslaved grows with each passing year.

These questions of vital importance to every thinking American were spotlighted by a Congressional committee, which held hearings in California in November, 1959.

These hearings, presided over by Senator Thomas C. Hennings of Missouri, revealed that little or nothing, to quote an important government official, had been done to stop up one of the greatest sources of trouble—the flow of marijuana into the United States from Mexico.

There was also testimony that the growing of opium poppies and the producing of opium and heroin had been greatly expanded in Mexico in the past twenty years, and that narcotics were flowing in ever-increasing quantities across the Mexican border.

Witnesses testifying before the committee estimated that from 50 to 75 per cent of the heroin being peddled in Southern California comes from Mexico.

"They have been growing opium poppies in Mexico for the past forty years, and for the past twenty years opium has been a major crop," Daniel Miles Jackson, an investigator who conducted a special inquiry, testified.

George White, regional Federal narcotics agent on the west coast, told the committee that the Government policy of assigning Federal Bureau of Narcotics agents to Europe and the Middle East had proved effective in reducing the flow of illicit drugs to the United States from those countries. However, the same policy is not practiced in dealing with Mexico or the Orient.

Although Mexico and the Asiatic countries, particularly Red China, are among the most important sources of illicit drugs flowing into the United States, these major sources are not under the scrutiny of the Federal Bureau of Narcotics, but are assigned to the United States Customs Service. The Customs Service, it was disclosed, due

to lack of personnel or know-how, or both, has not been successful in blocking the drug inflow.

Asked what controls had been set up in Mexico to check the flow of narcotics into California across the border, Mr. White said: "Nothing. And I am afraid that our Government is to blame."

Later the committee members heard customs officials declare they were doing everything possible to check the inflow at the border checking stations, but that their activities were hampered by lack of personnel. All the border stations—Laredo, Reynosa, Agua Prieta, Ciudad Juárez, Mexicali, and Tijuana, which were described by witnesses as being major entry points for illicit narcotics, are undermanned.

While the California hearings were in progress, customs agents seized 180 pounds of marijuana in New York shortly after its arrival from Mexico. The agents explained that they had trailed the smugglers from the border, but had waited to make the arrest in order to learn who was on the receiving end.

Cases such as this, however, have been too few and far between. Too many smugglers have been eluding the border guards and peddling their illicit drugs in the United States, according to witnesses armed with convincing statistics.

At the conclusion of the Los Angeles hearings, the *Los Angeles Times*, which had prompted the investigation by a series of articles written by Gene Sherman, commented editorially on November 15:

"The record that was built in the Los Angeles hearings was as clear and unmistakable as it was shocking. Expert witness after expert witness reaffirmed the two basic facts of the local dope situation: that marijuana and heroin are in abundant supply and are easily obtainable in Southern California, and that by far the biggest source is from across the border of our good neighbor, Mexico.

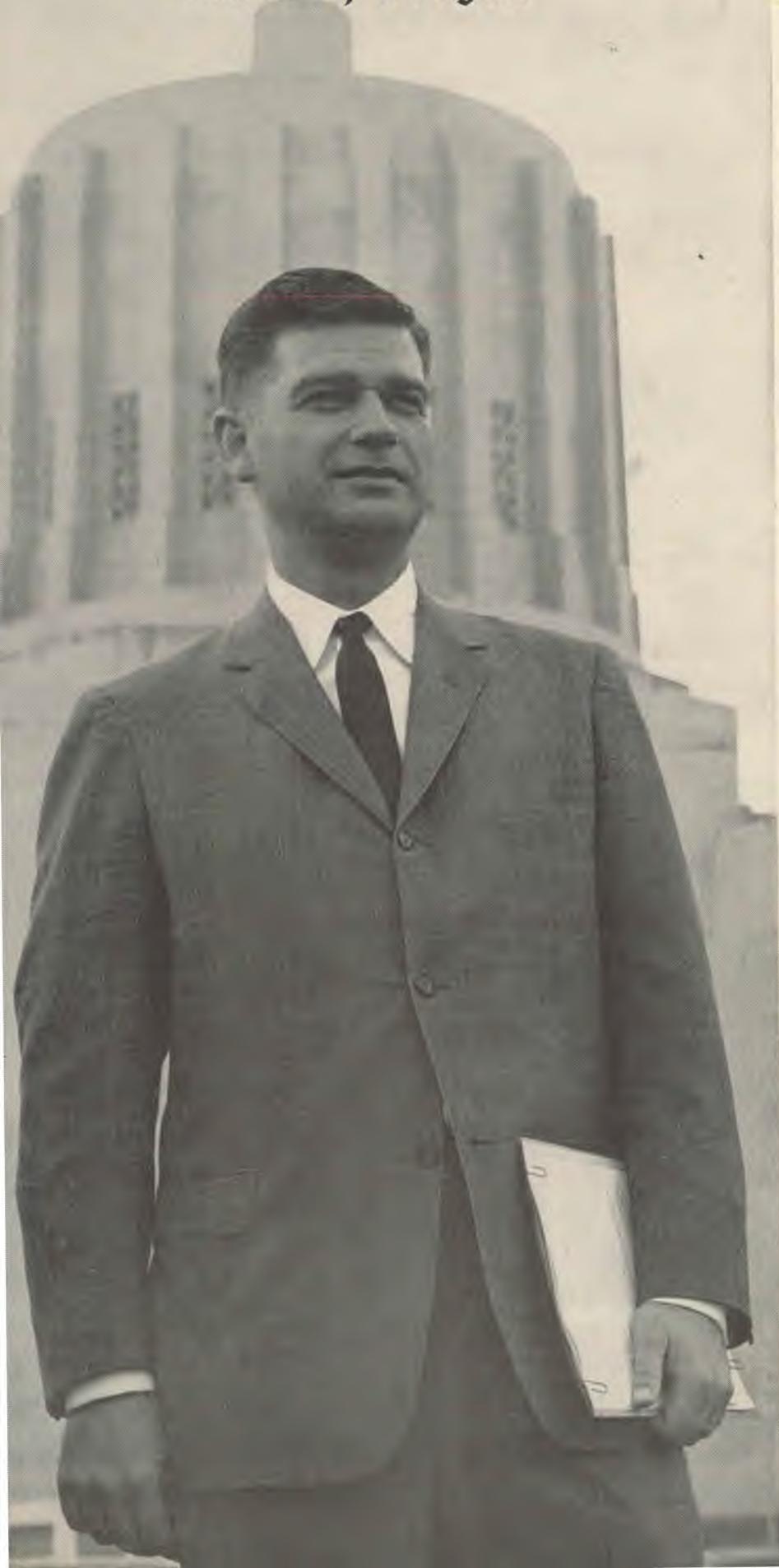
"Subcommittee members reached the inevitable conclusion that 'the only realistic method of alleviating the dope-smuggling problem is by co-operative agreement with the Mexican government.'"

In addition to seeking an agreement with Mexico to act strongly and quickly in putting an end to this war being waged with hypodermic needles, heroin, and marijuana, the Congressional inquiry pointed up other steps that need to be taken. One of these is the immediate shifting of narcotics control at the Mexican border and in Asia from the Customs Service to the Federal Bureau of Narcotics.

Such a change could go a (Turn to page 30.)

Mark O. Hatfield, Governor

State of Oregon



three days before I talked with him in his office Governor Mark Hatfield was hit by a drunken driver.

Returning from official duties at the dedication of the new Columbia River dam at The Dalles, he and his wife, in their state car, were rammed on a Portland street by a drinking driver. Their injuries were head lacerations and neck and back strains and bruises.

So it was that when I was ushered into the governor's small paneled office on the second floor of Oregon's modernistic capitol in Salem, I found him smiling and eager, as is his usual mien, but obviously nursing a stiffish neck and painful back. Moreover, his thinking was quite readily turned toward the main subject of the conversation.

"This matter of drinking," observed Governor Hatfield, "assumes public importance when a man drinks, then gets behind the wheel of a car. When he does this, he reaches such a point that it becomes the right of others to make and enforce laws to restrict him."

Special point to this conviction in the governor's mind arises from the fact that the ramming of his car in Portland was the third time in fifteen years that drinking drivers had banged him up, the accidents occurring exactly at five-year intervals, and in none of them was he driving. But Mr. Hatfield insists he is not superstitious for the future!

When asked about implied-consent laws, he said without hesitation, and with considerable fervor: "I support them, and will recommend such legislation to the coming session of the legislature." Though this is not a new conviction as far as the governor is concerned, it at least was deepened because the drunken driver who had so recently smashed into him refused to submit to a blood-alcohol test, and Oregon had no law to require him to do so.

"Anyone on a public highway is exercising a privilege," the governor went on, "so he should be willing to submit to a sobriety test at any time occasion may demand. If he refuses, he is indicating by his very refusal that he is driving when he shouldn't be. He is already abusing his privilege. Alcohol-involved accidents are

inexcusable, the most inexcusable of all; in fact, they are heinous."

In calling down such vigorous denunciations on drinking and driving, Oregon's chief official points out one of the greatest reasons why every possible safety precaution should be taken on crowded modern highways, especially with such tremendous horsepower releasable at the push of a button and a flip of a lever. All through his public life he has vigorously pushed safety campaigns and advocated controls to help reduce the highway toll arising from the use of alcohol.

When he talks about the idea of leaving the drinks alone, he isn't suggesting something that he is unwilling to do himself. Personally, he does not drink. "I am a total abstainer. I am not even a social drinker," he says. And he says it with no air of superiority or any idea of forcing his opinions on someone else.

The governor has not always been a nonuser; during his college and Navy days, which included action in the amphibious attacks on Iwo Jima and Okinawa, he did drink some. Why, then, did he quit? For two reasons, he recalls. First, when he became a university official, the regulations at his school strictly forbade all student drinking, on pain of expulsion; so he felt it logical personally to emulate the ideal of the university regulations.

The second reason, he says, was in consideration of

to their dean to be exemplary in every way. Constantly I was called on to resolve students' problems, when I had not resolved all my own. I felt that as long as I continued in the habits of drinking and smoking I was not setting the right example. Really, I enjoyed these habits; in fact, I would now, but there are other things that are of much greater importance to me."

That Governor Hatfield has concentrated on the things of "greater importance" to him is evident. His religion to him is not a part-time thing. Active in his Baptist church, he has also affiliated with groups such as Youth for Christ, Campus Crusade, World Vision, and international Christian leadership. One year he joined with R. G. Le Tourneau, Texas industrialist, in conducting Easter services in Pasadena's Rose Bowl. Another year saw him speaking before seventeen different religious denominations, including several national conventions.

On the governor's desk now there is always a Bible, and usually a picture of Christ. The desk may be cluttered with important state business, but there is nothing that is put on top of the Bible or over the picture of Christ.

Once Governor Hatfield was asked whether he found it difficult to be a Christian and at the same time meet the demands of his office. After thinking seriously on

Why I Decided

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mand and he is better equip
decisions—social, domestic, gov
heartache, headache, embarrass
gretted my decision for one momen

his own Christian commitment. "I did not feel that drinking would enhance my Christian witness," he comments. "I am not saying this with any claim that drinkers are per se non-Christian, but I felt that as far as I was concerned, my life needed to be a continual witness for my Christian convictions.

"I do not feel that the problem is necessarily in the drink itself, but the standard of conduct which others look for in a Christian. My drinking might prove a stumbling block to someone else. Furthermore, I feel that I should put my religion ahead of what might be my own selfish preferences."

Mark Hatfield was at the time dean of students at Willamette University. "I felt my obligation to the students of the university," he said. "Students always look

the question, he answered that undoubtedly it was at times difficult always to be a Christian under such circumstances, but nevertheless that was all the more reason he should not neglect his half hour of prayer and Bible study daily.

He knows his Bible well, and quotes it often. He not only studied it in his school courses, but has also taught a Sunday school class. Near his breakfast table at home there is a devotional book from which he gains daily inspiration.

The governor has all through his public life been in demand as a speaker. For example, in his first year as secretary of state, he not only kept up with his busy official duties, but made 118 major addresses, appeared at dinner head tables 250 times, and declined 400 requests

for speeches. He receives many such requests in every mail.

Politically, the nation's youngest Republican state executive had had his eye on the governor's chair since he was a youngster, when his parents, a railroad blacksmith and a schoolteacher, drove him past the statehouse in Salem. His parents still live in Salem.

His schooling started him in that direction, with law and political science at Willamette University; his stint in the Navy awakened him to a sense of his nation's world responsibilities; and his two years' postwar study at Stanford rounded out a working acquaintance with public administration and government organization.

While teaching at Willamette in 1950, Mark was elected to the state house of representatives, where he served two two-year terms, then one two-year session in the senate. The year 1956 saw him win his first statewide office and become secretary of state, in a year in which the opposite party captured the legislature, the governorship, and the remaining U.S. Senate seat.

His timetable continued consistently when in 1958 he bucked the national trend, rode out a Democratic landslide, and became governor by a margin of some 60,000 votes in a total of 600,000. This feat was all the more notable in view of the fact that the Democrats had a plurality of 52,000 in their state registration.

of a college faculty that I made a personal partaking of alcoholic beverages. There were what might be termed a spiritual transformation that not only in my goals but in the means by which I achieve my goals. Second, I saw firsthand the great waste in hurting people—that intemperance and indulgence bring about my second automobile accident—I have now had three—my car was under the influence of alcohol. I was brought back to me misses, by abstaining, no enjoyments of life at parties and social duties; rather, his faculties are completely at his command to serve his people if his alertness is not numbed, if his faculties are uninfluenced by that which brings tragedy, carelessness, and loss of touch with reality. I have never re-

Now the nation is beginning to turn its eyes Hatfield-wise for possible service in wider fields—two more years, then comes a senatorial election in Oregon. Another two years—who knows? If the past is any harbinger of the future, the nation—and the world—will be hearing much more of Mark Hatfield.

But election to his state's highest office was not the only achievement of 1958. He also won Antoinette Kuzmanich, counselor for women at Portland State College, who became Oregon's first lady when Mark took his oath of office as governor.

One of their first family tasks was to renovate an eighty-seven-year-old house in Salem's Bush Park section and make it their home, a home now made all the more happy by baby Elizabeth, (Turn to page 30.)



For winning elections, Mark Hatfield has an unbeatable combination—youth, good looks, a pleasing personality, and a pretty wife.



Constantly on the wing, the governor fills appointments not only in every part of his state, but in the far corners of the nation as well.



An Army helicopter helps dramatize the need for traffic safety when a new section of expressway is opened in the Far West.



Governor Hatfield loves to relax when possible at a football game, such as this one at Oregon's State College.



In one of the many rains which make apropos the Oregonians' sobriquet "webfeet," the governor and his charming lady welcome Vice-President Nixon.

WORLD VIEW



History of the Alcohol Problem in Sweden

Governor Ruben Wagnsson • President, European Bloc,
International Commission for the Prevention of Alcoholism

ON OCTOBER 1, 1955, a radical change of Swedish policy came into force. Until then liquor had been strictly rationed for more than forty years, strong beer had been prohibited, and the right to buy wine had been limited to citizens who

held a license for buying liquor. From then on rationing was abolished, the ban on strong beer was lifted, and the right to buy various kinds of alcoholic beverages was given to all citizens above twenty-one.

For more than one hundred years Swedish legislation granted municipalities important rights in regulating sales of alcoholic beverages. Before 1855 Swedish farmers had the right of so-called home distilling. At the beginning of the nineteenth century drinking had soared so much that drunkenness seemed the normal procedure for most people. One historian stated that nowhere in Europe was the drinking of strong liquor more copious at this time than in the Scandinavian countries.

A bill, passed by Parliament and signed by the King, abolished home distilling in 1855. At the same time the sale of *brännvin*, that is, distilled liquor similar to whisky, was separated from the sale of other goods and a license system was introduced. Simultaneously, off sale (sale of beverages to be taken away from the premises) and the sale for consumption on the premises were introduced in the text of the law. Municipalities were given a veto that they might use against most licenses applied for.

Alcoholic beverages were taxed in order to reduce consumption and increase gains for the state. Licenses were given mostly to special companies. Private profit was abolished from the selling of liquor.

Around 1910, a majority in the nation were in favor of total prohibition. The right to vote was rather limited, though, and at elections to the Upper House of Parliament this privilege was related to the annual income and property of the voter.

A Stockholm physician, Ivan Bratt, advocated a temperance reform without prohibition, maintaining that the problem should be attacked from a new

angle; namely, that those citizens able to drink without bad effects to themselves or their families should have the right to buy, and alcoholics and individuals who caused social damage by heavy drinking should be barred from such a right.

Earlier legislation had resorted only to general measures such as the closing of liquor shops on paydays and certain restrictions for taverns and restaurants. Now Dr. Bratt suggested individual restrictions. The right to buy liquor should be granted by special license and restricted to one shop in an area. Anyone drinking too much should have his license withdrawn. This proposal was embodied in all but minor details in a law, valid from the year 1919.

Here are the most important points in this legislation: Off sale was allowed only to a person holding a license. He got a *motbok*, a small book in which what he bought was registered. The maximum quantity allowed was four liters a month. Persons under twenty-one, alcoholics, those convicted for crimes committed under the influence of alcohol, and those on social relief did not get such a ration book. Married women were also excluded.

Later the maximum quantity was reduced to three liters a month. Most of the "system companies," formed to sell liquor, raised the age of getting a license to twenty-five years. Permits to taverns and restaurants were granted to these companies by the province governments. If, however, the municipal or city council said No, the province government had to respect this veto. It should be stressed that all private profit, with some minor exceptions, was eliminated from the selling of liquor.

Individual control was also applied in respect to the buying of wine. There was no maximum quantity, but only *motbok* holders were allowed to buy wine.

In restaurants the maximum quantity



Vice-President Richard M. Nixon chats in his Washington, D.C., office with Governor Ruben Wagnsson. Looking on are Senator Frank Carlson of Kansas (left), and International Commission officials Winton H. Beaven (center) and W. A. Scharffenberg.

Governor Wagnsson (center, wearing glasses) meets with organizational leaders in Istanbul to lay plans against alcoholism.



served to a customer was fifteen centiliters of strong liquor. Liquor was served only in connection with a meal, at a minimum price.

Strong beer used to be prohibited in Sweden from the beginning of the 1920's. The maximum content of alcohol allowed in beer varied from time to time; during the last decade of the old system it was 2.8 per cent by weight.

In the beginning much was gained by this restriction system. Drunkenness was reduced considerably, and the consumption of alcoholic beverages decreased. If the consumption of strong liquors for the years 1909-1914 is represented by the index figure 100, the corresponding figure for 1922 is 62.

During the following years, however, the consumption of liquor showed a continuous increase in Sweden, and there was no corresponding increase in other comparable countries. The restriction system was held responsible for this. The number of license books in 1922 was 1,000,000, of which 80,000 were held by women; but at the end of 1951 the total number of licenses was 1,960,000, the number held by women being 235,000. About 61 per cent of the men above twenty-five years of age had a license book in 1922, and 76 per cent in 1951.

Quantities bought showed a tendency to increase, too. And this tendency was most clearly visible in those parts of the country where consumption earlier had been low. It should be noted that the rise in consumption coincided with a number of increases in liquor taxation, many quite considerable, and almost all of them introduced for financial reasons.

The increasing consumption was followed by a corresponding increase in drunkenness and the number of personal assaults in connection with drinking. Mortality from cirrhosis of the liver, another measuring rod for the abuse of alcohol, had been 1.9 per 100,000, but increased to 3.8 in 1950.

It is significant that drunkenness among young people also increased, probably because of higher wages paid them. This higher economic standard gave more opportunity for amusements, and better communications facilitated the use of alcohol by young people living outside towns.

In 1944 a government committee was set up to work out a proposal for new legislation. This committee maintained, on the basis of extensive statistical material, the Swedish liquor rationing system had not succeeded in solving the alcohol problem. Therefore, in 1952, it proposed that this be abolished.

Development of Alcohol Consumption in Sweden

Year	Liters per Capita				Total Expenses for Liquor	
	Liquor Liter 50 per cent Alcohol	Wine	Beer and Strong Beer	Total 100 per cent Alcohol	Millions Crowns	Crowns per Capita
		Liters by Volume				
1913	6.9	0.6	21.2	4.4	89	16
1920	6.0	0.7	22.6	3.9	232	39
1938	4.6	1.1	26.0	3.5	206	33
1949	5.1	1.1	24.3	3.5	653	94
1950	5.2	1.2	24.5	3.6	679	97
1951	5.0	1.2	24.7	3.5	763	108
1952	5.2	1.5	25.6	3.7	833	117
1953	5.3	1.7	27.6	3.8	860	120
1954	5.0	1.9	27.6	3.7	942	131
1955	5.5	2.2	30.7	4.1	1,066	147
1956	6.3	2.0	28.3	4.4	1,273	174
1957	5.5	2.6	28.0	4.1	1,340	182
1958	4.8	2.8	26.6	3.7	1,325	179

Briefly, the committee proposed that the emphasis by the state should be put on certain positive measures. More money and people for research, education, and propaganda concerning the alcohol problem, and a better system for the rehabilitation of alcoholics, were suggested. Big state subsidies to youth organizations, youth sports, and organized leisure-time activities among young people were also advocated. On the whole, Parliament accepted this government bill.

As for malt beverages, Parliament decided to keep the alcohol content of ordinary beer at 2.8 per cent by weight, while permitting also the sale of strong beer not more than 5 per cent by weight in alcohol content. Light beer with not more than 1.8 per cent of alcohol had a very low tax, the same as mineral water, while strong beer was taxed with 1 krona 35 öre per liter. For ordinary beer the taxation was 42 öre per liter.

From the old system the new legislation has taken over the principle of disinterested state management of the stronger alcoholic beverages by a state monopoly. Private profit has been practically eliminated from the sale of liquor. A meal is still compulsory with liquor served in a restaurant. The innkeeper has no real profit from the liquor he sells.

However, positive measures are connected with the reform, dealing with the rehabilitation of alcoholics. Previously, heavy drinking might cause the

drinker to be interned compulsorily in homes for alcoholics. The scope of this law was now widened to make it possible for temperance boards to take steps to counteract abuse of alcohol even in an early stage. Under the old system the companies selling alcohol were expected to control the sobriety of their customers. They might, for example, reduce the quantities the drinker was allowed to buy. Now the duty of rehabilitating a heavy drinker was given the temperance boards and other social agencies.

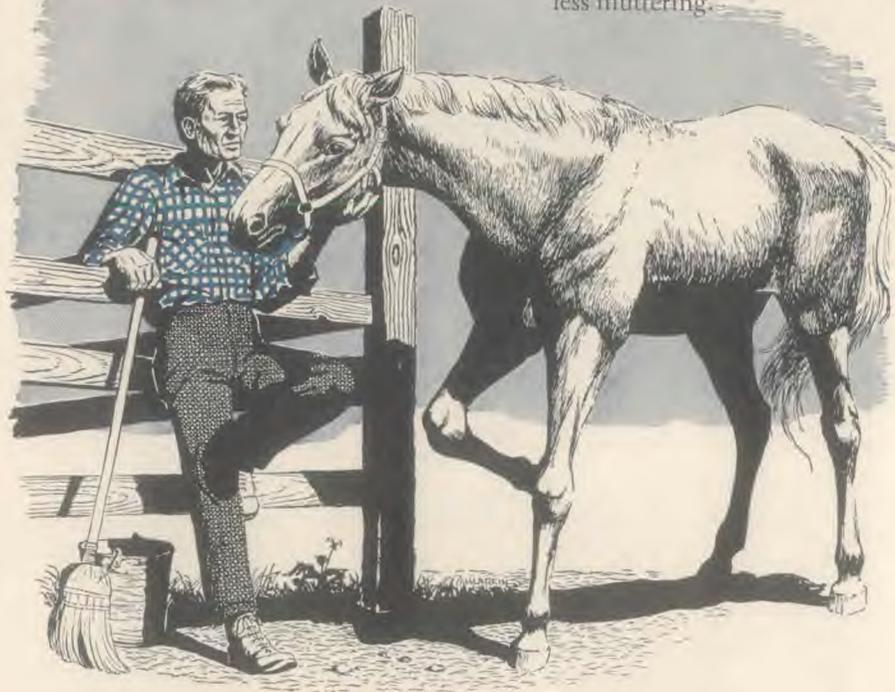
Quite naturally it is too early to give a definite verdict on the merits or shortcomings of the new system, but it is possible to look at the facts available and find trends.

The new legislation did not live up to expectations during the first two years. All agreed that there would be an increase in drinking during a transition period, but neither legislators nor public opinion were prepared for the disheartening results.

During the fourth quarter of 1955, or the first three months under the new deal, consumption of liquor increased by 33 per cent. This rise continued during the first half of 1956 and amounted to no less than 36 per cent. However, during the third quarter of the year the increase was 29 per cent. This lower figure did not, though, signify any improvement in national temperance. During the third quarter of 1955 the old regulations had been con-

(Turn to page 24.)

POP and the LADY



periods when he thought he couldn't make it. Then he would creep into the Lady's stall and lay his burning head against her soft neck. The Lady would whinny sympathetically, as if she understood. Presently the demon would be downed—for that time.

The month passed. Murphy gave Pop another month, then another, and another.

The Lady was fully trained now, and Pop's old craving for liquor was gone, too. That is, it had been until tonight. Now, with the Lady being shipped out in the morning—

Pop sat up on the edge of his cot, holding his aching head in his hands. Another groan, another burst of helpless-muttering.

POP tossed all night on his cot in the tack room. Roustabout runt! Who did Scanlon think he was? Pop snorted. Roustabout runt, indeed! Maybe he was a runt, but he hadn't always been a roustabout. He had been a good trainer. He had proved that, training the Lady.

Pop and the Lady had taken to each other the day she was brought into training quarters, a frightened young filly. Pop started training her secretly; and Murphy, boss of the quarters, was plenty mad when he found out.

"Look," Murphy said; "you stick to cleaning stalls. I can't let an old booze hound like you ruin the best horse I've got."

Pop pleaded. "Just one chance, Murphy. You know I used to—"

"That was before booze," Murphy said. "I like you, Pop. And I know you did some swell training jobs. But I can't take a chance."

"Give me a month," Pop said. "Just one month. I won't touch a drop. I promise."

Murphy hesitated. Finally he grinned. "O.K., Pop. But you lay off the booze. Just one drink, and you're through."

Pop did lay off the booze, too. There were agonizing

The way Scanlon had laughed! Hot blood pounded in Pop's temples. The agony of the afternoon flooded over him again.

Scanlon had stood with Murphy, watching Pop put the beautiful Lady through her paces. And Pop had watched Scanlon, who was definitely interested. He placed his foot on the boxed edge of the training ring and leaned on one knee. He took in every easy movement.

"Listen, baby," Pop pleaded under his breath, "couldn't you stumble a little?"

But the Lady didn't stumble. She went through her paces in a manner that ordinarily would have made Pop glow with pride.

"If you're too good, they'll be takin' you away," Pop threatened. "You wouldn't be wantin' that, would you?"

Scanlon knew good ring stock. Pop saw that, by the gleam in his eye as he took in the Lady's ivory coat, the arch of her neck, the way she held her thick, long tail.

Scanlon straightened up, said something to Murphy.

"Hey, Pop," Murphy called.

Pop crossed the ring. The Lady followed.

"Scanlon wants to know why they didn't take the Lady when the show left winter quarters," Murphy said. "I don't remember."

"She—she—" Pop groped wildly for a logical reason. He had forgotten how he had stalled them.

The Lady lovingly nuzzled his shoulder. He looked down at her neatly bandaged legs. "It—oh, yeh. She had a sprained pastern joint."

Scanlon squatted on one heel. "Which one?"

Pop pushed back his misshapen cap, ran nervous fingers through his iron gray, curly hair, then wet his lips. "The—the right foreleg."

Scanlon picked up the Lady's hoof, ran expert fingers over the fetlock and down over the joint.

He stood up, dusting his hands. "That horse hasn't any business in training. She's perfect ring stock. Ship her out in the morning."

"Right," Murphy said.

Pop snatched his cap from his head. He twisted it tightly and cleared his throat. "Could I be goin' along to show the Lady? Please? Mr. Scanlon, sir?"

Scanlon scowled down at Pop's stretched five feet five. His short, hateful laugh cut like a rawhide whip. "Think they would let a roustabout runt like you in the ring?"

He turned to Murphy. "Comb this flea out of the horse's tail." He grinned, pleased with his wit, and strode off.

Pop caught his breath. His hands clenched.

"Easy, Pop." Murphy laid a hand on Pop's shoulder.

Morning found Pop still seething, still wide awake, still groaning.

But he took extra care in currying the Lady for her trip. She shone like satin when he finished.

His heart was heavy as he led her aboard the boxcar. He took out his bandana and blew his nose. It must have been the sun coming up over the barns that made his eyes water like that.

He laid his leathery cheek against the Lady's velvety neck, then let his hand rest lovingly on the Lady's withers, and stumbled out, blinded by his eyes' watering again.

Pop didn't go to the office to report to Murphy. He shoved his hands deep into his pockets and shuffled into town. He might just as well get good and drunk. There was nothing to keep him sober now.

He leaned on the bar while the bartender poured his drink. He took the glass with a shaking hand and lifted it, spilling a little. But just as it touched his lips, he thought he felt the Lady's soft muzzle, cool and moist, against his hot cheek. He dropped the glass with a glad cry and about-faced.

Maybe it was a sign that they would ship her back. He would have to stay sober, just in case. His step quickened with sudden hope.

Murphy sent for him a couple of weeks later. Pop hurried to the office, hope bubbling high. The Lady was coming back. Otherwise, why would Murphy want him?

"I just had the funniest telegram," Murphy said, as Pop waited eagerly by the desk. "The Big Top says the Lady is stubborn, refuses to work."

Pop sagged against the desk. "They used a whip on her," he wailed.

"They want me to send someone named 'Doc,'" Murphy went on. "And I ask you, who is Doc?"

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Thoughts Are Tangible Things

Frances Fahnstock

WE LIVE in a mental world which thoughts create. Whatever thoughts come into our lives and affairs, no matter how seemingly unjust it might appear from the surface, we have somehow unwittingly made ourselves a channel through which actions stemming from those thoughts flow out to affect other people.

We should be encouraged and taught from infancy to think as individuals—from the very beginning to make our own decisions, without the doubts and fears of our loved ones making us undecided.

All the do's and don't's clog and stop the natural, bubbling wellsprings. Life is so crystal clear, so simple, when not clouded and suppressed, or made complicated from infancy. The adventure of life—the wonder of it all—can be seen in the eyes of a child!

Think as an individual. "Come out from among them, and be ye separate." Meet life head on; it can be a wonderful, grand, glorious adventure.

How can one be truly rich without life's valuable experiences? They are riches untold.

So much stress is put upon material gain, things which are only temporary. We have the use of things for a very short while. When things make us comfortable, we stop growing mentally and spiritually.

All our lives we are told, "Thoughts are tangible things," and, "Thoughts create." But does this idea penetrate? Far from it! We do not realize what monsters we are creating when we let our thoughts dwell on destructive movie and television plays, bad literature, horror and crime stories, and adventure thrillers.

To be entertained by such things is to make a mental image which brings the sordid into our lives. Writers and purveyors of such entertainment little realize what they are doing. They think only of the money they can make from the sale of their literature, and fail to realize they are helping destroy the world of the future—the world of their children and their children's children.

We must always be traveling onward, upward, and Godward. Each person has a part to play—something distinctive, something creative and worth while—the work for which he was intended.

Look up! Dare life to come, and meet it gloriously, victoriously!

"Work thou for pleasure! Sing or paint or carve
The thing thou lovest, though the body starve.
Who works for glory misses oft the goal;
Who works for money coins his very soul.
Work for the work's sake, then, and it may be
That these things shall be added unto thee."

—Kenyon Cox, "The Gospel of Art."

SWEDEN

(Continued from page 21)

siderably softened, and the result was a sizable increase in consumption in comparison with the corresponding months in 1954. Actually, consumption kept going up even during the third quarter of 1956.

This miserable tendency triggered off certain measures by the state. The tax levied on liquor was raised by an average of 5 crowns per liter, beginning in November. The increase in price had an immediate effect. Consumption was reduced some, although it did not go down to the same level as before the abolition of liquor rationing.

In February, 1958, taxes on liquor were raised once more. This time the reason was not that of national temperance, but to increase state income. However, the minister of finance miscalculated his move. The money coming in to the state increased but little, but the effect on national temperance proved to be beneficial.

From the facts in the table Development of Alcohol Consumption in Sweden it appears that Sweden now, three years after the reform, has brought consumption back to what it was in 1954. Two increases in prices have contributed to this result, also the effect of a drop in the general level of business and production. In addition, something that should not be overlooked is the vast expansion of motor traffic.

Sweden now has the highest number of cars in Europe on the basis of population. Rapid advance of television also has contributed to the decrease in alcohol consumption. Money

will not suffice to buy a car and a television set if other kinds of consumption are not reduced.

The trend of offenses for drunkenness is not as satisfactory as consumption figures. As the alcohol consumption in 1956 increased heavily, so did the number of arrests for drunkenness. Such offenses brought before police courts numbered 7.8 per 1,000 inhabitants in 1954 (the year before the *morbok* was abolished), and in 1957 they numbered 15.1. In 1958 the figure went down to 14.0. The increase is largest in the younger age groups.

Arrests for drunkenness in public have increased, as well as cases of assault in private homes reported to the police. Drinking at the place of work has also been found prevalent in many places where such a misdemeanor was unknown before.

As might have been expected, too, commitments to the farms have increased since October 1, 1955. In all, 2,159 patients were admitted to the alcoholic farms in 1956 as against 1,622 patients in the preceding year, an increase of 33 per cent. As a matter of fact, the increase was larger than it appeared to be, as lack of space made it impossible to admit all in need of treatment.

The number of new patients in public institutions for inebriates:

1954—1,432	1956—2,159
1955—1,622	1957—2,212

The total number of patients registered at public institutions for inebriates:

1954—3,868	1956—4,817
1955—4,036	1957—5,602

The number of cases of delirium tre-

mens treated in mental hospitals also has gone up. In 1954 the number of patients was 129 males and 1 female. In 1955, when the regulations had already been softened before the new legislation came into force, and rations of liquor were given more generously, the number increased to 270 males and 9 females. In 1956 the figures were 656 males and 12 females.

The Swedish Parliament in May, 1957, passed a bill requiring customers in liquor shops to establish their identity if there was any doubt concerning their right to buy intoxicating beverages. Abusers were barred from buying. Decision to bar any certain person was taken by the provincial temperance committee.

The general idea behind the easing of certain restrictions on wine and beer is that it may be desirable to develop a shift in consumption from stronger to weaker beverages. By creating a marked difference in the official attitude toward these two categories of beverages, the authorities might further such a change in habits.

There has been a shift in consumption—a decrease in liquor consumption by 13,000,000 liters, and an increase in wine consumption by more than 6,000,000 liters. It is still a matter of dispute if this has been accomplished by the psychological effects of the policy followed or if it is caused only by the price factors.

One thing is certain, however: Whenever the consumption of alcoholic beverages rises, there also is a corresponding rise in the baneful effects developing out of the use of such beverages. This is shown by the history of the alcohol problem in Sweden.

Running the Risk

An object lesson in the impact of drinking on management-employee relations is evident in a recent decision handed down by the Labor Relations Arbitration Board's R. W. Fleming.

At its annual Christmas party, a generous-minded company, to promote good relations with its workers, supplied them with food and all the beer they could guzzle on a picnic site owned by the company.

At the height of the conviviality, one worker, beer can in hand, approached his foreman about a grievance he had brought up a few days earlier and which had been turned down. Again he broached the subject. The foreman waved him away with, "This is no place to beef about your job."

Replied the affronted worker, "This place is as good as any." As the foreman turned away, the worker threw the contents of the can of beer into his boss's face.

Some more cans of beer later, he staggered over to the foreman and berated him until he was led back to his car.

The next day he was given a thirty-day layoff.

In taking the case to arbitration, the company took the stand that the worker had used the party to circumvent the regular grievance machinery and press his complaint at the wrong time and place. The company further con-

tended that the offense had taken place on company property; therefore, it had the right to discipline the offender.

The company wound up its argument that the punishment should stand, by pointing out this was a small town and, if management is insulted in public, it would wreak havoc with respect and authority.

On the other hand, the worker said, "I was drunk and am willing to apologize." He also pointed out he was a long-time employee.

However, Arbitrator Fleming, after offering the opinion that the worker's conduct hadn't been of the sort materially to injure plant functioning, said, "One must remember that this was a social occasion on which efforts have been made to minimize the distinction between production and management personnel.

"The company furnished free and unlimited liquor for this party. To a certain extent, then, when a company makes the decision to provide free and unlimited liquor on this kind of occasion, it runs a risk.

"The company was not justified in imposing a thirty-day layoff. The employee is to be paid for the time he lost as a result."

So much for liquid Christmas cheer!

Sluggoer of the Seven Seas

by Duane Valentry

A TOWHEAD of five walked toward the fields in the hot noon sun one day in 1881. A full pail in his small hand sloshed over with each step. Stopping often to rest, he shifted the pail awkwardly from one hand to the other, then set it down.

What was this stuff he took his father every day? The boy peered in at the yellow liquid. His father liked it, so it must be good. His father drank it while working in the hot fields. The boy was hot now from walking, so he lifted the pail and drank. By the time he was finished, the pail was empty and the boy sleepily crawled to rest under a tree, his father in the fields forgotten.

Jack London, born January 12, 1876, in San Francisco, drank himself into insensibility at five years of age, and he was to do so many times during a short and boisterous life. Hobo, sailor, miner, longshoreman, seal hunter, jail-bird, drunk, and world-famous author, London was a "man's man" from boyhood.

Few men can claim to have seen the world as London saw it, or to have weathered a teen-age so rough that it was amazing he came through alive. As a teen-ager he swaggered into saloons in every corner of the globe, drank drink-for-drink with men three times his age, and often put them under the table.

A stocky, husky blond, Jack used his fists whenever he had to, and living the life he did, this was often. Many times he was hungry, without the price of a loaf of bread in his jeans, and he learned to fall asleep riding the rods of a freight, until he could get to a more comfortable bed in somebody's barn or haystack.

A fellow like this couldn't stay out of trouble, and London knew intimately the ratty, louse-ridden insides of jails in Japan, Mexico, Korea, and even Manchuria.

A poverty-stricken home drove the future writer to the gang comradeship of San Francisco's waterfront, and school to him was a joke. Then something strange happened.

One day this tough kid wandered into a library and sat down with *Robinson Crusoe*. That book changed his life. In its pages were more color and excitement than even he could cram into life. He began to fill his lively, hungry mind with all the reading he could get his hands on, sometimes staying with it fifteen hours a day.

Jack London decided this was for him—he would write. He had been a hobo long enough, felt a cop's stick crack against his skull too many times, been hit over the head with the lanterns of railroad men for the last time.

At nineteen, Jack went back to school. For a year he attended high school, working as school janitor and doing odd jobs. Then, after three more months of intensive study, he was able to pass his examinations and enter the University of California.

Now he began to write. The boy who had been a sailor at fourteen now learned how to string words together in a way that men were going to read and thrill to all over the world, to draw on his own vivid and often hair-raising experiences and make them, and the great, brawling, sprawling world in which they happened, come alive for the stay-at-homes, giving them a taste of adventure they would long remember. In the next sixteen years he produced forty-three books and various miscellaneous works.

He wrote about the Bonin Islands and the thrills of seal hunting, of Japanese drinking houses where berserk sailors burst through the flimsy paper walls. He wrote of pals he had lifted many a glass with—one shot in a brawl, one drowned, several in San Quentin, one stabbed, and many others hiding out from police.

He wrote of his days with the fish patrol and his adventures with the oyster boat he bought. He recounted how, when drunk, he had crawled under a fish net to sleep and got so tangled he couldn't get out in the morning—something he had a hard time living down.

Six years after he had scrubbed floors, worked the docks, and slept on park benches and under freights, Jack London was a famous man. *The Call of the Wild*, published in 1903, was his best-known work, which he sold outright for two thou-

sand dollars. It earned him world fame and sold more than a million and a half copies.

London, who left the Yukon and a hunt for gold without a penny in his pocket, was soon earning more than the President, and living like a king. He bought himself a luxury boat and a cattle ranch. The money rolled in—his name on a magazine cover meant a sellout, and he wrote, besides the stories, three books a year.

On his boat, *The Snark*, he cruised the Pacific and anchored in every port to hunt up the saloons he knew best. Always maintaining that he could control his drinking, London was beginning to suffer ill-health as the ravages of fast living caught up with him. But he was swallowing a quart of liquor a day, finding he didn't seem

(Turn to page 31.)





Director Leonard Weaver demonstrates the meaning of the ranch motto as he gives his son, seven-year-old Mike, "a hand up."

Where Youngsters Get "a Hand Up"

Nevada Youth Ranch

ON A cattle and wheat ranch at Fallon, Nevada, about fifty miles east of Reno, a one-time boxer and tavern brawler is "giving a hand up" to teenage boys off to a bad start in life.

Leonard B. Weaver, Nevada Golden Gloves boxing champion in 1947, established Nevada Youth Ranch three years ago as a home for boys from eleven to eighteen years of age who either had no home or could not make a go of it living with parents. Youngsters headed for the same kind of life from which Weaver was salvaged provided the inspiration for Nevada Youth Ranch.

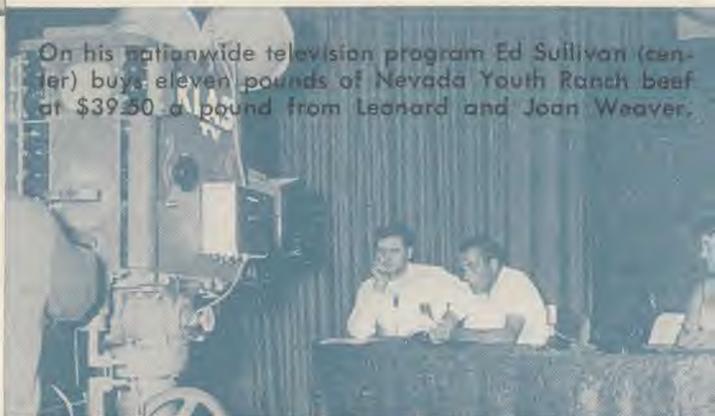
"I was a good fighter all right, but I couldn't stop fighting when I stepped out of the ring," says Weaver. "I'd go to a bar and get tanked up and start a fight with someone. I was drunk for six years, and then I saw my real self for the first time and decided to do something about it."

Weaver became a Christian, gave up drinking and smoking, and enrolled at Union College, Lincoln, Nebraska, where he studied physical education, theology, and business administration. He returned to Fallon, his home town, and started Nevada Youth Ranch with a \$300 bank account. Today, Weaver and his wife, Joan, are realizing their dream of providing a home where the forgotten youngster can "receive the guidance he needs to make him an asset to his community and a man in the sight of God."

Nevada Youth Ranch is not a correctional institution or a reformatory, Weaver points out. "It is a place where we try to rehabilitate youngsters who have strayed from the road God intended them to travel," he says.

The Ranch accepts boys of all religious faiths and races from the State of Nevada, and endeavors to give each the security of a home. Any who smoke or drink soon abandon such habits as a result of the health program and example set by Weaver and other staff members at the Ranch. The youngsters have regular duties to perform, such as caring for the livestock and using the farm tractors and other machines in keeping the Ranch in operation. There are no fences, gates, or locks, and each boy is placed on his honor when he arrives at the Ranch. Most of the boys, sent to the Ranch either by parents or by juvenile authorities, fail their first honor test.

"We've had new arrivals run away as many as four times



On his nationwide television program Ed Sullivan (center) buys eleven pounds of Nevada Youth Ranch beef at \$39.50 a pound from Leonard and Joan Weaver.



Nevada's governor, Grant Sawyer (left), and Mayor Bud Baker of Reno sponsor a fund drive for the Ranch. Director Weaver (right) contemplates coming receipts for his work for boys.



"Champ," Ranch mascot, patiently waits by entrance signboard at the Youth Ranch.



Ray Archibler, youngest boy on the Ranch, holds the grand champion prize won by this calf, which sold for \$1,000 when two months old, bringing \$8 per pound.

in their first week," says Weaver, "but so far almost 100 per cent of them stay once they get used to the Ranch."

What is the attitude of the youngsters toward the Ranch?

"I like it swell here," declares fifteen-year-old Ricky D'Amico. "I want to grow up to be just like Mr. Weaver."

A nineteen-year-old boy who recently left the Ranch to begin life on his own says: "On the Youth Ranch we got the understanding we needed. We were also shown that the biggest help we get in life is the help we give ourselves. As for Mr. Weaver, he's giving boys the hand up we need when we're falling fast."

Nevada Youth Ranch is a nonprofit organization which is endeavoring to become completely self-supporting. It produces cattle for the market, and 160 acres of the Ranch is planted to wheat. Contributions from interested citizens play a vital part in keeping the Ranch going. A Tonopah, Nevada, business firm donated two gasoline pumps to the Ranch, to be used in a service station which will help the organization earn part of its expenses.

Prominent men, such as Nevada Governor Grant Sawyer, and Mayor Bud Baker, of Reno, have helped conduct fund drives for Nevada Youth Ranch; and TV personality Ed Sullivan has also aided, as have local ranchers, businessmen, doctors, attorneys, and others.

Weaver hopes to keep the Ranch expanding to meet the growing needs of youngsters. Planned for the future is the establishment of a school and gymnasium. More facilities to accommodate additional boys and even girls are also envisioned. The Ranch can now house forty boys.

In these ways Nevada Youth Ranch is fulfilling its purpose of "giving a hand up" to youngsters on the way down in life.

EVERYONE SHOULD KNOW

(Continued from page 7)

of chronic alcoholism and addiction. Most psychiatrists find that the alcoholic is emotionally immature and insecure.

It should *now* be clear that the primary contributory factors in the development of acute or chronic alcoholism are cultural in nature, and represent how one has learned to solve his problems and to enjoy life. That is why the alcoholic or prealcoholic must forsake the alcoholic way of solving problems and learn a truly physiological, wholesome, rational, and non-drugged way of enjoying life.

8. *All religious groups agree that it is morally wrong to drink to the point of impairing the higher faculties of the brain.*

It was formerly thought that this did not occur until a person was conspicuously drunk. Now we know that impairment frequently occurs before a person feels the effects and after the consumption of one or two beers or one or two cocktails.

Some religious groups believe that it is morally wrong to use alcohol and that, even if a person is not susceptible to its effects and will not become a drinking driver or an alcoholic, he should not drink and thereby tempt his weaker or susceptible brother who may become a drinking driver or an alcoholic. In such a case, if you drink, your "moderate" drinking is a contributory factor to his alcoholism.

Furthermore, who is really responsible for the fact that the consumption of alcoholic beverages has created such a tremendous social evil in the United States? The abstainers are not responsible. Heavy drinkers and alcoholics are not responsible, for they are the worst advertisement that the consumption of alcoholic beverages has.

What group, then, is responsible? It must be the occasional and moderate drinkers who are able to "control" their drinking. That is the group which glamorizes the drinking of alcoholic beverages, and is responsible for the perpetuation of this huge public-health and social problem.

9. *Prevention is more important and urgent than cure.*

This is a self-evident fact, which is particularly true of acute and chronic alcoholism because there are 8,500,000 patients who require treatment, and the cure rate is only about one third.

Some time ago a news reporter asked me, "Dr. Ivy, why did you, a medical scientist, physiologist, and physician, become interested in the *prevention* of alcoholism?" I replied in effect as follows:

As a young professor of physiology and pharmacology, one of my duties was to lecture to medical students and occasionally to lay groups on the effects of alcohol on the human mind and body. My interest was then entirely academic. However, after the repeal of prohibition in the United States, the rate of consumption of alcoholic beverages, the number of arrests for drunkenness and alcohol-related crimes, the number of traffic accidents due to drinking, and the number of alcoholics, started to increase slowly and then at an alarming

rate. As a result of this alarming increase, the American Association for the Advancement of Science appointed a committee to study the problem of acute and chronic alcoholism. Then the Chicago Committee on Alcoholism was formed, and I was asked to serve as a member of that group. Not long thereafter, the Chicago Committee opened a clinic to rehabilitate alcoholics. I then became very much involved with the practical aspects of the problem of acute and chronic alcoholism.

This clinic in Chicago is called Portal House, and I am still involved in the rehabilitation of alcoholics. I believe that rehabilitation of alcoholics is a civic, humanitarian, and moral duty, because alcoholics are sick in body, mind, and soul, and existing public policy permits the glamorization of that which produces alcoholics.

After working firsthand with rehabilitation, and learning about the large number of alcoholics in Chicago and the United States, I realized that a rehabilitation program could only scratch the surface. This is true for two reasons: *First*, the number of alcoholics is very large; and *second*, the rehabilitation of an alcoholic is not an easy task.

10. *The only way to reduce the size of the problem is to conduct an intensive educational program.*

Such a program must provide the whole truth regarding the effects of alcohol on the person and society. Ways must be found to deglamorize the use of alcoholic beverages. If a person believes that he has responsibilities and rights as a member of society, he cannot be guided merely by what he desires. Until men and women realize that their drinking contributes to alcoholism, all alcohol education will be sorely handicapped.

Also, such an educational program must inculcate, in the large majority of citizens, methods for promoting relaxation and enjoyment which are physiologically or morally wholesome. The educational problem is to replace "drugged sedation and pleasure" with wholesome and restorative types of activity which do not deceive and injure the individual and society.

Plato wrote that the purpose of education is to develop the natural talents of a person, so as to make him a more complete personality and a fit member of society, and that the first duty of the educational process is to develop good character and conduct.

Thus, alcohol education is secular, ethical, and religious education in the highest sense.

“Don’t do as I do, but do as I say.”

I KNEW our company president well enough to realize that what I intended to tell him about my drinking would certainly cost me my job, and the chance of obtaining another position as sales manager was indeed slim. I could see our son Bob having to quit the university, and our daughter Marcella, her heart set on teaching, forced to settle for stenography.

Dave Dilleradson, who had made Dilleradson and Company the biggest supplier of office equipment in the state, can’t tolerate deception. Especially he doesn’t like being opposed on an idea he considers important to company progress. Those of us who had been with the company the longest had seen him take summary, drastic action often enough in such cases.

Don’t misunderstand. I don’t want to give the impression he went about looking for an excuse to fire someone, but he was bullheaded, impetuous. In a showdown he had to throw his weight around.

Oh, there were a lot of nice things about him, too. Generally he was affable, tolerant. He even took a drink—sometimes too many.

Because I was quite sure what would happen when I put him straight, I talked it over with Marge first. Marge, good wife that she is, said, “You’ll have to tell him, Glenn. It’s the only honest thing to do.”

She didn’t mean just being honest with Dilleradson and Company. As far as the company goes, I had given them the best I had—for twenty years, ever since I finished high school. I would have gone on to college if dad had been living, if I hadn’t been compelled to think about taking a regular job.

D. D. gave me my first full-time work. I guess he became a father figure to me. I thrived on his interest, felt secure in his protection, his knowledge of the world. He knew both sides of the street. I didn’t even know one side well. I didn’t take a drink until I was twenty-five, and when I did, it wasn’t because I wanted it, but because I had this mistaken idea many younger people get, that it’s the smart thing.

I remember how surprised D. D. was the first time I ordered a cocktail. It was during one of the little talks we began having late afternoons. He came to my desk, from which I directed city sales, and asked if I would like to go out with him for a little air. To tell the truth, I was glad he showed so much interest in me. I had felt for a couple of years that I was shelved, that I had gone as far as I would ever go with Dilleradson.

Until I took that first drink with him, I don’t think he knew I drank. We used to go to the Lounge, a bar with a smooth name, a discreet distance from the office. There we sat in a semi-dark corner to talk. He gave the excuse that it was easier to collect one’s thoughts there than at company headquarters. He ordered a whisky, then perhaps another, and I had a lemonade or a soft drink.

Usually our conversation was about Dilleradson and Company, and how it could be made more efficient. But for a couple of days before this thing came up between us he spent most of the time talking about Jad Proquero, who was in charge of city sales for Hemsby Corporation, our principal competitor. Believe me, I was getting a little sick of hearing about Jad’s virtues.

On the second day, D. D. was dwelling on how Proquero had taken one of our secondary accounts away from us. For me, it was easy enough to see how it happened. But D. D. went on as though this fellow Proquero had completed a march to the sea and cut our supply lines. The buyer for the firm that switched over was a good-time Charlie, and after two or three parties with Proquero had transferred the

I shook my head. “Make it an old-fashioned.”

He looked at me strangely. I guess he saw from something reflected in my face that I wasn’t fooling.

It wasn’t until later that I fell into the pattern of having not one drink with him, but two. I argued to myself that a fellow needs a lift late in the afternoon. If I felt especially guilty, I added, “Particularly in this kind of weather.” I used the weather for an excuse, regardless of whether it was cold, hot, or absolutely perfect.

I kept telling myself that what I was doing wasn’t hurting anyone. Then I tried to bolster the argument by an inner assertion that what we talked about was good for the company and for everyone connected with it. Someone had to meet D. D. on his own ground and acquaint him with what the department heads and the others were thinking.

Generally, I felt, my mind was clearer, keener, when I came back from the afternoon breathers. Of course, anyone will make a mistake now and then. For instance, I quoted a ridiculously low price on three hundred desks in a bid. If Jean, my stenographer, hadn’t caught the error, the

GROOMED BY INDIRECTION

Sol Wallace



firm’s business from us over to them. “That young fellow, Proquero, is quite a mixer,” D. D. said.

I didn’t miss the tone of admiration. I said to myself, “This is what I get for all the years I’ve given to the company, for all my efforts to keep the competition clean and decent, for having a little respect for myself.”

He noticed that my lemonade glass was empty. “Another?”

figures would have gone through, and we could have been put in the embarrassing position of having to make the offer good or be sued.

That evening I drank two cocktails before dinner instead of the usual one.

After a couple of weeks, D. D.’s build-up of Proquero stopped. Proquero had blown up and was gone. A young fellow named Dale Hoglesby had taken Proquero’s place.

"From what I hear," D. D. said, "this Hoglesby's a real go-getter, got a good clear head, young, energetic. He's even held on to that account Proquero took away from us. And do you know, this new boy doesn't even take a drink!"

I didn't say anything. But I had had it.

That night Marge and I talked it over. It was one of the frankest talks we had had for a long time—about the drinking business, and about telling D. D.

Next afternoon when he stopped at my desk and asked if I didn't think it would be a good idea if we went out for some fresh air—whoever heard of fresh air in a place like the Lounge—I gave it to him straight.

"I'm through with that stuff," I said. "If you've got something to talk to me about, we'll talk it over here or in your office."

A hurt expression crossed his face, but it didn't stay. It changed to one of humiliation, then anger. He strode wordlessly into his office.

If anyone had dropped a sheet of typewriting paper then, it would have shaken the place like a sonic boom.

I sat there numb. Glenn, I said silently, this is it.

Before five minutes had passed, the Old Man was buzzing me on the intercom.

"Sit down!" he ordered when I came into his cubicle.

I sat.

"I want your opinion about how you think this young fellow Hoglesby would fit into our organization. He could step into your job without too much training."

The fact that I was being fired by indirection didn't make it any easier to take.

"He should be all right," I said.

"If you could stay on the job a couple of weeks to sort of break him in, it would be a good thing," he said. "Then you could get ready to take over state sales. You know Porter's due for retirement, don't you?"

I nodded, unable to speak. I had known it for a long time. What I didn't know was that I was being groomed to take his place.

"And about that drinking. If you see that it's hurting you, and you don't enjoy it, don't drink just because you think you have to. I'm glad you came out in the open with it and let me know how you feel. I wish I had done something like that years ago. If I have any advice to give, it's this: 'Don't do as I do, but do as I say.' And I say that drinking never helped anyone."

MAN DIVIDED

(Continued from page 11)

destructiveness, which to be understood, would have to be traced into his background. When the teacher happened to mention choking an animal, this conflict almost overwhelmed the student's ego, and he had an *anxiety panic reaction*.

We see this in all kinds of social situations. Why do many people have social anxieties? Because they have a tremendous amount of hostility. There is far too little feeling of warmth, congeniality, love, and affection among people. So when we mingle one with the other we all are on the defensive, and our hostility is almost ready to show through. This puts the ego on a tremendous amount of tension, and floods it with anxiety. That is why people who go to cocktail parties think they have to have a few cocktails to absorb some of their hostility and some of their tension so they can relax and enjoy themselves.

Sometimes the ego doesn't have anxiety as a result of this conflict. Perhaps the tension is too great, and the ego can't contain it, so it says, "I will convert this problem into a symptom." Let me illustrate it in this fashion. Let us say an individual is mad at someone, has an impulse to strike him, so he says, "Rather than strike someone and hurt that person, which would make me feel guilty, or rather than strike someone and possibly be hurt in retaliation, I will sacrifice my arm [now this is all unconscious] rather than run the risk of expressing hostility." We call that a conversion reaction. The impulse to strike is converted into a paralyzed arm. That is a common reaction called *conversion hysteria*. The problem is converted into a physical symptom in order to prevent the individual from carrying out the act.

We see one or two other types of reactions of the ego to conflicts and tensions within the personality. All of us have had *obsessions*, for example, tunes that run through our mind. We can't get them out. Or we have had recurring thoughts that come into our mind. These may not be particularly significant, because after a few minutes or certainly after a day they pass. I'll give this example, because it is something I see so frequently. Here's a young mother who has, let us say, six children. Her income is uncertain, her home is small, and she thinks, "If I have another child, I don't know what in the world I'll do with it." But she learns that she is going to have another child. A few weeks after the child

is born the thought suddenly comes to her mind, "What if I would destroy this baby, or when I am bathing him I'd suddenly drop him?" That thought keeps recurring in her mind as a repression. "What if something drastic or tragic would happen to this child, and I would be responsible?"

We call such a case an obsession, meaning that the mother has so many mixed feelings toward the child, so much hostility which she cannot admit because she would feel guilty about it—a mother is supposed to love her child—that she has to put herself on the defensive to prevent herself from doing such a thing. So, she takes extra precautions not to drop the child, or to give in to unconscious destructive impulses.

An ego that is so deceived is in such conflict, is having such tension—whether it is tension of a physical nature, headache, backache, symptoms of anxiety, apprehension, uneasiness—that it is liable to want to get relief. In doing this, many persons turn to alcohol. In this particular type of problem, however, other drugs are probably used more than alcohol; but alcohol is used frequently. When a person is in this type of difficulty, he is going to get help; he must get relief from his anxiety, from his tensions, and from his inner conflicts.

As a rule, this type of alcoholic problem has a very good prognosis. I have seen a number of people who have drunk heavily or have taken drugs because they have been anxious, apprehensive, tense, and uncomfortable. Once they have had proper psychiatric treatment, and are no longer apprehensive, are no longer tense, uncomfortable, and ill at ease, they have no desire to drink or take drugs.

I well remember a young man who came to my sanitarium. He was the son of a wealthy manufacturer in central Ohio, an intelligent young boy. He came with quite a severe depression. Actually, there was a time when there was some real risk that he might commit suicide. As he began to recover and as his conflicts began to be directed outward, he was brought into much conflict in his social environment. He returned to college and became a member of a fraternity at Ohio State University. But he had turmoil, anxiety, tension. During this time he took sedatives and drank.

It was really astounding how much he could drink, and he took pride in it because he had underlying feelings of insecurity and inadequacy. He was proud of being the swaggering little bully who could drink all the others under the table, but what he was really

doing was absorbing some of this anxiety, tension, and hostility. He felt that he couldn't get along unless he had this help. But as the treatments proceeded and as he got relief from his feelings of insecurity, he said, "I no longer need sedatives; I no longer need alcohol." To this day I don't believe that he has taken another drink.

Thus, drinking is a reaction, in these types of individuals, a reaction to their basic neurotic difficulties.

MARK O. HATFIELD, GOVERNOR

(Continued from page 19)

born July 1, 1959, and by anticipation of another this summer.

The governor is much aware of the importance of home life in helping to solve many of the problems of modern society. One of these problems shows up in the sinister trend toward youth drinking. "As to home influence," he declares, "it is difficult to teach youth that something is wrong that he sees in his own home."

Commenting on the present flow of radio and TV advertising, he observes that it tends toward sensationalism. "It tempts the youth to intemperate habits."

How can we deal with it? "I feel that law in itself is not a solution to the matter of advertising," says Governor Hatfield. "Law is only a tutor. There must be an educational process involved. The problems of the use of alcohol must be pointed out and made clear to the average individual. This includes the delineating of the potential results economically and socially. We must appeal to the logical mind that the use of alcoholic beverages is illogical."

The governor makes clear that adults need the same educational program as youth do, for youth at times use the adults' behavior as an excuse for their own actions. For example, he summarizes, "they see drinking portrayed in movies. Also they observe that it is often featured in connection with public gatherings. It would be well if at such gatherings all drinking could be eliminated. This would set a good example. However, the home is, after all, the most important."

Serving as governor of one of the fastest-growing and most progressive states in the Union, Mark Hatfield specializes in emphasizing fundamental and basic ideals not only to assure good government, but also to strengthen the home, the school, and the church, and to provide training for citizens who can take their rightful places in their nation and society, fulfilling their highest destiny in a challenging age.

WAR WE ARE LOSING

(Continued from page 16)

long way in tightening the controls that are so obviously needed. Without actually spelling out this change in so many words, the *Los Angeles Times*, which is known to carry weight with the administration in Washington, suggested editorially that the Treasury Department needs to be awakened to "the dangerous conflict of jurisdiction between customs officials and Federal narcotics officers.

"There is a difference today, however," it went on. "An end to the frustration may soon be in sight, for we have begun to shout in the proper ears."

Yes, if those "proper ears" are listening, we can all take hope. But in the past, experience has shown that there has been far too much high-level

YOU CAN, BUT-

Gladys Louise Cortez

Would you like to be the life of the party? There is one sure way to become the center of attention. If you are attending an affair, and alcohol in any form is being served, quickly accept the first drink offered. It will start you feeling so relaxed that you will love everything and everybody. Then make certain to take every drink offered, possibly even asking for more, and you will become as friendly as a Newfoundland puppy.

Maybe you have let the pounds accumulate until you have ballooned into an uncomfortable, unhappy person. You know you should diet, but you tell yourself you can't stay on a diet. There is one sure way to lose weight—and fast. Every time you want to eat, you "can" take a drink instead. You will indeed lose weight, and maybe a few old friends, too.

If you are courting and want to propose, alcohol will give you the necessary courage to pop the question. Or if you are a girl, alcohol will help you answer. You may not give the right answer, but, at least, you won't be at a loss for words.

If you're going to drive, you "can" always take "one for the road." That way you'll have more confidence in your ability to stay out of trouble.

Yes, you can do all these things, but if you want to live long and happily, you won't.

complacency about the illicit dope trade and what it is doing to American youth.

The reluctance of the State Department to take any action that might disturb existing cordial relations between the United States and Mexico is understandable. The nation is willing to make any reasonable concession in the cause of peace; but is this relationship so fragile that top officials do not dare to seek an effective understanding that will protect their own people?

On May 15, 1954, United States Narcotics Commissioner Harry J. Anslinger presented documentary evidence before the UN Narcotics Commission, accusing Red China of using opium, heroin, morphine, and other narcotics in a merciless war to enslave Indo-China. As a part of his charges, Anslinger presented an official statement by the Red Chinese government that 800 tons of opium and other narcotics had been "shipped abroad" in 1953, enriching the communist treasury by \$60,000,000. Some of this dope from Red China found its way into the veins of Americans.

All this points up the fact that American officials know that dope is a weapon, that it endangers America, even though the strongest possible measures have not been taken in fighting this undercover traffic.

Last year crimes committed by drug addicts in California alone are estimated to have cost the state and the state's property owners around \$365,000,000. No one can estimate the torture caused in broken homes and wrecked lives.

California's Governor Edmund G. Brown estimated that the arrest, care, and imprisonment of narcotics users in his state cost the taxpayers \$65,900,888 last year. This figure does not include the economic loss resulting from stolen cars, burglaries, and other crimes committed by drug-crazed addicts.

Also, last year 10,400 arrests for narcotics violations were made in California, according to Richard A. McGee, director of corrections. An investigation by Miss Alma Holzschuh, superintendent of the California Institution for Women at Corona, disclosed that 40 per cent of the 800 inmates at the institution were addicted to heroin before entering prison.

Senator Hennings reports that his committee found conditions in New York and Los Angeles to be the worst in the nation, but drug addiction is known to be increasing throughout the country. That is why it is a serious national problem, why it vitally concerns everyone. No community, no home, is immune from attack.

Of course, tightening controls at the Mexican border and taking steps to eliminate shipments of narcotics at their source in foreign countries are major steps that need emphasis. But this alone will not solve the problem. More stringent prosecution of sellers and longer jail terms for offenders are needed. Last year a delegation of sixty-six Southern California businessmen and civic leaders, armed with petitions bearing 1,250,000 signatures, urged the California state legislature to approve the so-called "Elks bill," providing that narcotics law violators be required to serve a minimum prison term of thirty years. It specified a thirty-year minimum penalty for anyone convicted of transporting, selling, furnishing, administering, or giving away opium or cocaine. The bill was tabled.

Similar proposals to end the quick, easy paroles that have become a menace to public welfare in many communities will come before the legislatures of many of the states during 1960. They deserve popular support.

Stronger legislation to deal with the dope problem, and hospitals for caring for the afflicted, are both badly needed.

Churches and civic organizations must continue to co-operate in sponsoring educational programs, which make the young more fully aware of the dangers of addiction.

Local law-enforcement agencies must be encouraged to do their utmost; but the problem, as Mayor Wagner of New York has pointed out, is so big, well financed, and well organized that it is beyond the scope of local officials. It requires not only the full force of the Federal Government, but the co-operation of every citizen interested in preserving America.

This is one war we cannot afford to lose.

SLUGGER OF SEVEN SEAS

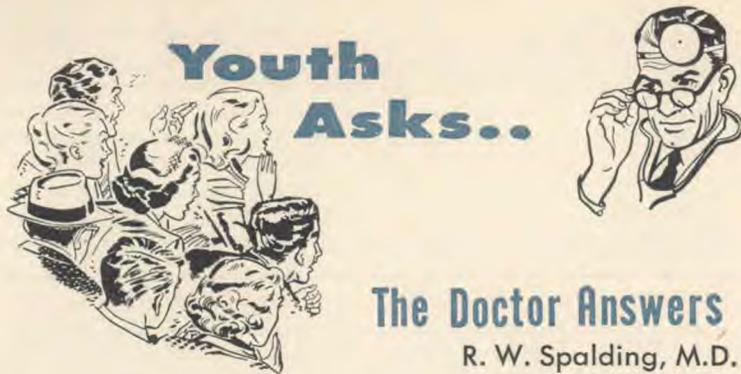
(Continued from page 25)

able now to write without it. He seemed to see the future, for he wrote:

"I was beginning to drink regularly. I was beginning to drink alone. And I was beginning to drink, not for hospitality's sake, not for the sake of taste, but for the effect of the drink."

The tough guy of the seven seas had a lovely wife who understood and loved him. He had the fine home and horses of his dreams, all the money he could spend, and world-wide fame; but he knew the skids were under him.

Crowds almost beat the doors down to hear him when he lectured, for by now Jack London was one of the most popular men in American history. Yet



Youth Asks..

The Doctor Answers

R. W. Spalding, M.D.

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

Is beer as harmful as other drinks?

A bottle of beer contains approximately the same amount of alcohol contained in a "slug of whisky."

What are some of the long-term effects of alcohol on health?

Some long-range effects of alcohol may be summarized as:

1. Addiction to or dependence on alcohol is developed. "Life isn't worth living without the wine of life," say alcohol's slaves. Many nondrinkers have experienced the exhilaration of success, of deep, unselfish love, and the ecstasy of beauty or creative genius without the "aid" of the excretions of tiny yeast plants or the dewy distillate of pots and tubes.

2. The liver is the organ that handles all the poisons which find their way into the blood stream. Consequently, the liver is the organ, next to the brain and the nervous system, which is most affected by repeated ingestion of alcohol over long periods of time. We know that cases of cirrhosis of the liver increase in areas where drinking is in-

creased. Although cirrhosis of the liver can be caused by other toxic substances over a long period of time, or perhaps by malnutrition from various causes, we know that this condition is most prominent among chronic drinkers.

3. Many studies conducted by various life-insurance companies and other studies by commissions on alcoholism indicate that life is shortened by the habitual use of alcohol, depending on the amount of alcohol used. The Ohio State Commission to Study Chronic Alcoholism reported in 1951 that only 52 per cent of alcoholics live to the age of fifty years, while 85 per cent of the general population live to attain that age. (See *What's New About Alcohol and Us?* page 134.)

4. Alcoholic psychosis, or insanity caused directly by alcohol, rated fourth among the causes for admissions to mental institutions in 1950-51, according to the United States Public Health Service.

These are only a few of the long-term effects of friendship with Ethyl Alcohol, who is no lady, no friend of young men or young women!

he turned more and more to drink. When he rode the mountains on his favorite horse, he celebrated his well-being with a drink. When that same horse was caught in a barbed-wire fence and kicked itself to death, he soaked out his grief. Pneumonia struck down all his registered pigs; a prize bull broke its neck; the ranch house, brand new, burned to the ground; his water rights were tied up by unfriendly neighbors—a chain of bad luck that he once could have taken now turned him more to the solace of drink.

With the bottle beside him, the greatest writer of his day wrote *John Barleycorn*, a book widely used in temperance drives. It was a wild success, like everything he wrote, and probably reformed many drunkards; but not him.

Once a sweet-tempered man, for all his larger-than-life saloon brawling, London now became so quarrelsome that even his best friends of long years couldn't get along with him. The practical jokes he pulled caused him to roar with laughter—the butts of his jokes weren't so happy.

One day the big, tough fellow who had slept on the ground at 76° below in the raw Klondike days couldn't take life any more, and he emptied so much dope into his system that it killed him. He died in Glen Ellen, California, on November 22, 1916, a suicide at the age of forty.

Jack London thus cut short a life that seemed to some to have been lived "to the full," but which in reality was only a fast rush toward death.

For Your



Reading and Reference

Mulac, Margaret E., *Hobbies, the Creative Use of Leisure*, New York: Harper and Brothers, Publishers, 1959, \$3.95.

Consisting of only eight chapters, this book is chock-full of suggestions on how leisure time may be spent. Under the general headings of "Making Hobbies," "Collecting Hobbies," "Doing Hobbies," and "Learning Hobbies," more than 100 activities are discussed, with an outline of the equipment and how much time and space may be required for each.

The author has had hobbies as her hobby for many years, since she has taught, supervised, and co-ordinated games and group activities in various places.

Amend, Eleanor E., *Health Can Be Yours, Naturally*, New York: Greenwich Book Publishers, 1958, \$2.50.

A handbook of natural health for doctors and laymen, this concise volume aims at providing the reader with simple health methods and remedies gleaned from hundreds of sources.

The author has put particular emphasis upon natural-healing methods, such as sun, air, water, exercise, fasting, food, and herbs.

Arranged alphabetically, this handbook outlines natural remedies for many of the illnesses afflicting people today, including the tobacco habit.

Free, James Lamb, *Just One More*, New York: Coward-McCann, Inc., 1955, \$3.50.

Only as a means for rehabilitation and with no consideration for prevention, this volume sums up various recognized means for helping an alcoholic after he has become addicted to alcohol. With all his suggestions, including A.A., antabuse, psychiatry, the church, rehabilitation clinics and centers, hospitals, and sanitariums, James Free nullifies his approach by telling how to drink socially. He ignores the most logical solution of all: no alcohol, no alcoholism.

GLUE SNIFFING

(Continued from page 11)

Boys and girls between the ages of twelve and eighteen appear to be most often involved, although Patrolman Mike Chorak, veteran juvenile officer, reports having picked up children as young as ten in a state of glue intoxication. In spite of the fact that this age group cannot legally obtain liquor, the glue is easily available to them, and costs little.

After spreading the glue in the hands, the kick seekers then inhale deeply from cupped palms. A glue-soaked cloth held over the nose and mouth is also frequently used to get the full effect. Dizziness, drowsiness, and a lightheaded sensation result, and the victim loses touch with reality.

Dr. John W. Neff, clinical psychologist and administrator of a public-health guidance center, says that as in the use of liquor, the state of intoxication may release inhibitions, causing a young person to commit unlawful and foolish acts. Movements requiring good bodily co-ordination are impossible in the advanced states, and reasoning ability is seriously impaired. An individual attempting to drive a car in this condition is a definite menace.

Fresh air is the only known aid to hasten the return to normalcy. The outward effects wear off in a matter of hours, leaving the inhaler looking haggard and feeling worse. Unfortunately, continued use may also lead to addiction.

Police in cities where the incidence of this fad is high are constantly alert in endeavoring to apprehend those involved. Teachers have been informed and instructed to watch for the tell-tale handkerchief held too often to the nose and mouth. Tragedy lies in those cases not detected before irreparable damage results.

Plastic glue, in itself, is a useful product. In the building of model airplanes, an excellent hobby for young people, it fills an important need with its quick-drying qualities. Most manufacturers, however, state on the tubes only that the substance is inflammable, and do not mention that the product contains dangerous ingredients, nor warn that the glue should be used only in a well-ventilated place, with avoidance of excessive inhalation. These precautions are necessary to prevent accidental intoxication.

Authorities feel that if teen-agers and their parents are fully informed of the real danger to health in this fad, a big stride will have been taken toward stamping out this foolhardy practice.

IS SMOKING SMART?

(Continued from page 13)

let it destroy any detail of good grooming. This includes scent, hair, nails, hands, and clothing conditions."

"Smoking isn't smart if it makes you look 'cheap.' While boys strongly object to what smoking does to girls in this respect, girls also say that many boys would look better if they didn't try to ape a movie star with cigarette mannerisms, or half-closed eyes squinting over smoke."

On the other hand, teen-agers claim that smoking is "smart, sophisticated" if—

"Smoking is smart if it helps your feeling of security, of belonging to a group that smokes."

"Smoking is smart if it helps you slide over the rough spots between adolescence and adulthood."

They feel that smoking is not "smart, intelligent" if—

"Smoking isn't smart if your social group, family, or community regards it as bad." They admit that "nonconformity is a sign of immaturity."

"Smoking isn't smart if you are a fairly well-assured individual. Smoking is a confessed prop for those lacking confidence. If you don't need it, why use it? A waste of time and money."

"Smoking isn't smart if you study up-to-the-minute information on health factors involved. Youth has a comfortable sense of immortality, but you might as well be realistic."

No one could come up with a "smart, intelligent" reason in favor of smoking. And therein lies the answer for teen-agers and adults.

What Is the Answer?

Looking over their own reasons for smoking, teen-agers themselves realize that their motivations are emotional, superficial evidences of immaturity.

It is at this point that their elders must supply "smart, intelligent" reasons for not smoking. Youngsters are really ready to grasp them, to add them to their own reactions.

As a parent, teacher, neighbor, or friend of a teen-ager, this is the moment when he or she wants your help. But you must not try to adapt your adult thinking to a teen-age pattern. Don't be emotional. Don't try to discount youth's social pulls or minimize his insecurity. Base your assistance on reason, and youth will welcome your help.

Teen-agers want to become thinking men and women, needing no "filters" except their keen young minds.

HOME

Edith L. Gibson

The place is not expensive,
Nor is it big at all.
It has a corner cupboard,
Some pictures on the wall.

A carpet slightly worn,
A potted plant or two,
Some shelves with dog-eared books,
A window with a view.

I love it, though, because
Admittance here is free—
The only house on earth
To which *I* have the key.

COURAGE

William Allen Ward

Courage is a scrub-oak tree
Growing on rocky hillside,
Sending its roots deep into
The earth in a crevice between
Two great rocks.

SUNSHINE IN YOUR HEART

John Edwin Price

Wrinkles, wrinkles in your face,
Shadows all about the place;
You can push the clouds apart
If there's sunshine in your heart.

LISTENING

Nanina C. Alba

What magic this,
The alchemy of human mind:
The *listening* can take one word, one phrase,
And make it gross, or make it kind.

FOR TWO THOUGHTS

Helen Harrington

Admire the rapier-swift decision,
The daring thrust of the First Thought
That leaps and makes its sharp incision
On what may be, is, or is not!

But who has not been saved from causing
Wounds of unseemly imprecision
By guarded Second Thought, pausing
For verification or revision?

Poems With a Purpose

by "Listen" Authors

DON'T BE FOOLED

(Continued from page 9)

One teen-ager used a telescope to study drug counters from his car parked in the loading zone in front of drugstores. He watched customers hand over their prescriptions, and read information on bottles waiting to be picked up by other customers. If a bottle of medicine appeared to contain narcotics, the teen-ager wrote down the name of the customer and other information. Then he would dash to the drug counter and ask for the prescription, using the customer's name found on the label. It was an easy operation, because the young addict had all the information needed, and he was always careful not to let the pharmacist who had filled the prescription wait on him.

A policeman spotted his car parked in the loading zone and put an end to the narcotics trickery of this teen-ager.

Feeling chatty, a housewife, who boarded a bus in front of a medical building, told an attentive young stranger about having to take morphine her doctor had prescribed for a chronic ailment. The stranger followed the talkative housewife to her apartment, and when she opened the door, he shoved her inside, tied her to a chair with a gag in her mouth, and rummaged through her purse until he found the drug compound. He found other narcotics in the bathroom.

"Good-by, Mrs. Gabby," was the attentive stranger's farewell.

Grocers who stock paregoric on the drug counters of their stores are often unwittingly supplying narcotics to addicts who have been cut off from other sources of supply. Paregoric, which contains opium, is boiled down by addicts, and a residue of morphine is obtained. In many areas, paregoric and other medicines containing narcotics can be purchased without prescription by anyone.

The ambulance service in one Midwestern town was described in a newspaper story. The story mentioned that each emergency vehicle carried a supply of narcotics in its first-aid kit for emergency use. Members of a local narcotics ring welcomed this bit of news, and a few hours after the story had appeared, the gang pilfered the narcotics from ten ambulances.

In a New England town an addict read the obituary column in the local newspaper each day. When he noted the death of a physician, the addict immediately called at the deceased doctor's office in the guise of a Federal narcotics agent to claim the supply of

narcotics from the physician's medical supplies.

This addict was nabbed after the widow of a doctor became suspicious because of the brusque, unmannerly conduct of the "agent."

The examples of narcotics trickery cited point up the need for more care on the part of doctors, druggists, grocers, housewives, and others who handle or use medical compounds containing narcotics. Here are some simple precautions:

1. If you are a doctor, lock your car when you leave it. The locked trunk is the safest place to leave a medical bag in a car.

2. Thoroughly examine patients who glibly offer suspicious symptoms.

3. Don't be fooled by "sob stories."

4. If you are a druggist, release filled prescriptions containing narcotics only to persons who can properly identify themselves.

5. Observe the Federal law which forbids filling by telephone request compound prescriptions containing narcotics.

6. If you are a housewife or other person who must use medicines containing narcotics prescribed by a physician, keep this information to yourself.

7. If you are a grocer or druggist, keep any medicines which contain narcotics off open shelves, even though no prescription is required.

8. Do not leave medical compounds containing narcotics in the glove compartment of a parked automobile.

9. If you operate a parking lot or garage for a medical building or hospital, ask attendants you hire for references, and check these references to make sure they are valid. Otherwise

you might hire an addict by mistake.

10. If you become the victim of narcotics trickery, report it to the police immediately.

POP AND THE LADY

(Continued from page 23)

Pop pushed back his cap, scratching his gray head. "Maybe—"

Suddenly Pop had a wild idea. His shoulders squared. "Hey!" He planted his hands firmly on Murphy's desk, leaning across it, excitedly. "They mean me!"

"That's a wild idea," Murphy said. "You heard Scanlon—"

"Roustabout runt, eh?" he muttered. "The Lady don't think so." His mouth twisted. He looked up at Murphy. "They had to send for me. The Lady saw to that, didn't she?"

Murphy nodded and winked. "Looks like it, Pop."

Murphy sent a wire. Pop was right, they wanted him.

"This sort of spoils my plans," Murphy said to Pop. "Since you did such a bang-up job with the Lady, and since you've continued to lay off the booze, I've been figuring on giving you a trainer's job."

Pop shook his head. "Thanks, Murphy. Nothing would have pleased me more a month ago. But now—well, the way I see it, the Lady's decided I'm ring stock same as she is. I don't want to disappoint her. Besides, I—I—well, I gotta show that Scanlon!"

Murphy gave Pop a friendly, understanding grin. He slapped Pop's shoulder affectionately. "O.K. But if things don't pan out, there'll be a trainer's job here waiting. Good luck, Pop."

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OPINIONS



People Are Stimulating

"The reason I don't drink is that I don't like whisky. I used to work Chicago, when I was about 15, and I'd see those sharpies, whose lives depended on being sharp, and then they drank, and they were the dullest. My wife and I don't need booze. People stimulate us."—Morey Amsterdam, noted comedian.

Problem in Industry

American industry is throwing "hundreds of thousands of dollars a year down a rat hole" by avoiding the issue of employee alcoholism, says Selden Bacon, sociologist and director of the Yale University School of Alcoholic Studies.

How to Become a Stinker

"A few drinks change a lady or a gentleman into a stinker. . . . Liquor makes people behave that way because alcohol deprives the drinker of his or her higher faculties—judgment, decency, modesty, responsibility."—Dr. William Brady, in the Milwaukee *Sentinel*.

Potent Russian Weapon

"Mikoyan offered to ship unlimited quantities of vodka to the United States during his American tour, according to the Communist newspaper *Pravda*. It quoted him as saying, 'Russia can easily spare the liquor now that our own consumption has been rapidly reduced.'"—*The Wall Street Journal*, Feb. 2, 1959.

Bribing to Sell

"You want me to answer the question 'Is drinking necessary to selling?' My answer is 'No.' When a man is interested in investing his money in any product he wants to be sure he will get his money's worth. If a salesman tried to bribe me by offering me a drink, I would have contempt both for him and for his product. . . ."

"Three men who direct my adult program throughout the world do not drink; I, myself, do not drink, and I have turned down a radio show that was to be sponsored by a liquor company. I told the men in charge that no amount of money would induce me to advertise liquor."—Dale Carnegie, in an interview on business and drinking.

What a Priest Claims

"Stand up and fight the blue-nosed enemies of the liquor industry. Fight the Drys with the weapon of truth. In the blue-nosed gang, the spiritual descendants of Carrie Nation, who have substituted the lobby for the hatchet and set themselves up divinely as delegated gadflies of God, will never survive against the weapon of truth. Get rid of your inferiority complex. You are not a new industry; you are as old as civilization itself. You have every right to take your place in your community as a man who provides a legal and honest service."—Rev. Hugh Michael Beahan, to a National Licensed Beverage Association Convention in Grand Rapids.

What the Liquor Industry Thinks of Its Patrons

"Unlike the confirmed alcoholic, the average common drunk rarely seeks seclusion. He meanders about, and his meanderings bring him into the public eye and expose him to public view—and a very unattractive sight he makes. The oftener this happens, the more prone the public will be to condemn liquor, the liquor business, and all its works. Negative reactions of this kind are always a threat to the industry for it is public opinion, after all, that determines whether it shall stay in business or not."—Editorial, *Wine, Beer, Spirits*, September, 1959.

America in Chains

"America sober is America free; but America drunk is America in chains, though her armies march in triumph across the earth and her navies sweep over the seas."—Father M. J. Whyte.

Liquor in Planes

"I am not in favor of liquor in planes, sold or brought aboard. Why force hostesses aboard to be sellers of such drinks, and make barmaids of them by compelling them to deliver drinks when ordered?"—Msgr. John W. Keogh.

Might Be President—or Janitor

In answering the question, "How can I be an alcoholic when I'm so successful?" Dr. Robert J. Kalthoff, a Cincinnati psychiatrist, said:

"Maybe he's earning a lot of money, and maybe he's fourth vice-president of his company. But if he wasn't an alcoholic, he might now be the president—and in ten years, if he keeps on drinking he'll be lucky if he's the janitor."

Skid-row derelicts constitute only 10 per cent of all alcoholics, he pointed out; a high percentage of the rest come from the ranks of the professions, business, the clergy, and scientists.

*Dr. Sarvepalli
Radhakrishnan*



*Vice-President
of India*

Dr. Sarvepalli Radhakrishnan, vice-president of India, is well known in educational, governmental, and international circles. He is one of the greatest philosophers, if not the greatest, of India today, and has held philosophy professorships in the leading universities of India. Moreover, he has lectured extensively in China, in fourteen universities in the United States, in England, and in other countries.

As a member of the Constituent Assembly he assisted in the drafting of the constitution for India and was long a member of the Committee of Intellectual

Man of True Principle

Co-operation of the League of Nations. For more than a decade he served as a member of the Executive Board of UNESCO, of which he was elected president for the year 1953.

Dr. Radhakrishnan is an ideal educator, for he practices what he preaches. He is a man who has not permitted circumstances or environment to mold or direct his course in life. On the other hand, he has controlled the circumstances and molded the environment in which he has found himself. To show his conviction and dedication to principle, he states, "I have been a total abstainer all through my life."

