

LISTEN

A
JOURNAL
OF
BETTER
LIVING



Chuck McKinley
Tennis Champion



news

❖ **DULL DREAMS.** Alcohol can deaden a man's dream life. Caffeine doesn't particularly liven it up either.

If you want proof, ask the seven medical students who proved the point by downing the equivalent of six ounces of 100-proof gin before beginning a good night's sleep. Electrodes were attached to the students for scientific observation, and the records showed a substantial reduction in their dream lives.

Scientists have learned that very active brain waves and rapid eye movements are associated with dreaming. Alcohol slowed down these patterns in the medical students, which means that alcohol was reducing their dream life. Caffeine, taken in a dose equivalent to three cups of coffee, did not have the same effect. Nor did it increase dream life.

❖ **CZECH CHECK.** There is a check on drinking drivers in Czechoslovakia that has proved quite effective. If a drinking driver becomes involved in a traffic accident, he may be fired from his job or given a year's imprisonment. The law feels that the driver knows what he is doing when he drinks and drives in a manner dangerous to others.

❖ **FEMALE BUYING POWER.** A survey conducted by Schenley Industries, Inc., producers of whiskey and other alcoholic beverages, has shown that women are a surprisingly important factor in determining the fortunes of the nation's distillers. One out of three liquor purchases is made by women, for instance, and almost half of the female population drinks distilled spirits, as compared with 60 percent of the male population.

❖ **ALCOHOLIC MENTAL PATIENTS.** For the second year in a row, alcoholics outnumbered all other patients admitted to Maryland state mental hospitals, the Department of Mental Hygiene has reported. It was learned that more than 30 percent of all admissions were for a primary diagnosis of alcoholism. More than two out of every five men admitted and one out

of every ten of the women admitted were alcoholics.

In actual numbers, the Department's report revealed, alcoholic admissions doubled in the last three years. But since most alcoholics are hospitalized for only short periods of time, they continue to occupy only about 5 percent of the beds in the Maryland mental hospitals.

❖ **ANTISMOKING DRIVE.** A national education program to discourage young people from smoking has been started by the Canadian health ministry. Some \$600,000 in government funds is being allocated for information, education, and research. An additional \$100,000 also has been made available by the National Cancer Institute for lung cancer research.

❖ **MORPHINE REPLACEMENT?** Medical science, for years searching for a pain-killing drug that is nonaddicting, may have found the answer in a drug called Win 20,228. It has been successfully tested and will be available in the near future if the Food and Drug Administration approves the drug. One spokesman from the National Academy of Sciences noted that Win 20,228 has no pain-killing effect in animals, only in humans. Nor has the drug produced to date the bizarre psychic reactions which have been troublesome with some other pain-killing drugs.

❖ As the lung cancer deaths continue to spiral toward the 50,000 mark per year, why do smokers continue to smoke? In his book, "Why Give Up Smoking?" A. A. Ostrow lists these reasons, given by smokers, for continuing to smoke.

1. To relieve tension and to help anticipate stress.
2. For pep when depressed.
3. To help think.
4. For companionship.
5. To express sociability and to add poise.
6. As a reward for effort, and for a restful change of pace.
7. To ease restlessness.
8. Because smoking involves a satisfying ritual.
9. For sensory pleasure.
10. To conform to custom.
11. To keep from eating too much.

OUR COVER

Seldom has a champion in any sport so completely dominated his field as has Chuck McKinley in tennis.

Not only national in achievement, but international, Chuck gained fame at Forest Hills, at Wimbledon, in the Davis Cup matches last December, and lately at Salisbury, Maryland, in winning the national singles.

Listen's cover is by Hal Swigget, San Antonio, Texas.



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Too Contented?

ARE YOU happy? Are you worried? Are you confident? Are you satisfied?

These questions were part of a nationwide survey done recently by a prominent news magazine to determine the way people live today.

This survey found that people "have never had it so good as they now have it." They are well fed, well clothed, well housed, well fixed with cars, gadgets of all kinds. In other words, the public in general is contented.

In fact, the trouble is that they are too contented!

"There seem to be no national goals, or even personal goals," said one summary of the survey, which touched every part of the country and all strata of society. "If you're intense about anything," the summary continued, "you're put down as an oddball. We are developing into people who don't have any opinions. We drift."

Perhaps this is a situation into which we are drifting deliberately. We live in an age of drugs—"mood" drugs, "super-thought" drugs, "consciousness-expanding" drugs, "relaxant" drugs. This is one factor, an important one, in the present trend into chemical living.

Too many people are virtually putting their minds to sleep through drugs, with the result that they can no longer face reality or develop vigorous mental reactions.

As the New York psychiatrist, Dr. Daniel Casriel, observes: "We have many people who are suffering from disuse of their normal fear and anger. They are so drugged that they cannot react normally to situations that should produce strong reactions." In an age of fast-moving events that are vital to every person, this is indeed tragic.

A story is told of the mother of a very disturbed child coming to her psychiatrist for advice. He suggested that she take a tranquilizer each day until it was time to bring her boy back again.

Several weeks later she returned for another consultation. "How is Johnny?" asked the doctor.

Shrugging her shoulders, the mother replied, "Who cares?"

Although this story may be somewhat overdrawn, it illustrates a trend. Often taken to alleviate tension, "mood" medicines become routine, even in times of slight tension. "We pop in the pills before making a speech," says Robert P. Goldman, "before going to the dentist (who may supply one before drilling), before boarding a plane, before asking the boss for a raise, or before visiting mother-in-law."

When experimenting with mescaline, chemical cousin of the hallucinatory drug LSD, Dr. Donald Hammersley, of the American Psychiatry Association, recalls, "I felt I had no responsibilities, no desire to make a decision. Someone asked me if I wanted to have lunch. I told him I didn't have to decide about that sort of thing anymore."

The prevalent penchant today for "instant happiness" is in itself one of the greatest dangers of our time.

"An unbelievable fraud has been perpetrated on the public about medication which influences emotions," declares Dr. Morton Schillinger, director of the Lincoln Institute of Psychotherapy. "Of course, these drugs have a place in therapy when they are appropriately prescribed. But they cannot provide magic contentment. They cannot provide miraculous cures."

It may be easier to take a pill than to get to the root of a problem, but this approach to any problem does not provide a real or permanent solution. Any person can dissolve all his tension through the use of certain pills; he can be tranquilized to the point that he loses not only his anxieties, but also his ambitions, ideals, and creative urges. This pitiful state of being is a real danger in our modern society, especially when living by chemistry is so popular as almost to threaten to become a national way of life.

Francis A. Soper



In its frenzied campaign to gain youthful customers, the modern tobacco industry is in itself a case study in advertising ethics as it, through deliberate deception and the withholding of truth, promotes a product about which there is serious health question.

PEACE OR ARMISTICE?

LEE LESTER

THE TOBACCO industry's persistence in urging young people to smoke defies accumulating evidence that smoking is a menace. In recent years the industry has gone hog-wild in its advertising. However, in June, 1963, it reacted to sharply increased protests from alarmed parents, educators, and school and health organizations, and issued a declaration that most of the major tobacco companies would stop advertising cigarettes in college newspapers, magazines, and football programs.

The position of the Tobacco Institute, said president George Allen, has always been that smoking is an adult custom. This kind of statement in the face of incontrovertible fact makes one do a double take. It puts the Tobacco Institute on the side of the angels and renders curious the confidence that it will be held accountable to its words and not its deeds.

For the facts present a less angelic picture. The tobacco industry for years has assiduously promoted cigarette smoking in the college press. It is reasonable to think, therefore, that the advertising was aimed at the collegian and not his father. The Tobacco Institute maintains that a concern must appeal to prospective customers if it is to grow. For a long time it has considered the nation's youth a legitimate arena for expansion. The tobacco manufacturer has been buying almost half of all space in the college press. He sponsored contests, offered prizes, sent out salesmen to roam the campus. He hired students at \$50 a month plus all the free cigarettes they wanted. The Kiplinger publication *Changing Times* called these practices "persistent, lavish, and a study in irresponsibility."

Undaunted by accumulating evidence that cigarette

smoking is a major cause of lung cancer and other diseases, the tobacco manufacturer intensified his promotion campaign. Indeed, in five years, cigarette manufacturers doubled their marketing efforts in the college press.

Contests and prizes were geared to the longings of young people. If the student hankered for a sports car, an L & M Grand Prix Contest catered to his longing. Five bottom panels of any brand of Liggett and Myers cigarettes enabled him to enter the contest, and he could enter as often as he pleased. The student was told he was lucky indeed to be matriculated, because this contest was a "Sweepstakes for Colleges Only!" Fifty Pontiac Tempests were offered free, and the student had "fifty times more chance to win than if open to the general public." All he had to do was smoke L & M's and "get with the winners . . . far ahead in smoking satisfaction." The girls also entered, and they could choose instead of the Pontiac, a fourteen-day holiday in Europe for two, plus \$500 in cash. Other brands pushed various contests, all geared to the collegiate mind.

The amount of money spent by college youth on these contests, totaling millions of dollars, appalling as it was, was not the most dismaying aspect. Appalling indeed was that the collegian was urged to smoke constantly, "incessantly!" Nowhere was he warned that he was risking health and longevity by smoking. Nowhere was he cautioned to smoke with moderation.

Recent studies show that a boy of eighteen who starts smoking two packs of cigarettes a day cuts, on the average, twelve years from his life. By age eighteen or twenty, lifetime smoking habits are set. The tobacco manufacturer has learned that if he can animate the stu-

dent's loyalty, the student will for years stick like glue to the brand that reminds him of pleasant campus days.

This youthful smoker is the one who learns to inhale the deepest. Studies tell us that the more deeply he inhales, the higher his risk of developing lung cancer.

The announcement by the Tobacco Institute that some of the major companies intend to stop aiming their advertising at college youth may serve to placate a body of parents who are at last becoming aware of the intensity of this advertising and alarmed at its effect on their children. But there are other ways to ensnare the collegian, and the expected increase in the college population from 3,800,000 to 7,000,000 youth, half of which Government officials estimate will occur between 1963 and 1965, may prove too much temptation for the tobacco industry. This is a lucrative market. Twenty-five million teen-age youth in 1962 had a total of ten billion dollars of their own to spend. *Tobacco*, a leading trade journal, estimated that by 1984, of an estimated 200,000,000 population, 140,000,000 will then be smokers, "as a greater number percentagewise of the younger generation become cigarette smokers." The chairman of the board of directors gloated over this increase in the youthful population and predicted it would make record years for the tobacco industry. He said young adult smokers as a group increased only 2 percent from 1950 to 1960, but between 1960 and 1970 he expects they will increase by 50 percent.

This coming crop of 7,000,000 college youth furnishes the basis for a vastly different statistical prediction by the American Public Health Association. The Association said there would be 45,000 new cases of lung cancer in 1962, and 39,000 deaths. At this rate a million children now in school will die of lung cancer before they reach age seventy. The American Public Health Association feels it must find effective ways to protect youth from the irresponsible encouragement to smoke.

Difficult indeed is the job of protection. The Health Association and other organizations face a firm-ed-up attitude on the part of the Tobacco Institute that smoking is not connected with any health hazard. They face a formidable determination by tobacco manufacturers to expand the market among prospective customers. Vending machines implement this determination by making cigarettes more accessible. Cigarette sales from vending machines lead sales of all other products. More than 16 percent of all cigarettes are bought from these machines.

Some 793,000 vending machines were on location in 1960 ready to drop a pack for any child, youth, or adult who had the cash. At least 21,000 new machines were added in 1961, for a total of 814,000, and placed in college halls, cafeterias, dormitories, apartment houses, movie houses, theaters, restaurants, diners, luncheonettes, and in every busy thoroughfare. There is nothing to prevent a minor from purchasing a pack.

Like floodwaters which break bounds and churn over widening areas, the college cigarette promotion engulfs small fry in the lower schools, too. They cannot wait to imitate their sophisticated older brothers and sisters, so they start at the age of eight or nine years. A call to the Revenue Department of a large city to inquire whether there was a law prohibiting children from purchasing

cigarettes from vending machines brought this reply: "There's no law. How could you tell who's gonna use the machine?"

How could you tell, indeed? And can we tell the usher at the movie, the short-order cook at the diner, or the proprietor of the neighborhood candy store to be the custodian of our children's health?

It would be unfair to say that the cigarette industry does not want to remove death-dealing substances from its product, but it is fair to remember the announcement which introduced the formation of the Tobacco Industry Research Committee about twelve years ago: "We believe the products we make are not injurious to health."

From this position the Tobacco Institute has not budged. The president said then and continues to say now that the case against tobacco is "largely statistical and coincidental."

In 1958 Dr. Clarence Cook Little, scientific director of the Tobacco Industry Research Committee, said there is no substance in tobacco smoke that is known to cause cancer in human beings; laboratory animals exposed to massive doses of cigarette smoke did not develop lung cancer; tobacco smoke condensates had been painted on susceptible animals in the quantity and exposure rate simulating conditions of human smoking and no skin cancer had appeared.

In 1961, after statistical associations of cigarette smoke and cancer had been made separately in different countries, Dr. Little emphasized that "even if a statistical association is assumed to be completely valid, it does not and cannot demonstrate that smoking is actually a factor in causing cancer."

But a study financed by the Tobacco Industry Research Committee itself in 1962 produced cancer in 20 percent of each group of 1,000 mice painted twice a week with tar from one cigarette. Subsequently, a group of researchers painted mice with tar from 8.3 cigarettes a day. Tar came from filtered and nonfiltered cigarettes. Of the group of mice painted with tar from filtered cigarettes, fifteen out of sixty developed tumors. Forty-one out of seventy-six painted with regular cigarette tar developed tumors. This group of researchers reported that tar from filter-tip cigarettes is as dangerous a tumor-causing agent as from non-filtered cigarettes although a puff from a filtered cigarette delivers less tar than a puff from a nonfiltered cigarette.

It was only after these reports that Dr. Little in 1962 admitted that his board had never doubted that tobacco tars contained cancer-provoking agents. He said absolutely that tobacco tars contain carcinogens—for mice. But for men? He was not convinced.

In January, 1963, a group of New York doctors reported results of a five-year experimental study on dogs. This animal was used because it does not normally develop bronchogenic carcinoma. The dogs were made to inhale doses of cigarette smoke condensate, a vapor synthesized from smoke. Invasive carcinoma occurred in the group breathing cigarette smoke condensate and not in the control group. The doctors said the evidence was sufficient to warrant preventive measures of intensive education and strict legislation to ban all advertisement for the sale of tobacco products. (Turn to page 32)

"Good Horse Sense Makes Good Car Sense"

Interview With William C. Nunley

DRIVER OF THE YEAR

by Francis A. Soper



ASTRONAUT GORDON COOPER traversed a lot of miles during the thirty-four hours he was in space, but truck driver William C. Nunley of Baxter Springs, Kansas, has covered more than three times as many miles. Naturally he has taken somewhat longer to do it—in fact, about thirty years to log his nearly 2,500,000 miles, or the equivalent of some one hundred times around the world.

Selected as the National Driver of the Year for 1963, this driver, who pilots a tractor-trailer combination for Yellow Transit Freight Lines of Kansas City, received his award for his awesome accident-free total mileage and his repeated acts of heroism involving the saving of lives on the highway.

Driver Nunley is the number one man out of the Baxter Springs terminal of his company, a general trucking firm covering much of the Midwestern section of the country and operating some 350 tractors and 840 trailers, with 750 over-the-road drivers. Some 115 men drive out from this one terminal.

The truck he drives is a typical big rig—diesel, with five axles, 72,000-pound gross vehicle weight, eighteen tires, about 210 horsepower. As all skilled drivers must do, he has learned to operate his truck with "split-inch" efficiency. He says he can park his rig easier than he can park his own car.

From Baxter Springs, only a mile inside Kansas from the Oklahoma border, Nunley makes five round trips a week to Oklahoma City, logging about 2,110 miles a week on that run. The schedule calls for him to leave at

Always a man to practice what he preaches, William Nunley fastens the seat belt in his own car. "Never be caught with yours unfastened," he says. Nunley believes in safe driving.

1 p.m. and to be back at 11 p.m. The runs for various drivers are changed from time to time on the basis of "bids" for their personal preference and according to their seniority.

Unassuming and disdainful of publicity, Bill Nunley has nevertheless been thrust into the limelight by his award, having been featured on national television programs such as "To Tell the Truth" and radio programs such as "The Arthur Godfrey Show." In addition, he has appeared repeatedly on local radio and television stations; he has spoken before state and local safety organizations, truckers' conventions, and governors' conferences. Always he has only one subject to talk about, only one thing on his heart—safety on the roads.

Actually, if there is any one thing above another in which Nunley is an expert, it is road safety. And he holds that the average motorist can and should be an expert in the same thing. He must just follow the simple rules of courteous and cooperative highway behavior. These he summarizes as follows: 1. Stay alert. 2. Obey the laws. 3. Be courteous. 4. Be patient.

"Good horse sense makes good car sense," he emphasizes.

Moreover, Bill Nunley really practices what he preaches. In fact, he has repeatedly gone beyond the call of duty to help fellow travelers in need, twice being cited for heroism. One of these occasions saw him save an ambulance driver from possible death at the hands of a berserk mental patient who had broken loose from his





Road courtesy is part of Driver of the Year Nunley's regular program, especially if he finds someone who is in trouble.

bonds while being transported to an Oklahoma hospital. The patient had struck the driver with a metal cane, causing the ambulance to go into a ditch, but the victim was able to hail the passing Nunley, who subdued the assailant.

On another occasion, during a crippling ice storm, Nunley found an Army officer whose car had broken down while he was taking his seriously ill wife to a hospital. Realizing the hazards an ambulance would face on the icy roads, and the importance of time, Bill assumed the risk himself and towed the couple in their vehicle to Pryor, Oklahoma, where the woman was able to receive medical attention.

Such incidents, according to Nunley, are all part of the courtesy and consideration one human being should show to another. "Anyone who drives safely is thinking about his fellow drivers, and that carries over to those who are in trouble on the road."

He works for a company which is safety-conscious itself. Yellow Transit has won for the fifth straight year the grand trophy offered by Trailmobile for the best safety-mileage ratio during the year. It was also given this past year the achievement award in the National Fleet Safety Contest by the National Safety Council.

William Nunley, at home, is an active church worker in his First Christian Church in Baxter Springs. During his nondriving hours he uses his free time in working with youth organizations as a baseball and basketball coach, besides his radio and television appearances on behalf of traffic safety.

"I have a green thumb," he says. He loves his garden and flowers, and all the extra time he can find he is out digging in the soil. Profitably, too. He and his wife raise most of what they eat, and preserve additional supplies by canning and freezing. "I also like to fish," he goes on, "but don't have time right now. When I retire, I want to fish and hunt." The noncompulsory retirement age for Yellow Transit drivers is now fifty-seven years. Nunley is only four years from that time. When

he retires, it will be with reluctance. He likes his work, and feels he is part of a profession which is performing real service to the country.

One out of every ten persons in the United States is connected in some way with trucking. There are 12,500,000 trucks of all types on the nation's roads, representing 16 percent of all registered motor vehicles. On the average, the large units (the so-called "semis"), of which there are 375,000, must be operated eighteen hours out of every twenty-four in order to be profitable.

"The trucking industry is the backbone of the United States," William Nunley says. "Many communities would be isolated without trucks. The industry's slogan is, 'If you've got it, a truck brought it!'"

Probably no other occupation has risen so rapidly in professional standing in recent years as has truck driving. Instead of the poor working conditions, interminable driving hours, and uncomfortable equipment which characterized this occupation a number of years back, truckers now enjoy high wages generally, carefully regulated working hours, and the best of equipment. Furthermore, rigid requisites must be met before drivers are hired. The industry hires no driver who has had less than a full year of professional driving experience. Every driver is given a complete physical examination every two years. The average driver is at least twenty-five years old. The industry wants a man who is settled in life and in his ideals and method of living, one who is over "fool's hill." It will not hire anyone who is known to have disregard for rules and regulations, or who is known to have either a criminal or a traffic record, or one who is addicted to drugs, including alcohol.

Furthermore, these rules for good physical condition are enforced during the service of the driver. One example has to do with drinking, which is the cause of at least half of the fatalities on our roads today. One Interstate Commerce Commission rule says: "No driver shall drive or be required or permitted to drive a motor vehicle, be in active control of any such vehicle, or go on duty or remain on duty, when under the influence of any alcoholic beverage or liquor, regardless of its alcoholic content, nor shall any driver drink any such beverage or liquor while on duty." (Turn to page 30)

Before every trip all equipment is checked carefully to make sure nothing will go wrong mechanically and that everything is as perfect as human ingenuity can possibly make it.



A business executive takes a sensible look at liquor's economic impact on your neighborhood and what you might be able to do about it.

Does Your Community Need Liquor?

WILLIAM N. PLYMAT

President, Preferred Risk Mutual Insurance Company
Des Moines, Iowa

UNDER various state laws, citizens often have the opportunity to express themselves on the subject of the sale of alcoholic beverages. The election may be on the outright prohibition of the sale of such beverages; at other times it may be on whether there shall be package sales only or wide-open liquor-by-the-drink. In other cases the issues may deal with various modes of sale, hours of sale, et cetera.

The voter has to decide in these elections whether he is in favor of outright prohibition, if this is the issue, or whether he is in favor of a restricted policy or a liberal, wide-open policy.

As the voter considers these questions, persons with a personal interest in the outcome often attempt to focus the voters' attention on what may be called *the wrong questions*. For example, the bait of greater tax revenues is held before the voter, who has to consider his tax problems, too. Those campaigning for legal sale will try to get the voter to think about how much money the public treasury will receive from liquor taxes. If the issue is liquor-by-the-drink, glowing tales will be told about how many additional tax dollars will come in.

Often the voter fails to think about other aspects of the sale of alcoholic beverages. He fails to think about the effects of such sales on society. He fails to think about what these may do to his own business, to members of his family, to weaker members of society.

As the voter considers these issues, he should be focusing on what might be called *the primary question*. This may be phrased in varying ways, but in essence it is this: "What is best for all the people in the area?"

At this time there seems to be a rash of elections and drives for legalization of liquor-by-the-drink. One state has recently moved from package sale only, to package sales plus liquor-by-the-drink, with county local option available. Other states may under various pressures adopt the same system, and voters may have the opportunity to consider what they want. The principles and facts here set forth are relevant to many other issues in the liquor field.

Here are the basic reasons why you would be wise to

vote against liquor-by-the-drink if the issue is made available to you as a voter:



1. LIQUOR-BY-THE-DRINK WILL MEAN AN INCREASING HIGHWAY ACCIDENT TOLL.

Fatal accidents on the highways involving drinking are caused by drivers who may be drunk, and also by drivers who have had only a few drinks. Real impairment in driving ability begins with *two* drinks for a man of average weight, and such impairment is not readily visible to enforcement officers.

Accident Facts, published by the National Safety Council, reports: "In Maryland, the Department of Post Mortem Examiners analyzes the blood of drivers and pedestrians who die within six hours of a motor-vehicle accident. Among these victims, nearly three out of four drivers and three out of five pedestrians have been found with alcohol in their blood."

In one recent year Delaware reported that 40.6 percent of all drivers involved in fatal traffic accidents had been drinking. In another year they reported it to be 51 percent. The Montana Highway Patrol in one recent year reported: "We can say without contradiction and backed up by our blood-alcohol tests that last year's experience showed that in 50 percent of fatal accidents, the driver had been drinking."

In suburban Westchester County, New York, during an eight-year period beginning January 1, 1950, it was found on the basis of postmortem examinations that fully 73 percent of the drivers killed in single-vehicle accidents had alcohol concentrations over .05 percent. For a man of average weight (150 pounds), this means two drinks.

In 1961 the State of New Jersey undertook a detailed

study of the alcohol factor in traffic fatalities. All the fatal accident victims were tested for alcohol except those ineligible because of being under the age limit of sixteen years, or because death occurred more than six hours after the accident. Of those tested 54 percent were found to be positive for alcohol.

The worst aspect of this problem is that real impairment in driving ability due to drinking begins with only *two drinks* for a man of average weight. This is at about .05 percent alcohol in the blood. Under most drink-drive laws it takes .15 percent to convict for drunk driving (about six drinks).

In the New Jersey study mentioned before, it was found that while 48 percent of the drinking drivers in fatal accidents were .15 percent or over, 42 percent of the drivers were between .05 percent and .15 percent (two- to six-drink category), and 10 percent were under .05 percent.

The evidence all over the country shows that about half the traffic accidents involve drinking, and about half of these involve *heavy drinking* and half involve *moderate drinking*. Thus society has a real problem in those who may have a couple of drinks and then leave a tavern, country club, hotel bar, or club bar, and drive home.

We are told by those who claim to know that "nobody wants *one* drink," because no one normally will get enough reaction to satisfy him. He is not "satisfied" until he gets enough to be somewhat impaired. One drink affects the judgment of a man on the wisdom of having a second. A second drink affects his judgment on the wisdom of having a third drink, and so it goes. Many a man enters a bar intending to have only a drink or two and ends up with six or seven.

When drink is available only in bottles under package sale, many a man buys a bottle, takes it home, and drinks what he wishes, and then retires. When drink is everywhere under liquor-by-the-drink, the man gets a drink, two, three, or more, and then gets into his car and drives home. The liquor has impaired his ability to know how impaired he is as a driver. Where there is liquor-by-the-drink, licenses are frequently in the country at clubs, rural roadhouses, and other places where the only mode of transportation available is the car. Drinking is done mostly at night, so fatigue enters into the picture, as well as poorer visibility, distractions from passengers who have also been drinking, et cetera.

When local option elections are being conducted, some people will suggest that if a county votes against liquor-by-the-drink people will go to a nearby county which has it and then drive home under the influence, causing a greater drinking-driving problem than if liquor-by-the-drink is available locally. All one can do here is to speculate on what may happen, as there is no clear evidence on the point. One can imagine a situation where there were five licenses in a county, with ten customers in each bar in an evening. If such were the case, fifty people would be drinking and driving in that county, except for the rare one that might be walking. If no liquor-by-the-drink were available locally, some would go home and drink from bottles. Perhaps a small minority would feel defiant about the matter and insist on driving twenty-five to thirty-five miles to another county to drink and then would be driving home under the influence. Out of the fifty persons, how many

Does increased availability of liquor increase alcoholism?



This chart shows the comparative rates of alcoholism in the various states with different types of liquor control. "The degree of availability must be considered as partially determining the vastly greater number of alcoholics than opiate addicts in the United States."— "Quarterly Journal of Studies on Alcohol," September, 1962, page 428.

Rates of Alcoholism

Number of Alcoholics per 100,000 Adults

would insist on doing this? My speculation is that it would not exceed ten and it would more likely be five. Thus we might have five to ten drinking and driving if it were not available in a local county, but near fifty if it were.

People do not often use taxis to go to and from drink establishments. They normally use a car, and when they drink there they will go home by car. The more establishments there are, the more drinking there will be.

If you vote against liquor-by-the-drink, you can make your personal decision known and you may help stop the march of licenses in your county and keep this menace from affecting those near to you. The life you can save by your vote could be your own, or the life of a loved one, or the life of a neighbor.



2. LIQUOR-BY-THE-DRINK MEANS MORE CRIME IN YOUR COUNTY.

When someone points out the high relationship between crime and drinking, many a social drinker is apt to misunderstand. He may think one is suggesting that if he takes a drink or two he will automatically go out and commit some crime. It is to be recognized that many people who drink do not ever become involved with the law in any respect. But there are some people who because of their criminal desires run into real trouble if alcohol enters the picture.

Many a person with a desire to commit a crime is inhibited by his conscience, fear of punishment, or other factor. Often such a person will destroy those inhibitions by consuming alcohol. Many a crime starts with a man drinking at a bar. If most crimes were committed by sober people, we might not be concerned about drinking and crime; but the fact is that a large amount of crime is directly associated with drinking. Many a would-be criminal drops into a bar at night and drinks until he has developed enough courage to go out and commit a crime and then under the cover of darkness he commits it. Let's take a look at alcohol and crime.

The Northwestern University *Journal of Criminal Law*

for January, 1954, carried a report of a study of the urine-alcohol concentration found in 882 persons arrested during or immediately after the commission of a felony, during a two-year period in Columbus, Ohio. A table in the article showed the number of persons arrested in each crime classification and the percentage of those arrested in each crime class who had alcohol and the degree of the same:

Type of Crime	Cases Studied	Percentage Having Alcohol
Rape	42	50
Felonious Assault	64	48
Cutting	40	92
Concealed Weapons	48	92
Other Assaults	60	92
Murder	30	83
Shooting	33	82
Robbery	85	72
Burglary	181	71
Larceny	141	73
Auto Theft	138	70
Forgery	20	60
Total	882	Average 72.7

Warden Lou Clapp of the Idaho Penitentiary one time made this statement: "Ninety percent of the men tell me they were drunk or had been drinking when they committed the offense that sent them up." Warden Percy A. Lainson, while at the State Penitentiary at Fort Madison, Iowa, indicated that 90 percent of the crimes for which prisoners were committed were related to alcoholic beverages.

Listen Magazine has featured a survey of 200 admissions to the Washington State Penitentiary which showed that in 60 percent of the crimes that resulted in imprisonment, alcohol was a factor. In addition, this magazine made a survey of 233 judges, and their estimates averaged as follows: 23 percent of total arrests are for drunkenness. Liquor is a major factor in 39.6 percent of all crime. Alcohol is involved in 63 percent of all convictions.

The high relationship of drinking to crime should warn us that it is wise to use only the most restricted form of distribution of liquor. A bar on every corner is not such a system. It is easier to buy a drink in a bar than to go to a liquor store and buy a bottle costing around \$5. It is reasonable to believe that the more outlets there are the

more drinking there will be, and that the ease of obtaining liquor leads to greater consumption.



3. PEOPLE WILL DRINK MORE AND THERE WILL BE MORE DRUNKENNESS WITH LIQUOR-BY-THE-DRINK.

Some amusing arguments have been presented in support of the contention that people will drink less with liquor-by-the-drink than under package sales. The usual argument starts out this way: If you have package sales only, a man has to buy a *whole bottle*, and then he will have to drink it all. But if you have bars, he can go in and buy one drink and let it go at that.

But what really happens?

If a man buys a bottle and takes it home, usually the wife and children are a discouraging influence on his drinking. If he has had a drink or two, they will urge him to stop.

If a man goes to a bar and has a drink, he finds others there, and soon he is in conversation. They urge each other to drink and often buy rounds of drinks. The bartender also has an interest in his drinking and in many subtle ways encourages increased consumption. There is nothing to discourage his drinking, and on the contrary much to encourage it. Each drink affects the man's judgment on the wisdom of another drink. He starts out intending to have one or two, but winds up with many.

Those who advocate liquor-by-the-drink would have us believe that all we have to do is to legalize it, and at once arrests for drunkenness will go down and there will be less drinking while driving.

The State of Iowa in 1962 adopted a statewide liquor-by-the-drink law. In the first month arrests for drunkenness in Des Moines remained level with the preceding year. In the second month there was an increase of 33 arrests, from 414 to 447. In the third month the figures rose from 355 to 420, or an increase of 65. In the fourth month there was an increase from 350 to 407, or 57. And in the fifth month there was an increase of 141. The percentage increase for this fifth month against the previous year was over 55 percent.

At the same time, the Iowa Highway Patrol was issuing an increasing number of summonses for operating motor vehicles while intoxicated. In the first month of legal sales there was an increase from 84 to 96, or an increase of 12. In the second month the increase was 68, from 64 to 132. In the third month it was from 72 to 131, or an increase of 59. In the fourth month it was up from 83 to 98 or an increase of 15, and in the fifth month it was from 68 to 91, or an increase of 23. The percentage increase for the five months of that year against the previous year was 47.7 percent.

The record is clear. Legalizing liquor-by-the-drink does not reduce drunkenness and drunk driving; rather it increases it. Thus again we find that a policy of "easy" liquor available everywhere by the drink leads to heavier consumption and greater problems for society.

Does increased availability of liquor increase consumption?



This chart indicates the correlation between per capita consumption of absolute alcohol and the type of liquor control in the various states. Absolute alcohol is used because it gives a measure combining beer, liquor, and wine.

Consumption Absolute Alcohol



4. LIQUOR-BY-THE-DRINK MEANS MORE SOCIAL PRESSURE ON YOUNG PEOPLE.

It is well known that most young people who begin drinking do so as a result of the social pressure of those who are already drinking. There seems to be a wide range of motives which cause people to apply such pressure.

Many young people seem to have a difficult time resisting social pressure. When a group of young people go to a well-furnished cocktail bar for refreshments, the waiter takes an order from those who usually drink and then he comes to the young person who does not want to drink. If such young person refuses, often others will coax and cajole him to take a drink. If he continues to resist they will apply mounting pressure, and finally wind up in ridicule, calling the resister a "square" or a "killjoy."

Social pressure is not only rampant, but it is effective. Many (if not most) times a young person will take his first drink under such circumstances, and this may start him down the road that leads to alcoholism, to an alcohol-caused traffic accident, a drinking fight, or some other situation of injury. You can help reduce such situations by keeping bars and cocktail lounges out of your county by your vote to prohibit licenses.



5. LIQUOR-BY-THE-DRINK IS A TRAP FOR THE ALCOHOLIC.

It is widely claimed that one out of about ten social drinkers will become a victim of alcoholism. Such a person will often slide gradually and unconsciously into it. Often the victim will not even know that he is an alcoholic. People with these problems are resorting to alcohol as a "frustration alleviator." They should consult their minister, a psychiatrist, or some other person who would be able to help them solve the problems that are literally driving them to drink. If, however, the bar is handy, they drop in there and drink to get the problems off their minds. This only delays the solution and often aggravates and increases the problems.

Domestic quarrels may be brought on by drinking. Frustrating money problems can be increased by the cost of drinking. We often say we are our brother's keeper, but instead of helping we are providing him with the "trap" of the bar, saloon, or cocktail lounge. When frustration becomes extremely difficult, the person goes into acute alcoholism, and this disguised form of suicide completes the tragedy. We should strive to help these people in every way we can and guide them to a religious solution of their problem rather than clear the way for more bars. We can direct them to Alcoholics Anonymous or some other counseling group. Your vote to bar the sale of liquor-by-the-

drink will reduce the number of "traps" for such of your fellowmen.



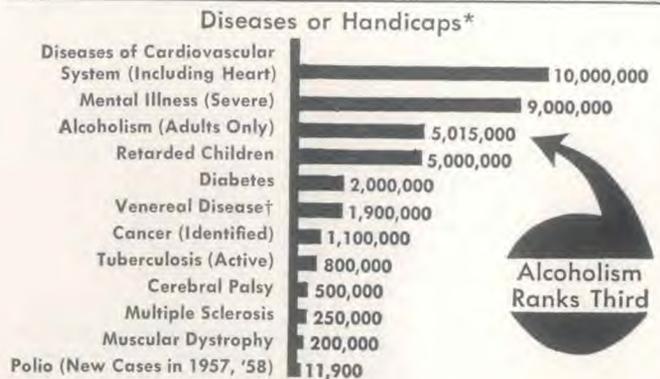
6. LIQUOR-BY-THE-DRINK MEANS MORE FAMILY PROBLEMS AND COSTS TO YOUR COMMUNITY.

When family quarrels plague the community, alcohol often plays its part. It triggers the temper and people are hurt. Police activities increase. Taxpayers have to pay the bill for the policing of bars and taverns. When a family becomes poverty-stricken through alcohol, society has to come to the aid of the victims. Relief costs the taxpayer money. Studies have shown clearly that the tax revenue from the sale of liquor never covers the costs that have to be paid by society in direct payments and indirect damage.

In 1943 the legislature in Massachusetts established a special commission to investigate the problem of drunkenness. In March of 1945 the commission made its report, covering 381 pages. Findings were: In 1943 the alcohol tax revenue for the state, cities, and towns was \$13,139,266.79. In the same year, the known alcohol-related losses to the state in terms of penal costs, rehabilitation expenses, welfare funds, et cetera, was \$46,474,953.74. For every dollar of beer and liquor tax received, the State of Massachusetts spent over \$3.50 for known and measurable costs. Utah and California found the same general situation.

Don't be swept away with the glowing tale of tax revenues. Every dollar of tax revenue comes from the paychecks of wage earners in your community. If the family cannot pay its own bills, relief does so and this comes from tax funds. When these funds are not adequate, your tax bill rises.

Major Health Problems in the United States



*Incomplete List in Order of Estimated Prevalence
†Need Treatment

This table, based on figures by the National Information Bureau in 1959, compares alcoholism with other major health problems in the United States. It is to be noted that these figures are estimates, but are the best that can be furnished by national agencies.



7. LIQUOR-BY-THE DRINK IS A DRAIN ON THE PURCHASING POWER OF YOUR TOWN AND COUNTY. IT MEANS LESS SALES FOR OTHER BUSINESS, LESS PROFITS FOR OTHER BUSINESS, LESS PROFITS TO EMPLOYEES IN PAY RAISES AND TO STOCKHOLDERS IN DIVIDENDS.

PROFITS FOR OTHER BUSINESS, LESS PROFITS TO EMPLOYEES IN PAY RAISES AND TO STOCKHOLDERS IN DIVIDENDS.

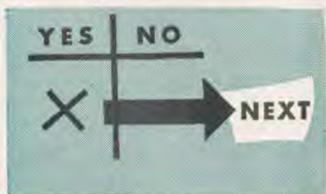
The liquor business is a parasite on our society. It drains money from the regular channels of trade. It does not create productive elements that flow back into the economic channels of trade. It injures people and has no fruitful secondary result.

A five-dollar bill from a wage earner's paycheck that goes for liquor cannot be spent for clothes, food, gasoline, or other commodities or services available in your town.

Let's start with the wage earner. He gets his paycheck. From his "take-home pay" he must save money for his state income tax, real-estate taxes, et cetera. Then finally he devotes the rest to his living expenses, to his insurance needs, to his retirement plans, to his savings account. Under package sale of liquor he may buy a bottle of liquor at \$5 and take it home and consume it. If he does this it costs him about 20 or 25 cents a drink. But if the bar is handy, he may go in, and he then finds that his drinks cost him from 50 cents to as much as \$1. If he drinks the same amount he is paying 100 to 400 percent more for his liquor. He may start out thinking he will buy only one or two drinks, but each drink affects his judgment on another, and the bartender is his "friend" who urges him to buy more. He may wind up buying a great deal.

When he goes home he has less money than he would otherwise have had. When he thinks about new clothes or a new car, he finds he cannot now afford them. While under bottle sales, he might have spent \$5 for a bottle, he finds he has spent from \$13 to \$20 for the same amount of liquor when purchased by the drink.

This purchasing power is being drained out of your community by the liquor business as effectively as if so many jobs were destroyed or companies with payrolls in your town went out of business. The liquor-by-the-drink seller is a competitor of all other business for the dollar of the wage earner. If you are in business, or interested in your employer's business, or the business you hold stock in, then you have a real concern here. If you want your business to prosper, your employer's business to prosper, your dividends to arrive and increase, then your vote against liquor-by-the-drink will be a wise decision.



8. EACH LIBERALIZATION OF POLICY ON LIQUOR LEADS TO FURTHER LIBERALIZATION, AND YOUR VOTE ON ONE ISSUE OFTEN

IS MISINTERPRETED TO MEAN MUCH MORE THAN YOU MEANT.

When the State of Iowa adopted legal liquor-by-the-drink on a statewide basis in 1963, it offered the voters a chance to vote it out in county-option elections. In the first

few elections some counties that many felt would vote it out, voted to allow it. Almost immediately those who were in the liquor business began a campaign to extend the hours of sale past the midnight closing, as well as a campaign for Sunday sale of liquor. They immediately contended that those who voted to allow liquor-by-the-drink thereby indicated their willingness for a liberal policy on all matters affecting the sale of liquor. It appeared clear that the liberalization on liquor-by-the-drink would be followed by a strong drive for extended hours of sale and for Sunday sales. All manner of arguments were advanced to support this drive. Undoubtedly many a voter thought when he voted for liquor-by-the-drink that he was just voting on that issue, but his vote was being misinterpreted to mean much more.

When Iowa's original package-sale law was adopted, the legislature also specified that there would be no liquor advertising in that state except as allowed by the State Liquor Commission. For all the years afterward the liquor commission never allowed any liquor advertising in the state. When liquor-by-the-drink came in, some newspapers began to carry a few liquor advertisements. When questions were asked, they said they were media in "interstate commerce," and not subject to state laws. Undoubtedly some daily newspapers in border cities would have circulation to an extent of perhaps 15 percent in the adjoining state and some contention might be made in this area. But soon it was being asserted by daily papers in the interior of the state where undoubtedly only 1 percent of the readers could be said to be outside the state. And finally it was being asserted by the little weekly newspaper that could scarcely claim a single out-of-state subscriber. Soon twenty-seven newspapers were carrying liquor advertisements.

The State Liquor Commission would take no interest in this matter. Finally the State Liquor Commission put out regulations limiting to some extent certain types of advertising in the state but allowing billboard advertising and all other forms of local advertising, except in counties that voted against liquor-by-the-drink. Undoubtedly had these first few elections which people expected to go against liquor-by-the-drink gone the other way, this drive toward further liberalization would have been stopped.

It later appeared that people in other parts of the state began to see the handwriting on the wall. The later elections on liquor-by-the-drink in other counties began to oppose it. People concluded that if they yielded on this point there would be further yielding and adverse actions on the part of public officials.

You may face the opportunity to vote on a liquor issue in your community or county. You should ask yourself the question: "What is best for all the people where I live?" If you think it through, your decision will be to vote for more restrictions against liquor-by-the-drink, against longer hours of sales, and against anything that will lead to greater consumption. Remember that your vote will be interpreted by others as meaning much more than the single issue before you. We must decide that we will vote whenever an issue is raised, for our failure to vote might be interpreted as meaning that we do not care if those wanting more and freer liquor prevail. The responsibility is completely ours. The challenge is great. The results of our action or inaction will be important not only to ourselves, but also to others.

Formula for a miracle

by the wife of an alcoholic

**THERE'S HOPE FOR THE ALCOHOLIC—
AND IT MAY BE RATHER CLOSE AT HOME!**

I AM the wife of an alcoholic. Being such, I have learned some valuable lessons, one of which is that a wife can do more for an alcoholic than anyone else. Out of my own experience I would like to pass on to other wives some suggestions that might aid them in helping their husbands conquer this terrible condition.

Before you begin, you will need to decide whether or not you love your husband enough to make all the sacrifices that will be required of you. You need to decide if you love him enough to have your patience tried beyond endurance, if you love him enough to be hurt beyond human suffering and still stick by him. For hurt you will be, and your patience will be tested to the limit.

No matter how much you love him, there will be times when you think you hate him and can no longer go on living with him. But these times will pass. If you truly love him, with patience and the help of God perhaps you can save him. If you stick by him and win, then there will be no more glorious feeling than that you have been partly responsible for the saving of a human soul, your husband, and the saving of a sacred union, your marriage.

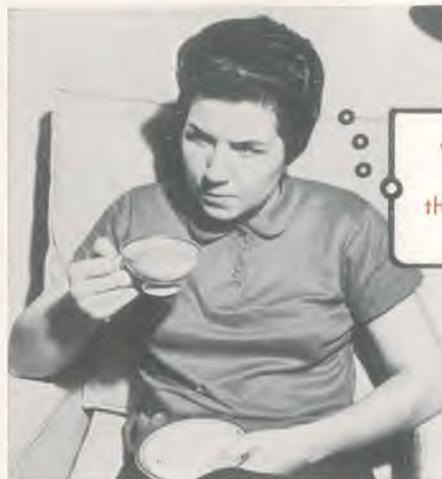
First, let's take a look at an alcoholic. When he begins to drink, he never intends to get drunk. He usually believes that he is going to have only a couple. But if he is an alcoholic, he cannot stop once he has taken that first drink. He must drink on and on until he is so drunk that he cannot drink any more.

In this condition he is not sure where he is or what he is saying; he may become morbid and self-pitying, and he may even become violent. If he is crossed in any way, he is sure to become violent.

I used to become angry with my husband when we would go out for a drink and he would not quit and go home at a reasonable time. It took me a long time to realize that he *could* not stop. I believed that he just *would* not. I think it is impossible for those of us who do not suffer from this condition to understand the power it has over those who do. Even now I can hardly comprehend one's inability to stop doing something he does not want to do. But though we cannot understand

this curious situation, we still must accept it as a fact.

My requests that my husband quit drinking and go home would throw him into a fury. When angry, an alcoholic will say many things that will hurt. He will call you names, accuse you of vile deeds, he may even strike you. I need to caution you here that you absolutely cannot take any of this personally.



**When angry, he
will say many
things that will hurt.**

You cannot conclude that he does not love you, that if he did he would not say such things to you. Chances are, if he loves you when he is sober, then he really loves you. When he is drunk, he is not himself, and probably does not fully realize who you are. To him at this time you are an obstacle at which he must lash out.

The next morning, when he is suffering from an acute hangover, an alcoholic will probably swear that he will never drink again. Do not build up your hopes, for this is a temporary revulsion. He does not want a drink now and thinks that he never will. But it is not as simple as that. He will want a drink again, and will suffer a hangover again, and will swear off again—time and time again.

Although you know that his promise is only temporary, do not let him know this. You must show a belief

in him to save him. If he sees you have no faith, then he will feel there is no use trying.

I said that he would want to drink again, and when he does, the worst thing a wife can do is try to stop him. She then becomes an authority figure, and an alcoholic cannot stand to be threatened with authority. Unconsciously, he is fighting against all the people in his childhood by whom he was constrained. A wife can turn herself into a hated symbol by assuming this role. Her husband will feel like a cornered animal and will do anything to break free.

An alcoholic will lie, sneak out, even steal from you, to obtain a drink. Alcoholism is an addiction much like any other drug addiction, and a person driven by a compulsion of this type is not entirely responsible for what he does. Someday, when he himself decides he does not want to drink, this decision will be much more effective than that enforced by his wife.

When an alcoholic comes off a binge, he suffers a remorse much worse than anyone could inflict on him. His sense of guilt and sorrow is so deep, in fact, that it is actually damaging to his personality. One of the biggest obstacles he will have to overcome is the conviction that he is no good and never will be, no matter what he does. A wife's accusations on the morning after can add to this, make him even stronger in his feeling of inadequacy, and therefore make his drinking worse.

You cannot tell an alcoholic his faults, even when he

and will be driven to drink more. Even if you do not show disapproval, he will see it because he expects it. Also, it is the image of you as something better for which to strive that will help save him finally. If you destroy this image now, you may lose everything you might have had to save him with later.

You will not like your husband's friends, many of whom he picks up in bars. But never, never criticize them. While he is drinking, he believes that anyone who drinks with him is his friend. He will resent your thinking otherwise. You can be an example for him to compare with those others, but you will destroy this example if you indulge in criticism.

You need not let these people into your home, however. In fact, you need to keep your home as a sanctuary from this kind of life, because when your husband stops drinking he will do it for his home and family. If the home has become only another drinking place, then there is no difference to him between the bar and the living room.

When your husband is out drinking, the best thing you can do is go to bed. If you are up when he comes in, chances are you will have an argument. In his condition he may become violent. Even if you say nothing, your mere presence will put him on the defensive. Never jump on him at this time, or ever, for that matter. This will only drive him out again and make him hate you for nagging. If you are so upset with worry (as I was) that you cannot sleep, at least pretend sleep when you hear him come in. He may then simply go quietly to bed himself, no doubt thinking that he has put something over on you.

You may find that your husband will try to harm himself when he is drunk, because he is so overcome with self-disgust. Certainly you will find it impossible to ignore this. It is necessary, though, to be extremely cool and calm about it. You have the consolation that in his drunken state his attempts will probably not be successful. But it is a good idea to hide all pills which might be harmful, and all knives, razor blades, and ropes. Then go to bed and ignore him when he comes home.

And keep on ignoring his sin the next day and every day. You cannot nag or shame him out of drinking. By smiling, by creat-

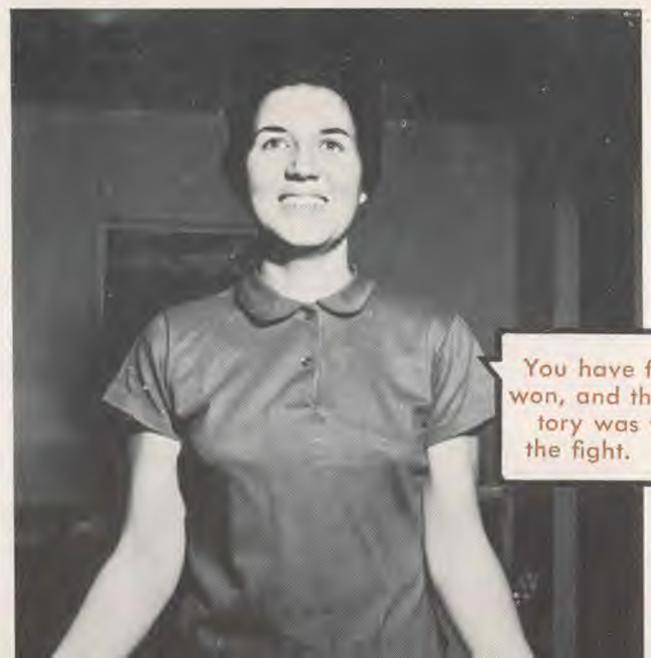
(Turn to page 31)



You need to decide if you really love him.

is sober. He drinks because he cannot face himself, and he will resent your forcing on him what he cannot yet accept. You must learn to overlook many things, for the time being. Someday he will come to a realization of himself, when he is ready to acknowledge the truth. In the meantime, he needs to be built up, to be convinced that he is capable of making a good and useful life. He is now insecure, and any opportunity for making him feel like a worthwhile person should not be passed by. Just don't make him feel like a child who is being patted on the back.

Because an alcoholic does not like himself, he feels a need to bring others down to his level. As much as he respects you, he may try to make you drink with him. This is something you should never do. For one thing, if you are unhappy that he is drinking, he will sense this



You have finally won, and the victory was worth the fight.

COMBATING THE DRINKING-DRIVER MENACE



Every year about 40,000 of our friends and neighbors are killed in traffic accidents, while nearly 5,000,000 are injured. Most of these tragedies can be prevented.

Interview With Stanley Mosk, California Attorney General, by Gordon F. Dalrymple

JONATHAN SWIFT, in his *Letter to Stella*, February 26, 1711, penned the cryptic words, "Much drinking, little thinking."

For the drivers of today's 350-horsepower behemoths of the highways, Swift's statement highlights a problem that is rapidly getting out of hand—that of the motorist who casually takes one or more for the road.

Traffic officials have proved a definite correlation between the appallingly high number of accidents and the erratic road performance of the drinking driver.

California's attorney general, Stanley Mosk, is convinced that the drinking-driver menace is entirely out of hand and that immediate preventive measures are a must if the appalling highway slaughter is to be halted.

Mosk bluntly terms the drinking driver "the greatest traffic offender," describing the National Safety Council estimate of 30 percent of highway deaths caused by drinking drivers as "conservative."

Mosk's vigorous reaction to the problem stems partly from the fact that California's highways are jammed with automobiles; Los Angeles's scores of miles of freeway are packed with cars, bumper to bumper, during rush hours. The state has more automobiles traveling its highways than any other in the nation. From January 1, 1963, to June 9, 1963, an average of ten persons were killed every day on state highways. In this brief five-month period, 160 days to be exact, 1,679 persons were slaughtered.

Explaining that this represents a fatality increase over the same period in 1962, Mosk points out that "a large percentage of these have been killed because of drivers whose reactions had been slowed by alcohol."

In 1962 there were 4,121 fatalities on California highways. Involved in these deaths were 5,378 drivers. "Of these, 1,270 were listed as 'had been drinking,'" Mosk says. This means that 23.6 percent of drivers involved in traffic fatalities were driving while intoxicated. In non-fatal injury accidents 20 percent of the drivers "had been drinking." In both instances the "had been drinking" tag was applied on the basis of the legal definition of intoxi-

cation which is .15 percent of alcohol in the bloodstream.

Use of alcoholic beverages as a social requirement and the idea that no stigma is attached to "having a beer or two" have become common. Ogden Nash, commenting about an icebreaker for social occasions, has said, "Candy is dandy, but liquor is quicker."

But a study of traffic injuries and fatalities reveals that "even a few drinks can be dangerous," Mosk claims.

In 85 percent of California test cases in which .10 percent alcohol content has been found in the bloodstream, drivers were drunk, unfit to be behind the wheel of a car. This is true despite the fact that the legal percentage for conviction on a drunk-driving charge is .15 percent alcohol content. Obviously, a person can have a lower blood-alcohol content than the minimum legally stipulated for conviction on a drunk-driving charge and still be a menace to highway safety. Mosk feels that the legal percentage should be lowered; but his big concern is prevention of the problem.

Mosk refers to European countries that arrest the drinking driver before he has had a chance to bring death to the highway. Norway, for example, grants police powers for arrest of a person who leaves a bar and enters his automobile—and that after he has had as little as one drink. The would-be driver automatically faces a mandatory jail sentence and suspension of his license after release. Mosk is convinced that California should place the burden of proof on the individual accused of drunk driving; he states that thirty-two states have taken steps to do this.

"Legislation should be enacted to provide that persons who have been driving erratically, who carry the smell of alcohol on their breath, and who have given objective evidence of being intoxicated, must either submit to designated tests or assume the burden of proving that they were not drunk when arrested."

Significantly, the American Civil Liberties Union does not object to chemical tests of individuals charged with drunken driving. Indeed, the A.C.L.U. terms the test "a reasonable exercise of the state's police power to impose

conditions to guarantee safety on the public highways.”

Mosk agrees with many lawyers who insist upon procedural safeguards for persons accused of drunken driving. They urge that proposed laws require a person be definitely informed that failure to submit to the chemical test will result in revocation of his license. Such information would be provided by the officer and the one administering the test.

A possible safeguard: Such information would not be admissible in any civil or criminal action. Otherwise it is contended that such refusal on the part of the accused could amount to violation of the law against self-incrimination.

Revocation of the drinking driver's license is basic in guaranteeing highway safety, in Mosk's opinion.

The California attorney general is convinced that the apathy which follows gruesome accidents is a frustrating phase of the drinking-driver problem.

He mentions a northern California case in which a nine-year-old boy was killed. Each of the other six members of the family was seriously injured. It was only insurance carried by the family that saw them through expenses incurred.

A blood test was given the driver responsible for the accident. It revealed he had more than the .15 percent blood-alcohol level specified for conviction on a drunk-driving charge. Four witnesses appeared to testify to his erratic driving. Twenty cars had been lined up behind him, afraid to pass because of the driver's weaving into the left lane of a two-lane highway.

Two cars followed the vehicle that contained the fam-

BOYCOTT ON DATES?

William
L.
Roper

When he was Secretary of Health, Education, and Welfare, Senator Abraham Ribicoff had some excellent advice for America's teen-age girls, in suggesting that they could make a major contribution to safer teen-age driving. He advised: "Don't date reckless drivers!"

National statistics reveal that out of 6,500,000 teenagers licensed to drive in 1961, approximately 2,700,000, including repeaters, were involved in a variety of traffic accidents. Drinking was a factor in many of these mishaps, of which at least 6,000 were fatal.

Mr. Ribicoff's date-boycott suggestion certainly would help focus the attention of youthful drivers on highway safety, which needs renewed emphasis. The number of teen-age drivers involved in serious crashes has been increasing. Some 4,702,000 persons were reported by the Department of Health, Education, and Welfare to have been injured in traffic during 1958. It is significant that this figure is more than three times as high as the National Safety Council total for non-fatal accidents for the same year.

Of the total, some 1,214,000 were in the fifteen-to-twenty-four age bracket, and more than 320,000 were from five to fourteen.

Estimates place the annual cost of nonfatal accidents alone at more than five and a half billion dollars. This is the National Safety Council figure based on 1,350,000 accidents in 1958. The Government records showing that three times as many were injured, may indicate the real costs to be nearer seventeen billion dollars. And statistics, by themselves, of course, could never begin to tell all the human loss, the pain and the suffering involved.

More and more teen-agers are driving cars these days. It is essential that every young person consider carefully his own responsibility when he climbs in behind the wheel. The life he saves may be his own.

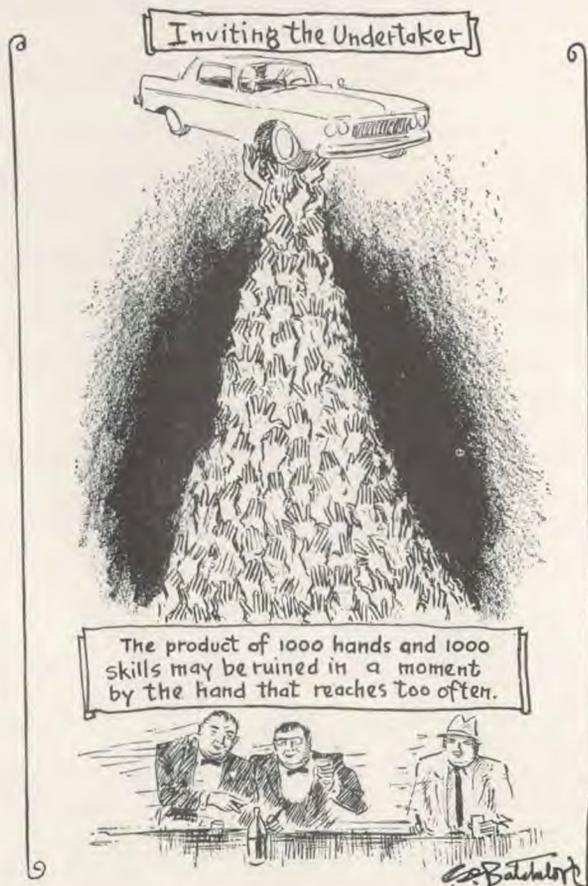
ily victimized. All were eyewitnesses of what took place.

Two individuals telephoned from service stations to the highway patrol about the drunken driver. These appeared as witnesses. But aside from these and the four witnesses mentioned, none of the others who saw the accident or the erratic driving that preceded it, appeared in court to testify. Advertisements requesting persons who had seen the accident or events preceding it were futile.

Mosk mentions that the defendant, who had asked for a jury trial, contended that he had had only four beers from eight o'clock in the morning to two o'clock in the afternoon. The impact of one beer will pretty well leave the human body in an hour and a half. But the blood-alcohol tests disclosed that the driver had .227 percent alcohol in the bloodstream. This percentage revealed that nine ounces of whiskey or its equivalent remained in the bloodstream.

The jury brought a verdict

(Turn to page 21)



Chuck

He P



THOSE WHO play it for keeps know that tennis is one of the most fascinating and strenuous of all sports. Tennis is fascinating because it demands imagination and concentration as well as physical strength.

It is strenuous. Ask any football player or track star coming off his third set of singles. Chances are he will express a preference for the shoulder pads or the track shoes. Only a special breed can play tennis and play it well.

At the top of this select few is Charles Robert McKinley, twenty-three, of San Antonio, Texas, considered by most authorities to be the world's best amateur tennis player. Winner of the Wimbledon singles championship last July, Chuck was the first collegian ever to win a world tennis championship.

Born January 5, 1941, at Saint Louis, Missouri, he began playing tennis early in life, and achieved, at twenty-two, number one ranking in the United States, and soon that of the world's best-rated tennis player. Holder and coholder of twelve United States junior titles and five United States men's titles, Chuck won in 1962 alone three Davis Cup titles, six tournaments, compiling a .845 average on sixty wins and only eleven losses.

Short for a tennis star at five feet eight inches in height, Chuck weighs 155 pounds. A senior at Trinity University, San Antonio, he ranks first in doubles with Dennis Ralston. He has been a standout performer on the United States Davis Cup team for the past three years.

Why is he at the top?

McKinley works extra hard. His coach, Clarence L. Mabry, points out: "Chuck trains like a boxer does before a fight, running long distances every day."

Besides being a hard worker, Chuck also maintains high quality living habits, neither drinking nor smoking. "I definitely do not approve of drinking either for myself or for another athlete," says Chuck.

"When you are out on the tennis court in the hot sun for

Concentration and determination have characterized Chuck McKinley's rapid rise to the top of the tennis world at age twenty-two. ◆

Dr. James Laurie, president of Trinity, presents his school's athletic award to Chuck as Dr. Jess Carnes and Coach Mabry look on. ◆

Coach Mabry (upper left) and one of his champion tennis teams at Trinity University. Two Davis Cup Players came out of this well-trained team—Chuck McKinley (foreground) and Frank Froehling (upper right). ◆

One of the best in the business, Coach Clarence Mabry not only develops champions at the game, but builds men who will contribute significantly to their communities. ◆



McKinley--

s for Keeps

Interview by Marion Rubinstein

five hours as I often am," he went on, "you need endurance, discipline, and concentration. You can't play at maximum efficiency if you use alcoholic beverages."

"There is no possibility of alcoholic beverages helping an athlete," says Coach Mabry. "The amount of time an athlete takes to get into superb condition, he cannot afford to gamble on anything that will offset his eyesight and coordination. If a champion wants to stay on top, he just has to stay away from liquor. And Chuck's sensible attitude toward liquor will enable him to stay at his peak much longer," he believes.

Coach Mabry predicts that Chuck McKinley will do more for tennis and athletics than any other player he knows of. He cites his determination and will to win despite certain handicaps. The coach also points to McKinley's speed and strength, which come only because Chuck keeps himself constantly in superb physical condition.

"You should have seen the way he trained for Wimbledon," says Trinity teammate "Butch" Newman. "He wouldn't take even one drink. He ran long distances every day and never goofed off when he was playing on the court. He was always concentrating."

Chuck married his college sweetheart, Wylita Baxter, in February of 1962, after being told that when a fellow gets married his tennis prowess plummets. Chuck's soared. He refused a \$50,000 offer to turn pro after winning the Wimbledon championship.

Commenting about becoming a pro, Coach Mabry says: "It is quite an inducement, for playing the tennis circuit would mean living in luxurious clubs, and such an atmosphere is quite an attraction to any man. When a young man chooses to remain in school instead of taking such an offer, his country has every reason to be proud of him. Other countries take their athletes out of school and make them play." He went on, "The United States can be proud that our best players are college men."

Opponents who seek reports on McKinley's style must wince after reading the book on Chuck. For style, it includes: Aggressive; competitive nature complemented by lightning and unusual reflexes; little man playing the big power game; hits out almost continuously; serving, volleying, overhead slam, all strong points; flat first serve, fast spin second; overspin forehand (Eastern) and backhand.

Coach Mabry offers one further ingredient of a winner and true champion. It is a quality he stresses to all his players and one which Chuck McKinley thrives on—self-discipline. "There are no definite rules set down as to what the Trinity students have to do or cannot do," says the coach. "Instead we try to set the example for them. We encourage them to see the positive side, that it is their obligation to take good care of their bodies."

And the coach goes on, "This manifests itself in three ways: First, in strenuous workouts; secondly, in reminders that such habits as drinking will not only shorten their athletic life but keep them from attaining or remaining championship caliber; and thirdly, emphasis on the fact they must decide for themselves to refrain from the use of all alcoholic beverages—and smoking. There's nothing like smoking to cut the wind of a tennis player."

"Self-discipline starts when the boys choose to go to college," the coach says. "They learn to live life by playing tennis. They learn to make decisions on their own, to act in the right way in a split second, to get along with people, and to be a good loser. All those things are important to a boy when he gets out into the world to earn his own living. In other words, we try to have a completely rounded program—from hitting the tennis ball to living the life that goes with it."

One of Chuck's advisers at Trinity is Professor Malcolm McCown of the mathematics department.

"There is something about good tennis players," he says, "that comes out to
(Turn to page 32)

Since Chuck married his school sweetheart, Wylita Baxter, he is radiantly happy, which is reflected in playing a better game of tennis. ◆

Chuck's ability to encourage his fellow players aids many of them to attain championship caliber; this interest extends even beyond the tennis game. One such player is Edward "Butch" Newman (right). ◆



MEXICO

EMPIRE OF ALCOHOL

Federico Ortiz, Jr.

According to figures available, there are in Mexico more than 100,000 centers of vice, such as canteens, pulquerias, alehouses, and cabarets, while there are only 35,000 grammar schools. This means that there are three centers of vice for every school, and the number of liquor shops would be even higher if clandestine outlets were counted.

The rate of liquor consumption in Mexico ranges among the highest in the world. Consumption runs into millions of gallons annually of all types of alcoholic beverages. A conservative guess is that Mexico has 500,000 alcoholics plus a large number of moderate drinkers.

The distinguished physician Dr. Samuel Maynez Puente observes that the scourge of alcohol is worst among "the impoverished population which

has dragged out an existence of chronic hunger from time immemorial." "The beverages these poor people drink," Dr. Maynez goes on, "are mescals mixed with alum, rums tinged with permanganate, or mecate and pulques mixed with filthy ingredients." Each swallow, he says, is a dose of explosive capable of maddening the most peaceful soul.

The present yearly consumption of 10-percent beer is estimated to be one billion liters, and the consumption of pulques, rums, brandies, and similar beverages is three times that amount.

Safety experts state that out of 40,000 accidents occurring yearly in Mexican industry, almost 50 percent are due to alcohol. It is estimated that at least 5 percent of these are fatal and 10 percent produce permanent disability.

A large number of traffic accidents in Mexico are also caused by drunkenness. The highway toll is ten deaths and a hundred injuries daily. The highway police claim that one out of every three drivers involved in accidents had been drinking. The federal government considers it a crime to drive after drinking.

Other authors blame alcohol for a great percentage of crimes such as murder and personal violence. In rural areas many of these offenses occur after

fiestas where people indulge freely in intoxicating drink.

Dr. Maynez believes that an all-out antialcohol campaign should be launched in Mexico, based on education through every possible communications medium, social work, and a program promoting mental health.

Antialcohol campaigns are weak and rare in Mexico. The federal legislature has modified the sanitary code and other laws in order to restrict liquor advertising. Wine, brandy, and beer advertising, however, is increasing, and manufacturers of highly concentrated spirits spend fabulous sums on television commercials.

The only local government in Mexico which has taken any antialcohol measures is the Federal District, or Mexico City, where more than a thousand canteens, pulquerias, alehouses, and cabarets have been closed. District authorities plan to keep reducing the number of these establishments. Special inspectors are closing alcohol outlets which are near schools, churches, or factories. They also fight against *torcas*, the clandestine liquor shops in the slums.

The Federal District is making a good start, but Mexico as a whole has no national antialcohol program.

BRAZIL

DRUG PROBLEMS

H. Stuart Morrison

Alcoholism and marijuana smoking are the two major narcotics problems in Brazil, according to Professor Decio Perreira. The use of cocaine, morphine, and heroin is secondary.

"Victims of alcoholism and *maconha*, as marijuana is known in Brazil, constitute 50 percent of our hospital cases,"

he declared. "Barbiturates are in second place and tranquilizers in third."

He summed up progress made in treatment of barbiturate victims, and declared that "in a short time" the illegal use of barbiturates would be eliminated.

The spread of alcoholic-beverage consumption, however, is pointed up by governmental statistics. These statistics refer to thirty-seven *favellas*—sordid slum neighborhoods—on the south side of Rio de Janeiro.

These thirty-seven *favellas*, the statistics show, consume each week 18,000 bottles of beer, and each day 300,000 shots of other and stronger alcoholic beverages.

Beer is sold in Brazil in quart bottles which retail for approximately 16 cents

per bottle. Since governmental statistics show that 85 percent of stronger beverages consumed in Brazil is *cachassa*, a "white-mule" half-distilled rum made from sugarcane, it is assumed that this percentage holds true in the *favellas* cited.

The alcoholic bill of these thirty-seven *favellas* is estimated at not less than \$100,000 monthly. And since the south-side *favellas* constitute only about one tenth of the slum-dwelling population of Rio de Janeiro, the total could be fantastic.

The State of Guanabara Popular Housing Department estimates that the monthly alcohol consumption of the thirty-seven south side slums would cover the cost of constructing at least 113 model homes.

DRINKING-DRIVER MENACE

(Continued from page 17)

of manslaughter and drunk driving.

From the experience a significant fact emerges—it would appear that if you or I were the innocent victim of an automobile accident, we could expect little help in stamping out careless or drunk driving. Most of those who should have recognized their personal responsibility in law enforcement in this instance did not appear to testify.

"The average person can do much in contending with the problem of drunk driving," asserts Mosk. He mentions that more responsibility on the part of automobile drivers would be a big factor in limiting the number of fatalities and injuries caused by drunk driving.

Drivers can do what the eyewitnesses in the instance mentioned did—take time to telephone the highway patrol when they witness erratic driving. More than that, those who have been eyewitnesses to drunk driving have a definite responsibility to testify to what they have seen. Loss of time and wages bears no comparison to loss of life.

"It may very well be that the individual who gives testimony about the drinking driver will find that the life he saves is his own," says Mosk. But most important of all, Mosk is convinced that preventive action can cope with the drinking-driver problem. He advocates adopting and enforcing prison sentences for the driver who has been drinking. This, the attorney general says, should be done whether he is involved in an accident or not. Significantly, where prison sentences are being enforced, drinking-driving accidents have dropped sharply.

Elimination of liquor-supply sources such as taverns and roadhouses along main lines of travel would be another progressive step in dealing with the problem of the drinking driver.

"Obviously," says Mosk, "the driver who is called before a court of law on a drunk-driving charge is to be held responsible for what he has done. He chose to drink."

Prompt reporting of drunk drivers on the highways would be another aid in solving the problem.

And Mosk says that newspapers and other news media can make their contribution by giving full and accurate news reports of every drinking-driver accident.

No visionary, Mosk concedes that time and sustained effort will be required to reduce the drinking-driver problem to manageable proportions; but he is convinced the public is equal to the challenge.



*Interview by
Blendena L. Sonnichsen*

RAIN WAS pouring down the day I visited Mrs. Betty Miller in her office at the Santa Monica Flyer's School, Santa Monica, California, which she and her husband, "Chuck," own and operate.

Mrs. Miller, a tiny, attractive brunet with blue eyes set off by a beautifully tanned skin, sat at a huge desk piled with papers and charts. Visibility at that time was too low for instructing students, so she was catching up on her bookwork.

I had expected an Amazon of a woman, knowing the spectacular feat she had just accomplished—that of flying solo 7,100 miles from California to Australia.

But when I saw the erect way this tiny woman carried herself, and listened to her precise, businesslike conversation, I realized she had a real goal in life.

Flying is Betty Miller's life. Every day from 7 a.m. to dark she is at the Flyer's School instructing some two hundred students on how to fly the Cessna 150 and 172 and the helicopter.

In addition to her duties at the school, she does her own housework. There is very little time for social life; she belongs to the "99 Club," an international organization of licensed women pilots. I asked Mrs. Miller if she had a hobby. She smiled and said, "Flying."

I learned she does not diet or do special exercises; she eats sensibly and depends on her rigorous daily routine to keep her in excellent physical condition. She feels keenly that smoking and drinking would be harmful to her clear vision and sharp reflexes, assets vitally important to all fliers. She is strictly an outdoor girl, poised and alert, a young woman who thinks young and is intensely interested in people.

Betty Miller has 7,000 flying hours to her credit. I asked what her feelings were as she sat at the controls of her Piper plane during her lonely solo flight to Australia. Was she afraid? Worried?

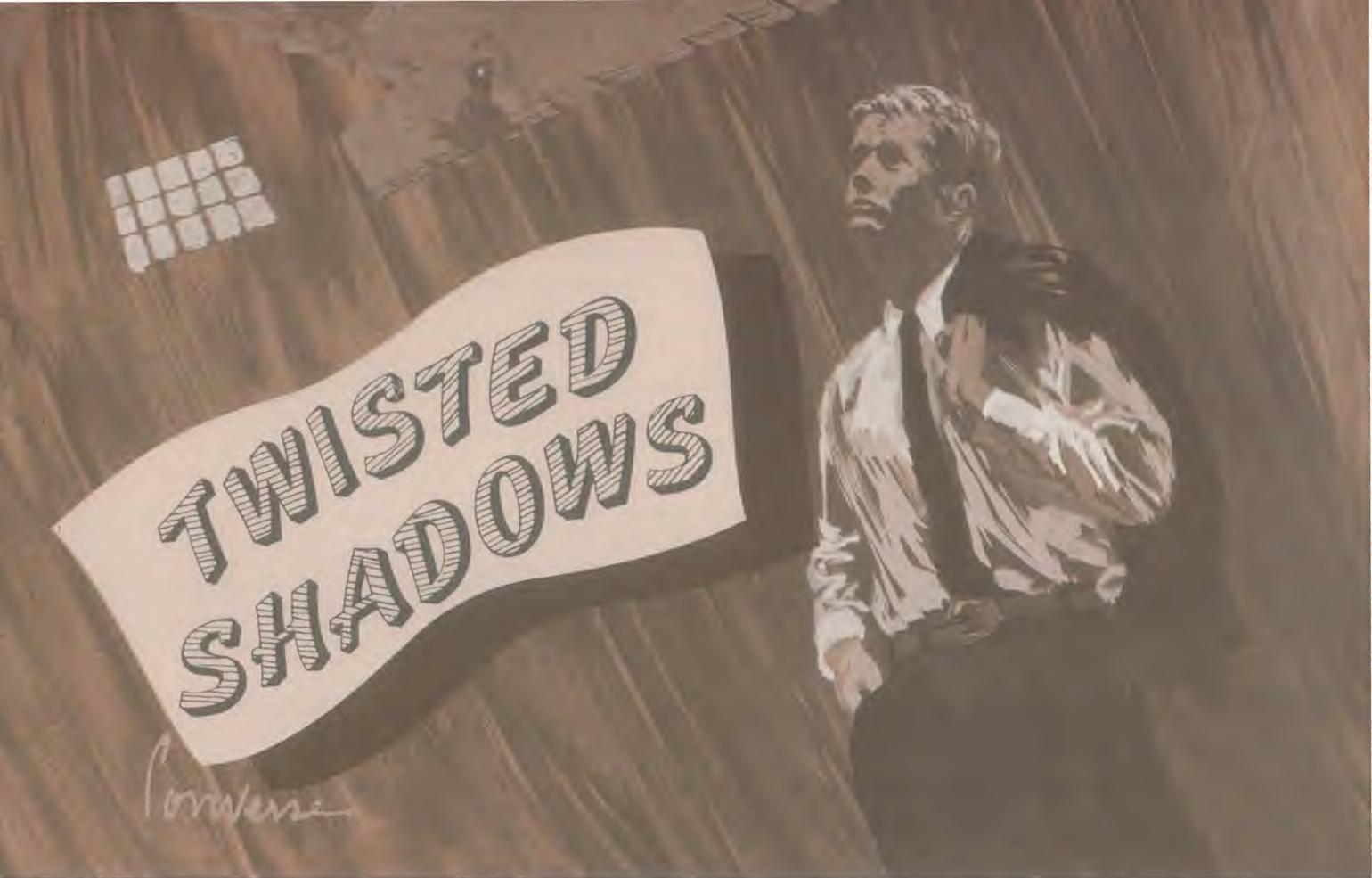
Did she carry a talisman or good-luck piece?

"I was afraid the gas supply might not last, although I had nearly a ton of gas aboard the Piper," Betty answered thoughtfully.

"I didn't have time to worry. I was too busy keeping radio contact during the flight. As to a talisman or good-luck piece, I depend on faith and have confidence in my ability as a flier to see me safely through any emergency."

Betty and Chuck Miller plan to expand their flying school in the near future; they want to make it bigger and better, to accommodate the ever-increasing number of people who want to learn to fly.

"As I see it now," Betty remarked, chuckling, "there's a possibility we will all be up in the air one of these days—flying."



JAMES CONVERSE, ARTIST

CHRISTMAS, 1954! I awoke, aware only of my need for heroin. Drug addicts don't have Christmases. I "fixed" —injected that life-giving drug into my vein. That was my Christmas! In short, every day to an addict is alike. I existed not by the clock and calendar, but from "fix" to "fix."

It was spring when I first started using drugs. I was nineteen. I didn't feel the warmth of summer, or hear the chattering of kids in the streets. Not yet a man, I was already too old for light-hearted summers with beach parties, laughter-dominated swimming pools, and the thrill of a first date.

I went underground. The seriousness of the nighttime world was mine. What was worse, I was there by choice. No one had tricked me. I had asked for drugs.

I faced my introduction into the world of drugs with a mixture of excitement and hope that the world I was entering would meet my frenzied needs.

My first "meet," of course, was at night. There I was! I was "in"! I belonged! I was trusted with the vital information of where to "meet the man." I could not recall having been trusted with anything before. Me! Me! I was trusted! What an uplift!

There were three of us—Kiki, Joe, and I. We stepped from the darkness

Wharton B. Trout, Jr.

into the brilliance of the drive-in. There was a feeling of expectancy in the air. Faces turned in our direction. I was new here, and strangers were suspect. It was a foreign experience for me. In spite of this, I felt a kinship to these people. To them I was only a source of uneasiness. I saw instantly the "hungry" expression in their faces. They, being too self-contained, failed to recognize my emotional hunger.

We took a booth and ordered the customary cup of coffee. When I looked around, all eyes were focused (without caring who noticed) on the parking lot. There was a realm of suspended life—waiting! waiting! I felt it! I was part of it! The gloom-hung room gave the air a vibrant tightness. It was all so strange and thrilling! To me promises were being made! Promises of a new life. To the others it was sheer desperation. They waited, wondering if they would sleep that night.

This was a drive-in, a kids' hangout, like thousands across the country. The jukebox blared! Everyone ignored it. We sat waiting for "the man."

I was no longer bored or alone. It was that easy. Find the right drive-in, or street corner, or house, and you move from the solitude of a single,

lonely person into a fraternity of lonely people.

We saw "the man," and later started home with our heroin. We walked in the misty darkness of a residential neighborhood. There were no sounds except our quick, excited footsteps and the magnified throbbing of my heart. It worried me. I felt that anyone who heard us would know immediately that we carried heroin. In spite of my worry I was bubbling with excitement.

When we reached my aunt's house where I was living, Kiki and Joe had full command. I was told to get a glass of water. Immediately they prepared the "outfit" and I watched them "fix." As far as I could see, nothing special happened. They relaxed. That was all.

When I "fixed," a warm glow spread throughout my body. It washed over me. When this sudden wave of warmth subsided I neither felt nor saw anything unusual. I was extremely relaxed, not drunk, but relaxed! I was in full command of myself and sure of my actions.

We just sat, rather slouched, stolidly listening to music. We didn't talk. Each withdrew into himself. Both Joe and Kiki had their eyes closed, seemingly engrossed in the music. I later learned it wasn't the music, but the last act of shutting out the world.

Later we left to sell the rest of the

"Every day is a new day—a day in which I can feel."

heroin. I had bought a gram (ten capsules). They were going to introduce me to people who might want to buy five of them. When sold individually, five "caps" would get my money back and I could buy another gram.

When we left the house that night it was eleven o'clock. We knew we were likely to be stopped by the police. We made up our story as we walked. I was carrying the heroin. It is always carried in the hand so it can readily be thrown away. How different was this walk from our previous one! We were silent, confident. To me the night seemed an old, trusted friend, filled with warmth. We were close—the night and I.

Then the police car! A spotlight froze us! Our story! I boldly stepped up to the car, placing the heroin on the top. I answered the policeman's questions. He looked at our ID cards and said, "Better get off the street, lads." We assured him we would and went off to sell heroin. I was nineteen, and this was my life.

I partied my way from day to day until I found I was wanted by the law for a felony. That presented decisions to be made. People urged me to turn myself in. Volunteer to go to jail? I couldn't face such a responsibility. With the knowledge that if caught I was bound for jail anyway, I lost myself in the underworld. I was wanted already, so I ran amuck.

Then I was captured! I saw the detectives and knew it was me they sought. I had two guns. One I carried in my jacket pocket, the other lay on the seat beside me. They came to my table and started asking pointless questions. I was easily recognized in those days—thin, pallid, big mustache—typically hoodlum. Still, they didn't want to make a false arrest—most of them do try to be fair.

Midway in the conversation, one of them reached over and took the gun on the seat. I made no move to stop him. I was thinking of the other gun.

My chance came to use it! It was perfect. To this day I believe I would have won that battle, but the war was lost when I started. However, shooting someone was not part of my makeup. Drugs *did not* make me trigger-happy, as the papers so often claim of drug users.

The detectives merely asked me to come in for questioning. I knew if I didn't they would arrest me anyway. I went with them. I didn't care anymore. I knew it was over. I was finished! So off to jail I went.

Once inside police headquarters I was questioned. In time I admitted to my own wrongs. The others who were in the group with me remained anonymous. I had to hang onto some semblance of integrity. Let the others make their own choice. If I had turned them in as a sense of civic duty it would have been different. But to save my own neck, no!

The future looked bleak, yet I hadn't had such complete peace with the world in a long time. I didn't care. There was a feeling of gladness that it was over. It wasn't drugs that gave me that attitude, but an ineffable weariness. I faced withdrawal from drugs, a num-

Without your consent, it is impossible for you to be a failure.

—Washington Post.

ber of court trials, yet I felt a sense of relief. I was no longer running, constantly on guard.

I was tired! Drugs were no longer enough. Perhaps I was growing wise to the lies I had been feeding myself. Then again it might be, as a psychologist would say, I felt a deep need for punishment. Guilt did ride heavy on my shoulders. No matter what the reason, now it was over. I no longer needed a ready, evasive answer to escape detection or arrest. A world of fear and worry was lifted from me. I had always been aware that *one* mistake would cost me my freedom.

They took me off to a cell—and then hell. But before Satan's fire I slept a dream—probably the most revealing dream I ever had. I needed no psychiatrist's interpretation as to its significance in my run-through life.

The dream was in variations of green, nasty, foul-smelling, foul-tasting green! The dream was that vivid!

First, I was on a green aircraft carrier, which was in a green ocean, loading green bombs on the flight deck. I seemed to be the whole crew, for I never saw anyone else. The bombs mounted higher and higher in a pyramid. It seemed urgent that I have this ammunition in readiness, yet there was no visible reason for it. Suddenly there were too many bombs! The ship began to break up and sink. There was gushing water, crashing of heavy objects, and breaking of iron and timber.

I arrived beneath the ocean with a broken arm and a mangled foot. I

could barely move, and then only with great pain. There the ship and ocean were forgotten. It was a dense jungle, and no thought was given to the fact that the ocean was above us. I use the word "us" because everyone was there. Friends and family. I saw each face distinctly. I had the same feeling of urgency that we must move from that spot before the great waters of the ocean fell through the same hole I had fallen through.

Now the green hue was even more sickening. It was the same color as the green bile I later threw up from my stomach.

The dense jungle was impenetrable. We could only go up or down the river. I stopped, yelling first at one person, then another, as they fled in different directions. I was left alone. I saw the faces of friends and relatives as they heard my call and looked back. I remember seeing them helping each other as they left me. I woke up yelling, "Help! Help me, someone! Anyone!" in a distraught tone of voice that seemed to say, "Why am I, with two dads and two moms, an orphan?"

That was a condensation of the mental hell—then came the physical.

I had already put the mattress on the floor when I first entered the cell. I knew I would be delirious, unable to climb into a bunk, and likely to fall. However, when I suddenly woke from the dream I had forgotten what I faced. I was thirsty—wanted a drink badly, but my arms would not lift my body. As I oriented myself I knew what was wrong. Then it all hit me! I vomited, and didn't stop retching for hours, even though there was nothing in my stomach.

All those drug-denied muscles rebelled with constant spasms. My arms and legs would have jumped and danced if there had been enough energy in my body. As it was, they just ached and twitched. I couldn't walk because there wasn't that much coordination in my body. This lasted for ten long days. I often vomited and had diarrhea simultaneously. Many times after a vomiting spell I was too weak to move. I laid my head on the toilet and stayed there.

For twenty-nine days and nights I didn't sleep a full, often not even a partial, night's sleep. Twenty-four hours a day my wild nerves demanded the drug. I prayed for even one hour's sleep, one hour's escape from frayed nerves and muscles that ached until they burned. Then, as time went by, each night was a little better. I even began to eat without fear of losing my food. (Turn to page 32)

FINDING THE REAL SOLUTION

James R. Phillips

RECENTLY the American public was treated to the spectacle of a scandal breaking out in high places of New York State's Alcohol Control Board. The state commission that supposedly was protecting the public interest by allocating a restricted number of liquor licenses was found to be deeply involved in graft and collusion.

This casts doubt on the ability of any legal commission to curb alcoholism by merely limiting the number of liquor licenses in a community. All that a system of limited liquor licenses manages to do is to create a situation ready-made for monopolistic market and price rigging, with immorally high profits. In an unsuccessful effort to curb one social evil, society merely creates a second evil, almost as bad.

There are some who would solve this dilemma by having the states take over the package stores and perhaps even the bars. But where this idea has been tried, even on a limited basis, the results have not been encouraging. Once the state becomes dependent upon revenues from state-owned liquor stores, it is too much to expect that the state will do anything significant to curtail the consumption of alcoholic beverages.

History shows that the right kind of education is the only way that really works. Human nature hasn't changed since the beginning of our national history, nor is it likely to change in the foreseeable future. Thus, the experience of Puritan Boston in the eighteenth and nineteenth centuries is most pertinent today, and should help to establish wise policies and effective programs in our own day.

Boston, the Puritan "citadel" in the New World, happened also to be the rum center of the world. Boston was a shipping center with swift Yankee sailing ships heading out for the seven seas. Rum was not only a staple for sailors at sea, it was also a commodity much in demand around the world. Large distilleries were built in Boston. Naturally, rum was exceedingly cheap in Boston itself. It came to be very much a part of Boston's life. The usually hard-working and stern Puritans liked to relax at the end of a long day

by quaffing large quantities of rum. On holidays, even religious holidays, the people would spend all day drinking rum, until the narrow streets of Boston reverberated with the sounds of parading, laughter, and general rowdiness of all kinds.

Each year at commencement time for Harvard College, people flocked into the Boston area from all over Massachusetts for several days of drinking and revelry. Election day came to be another annual occasion for excessive drinking as a result of banquets and parades. Then, too, the annual Training Day, at which the militiamen turned out for military exercises, degenerated into an all-day drinking bout. The Puritan citizen-soldiers, who were later to distinguish themselves in battles at Lexington, Concord, and Bunker Hill, were in the eighteenth century the cause of much concern among responsible Puritan leaders.

Soon the people began to seize on other occasions as excuses for drinking. The proclamation of a new king, the birth of a royal heir in London, anniversaries of all kinds, including the centenary of the beheading of King Charles I and the establishment in England by Cromwell of the short-lived Puritan Commonwealth, served to justify public drinking parties.

The British army commanders even complained during the French and Indian War that their troops, brought back to Boston for rest after battles, were entertained with so many toasts in rum that they were barely able to stagger back to their encampment.

To make matters worse, the heavy drinking began to weaken the traditional respect for hard work and achievement among the Puritan men. A love for gambling suddenly sprang up among the people of Massachusetts.

The high incidence of social drinking inevitably led to an increase in the number of paupers. In the Puritan Commonwealth of Massachusetts, the concept of public welfare was well established. The people passed laws calling for the local governments to support the poor, but the stern Puritan leaders considered drunken idleness a serious moral sin. The local selectmen

stepped in to make sure that children born into families of drunken paupers were brought up "in some honest calling, which may be profitable to themselves and the publick."

Efforts were made to curb drinking through the issuance of a restricted number of liquor licenses. The famed Paul Revere's maternal grandfather, Thomas Hitchbourn, was granted a permit by the Town of Boston to "sell strong drink from his house on Hitchbourn Wharf." Such licenses were granted only to men of character, who would uphold the laws and make serious efforts to turn away drinkers when they showed signs of drinking too much for their own good.

Despite these efforts to curb drinking through legal action, Boston remained a community of heavy drinkers. It has been written that Boston's affairs floated on a sea of rum.

Perhaps in desperation, the responsible leaders turned at last to a program of planned education against the evils of alcoholism. Between the years 1810 and 1826 there was a general public awakening regarding the dangers of intemperance, and in 1826 the first general temperance organization in the United States, the American Temperance Society, was formed in the Park Street church, historical home of Puritanism on the Boston Common. Education was stressed. Good results were obtained and more and more Bostonians sharply curbed or totally eliminated their alcoholic intake. Bright Boston businessmen became the wonder of the Western World.

The movement rapidly gained momentum, spreading to other cities and states. By the end of the first year of its activity, thirteen branches had been formed in Maine, twenty-three in Massachusetts, two in Rhode Island, thirty-two in Connecticut, six in New Jersey, two in North Carolina, seventy-eight in New York, five in Virginia, one in Kentucky, one in Delaware, one in Maryland, two in Indiana, and one in Ohio. Besides these, state societies had been formed in New Hampshire, Vermont, Pennsylvania, Virginia, and Illinois. Thirty thousand heads of families had pledged themselves to abstain from ardent spirits.

In 1833 the first national temperance convention was held in Philadelphia. The report of the convention showed that there were in existence 6,000 temperance societies and that state organizations existed in most of the states; that thousands had signed the pledge and quit drinking; that 5,000 drunkards had been reclaimed; 5,000 merchants had given up (*Turn to page 32*)

PARTY PICK-UPS

by "Blossom"

GREET THE GRADUATES --1964 STYLE



Seniors' processional—identify yourself!

May and June are traditionally party months. By far the largest group to be honored this spring will be the 1964 graduates. No commencement is really complete without a special celebration for these seniors.

Two things to keep in mind: Parents of your guests may want to be on hand to honor their celebrities. They may also be good assistants for you! Secondly, graduation exercises nearly always involve masses of people. If, however, your party is in your home, it will be nice to initiate something more personalized by inviting a small group of your close associates.

ACTIVITIES

Regardless of your crowd, remember that this group of friends will enjoy plenty of time for visiting and reminiscing, and don't overcrowd organized activities. Contesting to identify childhood pictures of seniors present would be fun. Why not include a round or two of the popular game, Password, patterned after the television show by the same name? Use words associated with your school years. The following twenty-four would be good examples:

diploma	study	student
gown	books	school
mortarboard	history	valedictorian
annual	chemistry	president
grades	graduation	salutatorian
classmates	senior	transcript
tassel	yearbook	physics
teacher	college	mathematics

As you plan your menu, keep in mind how much or how little time you can devote to food and decorations. Serve something that can be partially or completely prepared well in advance. With this graduation motif, your food may also be sufficiently decorative to double as table decorations.

SERVING IDEAS

Why not keep your service strictly informal? Arrange special-occasion napkins, silver, and dishes, with sandwiches, crackers, salad, and filled

punch cups on coffee table or buffet, and allow your guests to help themselves. Serve mortarboard ice-cream men yourself later. They are sure to draw comments.

Success to '64's seniors!

DIPLOMA SANDWICHES

(24 small sandwiches)

- 24 slices (1½ loaves buttered sandwich bread, crusts removed)
- 2 (8-ounce) packages cream cheese
- 1 small jar Old English cheese
- ¼ cup finely chopped pecans
- 1 teaspoon onion juice or salt
- 12 pimiento strips
- 12 thinly sliced, horizontally cut green-pepper strips

Watercress
Mix room-temperature cheeses, nuts, and onion together. Spread slices with mixture. Roll securely and place seam side down close together on a cookie sheet. Cover tightly with pliofilm-type wrap and chill for at least 30 minutes. Use pimiento and pepper strips for "ribbon." Garnish sandwich tray with watercress.

FRUIT SALAD FESTIVAL

(12 servings)

- 1 (No. 2) can pineapple chunks
- 1 (11-ounce) can mandarin oranges
- 1 (No. 303) can fruit cocktail
- 1 cup miniature marshmallows
- 1 cup dairy sour cream
- ½ cup flaked coconut
- 3 large bananas
- 1 pint strawberries, washed and hulled

Combine all ingredients except bananas and strawberries and chill for 2

to 3 hours. Stir in sliced bananas. Arrange in serving bowl and garnish with strawberry halves.

CRANBERRY PUNCH

(20 4-ounce servings)

- 1 pint cranberry juice cocktail
- ¾ cup sugar
- 1 (6-ounce) can frozen lemonade
- 1 (6-ounce) can frozen orange juice
- Water as suggested on juice cans (probably 7½ cans)
- 1 lemon cut in cartwheels

Stir cranberry juice and sugar until sugar dissolves. Add frozen concentrates. Mix well. Add water. Garnish pitcher, punch bowl, or punch glasses with the thin lemon slices. (Should the frozen lemonade used call for only three cans of water to dilute the juice, use two cans of frozen lemonade with accompanying water instead of one.)

MORTARBOARD ICE CREAM MEN

(12 servings)

- 12 square chocolate-mint wafers
- Licorice sticks
- ½ square unsweetened chocolate
- 1½ to 2 quarts vanilla ice cream
- 12 (3-inch) sugar cookies

Chocolate chips or whole cloves
Prepare mortarboards by cutting licorice sticks in 12 (2-inch) lengths and splitting sticks from one end nearly to the other to make tassels. Attach tassels to mint wafers with melted chocolate. Anchor in place with rubber bands until thoroughly cool. Scoop 12 balls of ice cream onto sugar cookies. Poke in chocolate chips or cloves for facial features. Set mortarboards in place. Store in pliofilm-covered pan in freezer until ready to serve.

MENU

- Diploma Sandwiches
- Assorted Crackers
- Fruit Salad Festival
- Cranberry Punch
- Mortarboard Ice-Cream Men



HELLO, BENNIE

I'M A COLLEGE STUDENT. Just today one of my professors talked about the three levels of thinking. They are enumeration, description, and interpretation.

The lowest level of thinking, enumeration, makes my situation seem relatively simple. It is like this: two people and a pill. That's all.

Moving to the next level of thinking, description, doesn't tell much more than the lowest level. The two people were of college age, well dressed, and the pill that one gave to the other was small and white.

But the next level, interpretation, is where I can give you the whole story, and how I feel about it now that it is all over.

The center of interest is the pill. It was a "bennie" (short for benzedrine), the kind of pill some drivers use to keep them awake on all-night runs.

Even thinking of the beginning makes me weary. I was in one of those tight spots that come at the end of every term. I had a term paper due the next day, plus several assignments to study and review. Exams were just ahead. And it was a friend who gave me the "bennie." I innocently took it, never knowing what was to follow.

Pep pills aren't really so bad, I guess, if one takes one

only now and then to tide over a period of stress when he almost has to lose sleep. On the other hand, that's how my story started. Only once in a great while would I take a pep pill, and then shortly afterward I always managed to catch up on my sleep. That is, up until this past year.

One thing I want you to understand. I never, never meant to do anything wrong. Yes, I knew that the sale of such stimulants as benzedrine and dexedrine was illegal without prescription, but I rationalized that this was because some people didn't know how to use them. And then this past year I became a member of this group of people without knowing it.

There was a lot to do, much more than I had had to do in previous years. Night after night I lost sleep. After a few weeks had passed, I began to feel sluggish and tired from the time I got up in the morning until I went to bed at night. Since there was no end in sight and the tasks to be done were becoming larger as my energy dwindled away, I knew I would have to find a solution somewhere.

Now that I can sit here and look back I can see how my solution really worked. It was the road to hell. The solution?

I remembered the “bennies.” I remembered the extra energy they gave me. That was the solution. Only it didn’t come off the way I planned. At first it did, however. I made sure that I got eight hours of sleep every night. That was supposed to be my safeguard against any harmful effects from loss of sleep. Every morning before breakfast I took one pill, reasoning that it would practically double my energy and efficiency, and that I could do twice as much as before. And it worked—for a few days.

Then I became shaky and nervous. I lost my appetite. Finally I got to the point where I couldn’t sleep at night. I had enough sense to realize that I had run into another problem, and that called for another “solution.”

Again I tried to reason things out, not knowing that my reasoning was faulty and foolish. This time the task was to find something to help me sleep at night, and then after a good night’s rest I would take a pep pill to get through the day.

But what could I use to help me sleep? Again it was a “friend” who introduced me to a pill—another kind this time. It was only a tiny, bright capsule. I remember well the night I took it. It relaxed me and I slept. In fact, that night’s sleep was one of the soundest I had had in weeks. The next morning, a “bennie.” Nights, one capsule, and I was flying high.

After a while something happened. The pills quit working as effectively. Thus when night came, I began taking two capsules instead of one.

What were the capsules? They were drugs that come under the heading “barbiturates.” I didn’t much care whether they were legal or not. The only thing I knew was that they seemed to be a great help when I needed them.

At first none of the drugs were hard to get. I obtained them in very small amounts from friends, but soon that source gave out. The next source was a fellow who was the son of a doctor in my hometown. I paid him for the pills when he gave them to me. Meanwhile, I looked for another source—one I could depend on.

Danny! That was it! My brother! He was in the Navy, stationed in San Diego, not far from Tijuana, Mexico, where anything can be obtained. By the time I wrote to him I knew that I was doing something I should not do. But, then, I figured it would only have to go on for two more months at the most. After that, much of the pressure would be gone and I could return to a normal pattern of living.

I airtailed the letter to Danny. Before long the package came and I mailed him the money. He got a hundred “bennies” in Tijuana for \$10, as well as a good supply of phenobarbital. I remember I paid him \$30 for everything. Thirty lousy dollars for the feeling, “Now I have it made.”

I had it made, all right. Sure! And I’m saying that sarcastically. I never knew much about drugs until after I got the package. I had heard a little about the opium

derivatives, about people who smoked marijuana, and about people who were hopelessly addicted to heroin. I knew enough to want to stay completely clear of such drugs. What I didn’t realize was that the barbiturates also were addictive. And I didn’t realize that I was “hooked,” until it was too late.

After it was too late, I learned the hard way about drug addiction and what tolerance is. A person becomes an addict when he gets to the point where he must depend on drugs. There are two kinds of dependence—physical dependence and psychological dependence. The barbiturate addict is dependent in both ways. After he has been taking the sleeping pills for a while, he finds it impossible to sleep without them. He also learns that if he needs an escape from the pressures of life, the pills are always a ready avenue to that escape.

Later, I learned what tolerance was. It was that which made me gradually increase the dosage. The body tolerates the small amount taken at first, but soon that amount is ineffective. The addict has to increase his dosage to get the same effect.

Instead of getting better, things got worse for me. There was a never-ending internal craving for the pills. They became a day-by-day obsession. I began to exist for the weekends—Friday afternoons when I could “escape” to that other world. That world! It is a world where nothing is really very important, where you are alone, sailing in a free and easy, effortless existence.

There was the afternoon that someone had expected something of me and I let him down. A small bit of criticism, but somehow I could no longer take criticism. Quickly, I went to my room, opened the drawer, and downed several of the pills. Again, escape. The other world where there is no hurt, and then sleep. I didn’t wake up until late the next morning. More “hot water.” Unexcused class absences piling up. But who cared anymore?

After that the story isn’t very long. Ran out of pills. Needed more. One Friday afternoon I went to town. My memory gets hazy now. Walking, walking, walking from one drugstore to another getting phenobarbital. Two grains here, a couple more there, little by little getting it. Then downing some of the precious pills. Almost too many. Drunk that Friday night. Crazy, reeling world, faraway voices in the hall, and then sleep.

From there it seemed like a long, long way back to normal, happy living. I couldn’t have done it by myself. That life was too far away.

Maybe it was God. Something gave me enough sense to make a phone call to a person I could trust, someone who could understand. “Please,” I said, “please help me. Phenobarb. Too much. Please—”

It’s all over now and I enjoy living again. I’ve often wondered, though, how many other people have been innocent fools, taking one step, then another and another, down a seemingly endless road because they didn’t know?

A new, vigorous approach to an age-old dilemma



Here's a School for Drunks!



Robert B. Hunt

Judge David N. Strausser of the Corona Municipal Court was the first judge to send alcoholics to the Pioneer Foundation "school of alcoholism" at Pomona, as a term of their probation. With him is Harry Black, student assigned to Pioneer.

THE NEW judge looked uncertainly around at his chambers.

Hardly a sight to inspire a feeling for the majesty of the law—the dusty, musty rear walls of an old school building, inherited from a former justice of the peace court.

Moths had flittered out of the few law books leaning unevenly against each other when His Honor David N. Strausser took over the newly created Corona, California, municipal court, on October 1, 1961.

But it was in the jail, not the courtroom, that Judge Strausser was most interested. When California's Governor "Pat" Brown had appointed him, he had said, "Well, Dave, if you *have* to put 'em in jail, don't forget 'em!"

And the freshman judge, recently graduated from a public defender job,

didn't forget. He wasn't the least bit interested in doing big business in fines and sentences, paroles and probations.

He wanted to find out why people got into trouble in the first place, and how to help keep them from getting into trouble again. He wanted to discover how "preventive medicine" could be applied to law violators.

Judge Strausser was convinced at least of three things: 1. The court belongs to the people. 2. The judicial personality should get off the bench. 3. Education is the soundest and swiftest approach to most community problems.

Cutting his way through a legal labyrinth of charges and convictions, the judge soon decided that the far and away principal cause of law violations was that old bogeyman, alcohol, which, incidentally, Governor Brown calls

"California's number one problem in the social field."

It may be a bad check or a petty theft, a fatal traffic accident, a grand larceny, or an everyday garden-variety wife beating. Basically, a vast proportion of arrests and sentences, he found, begin with a thing as seemingly harmless as a bottle.

But what could he do about it? Lecture them? Advise them to try A.A.? Talk it over with the wife, boss, family, or friends? Was this part of his job, or even covered by the charges? Or should he merely fine them and send them to jail—and, sure as life, expect to see them come back again?

It hardly seems pure coincidence that on this particular morning, while Judge Strausser was mulling over his problem before opening court, he looked

Physiological aspects of alcohol problems are emphasized by Administrator Buck. Judge Strausser is in attendance.

Harry Black, Pioneer Foundation student, now graduate, receives his diploma from Administrator Buck, with Judge Strausser looking on as it is conferred.

Clarke Buck, administrator of the Pioneer Foundation, himself a recovered alcoholic, was once a sign painter who was given to drinking his paint thinner!



down into the tiny courtroom and spied a young man who looked the most like a "con" of any he had beheld in some time.

Deeply versed in human nature, Strausser set aside his first impression and motioned to an officer. It seemed that the young man wanted to see him on a matter of utmost importance. He wanted to make a deal about "springing" a drunk violator. Hardly a novelty, the judge was thinking—besides which, the officer confided, the young man was in an awful hurry. He had three other drunks he was scheduled to interview that day.

The judge reacted with elevated eyebrows. He already knew all the bondsmen in town, also most of the local A.A.'s. What *was* this—a syndicate moving in on the deal, with a brain-storm of mass drunk "springings" at group-rate prices?

But the "deal" turned out to be a horse of an astoundingly different color. All the representative from the Pioneer Foundation, Inc., in nearby Pomona, California, wanted was a new student for "the first school for alcoholics, about alcoholism."

He had already been allowed to interview his prospect, a sick character who stood forlornly beside him in the courtroom. He was here to ask that, since the man seemed to understand the nature of his condition and wanted to learn how to combat it, he should be turned over to this nonprofit facility for a period of three weeks.

The judge was not only curious, he was interested. If this were true, it was an answer to the problem which he himself had just been studying.

"Why three weeks?" he queried. Because that was the time it took to complete the course. "Course?"

Harking back to his own background in education as well as the law (he was graduated with a Bachelor of Science degree in education at Ohio State University in 1941), Judge Strausser summed up the situation:

"Is what you're driving at," he asked the representative, "an educative probation?"

It was. Later the judge got a full briefing on the Pioneer Foundation, which has since become the implementing arm of his highly successful, much discussed Corona Alcoholic Recovery Approach and with which since that day he has worked closely.

"Recurring alcoholism is a genuine problem of the court," Judge Strausser says. So he now sends men to the recovery facility in an attempt to rehabilitate them, rather than imposing a fine or a jail sentence. What first sold

Good Health--

Your Most Valuable Asset

Henry H. Graham

There are many factors which determine how long a person will live and what kind of health he will have as an adult. One of these factors is ancestry. People whose parents, grandparents, and other forebears lived to a ripe old age have, statistics show, a better chance of long life and good health than those whose antecedents passed away fairly early. But this is not an infallible rule. Fully as important as ancestry, and perhaps even more so, is the kind of life one has lived.

It has often been said that the kind of health one has after the age of thirty depends largely on one's habits as a teen-ager and during the twenties. By this is meant that no one can dissipate his energies and live imprudently without paying for his indiscretions, in some measure at least, later on. There always comes a day of reckoning, for Mother Nature is not easily deceived. Those who dance must pay the fiddler.

There is today more drinking and smoking among adolescents than at any time in history. Millions are engaging regularly in these vices. Other millions keep unduly late hours, get insufficient sleep, and eat the wrong kinds of food. These violations of health rules bring a penalty in the form of reduced efficiency, illness, and a shortened life-span.

Youth is the time to lay the groundwork for a long life with sound health and realized ambitions. How essential it is to be moderate in that which is healthful, to have good health habits, and to live rationally and sensibly. Today's teen-ager has every right to expect to live for a great many years—years which can be filled to overflowing with high achievement. The life-span has been considerably lengthened, thanks to preventive shots and better medical diagnosis and treatment of disease. But the one who fails today to take care of himself may not live as long as many a youth of fifty years ago who did care for his health. Wonderful as it is, modern medicine cannot perform miracles of this nature.

The wise boy and girl leave liquor and tobacco strictly alone, for both are essentially detrimental to health. Such young folk also get plenty of sleep and a balanced diet. They are moderate about exercising.

Sleep is nature's great restorer. It replaces worn-out body cells. Time was when physicians thought that only the physical part of the body benefited from sleep. For some time now, however, they have known that the brain needs sleep more than any other part of the human machine, for brain cells also have to be refreshed. The brain benefits even more from restful slumber than do the muscles or organs. Higher grades are made in daily schoolwork and in examinations after a good night's sleep than when sleep has been inadequate. So it behooves everyone to "hit the sack" reasonably early.

Proper food also is of the utmost value for health. Many persons tend to devour condiments to excess, smearing nearly everything with mustard, catsup, or other highly spiced flavorings. The diet should contain largely raw and cooked vegetables and fruits, and whole-grain bread. These contain the necessary vitamins and minerals. Protein should not be neglected. It is found in such foods as eggs, beans, and cheese. Fruit juices are also health builders. Too many rich desserts and sweets are hard on the teeth, as is soda pop.

A consistent amount of wholesome exercise is beneficial to every person. But some boys and girls may take too much. They may play tennis all day, climb mountains without resting, run until breathless and exhausted, or engage in other strenuous activities. Though their hearts and other organs are young and perfectly sound, they should not invite disaster. Hearts may be unduly strained by overexertion, and sometimes permanently damaged. Even when young it pays richly to use common sense in the matter of exercise.

Exposure to the weather with improper or insufficient clothing may lead to acute illnesses which leave their marks on the body. People should dress according to the season. During the summer months it is the tendency to overexpose to the sunlight, and become severely burned. A tan should be acquired gradually. Some diseases are aggravated by the sun's rays.

Good health is largely a matter of observing common-sense rules, of avoiding excesses in healthy things and abstaining from those things which are in themselves dangerous. Health is essential, for the person who loses his health loses virtually everything. Nothing even remotely compares in value with good health. Ask any sick person if this is not the case. Disease of any kind is expensive and time-wasting, as well as involving considerable suffering. For all these reasons it pays to keep well and to be ever alert to those dangers which pose a threat to one's physical well-being.



Henry F. Unger

Flying Hero Falls--The Second Time

Frank Luke, famed Arizona fighter pilot, is remembered for his audacious aerial attacks during World War I. He was the winner of five renowned awards, including the Congressional Medal of Honor, replicas of which are found on the granite pedestal of the statue of him which has stood in front of the Arizona state capitol for more than thirty years. In France during a strafing attack on a column of German soldiers, Luke's plane came to earth, but he continued to fire his pistol at the capturing forces until he was mortally wounded.

Luke Field, a well-known training area located near Phoenix, is named after the famed pilot who was only twenty-one years old when he was killed.

He never dreamed that it would take a drinking driver to bring him down a second time.

The incident occurred recently in front of the state capitol, when a driver left the dead-end intersection of 17th Avenue and Washington Avenue and plunged between two warning signs into the bronze statue of the flying hero.

The statue, which weighs about 1,000 pounds, was sheared off its pedestal and toppled over onto the grass. There it remained overnight, until it could be removed into a storage building for safekeeping, eventually to be replaced on the pedestal.

Strausser, of course, was the educational character of the foundation, which had now progressed from a local experiment to an area-wide project, designated by the California State Department of Public Health as an outstanding "pilot station" in the field of alcohol study.

The foundation is a nonprofit, state-approved, in-residence therapy and educational alcoholic center based on a dynamic concept in the field: a "total approach" embodied in a three-week, three-sessions-a-day, nineteen-day cycle "crash program" administered by those who are specialists in alcohol therapy and treatment.

Its "students" are first carefully reconditioned to a state of physical sobriety. They are then intensively exposed to Pioneer's five-front course of alcoholic attack:

1. Medical therapy on a continuing basis.
2. Psychotherapy by professional psychologists and social workers.
3. An educational study-and-lecture course in the subconscious drives and environmental background that result in the "symptom" of alcoholism.
4. Guidance toward "self-realization."
5. Personal counseling by trained advisors who are

themselves recovered alcoholics, sometimes Pioneer "graduates."

Does it work?

According to the man best equipped to know, Pioneer Administrator Clarke Buck, "even people who have no drinking problem seem to want to get in."

"Since we are dealing with one of the most sensitive spots in society today," Buck says, "in which almost all communities have a massive involvement, we have students coming to us from manifold referral sources."

They come not only from Judge Strausser's and other municipal courts, but from Alcoholics Anonymous groups, from doctors, clergymen, families, friends, and from business and industry. Kaiser Steel Corporation, at Fontana, to cite one example, attests to "at least 60 percent recoveries" in the alcoholic cases it has sent to Pioneer's "boarding school."

What has been the public's reaction to this barter arrangement for violators—less time in jail, for a chance to learn *why* they drink, or more time in jail, and little or no chance to get at the root of their problem?

He has met with overall cooperation, says Judge Strausser. Many people, he

notes ironically, are easily concerned with the more "popular" type of disaster such as flood, fire, famine, epidemic, or nuclear holocaust. It's not hard to "sell" such things.

But, surprisingly enough, he feels, his court and community, once alerted to the smashing importance of the mass alcohol situation, have responded with sympathy and understanding. Somewhere, somehow, alcoholism touches everybody; it's an almost everyday community crisis that affects the whole spectrum of modern living.

As a matter of fact, the judge says, his own judicial district is principally responsible for the growing notion of a network of reciprocal, self-supporting schools of alcoholism and "educative probation" for a more convenient intercourt referral system.

"There's no magic in geography," says the enterprising jurist. "The only items I would stress now more than ever, would be a more painstaking screening of students, and a return of the violator to the original court after the course, to give it the full impact of the law."

Judge Strausser also recommends a careful follow-up system as a safeguard against reversion to alcoholism.

"And who knows," he hints, "maybe another basic innovation will be the setting up of a United States Coordinator of Alcoholism, working under full governmental authority, to bring all means of alcohol education, and therapy, and study, into a streamlined nationwide effort."

GOOD CAR SENSE

(Continued from page 8)

Such a rule as this, enforced in practice, is one major reason that trucks, though they total 16 percent of all registered vehicles, are involved in only 11 percent of highway accidents. And "involved" does not necessarily mean "to blame for."

The enforcement of such rules is a major factor in preserving safety for all drivers and travelers on all our highways, which are becoming ever more crowded. If such rules were observed continually by every driver, whether he drives an automobile or truck, our roads would be less frequently scenes of disaster and death.

To help bring this happy situation about, William Nunley, Truck Driver of the Year, repeats over and over again: "Be a gentleman regardless of where you are; be alert, obey the laws, be courteous, be patient—remember, good horse sense makes good car sense."

FORMULA FOR A MIRACLE

(Continued from page 15)

ing a happy, calm home atmosphere, you can show him what life would be like without drinking. It will seem to you that you are doing nothing—and you will think that the problem cannot be solved unless you *do* something about it. But by being a smiling and loving wife, and by keeping a home for him, you *are* doing something. And you have another weapon also, and that is prayer. In fact, this is the necessary part of your fight. All things can be accomplished through prayer, and little good can be done without it.

In your husband's fight toward sobriety, he will also need to come to a strong faith. But the faith must be *his*—not yours imposed on him. The more you push him toward religion, the more he may resist it. If you pray hard enough, though, his faith will come. When this happens and when he can admit that alcohol has control over him and that he does not want this, then he has taken the first and biggest step toward recovery.

What superhuman strength of will is needed for recovery we nonalcoholics will never comprehend. I don't know how my husband, by sheer determination and faith, overcame a thing which had such terrible power over him. I only know a miracle was wrought, and I am thankful.

There is no guarantee that an alcoholic will never drink again, once he has stopped. It is only more probable that he will not, than that he will. But it is possible that there will be slips. When this happens, we as wives could never feel worse than the one who has slipped. The best thing we can do at this time is to pick up where we left off and go on, cheerful and optimistic. The alcoholic knows what he has done—there is no need to tell him. If we rant or despair we may drive him back to drinking for good. There is already the danger that he feels it is useless—that he has tried and failed. Now he needs more than ever his wife's faith in him, to assure him that a slip has not spoiled his good record, and that he can go on with greater strength.

The period after he has stopped drinking is a crucial time. Your husband will be adjusting to a whole new way of life and a new way of thinking about things. He may become irritable, but it is important that you do not allow a fight to develop. If necessary, leave him to himself when he is in a bad mood. He will come out of it sooner alone. If he has snapped at you,



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, D.C. 20012.

How much harm, if any, is there in giving children, ages two, six, and seven, sips of beer or wine, so as to teach them how to drink moderately in the presence of their parents instead of behind their parents' backs?

As a mother, you are seeking only the best for your children. You are looking ten to fifteen years ahead, asking if your future teen-agers will not be better able to meet the problems of social drinking if they are taught how to handle their drinks while you have a more secure hold on their training.

A very wise man once said, "Train up a child in the way he should go; and when he is old, he will not depart from it." Evidently you agree with him, for you are seeking the best way to train your children. Do you realize that the same wise man also said, "Wine is a mocker, strong drink is raging; and whosoever is deceived thereby is not wise"?

If parents teach their children to drink, the children will certainly have few inhibitions against drinking, and inhibitions can be removed by very small amounts of beverage alcohol! That leaves the questions, Is drinking really harmful? Is there danger in drinking moderately? How can we know?

When your children are old enough to cross the street without you, it will be necessary for them to make the decision as to when it is safe for them to cross. It will be *their* decision, not yours. Ask your city or state safety director these questions: "Would it be safer for my seven-year-old to cross the street one hour before or one hour after taking half a glass of beer, or perhaps one ounce of wine? Would his judgment be better before or after drinking this small amount of alcoholic beverage? And ten years from now, when he has learned to drive dad's car, would it be wise to give him a bottle of beer

before taking the car to get his date for the evening? Is it the drunk driver or the drinking driver that is involved in over 50 percent of auto accidents?"

Why do many insurance companies sell their insurance at a lower rate to teetotalers than to the general public? What benefits are derived from drinking alcoholic beverages that cannot be secured by drinking nonalcoholic beverages, other than the removal of inhibitions and the dulling of the ability to make the best decision in the shortest time?

Alcohol in the smallest amount slows the thought process. Alcohol is an anesthetic; it puts the brain to sleep. It is also a relaxant, first of all, to the nervous system, and then in the brain it puts the judgment to sleep. You are training your children to use good judgment! Don't be deceived and don't defeat your best resolves and purposes by teaching them to drink!

Why can't a person drink pure alcohol?

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

What beverages can be served at a teen-age party with no harmful effects?

If you like to mix your drinks for a new taste thrill, use various amounts of the many kinds of fruit juices, fresh, frozen, or canned.

An interesting guessing game can be devised by serving three or four kinds of mixed fruit juices and offering a prize to the individual coming closest to reproducing the recipe for each. This makes a good social mixer.

Vegetable juices, raw and/or cooked, may be used. Sweet-birch bark, sassafras, and other barks may give interesting and healthful flavors for various "teas."

But let us use them unspoiled!

he knows and is sorry, though he may not know how to tell you this.

Little shows of appreciation can do much to boost his confidence, to make him feel that it has been worthwhile to stop drinking. Let him know how happy you are. Concentrate on your new future together, and try to forget the ugly past. He has accomplished a miraculous change. Give him credit for it.

There are organizations for alcoholics, too, which perhaps can help. This will depend on your husband. If he wants to attend meetings, encourage him. But if he does not want to, do not force him. Your family together can plan and enjoy uplifting activities which will take the place of his drinking. You have a responsibility here, so do not fail him now when you have come so far.

Gradually you will find that you can talk about problems, without discord, that you could not broach before. As your husband becomes more sure of himself, he will begin to look at himself objectively in an attempt to understand why he drank. This will take time and will come little by little. You can help him with understanding and suggestions, but remember that the conclusions he reaches must be his own.

You will find great happiness when you and your husband can discuss the ordinary problems of marriage and perhaps even talk about his past illness without fear. The crowning joy will be when you can joke about drinking, without experiencing that sinking, desperate feeling you used to have whenever drinking was mentioned.

Then you will know that you have finally won and the victory was worth the fight. But don't ever forget that your husband has suffered the most and had to fight the hardest. The victory may be yours in part, but it is completely his.

Since the formula I have outlined worked a miracle for me, I know that it can for others. Even if your husband is now a practicing alcoholic, by using these principles that I have learned you may someday enjoy a new life free of alcohol such as my husband and I are now enjoying. I join my prayers to yours that other miracles may be wrought.

FINDING THE REAL SOLUTION

(Continued from page 24)

the traffic; ardent spirits had been cast out from the United States Army; 2,000 distilleries had been closed; and 700 sailing vessels had begun their voyages without their usual supply of liquor.

By 1837 it was reported that nearly one third of all the people in New York City were enrolled as members of temperance societies.

While some of the results no doubt were transitory, the testimony of contemporary writers suggests that there was a marked change from the universality of drinking that had characterized earlier years.

This example shows how education, though it may take longer and require more effort than the mere passing of laws, can produce more far-reaching benefits than legislation by itself. In this day and age we need clear-headed, responsible citizenry more than ever before in history. We can ill afford the terrible social, economic, and political problems that grow out of alcoholism.

So it is to education, the right kind of education, that we can look today for some meaningful solution to such problems.

CHUCK MCKINLEY

(Continued from page 19)

show you they are not just the ordinary run-of-the-mill persons. They are good learners. They are quick to grasp what you tell them. In fact, three out of the first four best tennis players that we have here in Trinity are mathematics majors."

A mathematics major, Chuck did so well in his chosen field of study that Professor McCown often used him as an assistant instructor.

Fascinating, grueling, tennis demands much and offers much. As the world's best amateur tennis player, Chuck McKinley knows this. He strode the long road because, as he does all of his activities, he plays tennis for keeps.

TWISTED SHADOWS

(Continued from page 23)

I am now out of prison. I spent six years behind bars. Those six years weren't wasted. I was able to finish school, and I learned about the new life that addicts can make for themselves. I went to group-therapy classes two hours a week.

I certainly didn't quit alone, or overnight. It was a long-drawn-out process for me, and it took much time and understanding. A few really close friends helped more than they realize.

I have lived a free life for two years now. In that time I have found this to be a wonderful world in which to live. There are many sounds to be heard and colors to be seen. There are friends to know, smiles to see. I watch children

playing and have the desire to run out and join them. It is a wonderful world in which happiness comes in equal parts with problems, and I wouldn't again trade it for nonexistence.

Every day is a new day. It may not start or end happily, but it is a day in which I can learn something, or make a friend—a day in which I can *feel!*

PEACE OR ARMISTICE?

(Continued from page 6)

In the laboratory, nicotine content of two or three cigarettes was applied to a piece of animal intestine. It caused a result similar to lye action, eating into the tissue and creating ulcerous wounds. A fatal dose of nicotine taken orally is 65 milligrams. Tests for nicotine show that the tobacco in each cigarette contains from 7 to 38 milligrams. About 35 percent is burned off by flame; 35 percent escapes through paper; 22 percent enters the mouth; the rest is in the butt. Dr. Grace Roth of the Mayo Clinic found that smoke held in the mouth for two seconds allows 6.6 to 7.7 percent of nicotine to be absorbed in the respiratory passage. When smoke is inhaled, 88 to 98 percent is absorbed. The Director Emeritus of Health Education, American Medical Association, says that nicotine in minute doses is harmful to the heart and lungs.

Today, after almost twelve years of surveys in different countries with results remarkably alike, the American Cancer Society contends that smoking causes three quarters of all lung cancer. The present lung-cancer rates per 100,000 persons are:

Rate	Smoking Status per Day
12.8	Never smoked
95.2	Less than 1/2 pack
107.8	1/2 to 1 pack
229.2	1 to 2 packs
264.2	2 or more packs

Recent statistics show that 20 percent of boys start smoking in the ninth grade and 30 percent of all girls smoke before they are graduated from high school. Some boys report they started smoking as early as eight or nine years of age. A Portland, Oregon, study of 31,980 teen-agers showed that 25 percent of these youngsters already have smoking habits that will prove seriously detrimental to their health before they themselves live long enough to have teen-age children.

A study done in June, 1963, among sixth-grade students in Kansas disclosed that 48 percent of boys and 23 percent of girls had experimented with smoking cigarettes. Of these, 10 percent of the boys and 3 percent of the girls

VOICES

June Lee

The wind speaks
Throughout the night
While the rest of the world is still,
Gentle sounds
In the pale moonlight,
Whispering from the hill.

Then dawn creeps
As a sleepy friend
Reluctant to arise,
Silently
Awakening
The glorious sunrise.



Poems With a Purpose

COIN OF EVENING

Rosemary Clifford Trott

Mint a coin of loveliness;
Make currency of stars.
Do not spend it in the marts,
Or in the loud bazaars,

But save it for a tide-washed beach
Some salty, wind-born night,
And pay your passage fare across
A channel of moonlight.

HOW BIG

Cathy Johnson

You've heard men speak
of a tall man.
You've heard men speak
of might.
But never judge a
small man
Only by his height.

For there can be a
tall man,
Or short, or slim,
or wide;
But all that makes
a big man
Is only found
inside.

CHARACTER

E. Jay Ritter

It isn't the tranquil and placid seas
That bring out the sailor's skill,
It's the winds and waves that pound his ship,
And toss it about at will.

It isn't when life itself is calm
And skies serene and blue,
It's the storms you meet without defeat
That bring out the best in you.

Life's storms are really a test of skill,
And surely we'll find someday
That the honest test brought out the best
And cast all fear away.

HUMOR

Thelma Ireland

Everyone has a sense of humor,
Friend and neighbor, sister, brother.
Everyone can laugh at mishaps
When they happen to another.



smoke regularly. They average eleven years of age.

No longer does anyone believe that cancer is a spontaneous growth. Carcinogens change cell structure, but it takes up to twenty-five years. A sacrificial victim aged seven or eight years, confined to laboratory control conditions for twenty-five years, never permitted to leave and compelled to smoke, might convince the skeptical Tobacco Institute. But since cigarette smoking has been a characteristic of life throughout the world for about twenty-five years, we may be on the threshold of a formidable explosion of lung cancer which will be the needed incontestable proof.

The youth of this country are reached so easily and so constantly through other channels of communication that the virtual absence of tobacco advertising in the college press, should it continue and however welcome it is, offers no armor against cigarette indoctrination. In *White Collar*, C. Wright Mills says: "The contents of the mass media reach lower into the age hierarchy and are received long before the age of consent, without explicit awareness. Its characters offer easy targets of identification." If the tobacco manufacturer is permitted the glamour advertising of cigarettes on TV and in magazines generally, he will reach and influence the youth.

In announcing the intent to stop advertising in the college press, the president of the Tobacco Institute "declined to specify the number of companies that would ban cigarette advertising on campus." At the end of the announcement, however, all the companies, major and minor, are listed. If one reads carelessly, one gets the impression that all the companies have agreed not to advertise on campus. This is not so, and the hazards are too great to afford carelessness.

Senator Maurine B. Neuberger has said the time has come for Congress to



"If you didn't know so many liquor-store owners, we'd know more clerks at bank-deposit windows!"

do something about cigarette smoking as a menace to health. She says the Federal Government cannot permit unchecked poisoning of our population any more than it can permit unrestricted sale of narcotics in drugstores, supermarkets, restaurants, or newsstands.

The National Congress of Parents and Teachers in May, 1963, challenged the "smokewashing" of teen-agers by glamorized tobacco advertising. The health service of the University of Pittsburgh is posting stickers adjacent to cigarette vending machines in the university hallways which say, "Think before you smoke. Cigarettes can cause cancer and other diseases." This year the Philadelphia Board of Education has instructed fifth-grade teachers to include warnings against cigarette smoking to their ten-year-olds. Medical so-

cieties in the States of Maine, Pennsylvania, California, and New York, despite the refusal of the parent body to take a stand, have done so themselves.

The medical staff of one of the major hospitals in Philadelphia recommended that cigarette-vending machines be removed from the hospital, as part of a campaign against smoking by youngsters. The president of the National Automatic Merchandising Association, responding to growing pressure, says that cigarette-vending machines will be removed from unsupervised locations and signs will be placed, warning that cigarette sales to minors are illegal, on still-accessible machines.

All these attempts to protect the youth are not enough. When the Government several years ago warned the public against the use of that year's crop of cranberries, a mass boycott of the product resulted.

The Norwegian government forbids sale of tobacco to minors. The Italian government has banned all forms of tobacco advertising. Canada and Great Britain continually step up measures of protection. In our country the Surgeon General's ten-member Advisory Committee's report on smoking and health was to have been ready by the end of summer, 1963. Its continued delay served only to arouse suspicion in the minds of many as to the objectivity of the report when it would be available. Certainly, Health, Education, and Welfare Secretary Anthony J. Celebrezze contributed zero when he said it is not the proper function of the Federal Government to tell citizens to stop smoking.

An American citizen has the right to expect protection from his Government in areas where detailed investigative study is impossible for him. Most decisively, the youth of this country are entitled to Government protection, especially from a commodity about which its manufacturers have so consistently and brazenly resisted telling the truth.

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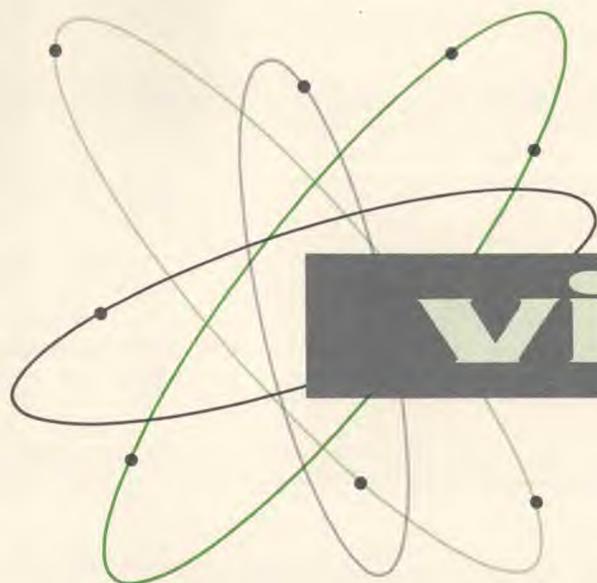
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views

❖ **OUTLIVING THE ANSWERS.** Speaking before the annual convention of the Retail Tobacco Dealers of America, George V. Allen, president of the Tobacco Institute, declared regarding the smoking and health issue: "We must avoid the easy acceptance of a simple answer no matter how often it is repeated. . . . We must equip ourselves with the known facts so that we can contribute knowledge and understanding which, in the long run, will outlive the 'simple' answers."

❖ **SECOND-CLASS FLYING.** Until recently only first-class passengers got free drinks on United Air Lines flights to Hawaii. Now coach passengers are allowed two cocktails or highballs "on the house," reports Gordon Gammack, Des Moines "Sunday Register."

❖ **DRUNKEN-DRIVING CHARGES.** The widespread practice of reducing drunken-driving charges to reckless driving has been attacked by West Virginia Motor Vehicles Commissioner Jack Nuckols. A former state policeman, Nuckols observes that "if an officer makes an arrest and the charge is reduced (repeatedly), that tends to destroy his morale and pretty soon he does not care whether he arrests anyone or not."—"West Virginia Issue."

❖ **URGES GREATER NARCOTICS ENFORCEMENT.** "The illegal sale and misuse of amphetamines and barbiturates have become serious social and police problems. Misuse of the amphetamines and barbiturates, particularly by juveniles, is increasing at an alarming rate. We must stop this trend before we find ourselves faced with a new kind of 'addict' population."—George P. Larrick, commissioner, Food and Drug Administration.

❖ **LEGALIZED MARIJUANA!** A British medical magazine has suggested that it might be a good idea to legalize marijuana, the dried and shredded leaves of hemp commonly smoked in cigarette form. The "Lancet" has asserted in an editorial that the effects of marijuana probably are no worse than those of alco-

hol, if as bad. At least, it won't give you cirrhosis of the liver, the magazine stated. It went on to note that getting high on alcohol tends to make people rip and tear, thus causing severe erosion of police manpower, whereas smoking marijuana has a pacifying effect.

❖ **STATUS SYMBOL.** Is alcoholism becoming a status symbol? The problem of teen-age alcoholism is growing and is rapidly becoming a "trap for the very young," according to Dr. Frederick Hudson of Presbyterian Medical Center, Burlington, North Carolina. He said that perhaps alcoholism was becoming a status disease because only people who could afford to be alcoholics were those who could afford to buy liquor.

He stated that the average age of his patients has dropped from fifty-five to the late thirties in the two years the clinic has been open. Describing young people, he told of one boy who had been involved in three auto accidents within a short period of time and was frightened for his safety and future. "The

❖ **HEART TROUBLE.** If your father died of a heart attack and if you smoke quite a bit and drink a lot of coffee, chances are a heart attack will fell you. At least that is the grim prediction made recently by Dr. Oglesby Paul, chief of the division of medicine, Passavant Memorial Hospital in Chicago. Dr. Paul called the national heart picture "discouraging."

police tell me that a great many of their accident investigations where teen-agers have been involved show alcohol as a contributing factor," Dr. Hudson declared.

He said parents "must find out who their children are out with. The youngsters all tell me that they take a drink or two when they go to parties, and they find it makes it easier for them to carry on, to do the new dance steps, and so forth."

*The Truck Driver
of the Year
answers the question—*

William C. Nunley

WHAT IS SAFE DRIVING?



More things enter into safe driving than the average person thinks. Of course, the equipment used must be in good shape. Before driving a truck out from the Yellow Transit terminal at Baxter Springs, I check carefully seventy-nine points for proper operation. I go through a regular regimen, making sure of my air for brakes, my wipers, steering gear, defroster, heater, safety flares, reflectors, lights, trailer lights, gauges, fuel, oil, lug bolts, and many other things.

Regardless, however, of how good the equipment is, the driver's condition is the most important. The key to safe driving is this: the faster and heavier the traffic is, the more alert the driver's mind must be. His mental and emotional condition is a major factor in his safety potential.

For example, a good driver should have a good home life. He can't worry about home problems, or be in an argumentative mood, and be a safe driver. While driving, he shouldn't get his mind off his truck. He must give it his wholehearted attention and time. This is the reason that a driver's wife is as much of a truck driver as he is. It is a team arrangement. If the man can come home to a placid and happy home, he will be a better and safer driver; if he has problems at home, he can become a menace on the road. I would say that this factor alone constitutes anywhere from 50 to 75 percent of the safety problem.

Then, a driver should be a gentleman regardless of where he is, but especially on the road. When I see a driver coming toward me, I can usually size him up quite quickly whether or not he is a good driver. At night if he is not courteous enough to dim his lights, or in the daytime if he is so inconsiderate of on-coming traffic as to ride the center line, I watch him as a potentially dangerous driver. If he is courteous on approaching, I put him down as a good driver.

Furthermore, a driver must be in good physical condition. Drinking does not contribute to such a condition. Drink paralyzes the brain, and a driver simply must be alert at all times. He cannot be dazed by alcohol, or affected by even a small amount. It is often the moderate drinkers who get into the most trouble. Personally, I never drink. I never had the desire to start the habit. My wife says that when she sees someone who has been drinking, she thinks something must be wrong with that person.

As far as I am concerned, I don't smoke either. I quit in 1951. After an operation, the combination of smoking and the anesthetic made me sick and I haven't had a cigarette since.

There are other things that might detract from a driver's physical condition, such as the use of pep pills and similar drugs. In fact, I have never personally seen any drivers who do use them while driving. I simply stay away from all such things. Actually, if a driver needs things like these, he has no business driving. If he needs any kind of dope, he shouldn't be behind the wheel. If he gets sleepy, he should pull off for a nap, and not reach for a pill.

Obviously, a driver must be able to cope with any situation that arises. He must plan his driving as far down the road as he can see. He must drive "all around him," in all four directions. Especially is this true in today's faster traffic and on the more complicated multilane roads and expressways.

So, to be considerate of his own life and the lives of those around him, a driver must use the very best of equipment, not only mechanical, but especially physical and, most important, mental. This, then, is the answer to the question, What is safe driving?

For more on William C. Nunley, see page 7:
"Good Horse Sense Makes Good Car Sense."

