

LISTEN

A
JOURNAL
OF
BETTER
LIVING



BUZZY TRENT

Champion Surfer

Beer Can Do It Too

During last year there was a mystery in the Canadian province of Quebec. A person died, apparently of some heart condition. Then another person died, and still another, until some twenty had died, all under similar circumstances. And numbers of others were suffering the same heart lesions, though not yet to a fatal extent.

In comparing the deaths, it seemed the only common feature was that all those who had died were beer drinkers and continuing patrons of fourteen taverns in a somewhat specific geographical area.

So an investigation was launched to find some deadly ingredients in the beer delivered to that area. Perhaps some fatal impurity had crept into the brew.

The search assumed fantastic proportions. One Quebec brewery dumped a million gallons of beer. Every detail of the production and the composition of the beer was scrutinized carefully.

However, exhaustive analysis failed to discover any impurities in the beer sold at the taverns patronized by the victims, or any chemical difference between that beer and what was dispensed elsewhere in Canada.

Eventually it was concluded by the investigations that the trouble was not due to impurities in the beer at all, but simply to the drinking of beer itself.

The amount of beer drunk daily and the length of time a person had been drinking were linked to the occurrence of the disease. The most deaths occurred among those who had consumed the most beer for the longest time. The conclusion was as simple as that.

It has long been claimed by advocates and promoters of beer drinking that this beverage is innocuous, that it cannot cause the untoward results which may come about from stronger drinks. Obviously, the Quebec experience proves otherwise.

Nor is the experience limited to Quebec. Since then this heart disease has appeared in Omaha, killing one, and in Minneapolis, killing sixteen.

Evidence has been multiplied through the years that alcoholism with all the suffering and loss it causes is frequently brought about by beer and beer alone. Usually, in fact, there is more actual alcohol intake by beer drinkers than by drinkers of other alcoholic beverages, because it is easy to be fooled into thinking that the alcohol intake is at a minimum because the concentration in the drink is lower. In reality, the larger amount of beer taken overbalances the lower alcoholic content.

The effect on the drinker comes about as the result of the alcohol, and beer contains alcohol. If a person continues to drink it, he will run the risk of reaping the harvest of his habit.

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- ★ Records are made to be broken. This is especially true in the mile race. The latest, and youngest, record holder is Jim Ryun, nineteen-year-old Kansas boy. Read his story in December's *Listen*.
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THERE'S a bright spot on the youth horizon in the Texas Gulf Coast area. A warm glow is upgrading the image of young people in Houston and nearby communities.

That warm glow comes from outstanding young people through a regularly scheduled television program, "Salute to Youth." This showcase for the talents and achievements of youth enables young scientists to demonstrate their inventions, young athletes to show their prowess in individual and team sports, and young musicians, actors, singers, and artists to display their cultural achievements.

Thousands of families have acclaimed the program; hundreds of clean-cut, ambitious youngsters have discovered an outlet for their prowess; and leading business, civic, and educational leaders hail the program as an indication of what the nation can expect from its youth.

The program, broadcast once each month over Houston's KTRK-TV, is sponsored by the Houston Lighting and Power Company, whose faith in the ability, integrity, and potential of the young people of this area makes the talent showcase possible.

"The more we see of the achievements and talents of its young people, the more convinced we become that the future of this area will be in good hands," says P. H. Robinson, president of the sponsoring company.

SALUTE TO YOUTH



Before the TV cameras on a typical "Salute to Youth" program are folk singers Phil Ullrich, Mac Phillips, and Allen Phillips.

"We believe television viewers will enjoy seeing the many intelligent and useful ways in which young men and young women are directing their energies and talents toward preparing for responsible citizenship. That is our purpose in sponsoring 'Salute to Youth,'" Mr. Robinson says.

There are no beatniks, beatles, or Sloppy Joes on this program. The performers are youngsters with a worthwhile goal in life. Their grades are in line with their performances, and they are far too busy to be interested in the foolish fads so many teen-agers fall for.

Said Willard E. Walbridge, speaking before the Houston chapter of the Public Relations Society of America, "We don't just have a bunch of squares and eggheads on the show.

William M. Hall

We have big bands with lots of ordinary kids; we have young athletes who are respected as leaders, also because they can run a meeting as well as run for a touchdown. The schools are with us all the way, and they advise us when students are competitive and aspiring."

The range of talent over "Salute to Youth" is wide and varied, and the young people often excel in areas totally unrelated to their chosen field of activity.

An outstanding example is Tamie Rolland, age fourteen and a ninth-grade student in junior high school, who started skating at the age of two. She has taken lessons from Larry Ross since age eight. In 1964 she won second place in Junior Pairs in the Southwest Championship competition. Before that she was Southwest Juvenile Champion for two years and placed sixth in national competition in 1963 in Detroit. She placed fourth in Novice Ladies' Skating in national competition in 1964. She has passed four of the eight U.S. Figure Skating Association tests required for participation in world competition.

This talented young teen-ager plans to enter the Olympics by the time she is eighteen. She has also won several trophies in archery, she makes A's in mathematics, and she finds time to participate in many pleasant activities with family and friends.

Kathy Rote is a sixteen-year-old eleventh grader who likes world history, horses, art, the banjo, and the guitar. Kathy didn't like "that rock-and-roll noise," so she borrowed a guitar to learn to play better music. When the veterinary surgeon came to see her horse, he spotted the guitar and taught her a few chords, and now she's singing folk music in Houston.

Garland Novosad, an eighteen-year-old graduate from nearby Wharton High School, was an outstanding student in civics and science. He hopes to combine the two in his lifework—politics and dentistry! Garland was president of the French Club in his senior year in high school, secretary of the senior class, and Student Council president, and he played drum and saxophone in the school band.

This ambitious boy-scout worker thought there should be a space merit badge in scouting. He wrote to the National Council and requested that they make such a badge. A B-average student, Garland has won scholarships from the Texas Attorney General's Youth Conference and the Texas Atomic Energy Research Foundation Symposium, and he has made the Science Fair three years. He is presently a student in the Baylor University Dental School located in the city of Houston.

When the Houston All-City Orchestra attended the Wagnerian Festival at Bayreuth, Germany, in August, 1965, one of the soprano soloists with the group was Margaret Schweinder of Houston. This hardworking creative



Shirley James wants to be a doctor. She works in the Texas Children's Hospital.



David Petrash is going after a music degree. The organ rates tops with him.

SALUTE TO YOUTH

The Madrigal Singers, ages fifteen to seventeen, all plan musical careers.



SALUTE TO YOUTH



Now well on her way to the Olympics, Tamie Roland began skating at two.

As a soprano Margaret Schweinder has won high honors overseas and has been selected as an Outstanding Young Woman of America recently.



Already winner of many honors in science, Garland Novosad aspires to a life career in public service.



Ed Westerlund plans to be a swimming coach and one day own his own boat business. He works as a lifeguard during summers.



young lady has already reached a pinnacle in her musical career. Margaret has won many musical honors, has been elected to the Outstanding Young Women of America, and has toured the country with the Robert Shaw Chorale.

There is scarcely a limit to the variety of performances given on this program. Music ranges from popular to the classics and includes about every instrument. Vocalists range from folk songs to grand opera. The Chromatics, a Wheatley High School group in Houston, is an example of the popular singer variety. There are seven or eight singers in this group with a trio accompaniment. Their ages range from sixteen to eighteen.

In contrast, the music of young David Petrash, a nearby Baytown high school student, is mellow, lilting, and classical. Music commands most of David's time and energy. He plans to get a degree in music and make it his profession. His favorite instrument is the organ.

Ed Westerlund, a senior in Houston's Jesse H. Jones High School, is a typical example of the clean-cut athletic youth who have appeared on "Salute to Youth." Ed is an expert swimmer, likes boats, and one day plans to have his own boating business. He is also interested in becoming a swimming coach. To prepare for this work he spends his summers as a lifeguard and in instructing others.

Shirley James, at seventeen, has ambitions to become a doctor. A senior in Lamar High School in Houston, her grade average is 4.33. To prepare her for her future career as a doctor, Shirley works as a volunteer in the Texas Children's Hospital.

The supply of talent is so great that only outstanding performers make "Salute to Youth." Talent scouts visit the schools, where interested students are invited to audition for the show. Those selected for appearance on the program work under the direction of the station's programming staff.

In a letter to the sponsor, W. C. Cunningham, superintendent of the Galena Public Schools, says, "To my knowledge, you are the first people to try to give publicity to the youngsters who will be real representatives to our school programs. It is easy enough to receive more publicity than necessary for youngsters who happen to get into trouble, but it has been more difficult to receive real encouragement and promotion for young people like those you are promoting here."

There are thousands of talented young men and young women scattered across this great land.

If they are given the opportunity to display their achievements, news of their attainments will do much to crowd out the lurid, frightening, and scare-happy headlines from our newspapers and magazines.

MESSAGE of the OLYMPICS

Jesse Owens

as told to Paul G. Neimark



IN THE twenty thousand miles that I travel each year, the event I am most asked about is that memorable Olympiad in Berlin thirty years ago.

The general impression everyone has is that we won those Olympics, because people seem to remember that Hitler snubbed me, and then my being fortunate enough to "snub" him back by winning four gold medals.

The truth of the matter is that Nazi Germany piled up the most points, and one of the reasons we didn't have a chance to overtake them and win a really total triumph was that a couple of young men didn't make the team.

The reason they didn't make the Olympic team was a bottle of liquor.

It wasn't a single bottle—it was many, many bottles.

This pair of fellows from the same university were two of the most promising athletes to come along in years. They were improving their weekly records by leaps and bounds the year before the Olympics; and as my coach and I thought of the probable team a few months before the selections were made, we figured these two kids were cinches to make it—and, more important, to win a pair of medals, probably gold ones.

At a track meet I'd participated in not long before at their college, I was told that these boys were known more for their partying than their training. I didn't think any more about it until I was actually on the ship sailing the Atlantic for Berlin. Then I realized they weren't along. Until that moment I'd been caught up in the rush and excitement of things. I asked my coach, Larry Snyder, why they weren't there.

"I hear they were thirstier for firewater than they were for gold medals," he answered. Larry Snyder wasn't one to condemn anyone openly, but this time he made an exception. "I've seen alcohol ruin athletes more than any other single thing," he told me. "Stay away from it, Jess."

I have seen the truth of his statement for three full decades since that foggy day. Alcohol has been the downfall of more athletes than just about all other causes put together. I did stay away from it, though I always had because of the training my father had given me.

When you think about it awhile, it isn't hard to figure out why, on the whole, there is a direct ratio between not drinking and not failing.

I know what some people will be thinking: What about someone like Babe Ruth, who overdrank, overate, and broke

Possibly the greatest athlete who ever lived, Jesse Owens is renowned the world over for winning an unprecedented four gold medals in the 1936 Olympic Games.

Now president of his own public relations agency in Chicago and a radio personality with a daily program, Owens always makes time to pursue his interest in sports. He has attended each Olympiad from the one in 1936, has served as ambassador of sport under two United States Presidents, and has headed the athletic division of the Illinois Youth Commission for a number of years. He travels some twenty-five thousand miles annually giving guidance to the young in the form of athletic clinics and youth programs.

about every rule of good training and good manners that ever existed? What about *him*? Well, I knew the Babe, and let me tell you I had a real affection for this big, spindly-legged, warmhearted roisterer. But I also want you to know a couple of things. First, Babe was the exception. Very few could get away with his habits and break the records he did, and live to even the fifty-three years he did.

But then there's something more important.

Babe Ruth was not as great as he could have been.

I know that may sound strange, but I know what I'm saying. Yes, 714 home runs in a career is an amazing total, but Babe should have hit 900.

I would be the last man to belittle the fabulous accomplishment of hitting sixty home runs in a single season, but Roger Maris, a much less talented player, did about the same, didn't he? No, Babe should have topped even his own amazing records.

The point I'm making, and the thing I learned from the Olympics—because that's the whole idea behind the Olympic Games—is that it doesn't matter how you stack up against others. All that matters is how you stack up against yourself. You don't have to impress anyone by drinking or by breaking one-hundred-yard-dash records. All you have to do is live up to your best—the best you can.

Most people think of Grantland Rice's famous quotation:

"When the Great Scorer
Marks down and it's your name,
He asks not if you won or lost,
But how you played the game."

I myself always recall the words of the founder of the modern Olympics, Pierre de Coubertin: "The important thing in life is never winning, but only playing well."

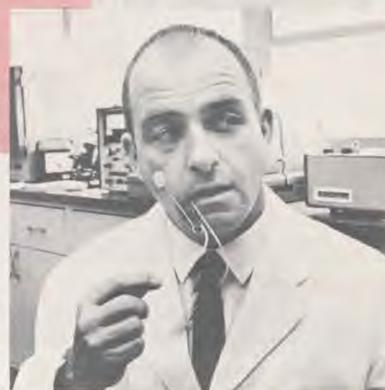
In space the astronauts are helping develop "predictive health," a program which will help preserve your own health in the future.

the SPACE AGE and YOUR HEALTH

Arvo Schoen and Joe Poyer



Dr. Thomas B. Weber demonstrates a small device used in the predictive health program to collect samples of fluid from the parotid, or "mumps," gland. Using this body fluid, the technician can perform many tests for which blood from the test subjects has formerly been needed.



PETE SMITH, a student, enters the school health clinic and removes his shirt. With him he carries a number of computer cards, some of which are questionnaires about his health, which he has already filled out. A technician quickly tapes a series of electrodes to his arms and chest, and Pete steps onto a treadmill and begins walking in time with the technician's instructions.

Five minutes later he hops off and moves to the next booth. A second technician slips a small disk-shaped device into his mouth to collect saliva from the parotid or "mumps" gland. At the third booth, a blood sample is taken; and before Pete leaves, the technician runs several more quick and painless tests. As Pete dons his shirt again, he watches the technician punch the results of his tests onto the computer cards and slip them into a hopper.

Seconds later the results of Pete's latest series of predictive health tests are recorded in the central computer complex located in the state capitol. Before Pete leaves the clinic this set of data points on his health status is completely correlated with all past tests and the records now contain his up-to-date health profile.

Pete sees nothing odd about this procedure. He has been going through it ever since he started school. His father and mother are also tested several times a year, his father at the downtown predictive health center, and his mother at the local regional center.

Pete thinks no more about the predictive health testing program than his father did about the eye and ear tests and yearly physical checkups given when he was a student.

But Pete is a part of the American population that will live a significantly longer, healthier, and more productive life, all because of these relatively simple tests.

The predictive health program is a program for personal health and preservation that will literally revolutionize the concept of medicine in the next few years. It is now in the planning stages all over the United States. At the Department of Health, Education, and Welfare (HEW), programs are now ready for the vast, nationwide attack on three of the most dreaded diseases of man—heart disease, cancer, and stroke. In the fiscal year of 1967, centers will be springing up all over the country as HEW moves the attack into high gear.

The heart, cancer, and stroke attack is only one part of the predictive health program. In the next few months, you will be hearing more about this entirely new concept in the practice of medicine that will soon be available to every man, woman, and child in the United States. Predictive health envisions the establishment of a nationwide network of regional centers, completely equipped to perform health evaluation tests on every living American, with the results of each test recorded in a national data processing complex.

At Beckman Instruments, Inc., in Fullerton, California, a

well-known manufacturer of medical instrumentation and computer systems, Dr. Thomas B. Weber, manager of Beckman's advanced research department, is participating in completing final details of the plan. According to Dr. Weber, the predictive health program may be the greatest step forward in the preservation of health since the discovery of smallpox vaccine.

The program has as its primary goal the perpetuation of the health and well-being of the American citizen. You will step into a screening center, much as Pete did, where technicians will perform a series of simple tests designed to measure your current level of health. Each of these tests will be reduced to what computer technologists call data bits and transmitted to a central computer. This computer will search in less than a millisecond through the files of all of its "subjects" to find your file.

The data bits—results of the tests—will be entered into the file and compared with the results of the tests you took a few months previously. If a discrepancy should show up in the testing, the file on your medical history will be immediately forwarded to your doctor for his review. He may, if he considers the discrepancy serious enough, call you to his office to determine why your health "level" is down.

To the harried businessman, this might be an indication of a rising cholesterol level that will lead eventually to a heart attack. The doctor, by being warned ahead of time that there is trouble brewing, can help the patient avoid the future heart attack by recommending an important change in diet, a special set of exercises, a more relaxing pace, or any one of a number of remedial treatments that will help the body's defenses cope with the conditions which ultimately lead to a heart attack.

For the child, it might be an indication that rheumatic fever can strike, or for the housewife it may mean her body is signaling that cancer could infect her body. For the older members of our society, it could be that the body's systems of resistance and defense are not functioning properly and if allowed to continue will result in a stroke.

The predictive health program is based on the fact that your body has its own built-in defense system which is usually able to cope successfully with various diseases and conditions which lead to disease. For the most part, as long as your body is well rested, well fed, and under no prolonged stress and strain, your body defense mechanisms can handle any attack. But if your body becomes tired for long periods or is placed under continued strain, the body defense system, like any system, will ultimately break down. And when it does, disease—or rather dis-ease—gains the upper hand.



This garment worn by the Gemini astronauts has attached to it simple medical instruments capable of relaying to the aerospace doctor on the ground complicated medical data on the astronauts in orbit.

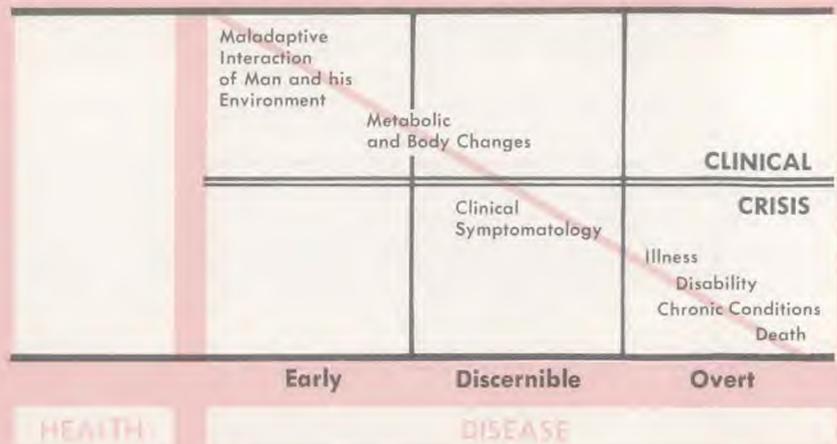
This, then, is where the predictive health program will benefit the American people. It is in this period between complete health and the actual onset of disease that the body can best be treated—usually very simply—to stave off the attack.

By measuring the health level of the individual over a period of time, a "health profile"—a picture in computer form—can be built up that will allow your doctor to spot exactly at which point your body's defense mechanisms are no longer able to neutralize threats and your general health begins to slide downhill. It is at this point that the doctor can then initiate measures which will bring the body's defense mechanisms back to par—before you are aware that you are sick! In other words, the doctor can now help the body arm itself against disease by means provided by nature, before sickness actually demonstrates itself physically. The simplest example would be to correct improper nutrition, establish a good exercise program, and make sure you get adequate rest. All before any signs of overt disease have emerged.

According to Dr. Weber, the difficulties that beset such a program are great, but not so great that they cannot be overcome. Ten years ago, the Apollo lunar project would have been a science-fiction dream. Today it is fact, and the predictive health program is really an outgrowth of the United States space program. Many of the instruments and techniques that will be used in the predictive health program come from one phase or another of the space program. The parotid collection units that will take samples of parotid fluid from your mouth, for tests which ordinarily require

This chart shows in graphic form how disease occurs. At the upper left, man is healthy. Something such as a common cold, worry, or stress happens somewhere along the top line to cause him to begin to slide downhill. Certain changes take place within his body that cause him to slide faster as disease takes hold. Unless he is helped at this point, the slide will continue until he crosses the double line marked CLINICAL CRISIS. Predictive health is able to spot the exact point at which he veers off the line; and, by exercising the proper techniques, it helps bring his body back up to the top line of complete health.

HISTORY OF DISEASE



specimens of your blood were developed for the space program and for use in supersonic aircraft.

In fact, the basic concept of predictive health has come from the national space program. The environment of space is totally beyond anything that man has yet encountered, with the exception of underwater manned studies, which are as new as the space program itself. In space, the astronaut is exposed to new and hostile conditions—weightlessness, radiation, low-pressure atmospheres, all different from earth.

It has been found that man can spend relatively short times in space with no real ill effects, but as he stays longer and longer in space with each succeeding mission, what will be the effect on his body? Will he lose so much calcium from his bones that they will be unable to support him when he returns to the gravitational pull of earth? How about his heart? Will it be able to stand the weight of blood that it has to pump after spending days and weeks pumping a fluid that essentially has no weight? What will be the effect on each of his organs and body systems while in space? Can they be expected to function as they do here on earth?

All of these questions must be answered before man can hope to spend as much time in space as he would like. And so, based upon what we know now from our short-term missions in space, means were developed to anticipate what effects the space environment would have on the astronaut for two weeks, two months, or two years in space before they occur and incapacitate him. These prediction means are based on the comparison of data gathered before, during, and after a space flight, as well as specific tests which indicate small and subtle changes in the body. All of the information is reduced to data points and fed into a computer. When enough data is gathered and compared, the aerospace doctor, is able to predict the course of the astronaut's health under various conditions encountered in space.

This, essentially, is the concept behind the predictive health program. By conducting twenty or more simple biochemical and physiological tests on the individual two or three times per year, enough knowledge can be gathered to enable the doctor to predict the future course of his health.

The body has built-in indicators of health. Each of these indicators means something very specific to a doctor. When he can see them gathered all together and compared with what he knows personally about the patient, he can see general trends that will tell him when the patient is ripe to exhibit the signs and symptoms of a particular disease.

The doctor sees disease, not in terms of a single attack on your health, but rather as a general slide downhill—a descending scale. On one end of the scale is complete health. On the other end is sickness—disease. Most people in the United States today fall into the vast 80 percent of the scale, somewhere between complete health and sickness. Predictive health concerns itself with this 80 percent. If a doctor can be made aware that potential illness will strike at some future date, he can take steps to prevent it and keep his patient from beginning the disease process.

So the need for the tests! If you are tested two to three times a year, the doctor will be able to tell when you veer off the complete health end of the scale and start to slide downhill. If he can spot the beginning of the slide, he can help you to climb back again to the health end. And an important part of this process will be centered around the practice of good nutrition, exercise, and preventive habits.

A
better way
to relieve
tension



Contented Cows

Clare Misesles

ILLUSTRATION BY HOWARD LARKIN

JEFF chuckled to himself as he looked into the department-store window on Chicago's State Street. Right there in the Loop, two Holstein cows were munching hay to their bovine content, with air-conditioning, no pesky flies—and *music!*

Each cow had her own radio, and could they have spoken, they would have probably said, "No cow ever had it so good!"

There was only one catch. The cows had no choice of music. One cow was tuned into popular tunes, the other to quiet melody. Why? To prove the effect of music on the production of milk. It proved something all right: that cows can take or leave top tunes, but quiet melody charms enough to fill the milk pail!

Later that evening, after telling his friend Chuck, Jeff laughed, "I think I'll turn into a cow."

"To relax?" smiled Chuck.

Jeff's cropped head bobbed up and down. "Right! You can't beat what sweet music does to a cow."

"Don't have to."

"Don't tell me that music can charm me too!" Jeff chuckled.

"I don't know about the charm," laughed Chuck, "but the relaxing bit is true. No kidding, it's great for what troubles you—even kicking alcohol."

"You mean it?" asked Jeff seriously, thinking of the habit he was acquiring, the habit he would give anything to kick.

"Sure." Chuck went on to explain about his uncle, who had discovered that it can be music versus alcohol. "I even tried it, and I don't have a drinking problem. I tell you it's great—relieves pressure, calms you down, and shakes jitters. Try it."

Jeff accepted this bit of advice. He got out the platters and set to work with the melody. But just to safeguard against the bumpy spots, he placed signs about his room that read: "Music soothes the savage breast—cows, and me!"



by *Thea Trent*

THE crowd thronged the sands of a Hawaiian beach on the island of Oahu, but the young man coming onto the beach with his light, fiber glass board poised easily, seemed to make a way for himself through the mass of humanity with no trouble. He was tanned as brown as any Polynesian, and his keen blue eyes were bright.

Various sports develop different muscular patterns, and a champion surfer has, almost invariably, strong shoulder muscles from paddling his board seaward—as well as powerful legs and trim waist and hips.

Leaning his narrow surfboard against the lifeguard tower, the young man glanced sharply at the uneasy sea. The sea has its own language for those who know, and today it was in a sullen rage. The waves seemed suddenly to be lifted high, then again to be broken down by some hidden current. No one was surfing, but excited people were pointing seaward.

The Hawaiian lifeguard ran quickly down the narrow steps. "Glad to see you, Buzz. There's trouble afloat."

"I see it—a dangerous rip."

"And that's not all. Look." He passed his strong binoculars, which Buzzy fixed upon the churning sea.

"Where's your powerboat, Kona? That guy on the board out there is nearly unconscious. Once he rolls off the board into this riptide, he's gone."

"The powerboat is on one of the other islands with an important foreign official. We have tried over and over to reach that man out there, but the water is too broken."

"I'll add my try," Buzzy said, and ran lightly toward the sea. Just then there was a whirring sound in the air, and a small helicopter sank easily to the sand.

"Now I have a better idea," Buzzy shouted, running to the 'copter, which was owned by a friend. A few words, a few ex-

pressive gestures to seaward, and the pilot nodded and made the circle sign with his thumb and forefinger.

"Has anyone here a strong fishing sling?" Buzzy shouted. "It may save a life. Quick!" Several young men ran forward offering the thick leather thong used in some kinds of fishing.

Running back with his board, Buzzy told the pilot, "I'll hold the board clamped outside the cabin, Phil. When we get above this fellow, pull some distance to one side. I'll have to drop my board and jump. He must be past the rip, or he'd be pulled farther seaward. We can't risk dropping the board on top of him; that would be the end. I'll have the thong with me. It's great of you to do this."

As the helicopter whirred off, some of the Hawaiian women fell on their knees and prayed. Most of the men stood tensely with folded arms.

As if by magic, the beach was now full of cameramen with telescopic lenses, reporters, radio and TV announcers, telling each stage of the unheard-of rescue—the first rescue of its kind ever made, as far as is known, directly from a helicopter cabin, without rescue apparatus.

Details of the rescue were hard to see from shore, but all went smoothly. Buzzy was able to get his board after the jump. He roused the man by urgently talking to him, telling him they would be ashore in a few minutes if he braced up. He did not dare to tie the loose end of the thong to the weakened man, lest he be dragged off the board.

"Hold tight to the loop. Hang onto the board, and twist your feet under the edges. Now I'm fastening the loose end to my ankle. I'll paddle us both to shore."

There was a tremendous commotion when they made shore, for whistles and bells all over the island were sounding. As soon as a doctor came to take charge of the weakened passen-

this exclusive *Listen* feature tells how
vered from a serious injury to become
one of the world's ten best surfers.

Our Cover: Expert Buzzy
Trent at Waimea Bay,
Hawaii, powers through
one of the largest waves



BUZZY TRENT --

"WARRIOR OF THE SEA"

ever ridden. Until 1959
this mountainous surf
was considered too dan-
gerous to ride. *Listen's*
cover, provided free of
charge by Mrs. Thea
Trent, article author, is
by Dr. Don James of
Surf Photos, Box 163,
Culver City, California,
where lithograph prints
19 x 25 inches of this
photo can be obtained.

ger, Buzzy faded away to another part of the beach. But no
one who saw the rescue is ever likely to forget it.

That evening, in the enchanting dusk of Island twilight, in
his artistic beach home, Buzzy, with his wife and two children,
entertained unexpected but welcome guests. One was an old
fellow member of the undefeated all-star football team on
which Buzzy had made a great sensation in his high school
years.

"Wonderful to see you, Pete," Buzzy said heartily. "I have
been keeping track of your spectacular football career in the
newspapers. How does it seem to be such a famous pro?"

"You'd have been much better at football than I, if that foul
luck hadn't come your way. But when I see the paradise you
have found in the Islands, and your renown as one of the
world's greatest giant-wave riders—well, I can't feel you are on
the losing end.

"And this is Dr. Mike Eldon, Buzz. He is a 'fresh-baked'
doctor," Pete said, presenting an earnest young man with
kindly, dark eyes. "He wants so much to see you again, Buzz,
and to talk to you."

Later the conversation took up again at a quiet spot on the
beach. "It seems like only a month or so ago that it all hap-
pened, Buzz," Pete commented. "The banquet for the unde-
feated C.I.F. team, and the little golden footballs we were each
given. And then the many, many calls from alumni of different
colleges, offering us athletic scholarships.

"So we both chose S.C.," Pete recalled. "Our coach, overjoyed,
figured on a national championship—no less."

"Instead," Buzzy took up the line, "I got mowed down. My
cleats caught in a mass of wet turf on the gridiron—a heavy
tackle, and rip went the whole structure of one knee—a gory
mess. Good-bye, glory! Hi, agony!"



It isn't far
from Buzzy's
home to the
surfing beach.



No man could
be more a
real sea man
than Buzzy.



SURFING AS A SPORT

OF LATE years the popularity of surfing has grown enormously. Fifteen years ago on the Pacific Coast only a handful of young men were interested in surfing; but today the sport has become so popular that many beaches are endeavoring to outlaw boards because of the potential danger to bathers.

Few young people living on the seacoast can avoid the lure of the waves, and from small children "body surfing" on small wavelets to old men of seventy, many of whom are famous local surfers—all are keen enthusiasts. Teen-agers, of course, form the largest group.

Unfortunately, with a certain group, surfing is fast becoming professional. Especially is this so with the stunt surfers, the so-called "hot-doggers" who go in for fancy posture and stepping to and fro on the board. They often get background work in movies, and are always on the lookout for publicity.

For the serious surfer who loves nothing better than the thrill of riding the waves, and who is prepared to brave the dangers of running gigantic seas up to fifty feet in height, surfing is a challenging sport, and all aim to become master surfers like Buzzy Trent.

Great demands are placed on the body when surfing. Every muscle must be powerful and lithe. The surfer must have a perfect sense of balance and keen eyesight. Dizziness or vertigo would finish him. He must have a faculty—partly experience and partly instinct—to know how to take the wave before it breaks into thundering foam. He must have quick reflexes and absolute poise.

Various recreational agencies offer courses in beginners' surfing. This is highly valuable if it does no more than show would-be surfers the dangers unskilled riders may plunge into. However, the average surfer learns his art in the school of hard knocks and often of serious injury. He has to maintain his balance at all times, and be able to judge the break of a wave. Otherwise the wave may come crashing down, knock the surfer from his board, and bring the board down with such force that the rider may be knocked unconscious. This is called "getting the ax." It was far more dangerous in the days of heavier boards. Six of Buzzy's friends have been killed in this way.

The best areas for surfing are perhaps in the Hawaiian Islands. Here, in certain districts such as Sunset and The Pipeline, the gigantic waves run up to fifty feet. Other locations such as Waikiki Beach usually have milder waves. Australia has produced some fine champions, and the Southern Californian, Mexican, and South American coasts have some beautiful surfing areas. The Atlantic Coast has problems with weather and rocks, but the sport is steadily growing in spite of them.

Healthwise, surfing makes great demands, and the brain must be kept in perfect condition. The need for quick judgment and steady nerve precludes those who drink or smoke from becoming master surfers. A drunken surfer is a dead surfer! Even a moderate drinker is in constant danger should his balance be impaired. He has even less chance than a drunken matador at a bullfight.

"I was just beginning my internship in the Good Samaritan Hospital where you were cared for, Buzz," said Dr. Mike. "I had never seen you, but for some reason I was tremendously interested. From your violent injury rheumatoid arthritis started. ACTH and cortisone were just coming in—they helped some, but you came home in a wheelchair."

"To a tideless sea of pain," Buzzy continued with a little smile. "Drugged sleep at night with the pain always waiting to pounce. Daily shots of ACTH. No use—"

"Then the doctors had to discontinue the treatment because of bad side effects." The doctor's voice was expressive. "And, at the very crisis of agony, suddenly *you* took over."

"You mean God took over," Buzzy said seriously. "I'm not what you might call a strong churchman, but I never doubt but that God is there, and that He cares. How could I? The conviction came that warm salt water and, after a time, mild exercise, especially swimming, would help me. Kabat-Kaiser Institute let me use their warm pool free, for I had been a lifeguard. One of my brothers, and friends like you, Pete, brought me to the pool. I clung to the railing and moved the injured leg gently. In time I could swim, and soon I could walk with a cane—then without one. As you see, now I can surf the big ones!"

"I am so interested as a doctor, not only because of yourself, but because of how your experience illustrates the new findings concerning the equipment the body has to fight disease. Is it true you do not use alcohol, or smoke?"

Buzzy nodded in the affirmative.

"Two members of my family died from it—alcoholism," replied the doctor. "I am convinced these poisons destroy the fighting forces within the body. Here today you made a fantastic rescue of human life, throwing the greatest possible strain on that injured knee of yours. You say your work is on a 'high-altitude' level, and that surely takes top form. If you had been a drinker or a smoker, do you honestly feel you would be where you are today?"

"I am sure I'd have lost," Buzzy said.

Mike clasped Buzzy's hand warmly. "I hear many Hawaiians call you Ke-koa—warrior of the sea. I readily see the reason for such a name."

Cancer Deaths

Nearly 20 percent of all ordinary life insurance policyholder deaths in 1965 in the United States were caused by cancer, compared with 18.8 percent in 1964, according to a report by the Institute of Life Insurance.

Trouble in the Parks

A massive exodus to the out-of-doors during the summer places a tremendous strain on the system of national parks in the United States.

This past summer some 119 million visits were made to the various parks, an increase of 6 percent over the previous year, and 65 percent increase over 1960.

The crowded conditions in some parks virtually reproduce city conditions, the very thing which people try to get away from, including traffic jams, smog conditions in some areas, even crime problems and juvenile delinquency.

For example, the overcrowding in the valley of Yosemite Park in California, has shot the crime rate up so fast that its small corps of rangers now must spend most of their time as policemen. The rate is about the same as for a city of equivalent population (40,000 to 50,000), say the rangers.

Much of the problem, especially the juvenile variety, arises out of liquor offenses. Some packed camping areas have been called "skid

We Need Some Tension to Be Efficient, Not Always Mere Relaxation and Ease



This "library" of known brands of pills in the Food and Drug Administration gives evidence of the vast variety of drugs available today for a multitude of aches and pains, both physical and mental.

rows." In one park, by summer's end an office in park headquarters was stacked to the ceiling with the summer's collection of beer and liquor taken from juveniles. The rangers filled a 2½-ton truck with the alcohol and dumped it near the park incinerator. And not all the trouble is with the juveniles, either.

It is evident that when there is a mass exodus from the cities to "get away from it all," the no-liquor regulations for the national parks should be strictly observed, for wherever there is liquor, there are the untoward results of liquor.



Majesty and beauty are hallmarks of our national parks, as shown in this panorama of Yosemite Valley, but hordes of careless and inconsiderate visitors threaten the enjoyment of those who wish to benefit from natural things.

Popping pills into the mouth is the "in" way to get out of reach of life's abrasions and tensions.

A truck driver needing extra zip reaches for a pep pill. The jittery matron heads for the tranquilizer bottle. College students pull out the sugar cube soaked with LSD and get in a few licks.

It adds up to a "pill-happy America," says Dr. C. Nelson Davis, psychiatrist in chief at Malvern Institute for Psychiatric and Alcoholic Studies in Malvern, Pennsylvania.

He maintains that the pill poppers don't admit that man is born uncomfortable—and must be somewhat tense, uneasy, and uncomfortable to perform at his peak efficiency.

"If this were not true," Davis says, "much could be accomplished lackadaisically.

"In our prosperous society, too much emphasis is placed on comfort and leisure rather than on productivity. We are confronted with a 'pill-happy America' as a result of this attempt to find constant comfort and a feeling of well-being."

He says society must get over the pill kick and stop endorsing the injudicious use of drugs—"powerful, dangerous chemicals that should not be taken for any reason other than to improve health."

"Anyone who uses a drug or alcohol as a crutch in an effort to accomplish something that he ought to be able to accomplish anyway is headed for trouble," Davis says.

"The horrors of addiction, the convulsions, the withdrawal agony—all of these are known. Still, man pseudo-glamorizes the drug, expounding its merit and exclaiming that these horrible things 'can't happen' or 'won't happen to me.'"

Davis says prevention is the only effective protection against addiction, the habitual use of drugs, and alcoholism. "Pill-happy America" must stop this further escalation of self-medication and reliance on drugs.

In This NEWS

★ LSD is for God's glory, says minister. See page 14.

★ Animals can become neurotic too. See page 15.

★ Blasting a thirty-story building into space. See page 16.

LSD Is Spiritual, Says Minister

The hallucinatory drug LSD contains properties that "contribute to creation and the glory of God," says the Rev. William Bell Glesnek, pastor of the Spencer Memorial Presbyterian Church, in Brooklyn, New York.

The minister declares that LSD is not "evil," but that it can provide a "valid spiritual breakthrough" that might take years to achieve on the psychiatrist's couch. Properly used, he claims, it has been known to produce deep religious experiences, frequently among nonchurchgoers.

Even the language of its users has religious connotations, according to Mr. Glesnek. He cites the word "atonement," meaning reconciliation and "rebirth."

"Christianity with a kick in it might be good for us," he says. "Religion can sometimes stand a shot in the arm."

The significance of this concept of LSD becomes all the more clear in the light of efforts in many parts of the country to lend a religious aura to the drug LSD, in a seeming effort to keep it from being outlawed by legal measures. If it is viewed in the framework of religious rites and ceremonies, it cannot be forbidden by law without interfering with the Constitutional right guaranteed for freedom of religion.

Where Liquor Is, There Is Trouble

"Last night they stole my garden hose, trampled on my newly seeded lawn, and broke a window in my truck. It's the fourth time I've planted that lawn. I'm getting sick of it."

The speaker is William J. Foster of Denver, Colorado, referring to the teen-age vandals who have plagued him for two years. Across the alley from his backyard is a tavern, a popular teen-age night spot. "There's the source of my trouble, that 3.2 beer joint," he says.

"That used to be a nice hangout for college kids," he comments. "Then about two years ago a tough gang moved in. They spoiled the situation for everybody."

Foster points to the chipped wall on his house—chipped from numerous attacks with bottles.

"My wife can't even come out the back door at night," he goes on. "And I can't come out without a gun. Between midnight and 12:30 a.m. it is a disgrace out here."

But he is prepared to fight back. "I'm not giving up. I'm going to protect my property."

How many times this story of vandalism and irresponsibility can be repeated across the country and around the world where liquor is involved!

Alcohol Versus Cells

Some of mankind's favorite drinks, including alcohol and coffee, damage the reproduction centers of plant and animal cells in much the same way atomic radiation does, report Karl Sax and Hally J. Sax of the University of Georgia in a presentation to the National Academy of Sciences.

One ounce of alcohol a day, they said, may do as much damage to the chromosomes as a one-roentgen

dose of gamma radiation per week.

Six cups of coffee a day would be equivalent to one tenth of a roentgen a week. This is the same as the Atomic Energy Commission's maximum permissible dose for radiation workers, but ten times greater than that for the general public.

More Accidents This Year

Traffic accidents across the nation caused an estimated \$3.5 billion economic loss the first four months this year, the Insurance Information Institute says. That is about \$226 million more than the first four months of 1965.

There were 15,110 traffic deaths during that period in 1966, and 13,650 in the comparable period of 1965.



Hypnotic Teaching

Some Delaware schools are experimenting with hypnosis as an aid to learning, and claim some success academically. Dr. William T. Reardon, who gives therapy with hypnosis, has produced a series of tape recordings teaching self-hypnosis, which are now being used on pupils ranging from elementary grades to high school teen-agers.

A Drinker's Disease

"Alcoholism alone doesn't cause cirrhosis," says Dr. S. L. Andelman. "Although we find this condition seven times as often in heavy drinkers as in nondrinkers, the fact remains that only about 8 percent of chronic alcoholics ever develop cirrhosis."

Most real alcoholics eat poorly and suffer from malnutrition, he comments. Malnutrition in itself won't cause cirrhosis either; but when alcoholism and malnutrition are combined, the chances of developing cirrhosis are greatly increased.

Often the symptoms are attributed to something else, so the real prevalence is hard to specify. In treatment, all alcohol must be given up, also highly seasoned foods and irritating spices.

Just sit down for your medical exam!



Medical Chair—In the upholstery of this Medical Monitor is a series of electrical pickups that eliminate the need for stethoscope, electrocardiograph, and other clinical instruments. Signals showing pulse rate, respiration, heart sounds and impulses are converted by the processor in the foreground into biomedical measures required for diagnosis.



"So do you, brother, so do you!"



PEOPLE ACT IN CONTRADICTORY WAYS!
TRUE □ FALSE □



True. The general who commands whole armies may be bossed around at home by his wife. The actress who is so charming to her "public" may be a shrew to her family and close friends. The mathematical genius may be unable to count his change at a store. The man who is a lion on the football field may be timid and shy when asked to make a speech. Most people are what they are in a certain context and set of circumstances. To know a person we must see him in his various relationships.

Monkeys Are Like Men

Animals that become neurotic behave much like human beings who suffer from neuroses, says psychiatrist Jules Masserman of Northwestern University as the result of experiments with animals to help develop methods of dealing with problems of neurotics.

Monkeys and other animals can be made neurotic through fear, but can be cured by transferring them to a place where they no longer feel threatened, or by putting them with normal animals where they can overcome neurosis "by absorption."

Alcohol has proved to be very effective in calming neurotic animals, says Dr. Masserman. "They forget they are supposed to be afraid. The danger is that animals, like humans, when they find alcohol stems their fears, are likely to become alcoholics."

Drugs--Military Menace

Under the influence of drugs a helicopter pilot shot down friendly Vietnamese, thinking they were the enemy Viet Cong.

In fact, he says, soon after he enlisted in the Marine Corps he learned it was regarded as clever to use drugs along with beer and wine, and for drug users to cover their actions with a claim they had been high on such drinks.

This was brought out in testimony before the Senate judiciary committee by "Frank," who is now undergoing treatment in the hope of shaking his addiction.

His physician, Dr. Robert W. Baird (*Listen*, May, 1966), said the sergeant was not disciplined, because no one knew he was drugged. On the basis of his own observations, the doctor estimated there are "a minimum of 10,000 to 15,000 heroin and barbiturate addicts in the service, and easily 100,000 marijuana smokers."

One in Twelve an Alcoholic

If you walk the sidewalks of Los Angeles, at least every twelfth person you meet, on the average, is an alcoholic.

The Commission on Alcoholism estimates 360,000 alcoholics in Los Angeles County, approximately 8.5 percent of the population over twenty years of age.

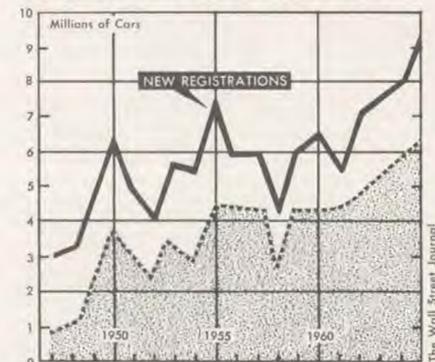
All Burned Up

Losses from fires during 1965 totaled \$1.76 billion in the United States, says the National Fire Protection Association.

Major fires, or those causing a quarter of a million dollars or more damage, destroyed \$312 million in property. This represents damage from only 402 of the nation's 2.4 million fires.

It is estimated that smoking causes from a fourth to a third of all fires, either because of cigarettes not extinguished or because of still-burning matches.

More Automobiles



New registrations of autos rose in 1965 to 9.3 million from 8.1 million in 1964. The other line shows cars junked.

More Drugs Coming

A forerunner of a flood of other mind-affecting drugs to come in the next few years—thus LSD was described before a Senate subcommittee by Dr. Stanley F. Volles, director of the National Institute of Mental Health.

"In the next five to ten years we will have a hundredfold increase in drugs that affect the mind," he said.

The comment was made as study was begun by Federal agencies on methods to coordinate important medical research and at the same time to prevent "future LSD's" from escaping from experimental laboratories into the streets and onto campuses.

No Bottle—New Cadillac

John (unnamed because he is an A.A.), of San Antonio, Texas, used to drink heavily—two bottles a day on the average.

Now he is sporting a new Cadillac, bought with the money he saved the first year he quit drinking.

The Scotch he used to drink, he says, came to \$6 a fifth, and the \$12 a day multiplied by 365 days totaled \$4,380—just the right price for a luxury automobile.

John also gave up drinking for other reasons, he points out: It was ruining his health, endangering his job, and breaking up his marriage.

ARE YOU PUZZLED?

ALMANAC PUZZLE *Frieda M. Lease*

To complete this almanac puzzle, choose one word from the list on the right, to fill the blank before each group of three words. Be sure the word you choose for any blank has something in common with all the words in that group.

- | | | | | |
|-----------|--------|---------|---------|------------|
| 1. _____ | house | weight | bulb | a. star |
| 2. _____ | bird | drift | flake | b. sky |
| 3. _____ | glory | star | light | c. moon |
| 4. _____ | coat | drop | bow | d. wind |
| 5. _____ | fever | water | thaw | e. light |
| 6. _____ | cube | box | boat | f. snow |
| 7. _____ | lily | break | dream | g. spring |
| 8. _____ | fall | mare | shade | h. air |
| 9. _____ | raid | port | mail | i. sun |
| 10. _____ | pipe | mill | shield | j. ice |
| 11. _____ | flower | dog | bonnet | k. night |
| 12. _____ | fish | board | gaze | l. rain |
| 13. _____ | lark | writing | scraper | m. morning |
| 14. _____ | beam | flower | stone | n. day |

According to a survey by the Metropolitan Life Insurance Company. From 1960 to 1964 racing accounted for more than 150 deaths. There were 148 deaths from football. However, only 25,000 drivers participate in racing each year, while more than 600,000 high school and 66,000 college students play football, in addition to professional teams.

City Dwellers

About two out of every three Americans live in metropolitan areas with a "core city" of at least 50,000 inhabitants. The United States Census Bureau says 123.8 million persons live in such areas, compared with 68.4 million in rural areas.



BOB BROWN



Tranquilizer Addicts

Many persons who use tranquilizers made with the drug meprobamate become addicts, or worse, according to evidence presented at Government hearings on reasons for tightening controls on the drug. The drug is a basic ingredient in such widely used tranquilizers as Miltown and Equanil, which have become household words among housewives, harried businessmen, and others seeking release from tension and worry. An estimated 80 million persons have used such products containing meprobamate since it went on the market eleven years ago. Government witnesses presented reports of some 200 suicides or attempted suicides among users of the

drug. It is proposed to limit to five the amount of refills of tranquilizer prescriptions containing the drug, and to prohibit druggists from refilling any prescription more than six months old.

Traffic Mistakes

Four easily avoided mistakes account for nearly three fourths of all traffic accidents, according to the National Safety Council. The mistakes: Driving too fast for road and weather conditions, driving on the left side of the center line, failing to yield the right of way, and driving after drinking.

30-Story Space Shot



Science Service

The huge Saturn V rocket, atop which three men will go to the moon in an Apollo spacecraft, towers 364 feet in the air, taller than a thirty-story building and more than three times as tall as a Gemini capsule and its Titan booster.

Some Dry Spots Yet

Thirty-one states have areas that are "dry," says the Distilled Spirits Institute. In Georgia and Tennessee, more than 50 percent of the population live in dry cities or counties. In Kentucky, North Carolina, Arkansas, Alabama, Kansas, and Texas, such areas account for from 30 percent to more than 40 percent of the population. An estimated 88.1 percent of the nation's people live in "wet" areas. This compares with 62.3 percent in 1934, the year after repeal of the Eighteenth Amendment.

Most Dangerous Sport

Most dangerous of all sports as far as the number of fatalities is concerned is automobile racing, ac-

ANSWERS TO QUIZ:

1. e; 2. f; 3. m; 4. i; 5. g; 6. i; 7. n; 8. k; 9. h; 10. d; 11. i; 12. o; 13. b; 14. c.

PROBLEM: An induction motor. NEEDED: An aluminum lid from a jar or saltshaker, a strong horseshoe magnet, a length of string, and a sharp-pointed pencil. DO THIS: Suspend the magnet by the string. Twist it several dozen times and have someone hold it so that it will not unwind. Balance the aluminum lid on the end of the pencil, hold it under the magnet, and release the magnet so that it unwinds rapidly. The aluminum lid underneath will turn. HERE'S WHY: This is the principle of the induction electric motor which is used to operate many of our appliances. Aluminum is not a magnetic metal, but as the magnet turns above it, electrical currents are induced in it which cause it to become a magnet. It then turns because of the magnetic field principle—"like magnetic poles repel and unlike magnetic poles attract." A piece of cardboard prepared and placed in the lid as shown in the drawings will keep the lid balanced on the pencil point. If a thin card or piece of glass is held between the magnet and the lid, the lid will turn as before, showing that any air current set up by the turning magnet has little or no effect on the turning of the lid.

The Orb Weavers

When a spider gets drunk, its webs zig-zag every direction.

THROUGHOUT the ages men have marveled at the unerring accuracy with which the common spider constructs its web of silk. The precision and engineering aplomb of these small creatures have inspired not only the scientist, but the poet, the philosopher, and the military strategist as well.

There are definite rules by which each species of spider constructs its particular type of web. However, no web is as elaborate and beautiful as the familiar orb web found in forest and garden, freshly constructed under normal circumstances once a day.

First a nearly horizontal supporting strand is attached through the open area where the web will be located. From this primary bridge other strands are attached to the surrounding area to form a frame for the web. When the frame is complete, a single thread is dropped through the center of the frame and represents the diameter of the web.

At some point along this vertical strand a center is chosen from which more strands are attached and radiate as spokes to the rim of the web. The spider is careful to construct these radiating lines in alternate sectors rather than in series, thereby keeping the tension of the orb equally balanced. Having completed these foundation spokes, a temporary scaffolding is laid in the form of a coil which spirals out to the rim.

Now comes the actual web netting. A specialized type of strand consisting of a hollow tube filled with a very sticky substance is attached precisely to each spoke. At each attachment, the spider stretches the line with a foot and lets it "twang," causing the sticky liquid to exude from the strand in even droplets. This continues until a stopping point determined by the spider is reached. The web is now complete, and the spider establishes itself in the center to await its prey.

This is at best a very abbreviated account of the web-making abilities of spiders. Scientists old and young are still studying the intricacies of their webs.

Not long ago a young scientist, Joanne Fiscalini of Modesto, California, won first prize in a science fair with an exhibit of her experiments with spiders and their webs. Joanne's experiments involved a comparison between normal webs and those spun by spiders that were under the influence of alcohol. In short, she was studying the web-making ability of drunk spiders.

After deciding on her project, Joanne first collected a number of house spiders for the experiment. In the beginning she had difficulty because she injected wine directly into the spiders. This only resulted in their dropping dead. After hitting on the idea of feeding wine-injected flies to the spiders, she was further discouraged to find that they spun no webs at all.

So taking her problem to her teacher, Joanne was told that the house spiders that she had been using do not spin webs—merely single strands here and there. Thus relieved, Joanne switched to the common garden spider, long known for its ability to spin and construct a beautiful orb web. Again she fed the wine-injected flies to the spiders, and this time her efforts were successful. The drunken spiders began to spin all sorts of wild and unorganized webs.

After eating spiked flies, Joanne reported, a spider would set to spinning frantically without rhyme or reason. And the tipsy spider would keep on spinning without stopping until it passed out cold. The master webster was confused at its ancient art. It and its webs reminded one of the all-too-familiar "morning after the night before."

We can but wonder at the comparison of alcohol's effect, not only on the instincts of lowly creatures, but also on the intelligence of higher man, who should know better.

James A. Tucker

ILLUSTRATION BY HOWARD LARKIN

critical particles as high space. king
 ical experiment was his wake if possible the spacecraft, big
 WASHINGTON is observing the 10th anniversary of its independence from Spain.
 New nations have been more blessed by nature than this section.
 persons or "rather than the States Constitution's requirement of probable cause for ar-
 As such, the principle accepted by some libertarians, but only on the proviso that the

Get your morning paper—read all about it!
 Every year there is a week officially designated as National Newspaper Week. What better way to break into print than by celebrating with a

Newspaper Party

precise location of such
 idea of hooking a space-rocket
 fuel was partly proved
 Gemini 8 flight.
 American astronauts plan to orbit the earth
 to get fuel for the moon and re-
 trip to the moon and re-
 in earth in 1969.
 zealous and docking are
 dered the most important
 of the Gemini 10
 object in posits.
 Argentina's three-fourth population, a Graphic Society
 Farmers in separate zone re-
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 icts are prized in-
 throughout the we-
 tina also produces
 cotton, timber, s,
 has rich oil and



extended the area in prosecution may evidence that might
 produced a gun or a packet of heroin was irrelevant.
 This greatly disturbed Judge John Van Voorhis, who approved of the principle of "frisks" if limited to those that revealed weapons.
 In a stinging dissent, joined in by Judge Stanley H. Fuld, who believes that the entire statute is unconstitutional, Judge Van Voorhis expressed the fears of liberals and de-fense attorneys by commenting that under the court's ruling, a "frisk" could "... become a pretext for the general search of the person without probable cause which the [Constitution] was designed to prevent."
 Indue Use of Law Feared
 defense

1971 and afterward
 The new feature will be produced over a three-year period because of the cost involved in redesigning a structure. Mr. Miller's model will get the new end structure, he said. is due for a thorough change.
 The energy-absorbing end body structure, p
2 Astronauts Likel
Altitude Mark fo
During 3-Day
 By JOHN NOBLE V
 d to The New Yo

Announcements for the party can be made by a clever person with a pair of scissors piecing together bits of letters and words from the headlines of the local newspaper. If you are lucky enough to have connections with a secretary who operates offset equipment in her office, invitations could be authentically duplicated at nominal cost.

You may wish to divulge in your invitation that you will have specialists and consultants from different departments of the paper to make the evening a success—the foods editor, the fashion coordinator, the society page director, the sports editor, the circulation manager, et cetera.

Props for the evening will need to include the editor's desk for the emcee, reporting supplies, a few typewriters, and a conspicuous round file—the company wastebasket. Decorations might include newspaper mats which are available free of charge from most metropolitan papers. You will need adequate space for the evening's activities plus access to ovens for part of your refreshments.

The events of the evening may be heralded by a newsboy who chants what's coming next.

After appropriate introductions, announce that the women's section of the *News* is sponsoring a cake contest with runoffs scheduled for this evening. Choose four unlikely male prospects for contestants and present each with a chef's hat and apron, cake mix, mixer, and tray full of all essential measured materials, greased and floured pans, et cetera, for putting the cake together. You may later want to choose another group to administer frosting, and another to judge the finished product. If time is a problem, better use gingerbread cake mix and serve warm with whipped cream.

What chic designs are being planned for 1967 for monsieur, madame, and mademoiselle! Information from the fashion

editor's desk may not be current after your next few moments. Provide ample materials in the

form of pins, newspaper, crepe paper, glue, buttons, et cetera. Divide into groups of two or three. Working on live mannequins, design a costume for the approaching holiday season. A fashion show must follow so that all may appreciate the creations of the evening. Everyone could be clued on how to fold a paper printer's hat, a nurse's cap, a Dutch girl's winged headpiece, and a Yankee Doodle hat.

City desk is looking for an addition for its copy-editing staff. Along with the application from each person present must be an indication of his ability. Pass out two slips of paper to each guest and ask that he write his name on one and on the other a headline leaving a blank for a person's name. Pick these up. Place the names of guests in a hat. Draw a name and insert it in the blanks as you read the headlines. Perhaps you didn't realize that you are scheduled for the tenor solos in your town's new musical, or that you broke your leg when you fell from the fifth floor of your hotel while walking in your sleep.

The circulation department is urging adopting a tabloid-size paper for the benefit of commuters. Choose ten people to illustrate the problem of reading the morning paper on their way to work. Ask these interested citizens to sit down in the ten chairs which you have arranged in rows facing each other crowded side by side as closely together as possible, and with strictly knee space between. Give each person a newspaper which has been well read—parts upside down, sections rearranged, pages folded inside out, et cetera. At the word "go," each contestant begins to reassemble the newspaper into the right page and section order. The first one finished will be asked to begin work in the circulation department. Use regular size newspapers.

The *News* sports editor has been called in to write up the open wheelbarrow tournament. Contestants will include all able-bodied men, half of whom will become wheelbarrows and half of whom will be pushers in a wheelbarrow race.

The society editor will need help to assist with serving—

- "Newspaper" Cake (from the cake bake-off)
- Party Mix
- Press Punch

PARTY MIX

- 6 cups of a mixture of Rice, Wheat, and Corn Chex* (2 cups each)
- 1 tablespoon soy sauce
- 1/4 cup melted margarine (or butter)
- 2 packages salted pepitas (pumpkin seeds)
- 1 small package pretzel sticks
- 1 teaspoon seasoned salt or 1/3 teaspoon each celery, onion, and garlic salt.

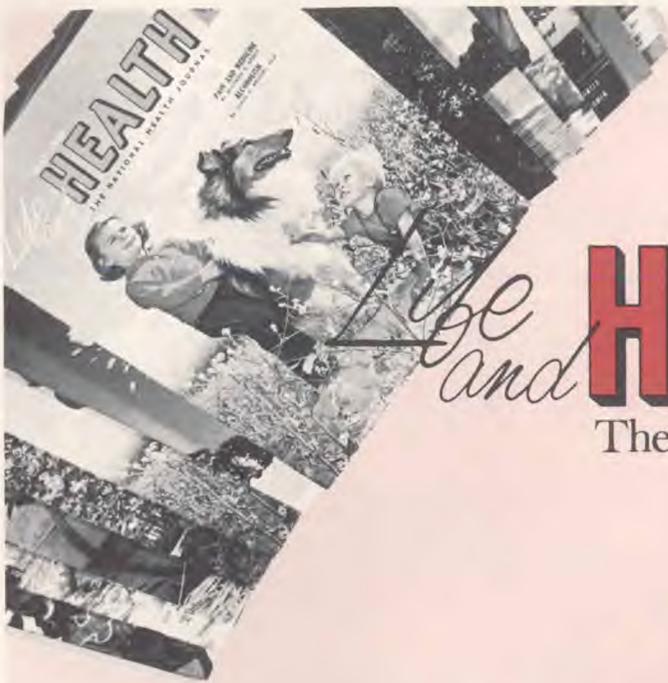
Combine margarine (or butter) and soy sauce. Stir into cereal and seeds. Sprinkle with seasoning salt. Add pretzels. Spread on a cookie sheet. Place in a warm oven (200°) for 45 minutes, stirring at 15-minute intervals. Cool on absorbent paper. Cover tightly until ready to serve.

PRESS PUNCH

- (25 to 26 servings, 6-ounce)
- 2 12-ounce cans frozen orange juice concentrate
 - 2 12-ounce cans frozen lemonade concentrate
 - 8 medium bananas
 - 12 cups water

In a blender whiz orange and lemon concentrate with bananas. Freeze to a mush. Allow to partially thaw before serving and just prior to serving add the water. This will be best if it is served as a partially frozen slush. It is naturally more concentrated than regular juice—rather like a fruit ice.

*Registered trademark Ralston Purina Company.



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BUD COLLYER--

"To Tell the Truth"

Interview by Duane Valentry

"A GOOD rule for handling people is to put yourself in their place," says Bud Collyer, emcee of the popular "To Tell the Truth" program, and an expert at the art of making people calm instead of panicky with millions watching them.

Teen-agers often write him letters, and most often they ask about getting along with others. A first requisite, he feels, is honestly liking people.

"I love people, and I thoroughly enjoy meeting new and interesting people and working with them," he says with a smile. He believes the one rule that can't be overlooked in handling people, and the one used by successful leaders all over the world, is the golden rule.

"If you meet people halfway, they will always do their best for you. It's as simple as that. Place obvious reliance on them. They will become better than they think they are, for we all rise to a challenge when it's properly presented."

Bud, a calm, self-possessed man despite his split-second scheduling, is a long-time teacher of teen-agers in Sunday School and is a strong defender of this age group.

"When you consider the amount of adult delinquency that there is in the world today, I don't think we should worry so much about our teen-agers," he says. "If the grown-ups would set better examples, I believe there would be less juvenile delinquency."

He has always tried to set a good example himself. Part of it is that he does not smoke or drink.

"Personally, I have never had a drink in my life," he says. In the light of his successful, long-term career, this is a good answer to the argument that you need to drink to get ahead, you need to be "a good fellow," "a good sport." Obviously, his career, success, and popularity with all ages have never suffered because of his conviction.

This year Bud Collyer celebrates his thirty-first year in show business, a career he never planned to follow, believe it or not.

"I worked as a law clerk for a fast \$15 a week and desk space," he recalls. Economics plus family background (his sister, June, was a well-known movie actress and his mother had

Ties, ties everywhere—and which one to wear? Bow ties are Bud Collyer's trademark.



also been on the stage), finally impelled him to try his hand at acting.

For a while his career moved slowly; then he began landing some of the "plum" shows of the time and soon became one of the busiest actors in radio ("At one point I was doing about thirty different broadcasts a week"). His most enduring association with radio was the fourteen years that he was "Superman," who was, of course, the predecessor of today's popular "Batman."

When television came along, Bud was one of the first in the new medium. He emceed "Beat the Clock" during its entire run, and has been the host and emcee of "To Tell the Truth," both daytime and night, since its premiere on CBS in 1956.

Happily married and a father himself (his oldest is almost thirty), he appeals to young people who fill not only his senior Sunday School class each week but the audiences wherever he goes to talk, something he likes to do frequently. He has been a Sunday School teacher twenty-two years and superintendent fourteen years at the Presbyterian church where he's an active member. The attendance in classes has grown from ninety to 700.

Being a famous personality, he is bound to attract many young people for that alone, but they pay close attention to what he has to tell them. Often he is asked how he gets his ideas across—particularly religion—to young people.

"Through personal experiences," he replies. "Young people hunger for reality. When I can share something I have experienced—how God has guided me in making a business decision, for example—it has tremendous weight. The greatest sermon preached in my lifetime was two sentences long. It was John Glenn's magnificent affirmation of faith in God after orbiting the earth, and it was so impressive because it came directly from his personal experience."

Because of his principles and lack of shyness in talking about his religion, he's been called a "phony" and a "bluenose." This doesn't bother him, not with his sense of humor and perspective. No one should take himself too seriously, says "Mr. Bow Ties," as he's called because of his trademark of wearing a bow tie. He has hundreds, all shapes and sizes, at home, since he's always getting them as gifts. "I'm not one for throwing any away. I'm guilty of saving them till they cringe."

Every period in life has its own particular problems, he sums it up, getting serious again. "But all problems can be overcome—with God's help."

To tell the truth, Bud Collyer makes a lot of sense!

