

# LISTEN

A  
JOURNAL  
OF  
BETTER  
LIVING



*Rebecca Alkire*

Miss American Teen-Ager

# LISTEN

JOURNAL OF BETTER LIVING

## How to Rob a Bank

It was an ordinary day in a Vancouver, B.C., bank. Customers were coming and going, caring for their deposits, withdrawals, payments, loans. Nothing was taking place that would set this day apart as being unusual.

Until, that is, Eric Eugene Spicer walked in. This young fellow, twenty-seven years old, went up to a teller's window, and reached for a bundle of bills, taking money totaling \$3,050.

But Spicer didn't get away with the robbery. He was caught, and in due course was brought into court on the charge of bank robbery.

The case was heard by the presiding judge, but he soon dismissed the charge. Why? The judge ruled that the robber was too drunk at the time of his holdup to know what he was doing. So the accused man went free.

For many years the trend in our world has been to protect the criminal at the expense of society. One phase of this trend has to do with the thesis that drunkenness is a mitigating circumstance in crime.

But who would think that an accused bank robber would go free simply because he had been drinking!

Where could this trend lead us? One can imagine a conversation in the future as two men prepare to rob a bank—or commit a murder, or do whatever crime they may wish:

"Think we'll get caught?"

"Doesn't matter too much. Take another drink, and they will let us go anyway. We don't know what we're doing—see?"

With the full knowledge that liquor in many cases constitutes an incentive to crime, and that drinking is often the precursor to accidents and violence, to home troubles, and to many other tragedies, the trend should logically be in the other direction. When drink is involved, that in itself should put up a red flag, not provide a loophole for legal escape.

The perpetrators of crime while under the influence should not be excused simply because they knew not what they were doing. Drinking, of itself, should not lessen the guilt of the criminal.

By his own hand he puts the glass to his lips and deliberately takes that which he knows will destroy his reason. Thus he should be held responsible for the acts he commits while intoxicated. Such acts should be as severely punished as though he had all the power of his reasoning faculties.

Moreover, this is not to say that sympathetic care should not be extended to every drinker in a sincere effort to cure him of his habit. But the principle should ever be remembered that in itself, intoxication is not an extenuating circumstance. No man drinks to himself—others are affected by his habit. He should know that fact when he drinks; and if he imbibes anyway, he should be prepared to pay the price.



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- ★ Remember the old days on the farm? Ollie J. Robertson provides a delightful little memory story, "Wild Greens—and Memories."

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#### Editorial Office:

6840 Eastern Ave., N.W., Washington, D.C. 20012

#### Publication Office:

Pacific Press Publishing Association, 1350 Villa Street, Mountain View, California 94040

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LISTEN, monthly journal of better living (twelve issues a year), provides a vigorous, positive educational approach to health problems arising out of the use of tobacco, alcohol, and narcotics. It is endorsed and utilized nationally by Narcotics Education, Inc., also by many organizations in the field of rehabilitation. Second-class mail privileges authorized at Mountain View, California. Form 3579 requested. Printed in the United States of America.

YEARLY SUBSCRIPTION, United States, its possessions, and Canada, \$3.50; single copy, 35 cents; to countries taking extra postage, \$3.75; single copy, 35 cents.

Send change of address to LISTEN, 1350 Villa Street, Mountain View, California 94040. Zip code must be included. Allow thirty days for change to become effective. Give both the old and the new address.

*For many today their fears drive them to drink, but here are some sensible ideas on how to avoid such a plight.*

# WHAT DO YOU FEAR?



*W. Schweisheimer, M.D.*

PRESIDENT FRANKLIN D. ROOSEVELT once proclaimed the now famous words, "We have nothing to fear but fear itself."

These words were used at the time in a political sense, but they are just as valid today with regard to our relationship to health and disease.

Heart discomfort, palpitations, slight pain in the heart region are very common, but only 25 percent of those who come to their doctor's office with such complaints have an organic ailment of the heart. The remaining 75 percent are distressed by an imaginary condition. In fact, their hearts are healthy and strong.

It is always wise to consult your doctor and have a thorough checkup if you have repeated heart symptoms. Surprisingly enough, often this will show that no real physical defect exists, neither of the heart or the blood vessels, nor in connection with the blood pressure. When that checkup, with all the necessary investigations and tests, has been made, the patient can then be advised: Stop worrying about your heart.

The heart has powerful reserves. Everyone, in the course of growing older, has some discomforts which are not caused by serious defects or changes.

Even for real heart conditions, the prognosis may be better than is commonly believed. Evidence is accumulating that persons with heart disease, even some with relatively severe symptoms, can live for many years and carry on a modest degree of activity. New statistical figures, published by the Metropolitan Life Insurance Company, tend to encourage persons with heart disease as well as their families. A large number of cardiacs may enjoy many years of useful life if they have adequate medical supervision and live within their physical limits.

The results with coronary thrombosis are of special interest, because this condition is generally considered to be fatal within a short period. Actually, the survival rate is 70 percent at the end of five years, and slightly more than 50 percent at the end of ten years. Not greatly different are the results in cases of degenerative heart diseases.

## *Your State of Mind*

Patients obsessed with fear that they are losing their minds, daily seek interviews with psychiatrists and general practitioners.

They have certain neurotic signs which they consider to be quite abnormal. There may be loss of memory or insomnia, feelings of depression or of impending danger, a tormenting inferiority complex, fear of other people or of impending poverty, neurotic fears of certain numbers such as 13 or 7, a suicidal impulse, or exaggerated worry about trifling matters. They are afraid to discuss these symptoms with their relatives or friends or even with their doctor. They are afraid they will be ridiculed or appear insane.

It is quite normal for anyone occasionally to show such "abnormal" symptoms. In our imagination we see the average individual as an undisturbed, even-tempered person of steady equanimity, without any unusual desires and compulsions. There are, however, no such people in actual life. All, without exception, occasionally show symptoms that appear abnormal to themselves and even more so to their friends and enemies. In our atomic age, particularly, many may find themselves in a position where they not only lose their tempers, but may be afraid of losing their minds.

But they will not lose their minds. That is the point. They are not insane even though haunted by the dread of insanity.

It is characteristic for the really insane, the man with the real psychosis, not to know such fears. He has no doubt that he himself is doing the right thing, and he is convinced that you are the one who is insane.

Do not fear! If you observe within yourself nervous signs that appear abnormal to you, talk it over with your doctor. Sometimes it may not be easy for you to discuss them, but you will realize that open discussion concerning these strange feelings and sensations and your doctor's assessment of them are the best psychotherapeutic treatment to help rid you of these anxieties.

### *Fear Affects the Stomach*

I have known a healthy mother, normal in every way, who suffered from violent attacks of diarrhea every time she worried because one of her children came home late.

This is no rare experience. Fear has a great influence on the stomach as well as on the intestines. Schoolchildren may worry so much about their examinations that they start vomiting on their way to school.

There are people too whose bowel activity is interrupted during a period of anxiety. Medicaments have little effect in such cases.

The experiences of life over the years reveal that most of the fears which beset people from time to time are needless. Many years of practice have convinced noted gynecologist James Ramsdell Bloss that one of the most important accomplishments of the obstetrician is his ability to guide young women through their period of expectancy so that they shall approach the time of delivery unafraid.

Among the most frequently encountered fears, Dr. Bloss mentions the fear of young mothers that they will lose their willowy figures; that they may lose their attractiveness; that their physical appearance will affect the husband's affection; that there will be complications; that if they nurse their babies the effect on their streamlined appearance will be disastrous. In this group should be included the fears of having a sick or deformed infant, or of "marking" the unborn infant by fright or shock during pregnancy.

The hazards of childbearing have been greatly reduced in recent years. In two decades the maternal death rate in the United States has been reduced from 7 per 1,000 live births to about 1 per 1,000. Get rid, young mother, of the fears that might harass you. There is no basis for them! In this way you will gain physical rest, mental security, and an optimistic outlook.

### *Don't Be Afraid of an Operation*

Don't worry so much about your health. Ask the expert in health problems. Ask your doctor, but stop worrying when he has told you that there is no need for fear and worry. Many minor health troubles will disappear eventually with expert treatment and sensible ways of living.

And don't be afraid if an operation is found to be necessary. Most operations are remarkably less dangerous today than they were even a decade ago.

There is every reason today to look forward to a happy life with faith and confidence. An optimistic attitude is essential to such a life. It helps to free a person from anxiety or nervous strain. An optimistic will to live establishes confidence and trust for you.

Don't be afraid!

# "DON'T BE A CHUMP, BUDDY!"

*James L. Scales*

I TALKED with an eighteen-year-old fellow convict today in Southern Michigan State Penitentiary. What he told me I would like to pass on to all teen-agers, and their parents too.

"Don't be a chump, Buddy!" he said. Then he went on to tell me that it is far better to be called "chicken" by other teen-agers than to be a convict in a penitentiary.

I'll call him Johnny. He is a crew-cut lad who might well be a carbon copy of the boy living next door, or of the high school football star proudly wearing his varsity letter.

But now, in place of a football letter, Johnny wears a prison number stenciled across the back of his blue denim shirt. And instead of courting his favorite girl, he can only dream of her after he is locked in a small, barren prison cell at night.

This young inmate bitterly calls himself a first-class chump for trading his freedom for the life he is now forced to live. That's why he advises other youth not to take the same path he took, preferring rather to be called "chicken."

"There's nothing worth this kind of a life," Johnny sadly admits. "If guys out there in the free world knew what prison is like, they would change their ways in a hurry."

"They don't know what it means to be denied the privilege of just walking down to the drugstore for a snack, or taking in a program of their own choice. In prison you have no choice in the movies you see, the food you eat, or the time you get up in the morning or go to bed at night. In fact, you have no voice in anything."

Serving a three-year sentence for grand larceny, Johnny partially blames his dislike of being called "chicken" by members of his gang for his present troubles.

He believes that most teen-age misbehavior is caused by lack of parental interest in children. He says that parents of members of his old gang were always too busy in their pleasure seeking to be concerned with what their children were doing or where they spent their leisure hours.

He says a number of times he wanted to talk things over with his father, but it seemed Dad was always too busy to talk.

"My dad never had time to sit and talk to me. He would always tell me to ask my mother about things I wanted to know. She never knew the answers, so I finally quit asking her about anything."

Johnny says he would like to send a message out to teen-agers everywhere.

"Tell them that prison is the worst place in the world to be. Tell them that every time they risk their freedom by pulling the stupid stunts that I did, they're not very smart. Tell them that one isn't necessarily a 'square john' if he goes to church and school and acts like a man. Tell them if they ever get behind some reformatory or penitentiary wall they'll know what I'm talking about."

"But it will then be too late."

*When Luke heard the clinking and jingling of silver in his father's pocket, he knew something was wrong.*

## LUKE CONWAY'S DO-IT- YOURSELF KIT OF DEATH

*Blendena L. Sonnichsen*

ILLUSTRATION BY JIM PADGETT



THE SHRILL RING of the alarm sent big Luke Conway bounding out of bed. Today was the big day when the boys and their fathers were going to Big Bear Lake on an overnight camping trip to celebrate Father's Day.

Luke had two sleeping bags rolled up and a sack packed with plates, cups, silver, and his father's gift. The boys were buying their food at the lake. Luke was washing for breakfast when his father tapped on the door.

"You up, Son?" he called.

"Come in, Dad. Be right with you. The gear's all packed," Luke answered excitedly. "You all ready?"

"That's what I want to talk to you about, Son," Arch Conway said, noisily jingling the silver in his pocket. The sound of money was a warning to Luke. When he heard that clinking and jingling, he knew his father was nervous about something.

"I say, Dad, you're still going with me, aren't you?"

"I planned to, Son."

"But now you're not?" Luke felt a quiver in the pit of his stomach.

"Look, Son, I feel very bad. Your mother made plans with the Cables to go to Balboa, and I forgot all about it.

We're all ready to go." Arch looked sheepishly at his son.

Luke swallowed hard and turned so his father wouldn't see the tears coming. It wouldn't do for a giant to cry, even if he was only fifteen years old.

"That's OK, Dad. Next time, maybe."

"Right, Son. Next time. Sure you don't mind?" Arch asked, feeling immense relief that Luke took it this way. "I put some money on the dresser for you. See you tomorrow. Good-bye, Son."

Luke heard the door close and his father's familiar whistle as he ran downstairs like a youngster. Minutes later the car door slammed and Luke heard the toot-toot of the horn. Another disappointment. Another lonely weekend.

It wasn't fair; it just wasn't fair.

Laura and Arch Conway were society folk—people with money and time to spend it. Their only son, Luke, was the light of their life—until his thirteenth birthday two years ago. Then nature suddenly asserted itself, and almost overnight Luke assumed the physique of a mature man. He could easily pass for twenty-one. Friends he grew up with began to avoid him; boys felt awkward in his company, girls were shy and giggly with this monster teen-ager.

When Luke was fourteen he was 6 feet 4 inches tall and weighed 180 pounds. He had bronzed skin and classic features; even his name suggested adulthood. The name, Luke, could not be affectionately shortened like Robert or Timothy. Luke was Luke.

His parents, who were of normal height, were at a loss about his size; they felt embarrassed and a little touchy too. Much as they loved their son, he had outgrown them. More and more they left him in the care of Mrs. Rankin, the housekeeper.

When they went to Hawaii for a month, Luke was so desperately lonely that he let himself be "picked up" by an ambitious little redhead who worked at the laundry where he took his clothes. Trampy Teeny mistook him for a well-heeled college boy, and Luke was too flattered to tell her the truth.

Two weeks before Father's Day, on one of the rare occasions when his classmates included him in their conversation, it was decided to take the fathers to Big Bear Lake on a two-day camping trip. Luke was jubilant when his father promised to go. If the fellows could see him with his father, maybe they would accept him as one of them instead of looking at him as if he were a circus exhibit.

But now the camping trip was off.

Tearfully Luke realized he had more material things than anyone else in his class, but he didn't have the things he needed most—the interest and companionship of his parents.

He remembered that the only times the three of them had gone to church were at Christmas and Easter; the other Sundays found the elder Conways sleeping late after a party, or off for the weekend with friends.

Luke sat down on his bed and wept.

It was well past noon when he woke from a troubled nap. Getting up listlessly, he counted the money on the dresser. Twenty dollars!

Luke rolled up the bills and stuck them in his pocket; conscience money, that's what it was, so his father wouldn't feel bad about breaking his promise. He felt deep anger at him, then it turned to a sort of hopeless resignation. He couldn't blame him. After all, there was so much difference in their sizes that his father felt self-conscious with such a giant of a son.

Luke changed his clothes and went to the kitchen in search of Mrs. Rankin and breakfast, and then remembered she was gone for the weekend. The big house was cool with the air of loneliness, so quiet it unnerved him. Sadly he put the gear away and left his father's gift on the table.

Luke caught a bus for downtown. After a snack at a coffee shop he ambled aimlessly around the streets, hands in pockets.

A big sign in a loan-company window advertised swimming at the El Cholla pool on Cortez Street. Clusters of smiling boys appealed to Luke; his parents

wouldn't approve of the pool location, but Luke didn't mind this time.

He took another bus to the south part of town, walked a block, and found the pool centered in a cluster of taco, hot-dog, and root-beer stands. On his way to change his clothes he passed a tall, thin youth with thick black hair and yellowish complexion. His eyes seemed to be searching for something or someone.

The pool was blue and warm, full of kids all sizes and shapes.

Luke dived in, swam awhile, then just paddled around enjoying the company of the swimmers. He felt less lonely now. Getting out of the water on the way to the locker room he bumped into the strange youth.

"Watch it, boy," the black-haired one spat a warning.

Before he thought, Luke retaliated. "You watch it."

"Smart guy, huh?"

Luke swallowed.

"No, but I'm big," he answered, bravely spreading his arms. Suddenly he felt a pride in his size.

"Hey you, what's your name?" the youth called. Luke turned.

"What's yours?"

"Cruz."

"Mine's Luke."

"Cigarette?" Cruz offered, holding out a pack. Luke hesitated.

"Go on. They won't hurt you." Luke took a cigarette.

"Thanks," he said, lighting it and choking on the first puff.

Later, Luke was surprised when he discovered the cigarettes he had been smoking were marijuana. He liked the weed, the strange sensation it gave him, even if the cigarettes cost a dollar apiece.

He was careful not to smoke when his parents were home because of the queer, violent reaction he sometimes couldn't explain or control.

Now, instead of feeling lonely when his parents went away, he wanted them to go so he could sit in his room and smoke and relax. Once Mrs. Rankin complained that the house smelled like an alfalfa field, so Luke was careful not to smoke indoors for a while.

After a time the marijuana was too tame for Luke. It lost its kick.

"What are you putting in these papers for a buck apiece, sawdust?"

"You looking for more kicks, kid?" Cruz asked guardedly.

"Maybe."

"I got something," Cruz said, "but you gotta know how to use it, and it costs a lot of money."

"How much money?"

"A hundred bucks."

"A hundred bucks! It must be a tornado."

"It's (Continued on page 8)

## Ambrosia

Grace Shattuck Bail

Drink deeply, soul,  
Whose eyes may long to see  
The grandeur and the symmetry  
Of nature's verdant pine,  
Of purple sage and desert strand,  
Of rocks and rills and meadowland.

Drink deeply, soul,  
Who hoards great artistry  
Of mountain peak and stately tree,  
Of singing rivers on their way  
Where cottonwoods lift leafy arms  
Near sleepy towns and little farms.

*DOCTOR, in our interview in last month's Listen we talked about some of the emotional and social aspects of the alcohol question. Does drinking bring about permanent changes in the physical body of the drinker?*

In the first five to twenty years there can be some changes, especially in the liver, but not necessarily permanent. The liver regenerates itself if a person stops abusing it.

*Is the effect of alcohol on the brain also transitory during that period?*

Very often in drinkers the conditions of intoxication and the familiar sight of D.T.'s are transitory conditions, and apparently there are no lasting effects; at least these effects cannot be determined scientifically. However, if the person continues to drink, there may be lasting effect on the brain. For instance, if a brain cell dies, it does not regenerate, and this helps bring about the so-called chronic brain syndromes in which the person loses contact with reality, or when he starts to be more forgetful. These changes are not transitory.

*Then, an inebriate over a prolonged period could lose the use of a considerable portion of his brain?*

That's right, and we have, for instance, the extreme condition, or Korsakoff's syndrome. Here a person has lost the use of part of his brain. When we talk to him, we see holes in his memory, and he tries to fill in these holes by fabricating or telling stories. This is a good example of how parts of the brain stop functioning.

*We spoke previously about the drug effect of alcohol. What does the drug alcohol do to body cells?*

We really don't know for sure how it works, but theories try to explain it this way: Since the bloodstream bathes all the cells in the organism, when alcohol is introduced all the cells, whether they be muscle, or brain, or liver, or any other kind, start to absorb the alcohol. The alcohol becomes part of the nutriment that the cell is using.

When we suddenly stop feeding alcohol to the cell, it in a way rebels against the withdrawal. We explain delirium tremens, hallucinations, and the shakes in terms of sudden stoppage of alcohol to the cells.

*Does the cell become addicted to the alcohol?*

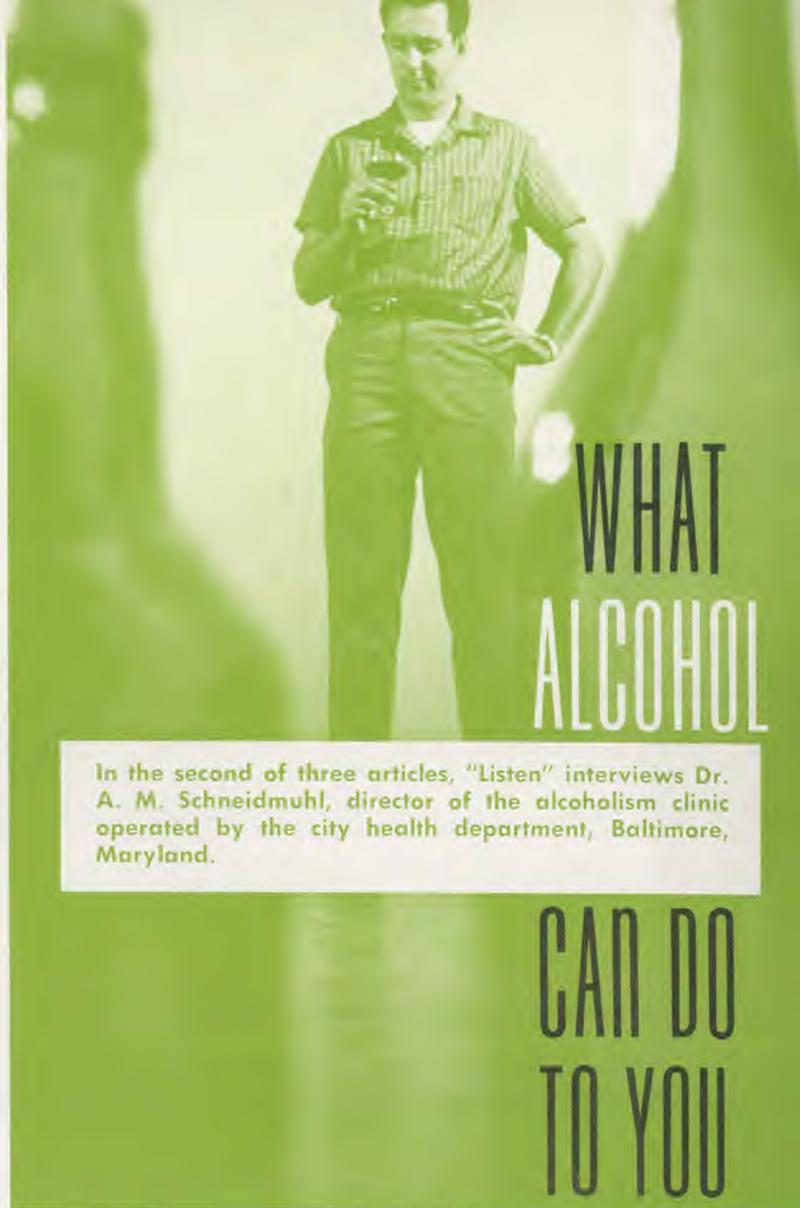
The cell starts to use alcohol as a natural part of its nutrition, and when we stop giving it, the cell, being used to it, or being addicted to the alcohol, cries out for more alcohol. This could explain the withdrawal syndrome.

*What does alcohol do to the nerves?*

Alcohol is an irritant, and, of course, when the nerve cell is irritated, it reacts. Any kind of irritation causes an inflammation, and when it is at the nerve-cell level we call it neuritis. We know that alcoholics develop several types of neuritis, usually the polyneuritis type. Some people think that it is caused by a lack of vitamins. Others think that the neuritis is the direct result of alcohol. We do know, however, that alcoholics develop this type of inflammation of nerves.

*Does alcohol have the same effect on the motor nerves as on the sensory nerves of the body?*

Essentially, on any type of nerves. The results, the manifestations, may be different, as, for example, if a motor nerve is involved; then of course it will react to inhibit the body's motor activities. So we become partly paralyzed. But if the sensory nerves are attacked, then these nerves transmit sensations of pain. This type of neuritis is the painful type.



In the second of three articles, "Listen" interviews Dr. A. M. Schneidmuhl, director of the alcoholism clinic operated by the city health department, Baltimore, Maryland.

*Now just a further question on alcohol's effect on the liver. Would you call the liver a kind of filter, and what does alcohol do to it?*

The liver is the main organ where alcohol is burned up, metabolized. The liver can burn it up at the rate of three quarters of an ounce per hour. In this way we can compare it to a filter. If we continue to drink heavily, the liver tries to grow bigger in order to accommodate the increasing amount of alcohol. The liver becomes swollen and much enlarged.

As the liver continues to grow, many fatty cells start to form in it. Whether this is a direct result of the alcohol or of a lack of vitamins, at any rate the liver does grow larger, does fill up with fat. We call this fatty infiltration of the liver. If this should continue, then scar tissue forms, and when the scar tissue is excessive, we call this cirrhosis of the liver. When the liver is scarred and the scar tissue replaces the liver cells, the condition usually becomes fatal.

*Does alcohol in the stomach lead to the formation of ulcers?*

Alcohol is an irritant, and when it irritates the stomach lining or the mucous membrane, we call this gastritis. This is when the person is unable to eat because the irritation of

this lining will not permit any contact with food, and the person will vomit. If this should continue, then this irritation may degenerate into ulcers and lesions. This is what we call gastric ulcers.

*Some people think alcohol is good for ulcers. Where did this theory arise?*

Alcohol, being an anesthetic, will deaden the pain of an ulcer, and so while under the influence of alcohol the person feels no pain, not only in the ulcer, but anywhere else. Likewise when one has a headache or toothache and becomes intoxicated, there will be no pain.

In the case of the toothache, if you go to a dentist because of cavities or because there is a bad tooth that needs to come out, the dentist gives you a shot of novocain, or any other anesthetic, and the pain goes away. It would be foolish to think that now the pain is gone you can keep your tooth, because as soon as the anesthetic wears off, the toothache will return. It is the same with the ulcer. The ulcer pain

**PHYSICAL EFFECTS ON THE STEADY DRINKER**

	5-20 Years	First Signs	Later Conditions
BRAIN and NERVOUS SYSTEM	NO LASTING EFFECT	Can't Take It	D. T.'s Shakes Neuritis
		Blackouts	Brain Syndromes
STOMACH		Gastritis	Bleeding Ulcers
LIVER		Liver Trouble	Scarring Cirrhosis
PANCREAS			Pancreatitis

It is to be noted from this table of the physical effects of alcohol on the steady drinker that in time there develop organic changes in the body and conditions which will seriously impair good health. Such conditions may come on gradually so that the drinker may not be aware of them until considerable damage has been done.

may go away as long as the person is drinking, but the ulcer continues to develop and is only aggravated by the alcohol. When the person stops drinking, the ulcer pain comes back.

*In summary then, doctor, would you say that when a person drinks, it affects every system of the body?*

Yes, it affects every system of the body, but most important for young people to understand is the fact that it also affects the way of thinking and the way of living. If the individual becomes addicted to this way of life, then it becomes that much more difficult to start a new way of life, especially when the individual has not had the opportunity of thorough preparation for this new way of life. This is the reason it is so important for the young person to understand the dangers of drinking.

NOTE: Next month *Listen* will conclude this interview, showing that alcohol affects a young person's ability to pass from adolescence into adulthood.

**KIT OF DEATH**

*(Continued from page 6)*

worse than a tornado. This is powerful. It'd be too much for you."

"You use it?"

"Yeah." Luke thought a minute. He felt Cruz was "sticking" him. Nothing could be worth that much.

"Tell you what, Cruz, I've got forty-five dollars and that's all."

Cruz's eyes narrowed until they were almost closed.

"Meet me here tomorrow morning and bring the money," he said.

Cruz was waiting for Luke next morning at the pool, but quickly he steered him to a street of run-down bungalow courts. Dogs and half-naked, dirty kids played together in the sandy yard. Windows were broken; others were too filthy to see through. Cruz's place was worse inside, and Luke shuddered when he saw it.

"Get out your dough," Cruz ordered as he disappeared through a ragged drape over a door. When he came back, he had two packages. First he counted the money and then stuck it in his pocket. Handing Luke a package, he said, "Put it away, then watch me so you'll know how to do it."

Luke watched Cruz prepare the "fix" and push the needle in a vein in his arm. He wondered if it hurt. He felt queasy.

Suddenly Cruz yelled, "Get out of here, now! Get out!"

Luke stumbled through the door and ran from the court. When he got home the house was empty. Now was the time to try the tornado before he forgot the way Cruz had shown him.

Carefully he prepared the stuff.

Should he use the whole packet? Might as well. This should be a real tornado. Luke pointed the needle at the vein in his arm and felt a sharp sting as he pushed. He couldn't bear to look so he closed his eyes and pushed harder. His arm began to feel cold and numb—something was wrong; this was no simple job as Cruz had made it seem.

"Why did I do this? What's happening to me? I feel terrible!"

Luke let go the needle and it stuck in his arm like a bloodsucker. Terrified, he managed to pull it out, and he sat down weakly with it in his hand. Now to wait for the tornado to strike.

Soon Luke began to sweat. It poured over him like fine rain.

Stabbing pains wracked his throat and stomach. His body shook convulsively. He tried to stand, but plunged to the floor. His eyes rolled back in his head as frantically he screamed for help, but no sound passed his lips. Semiconscious in one last horrible second before oblivion, Luke realized he was dying.

Luke had been dead three hours when his parents found him. They refused to believe the doctor's diagnosis of heroin. It couldn't be, not their son. Why, he had everything a boy could want, a fine house, plenty of money.

However, if Luke could have talked, he would have told them that a fine house doesn't make a home. As for money, it didn't bring him the security to be found in the love and companionship of parents. In fact, money separated them from him, and bought the things that were harmful. It bought Luke his do-it-yourself kit of death.

Interview by Francis A. Soper

# Rebecca Alkire

## MISS AMERICAN TEEN-AGER 1967



*WHAT DO you think about teen-agers today?*

I don't agree with the opinion that teen-agers are bad today. I think they are better, really, than they have been. Of course, I don't know how they were long ago, but the ones I know are really sincere people who have high goals and are working toward those goals.

*What type of goals should teen-agers have?*

I believe the higher the better. Even if they don't reach them all, it's going to help them strive for something better. As long as they have a definite ambition, something they really want to do.

*What do you mean by the word "high" in high goals?*

People, especially youth, should want to better themselves and reach for the top, even though they may not make it. If they try, I believe it will help them along in life.

*What are the best ways in which teen-agers can achieve these ideals?*

Mainly through personal ambition. Whatever they're doing in life, it is in trying to do better, such as getting better jobs, doing better, striving for better things.

*We hear the word "standards" often used. Do teen-agers today have specific standards?*

I think teen-agers are mature people. They know what's right and what's wrong, and I believe that on the whole they go by these standards.

*Where do they get these standards?*

Well, they develop them from early childhood. It's something they've been brought up to believe; it's not something they acquire suddenly. It is what they've learned through life.

*Home influence, would you say?*

I'd say mainly home influence, also church, school—many things.

*A moment ago you used the word "mature." What is your concept of maturity?*

I believe it is mainly how one adjusts to society and how one copes with situations in everyday life.

*About when does a young person achieve maturity on the average, would you say?*

I don't believe there is any definite age. It depends completely on the individual and how he has been brought up.

*What is your opinion of many of these fads that teen-agers are taking up with these days—long hair for the boys, for example?*

I think they're interesting to look at. I would never like long hair the way the boys do. I myself am not so much for the extremes, no. But that doesn't mean that I just go along one line all the time and never try anything different. I like to do different things, but not anything quite that extreme.

*Do you like to study?*

I'll do it.

*What would you say is your favorite subject?*

I believe history is, because I am very interested in things that have gone before us. I like it very much.

*That's very interesting. Other teen-agers that I've talked to have also mentioned history. Do you feel history has much to do with our life today?*

I think it has very much to do with it. I don't think I agree completely with the axiom that history repeats itself. However, I think that it does influence the present a great deal.

*Judging from what you've read about young people of the past, how would you compare present youth with the ones who have gone before?*

I feel today's youth are much more mature. I think that they are a more intelligent group, and that they have many more chances to improve themselves.

*Do you think youth mature faster today because of the faster pace of life?*

I think that is the main reason why they are being pushed

at such an early age. They have to become more mature earlier because they have to compete earlier.

*What would you say are some of the major problems teen-agers face today?*

I think this competitive society is the main problem that we're up against. A college education today is just about a prerequisite for life. One has to plan ahead and be prepared for this competition.

*Do you think all teen-agers, then, should look forward to a college education?*

Not all teen-agers. If they don't really want to go to college, I don't believe they should. But I think that jobs are becoming harder to get, and a college education is a good thing to have.

*Is that as true for girls as it is for boys?*

Not quite as true. But there are many more girls going to college now than ever before. This is good, for girls never

Miss American Teen-ager changes from typical teen loafers to "in" sneaker-type bowling shoes.



After the game, Becky as her brother's cousins Nancy and



What girl's heart wouldn't skip a beat in this world of furry animals?

Backed by the other finalists, Becky with a smile accepts her new title.



## ... Miss American Teen-ager

FEW teen-agers are busier this year than is State she is a freshman in speech, looking ahead

"I'm a real Midwesterner," she says, having 18 years. On weekends now, when she is not appearing in the restaurant he presently operates.

"Versatile" describes Becky—she models, does drawing, can play the clarinet, cooks, sews, plays leagues, and placed high in geometry and chess activity or club, and she was in it!

Her ambition is to get a good education; to help through understanding and work to improve

Becky won her title at Palisades Park, New York. In the televised pageant, she became Miss American Teen-ager. In her grooming, scholastic achievement, community service pageant in the nation there is no bathing-suit competition.

During the year of her reign she serves as a volunteer for the American Cancer Society, as well as for other

know when they get married whether something might happen, and they might have to get a job. Being educated doesn't hurt anyone.

*In other words, you would say that every girl should have a profession that she can fall back on?*

Yes, something. It could be training in a nursing school, or a beautician school, or something else she could fall back on.

*What do you think is the higher goal for a girl, setting up a home, or having a career?*

In my opinion it's setting up a home, because that was what she was primarily intended for.

*You feel that a career, then, would be only secondary?*

In my case it definitely would be secondary.

*I take it you're looking forward to setting up a home sometime in the future?*

In the future, yes.

A former high school bowler, Becky topples nine pins on this shot, and wiggles the tenth.

in the score sheet (ted) and playful Benzenberg kibitz.



a Alkire, Miss American Teen-ager, 1967. At Ohio peer in radio and television.

a 400-acre farm near Circleville, Ohio, for eleven a distant place, she goes home and helps her father

na, is talented in both impromptu and mechanical is, swims, loves to read, has placed first in bowling scholarship tests. Name almost any high school ac-

have a home and family; and in her "own small way ociety."

last September. Topping a field of seventy finalists in n-ager on the basis of her poise, personality, good and leadership. In this oldest and largest teen-age ion.

Ambassador for UNICEF and national teen cru- promoter and guest at myriads of community func-

Becky, with her imposing trophy, smiles as she is welcomed home in Circleville, Ohio, after winning her title Miss American Teen-ager.

All the young fry crowd around her for the privilege of being near a queen and to get her autograph.



*Do you plan first to finish your university course and go into your profession?*

I'd like to finish school first. I don't know if I will be working on my career or not. I haven't planned that far ahead.

*We were speaking a moment ago about the problems facing teen-agers. Could you mention some of the pitfalls that teen-agers should avoid?*

I think one of the main ones is with regard to the company all of us keep. We tend to follow the crowd a great deal. If we get in with the right crowd, this helps. But if it be the wrong crowd, then we might fall downward and not realize it.

*How about developing individuality, and a sort of independence?*

I think you can be independent and still be with the crowd. However, you have to have your own thoughts and your own life, and develop your own distinct personality if you are to succeed.

*Should teen-agers have strong convictions about personal living?*

I think so, yes. Even if the convictions aren't always right. If they have a definite belief and definite standards that they go by, this will help them. They should have something to stand up for.

*In other words, it helps to row upstream at times?*

Right.

*Speaking of going with the crowd, one of the habits that is very prevalent these days is this habit of smoking. Do you smoke yourself?*

No, I don't.

*Why don't you?*

There are really quite a few reasons. For one, I do not like to see girls smoking. Another reason is that my mother has

Scholastic achievement figures prominently in the selection of every Miss American Teen-ager.



Wouldn't any queen wear a broad smile in contemplating a year's reign as an outstanding teen-ager?



worked for a doctor for approximately twenty years, and I've been told a great deal about the hazards of smoking to health. Then, my father smokes, and he is constantly telling my brother and me that it's nothing but a bad habit from which you get very little enjoyment.

*Why don't you like to see a girl smoke?*

I think it takes away from her femininity. I don't like to see a girl walking down the street with a cigarette in her hand.

*Would you say it tends to coarsen her?*

Yes, and this isn't my opinion only. I've heard many boys say that they do not like to see a girl with a cigarette.

*Have you observed cases that support this conviction?*

Yes, I have seen girls smoking quite often, and at the same time I've been asked by boys whether I smoke. When I reply in the negative, they always say, "Good! Don't start it."

*Do you like to see boys smoke?*

It doesn't really bother me. Still it is expensive for them, and it's also harmful to their health.

*You say you're aware of the health hazard. Is your mother a nurse?*

No, she's a doctor's receptionist, but she has observed this many times in connection with her work in the doctor's office.

*I take it that she doesn't smoke?*

No, she doesn't.

*How old is your brother?*

Fifteen.

*And he hasn't started smoking yet?*

No, he hasn't.

*Does he intend to, do you think?*

From the way he talks now, he doesn't intend to.

*Do you take religion seriously?*

Yes, I do. I feel that everyone should have a religious conviction. I don't believe that everyone necessarily should have the same religion. Everyone of us believes differently, and this is right. We should have our own beliefs.

*Do you feel that religion is a stabilizing influence in the mind of a young person?*

Oh, I think definitely it is. Especially it's something that you can fall back on when you need help.

*We were speaking about the place where young people today get their ideals. Do you feel that the most important aspect of a young person's life begins in the home?*

It definitely does. From a very early age I think everything starts developing toward later life. It's not just when you're ten or twelve, but when you're two or three.

*Do you think it is important for parents to be aware of this, and to allow their young people to develop normally—"a normal independence," as they might call it?*

I think they should let them have this normal independence as they grow. Yet the parents should have a strict control over their child. They should have the upper hand at all times, so that the child knows who is boss all the time.

*For how long?*

Always, in my opinion.

*Teen-agers tend to fly the nest rather early these days. Do you feel that the parents should still exercise control over them?*

Yes. In my case, I'm getting more independence all the time, but I still know that Mom and Dad are boss.

*Do you think that young people feel secure without this knowledge?*

Today's teen-agers need to feel this. When they think that they have the upper hand, I don't believe they really enjoy it. They want to know that there's someone behind them who tells them what's right and wrong; and it is the parent who knows what's best for the child.

*In other words, they need rules and regulations to go by?*

Yes, and they feel better if they have them. If they think they can do just about anything, then I don't think they're happy. They feel like, well, Why don't they care what I do?

*We hear a lot about juvenile delinquency these days. What do you think are the main causes of this?*

I think the main cause comes from the home during very early childhood. It could be the child is too protected. It could be that though there is a great deal of love in the family, the parents don't know how to control the child. It could be many different things.

*You feel the main trouble, then, lies in the home?*

Yes, I do. I think it's definitely in the home, and that the parents have a great deal of influence on what their child becomes.

*Then parents should be more than mere pals to their children?*

In my opinion they should. I don't agree with this "pal" idea. I think they're there not to be pals, but to be parents. *Should teen-agers be looking forward to setting up their own homes?*

Definitely. If they've been brought up in this fashion, I think it will just come naturally. If they haven't been brought up this way, they're going to have to try and teach themselves.

*Do you like to be with young children yourself?*

I love children, the younger the better. I just love them. *Another problem that young people are facing today is this matter of drinking. What are your convictions along that line?*

I don't personally condemn anyone for drinking if he keeps it within certain limits. When the drinking becomes such that he cannot live without it, then it is definitely wrong. *How is a person to know when he's approaching that point?*

A person who is drinking cannot really tell, himself; and in this case maybe it would be better to stay away from it completely.

*Can a person, when he starts, tell whether it may become a habit with him?*

I don't think he necessarily can. I've read quite a bit on the subject, and it seems as if the person will think, I'll never become an alcoholic or a heavy drinker. But this, many have found when it is too late, isn't the case.

*How, then, can a person be safe?*

Staying away from it completely would be the one way to be sure of not becoming a heavy drinker.

*Can a young person be socially accepted without drinking?*

I definitely think so. In college, drinking is a very big item. I've found out already. I do not drink at all, but I haven't found that this has hindered my dating or other parts of college life.

*You haven't been embarrassed, then, because of your conviction?*

No. When a guy asks me if I would like to drink, I just say I don't drink. They say Fine, and that's it.

*You feel that they respect your convictions?*

Yes, I do.

*Is there a specific reason why you have decided not to drink?*

I don't enjoy drinking, for one reason. I think there's nothing uglier than seeing someone who is drunk. To avoid this I just stay away from drinking completely.

*Do you feel that society would be better off without the habit of drinking?*

It wouldn't hurt society if they didn't have any drinking. I know there are a lot of heartaches caused by drinking, and this would never have been if it hadn't been for alcohol.

*Changing the subject now for a bit, what is your idea of a good date?*

Oh, I think a fellow ought to have a good sense of humor.

I enjoy anyone with humor and someone who likes to do the same things that I do. And as far as going on a date, we don't have to go anywhere expensive. If I enjoy being with a boy, I'd just as soon have an evening of talking with him or going to a little get-together.

*When do you think a girl should begin dating?*

It depends a great deal on whether the girl is ready to date, and if her parents are ready to have her date. I don't like to see girls of thirteen and fourteen dating.

*How can a girl make herself attractive as a date?*

Good grooming is very important; also to have a happy way about her. She should try to be sociable with her date, to get him to do the talking, if possible. Then he'll think that she's a great conversationalist.

*What do you think are the biggest influences on teenagers today?*

I think mainly other teen-agers, and their parents.

*Do you think advertising has much impact?*

It probably has some, but I don't think it has that much of an impact. I look at ads if there's a catchy one, or if there's something that gets my eye, but I don't pay much attention to them really.

*Teen-agers have more money today than ever before, according to economic reports. What influences them to buy certain things?*

I think that they pay a great deal of attention to how good the article is, how well it is made. I don't believe they buy something just because they like to. They look into what they're getting.

*Do motion pictures influence teenagers much?*

I think they do. Teen-agers go to motion pictures a great deal, and they learn from the things that they watch.

*They learn both the good and the bad?*

Yes, and I think that maybe too often it's the bad.

*Speaking of that, what effect do you think the constant emphasis on sex has on the average teen-ager?*

I think it has a great deal of impact. It makes everything just a little more difficult. They have to watch themselves more. They have to control themselves more.

*Do you think that many young people are confused on this point these days?*

No, I don't think there are many who are confused. They know what's right, and they know what's wrong. They know what they should and shouldn't do.

*Do you feel that teen-agers can change society's direction toward betterment?*

The teen-agers are, of course, tomorrow's adults. So if anyone could do this, it would be they. They're the ones who will have to set a good direction.

*Do you have what you might call a code of living?*

I've never tried to define it before, but I think I do. I think everyone has some code of living. I try to get along with people as well as I can; and the faults that I have I try to overcome. I work on them. I listen to my parents because I know that they are telling me what's right. I have a definite belief in God, and I also have a belief in other people. I feel that the teen-agers of today are a wonderful group; that they are an intelligent group, and that they're striving, and that they will attain.



**OUR COVER:** Poise, says Rebecca Alkire, is being yourself, developing the ability to be natural around other people. It is evident that this Miss American Teen-ager has no difficulty in practicing this art. Incidentally, she won that title from a starting field of 230,000 contestants. This month's *Listen* cover, taken on the campus of Ohio State University, is by photographer Gene Wells of Columbus.

# ON CATCHING FLIES

EVEN before Columbus touched American shores, the Indians had the fly problem solved. Their secret was the apple of Peru, *Nicandra physalodes*, a homely looking plant of waste places which was known to them as the fly-poison weed.

The apple of Peru is a member of the nightshade family and blooms from July to September in eastern United States. It averages from five to eight feet in height, with occasional plants as tall as twelve feet. It has scores of lovely light-blue bell-shaped flowers about one inch in width. Each flower produces a seedpod holding about 800 very small seeds.

Though the fly-poison weed is native to South America, it was being cultivated in Indian gardens long before the European settlers came to the New World. From the Indians, these early settlers learned to take the green stems and leaves of this plant, put them in a pan, and crush them to pulp. To this they added a little cream or sweet milk. The pan was then set in a place where the flies could find it.

A Tennessee naturalist not long ago tested this long-forgotten method, and the results were astonishing. Setting the prepared pan of sticky mixture in a conspicuous place, he watched to see what would take place. Before long several flies settled nearby and walked up to the stuff. They sampled it here and there; more flies arrived. Within about five minutes after eating the poison, they went away from the pan and began a series of curious antics. They acted as though they had a terrible stomachache and began to lose the use of their legs. One by one, each fly would fall on its side, kick its feet in the air, and die.

In the meantime, more flies were arriving, now in droves. It was a mystery how the news had reached them, but they kept streaming down to partake of the deadly potion. In their haste to get to the stuff, the new flies walked over dead and dying flies as though nothing mattered but to satisfy their lust.

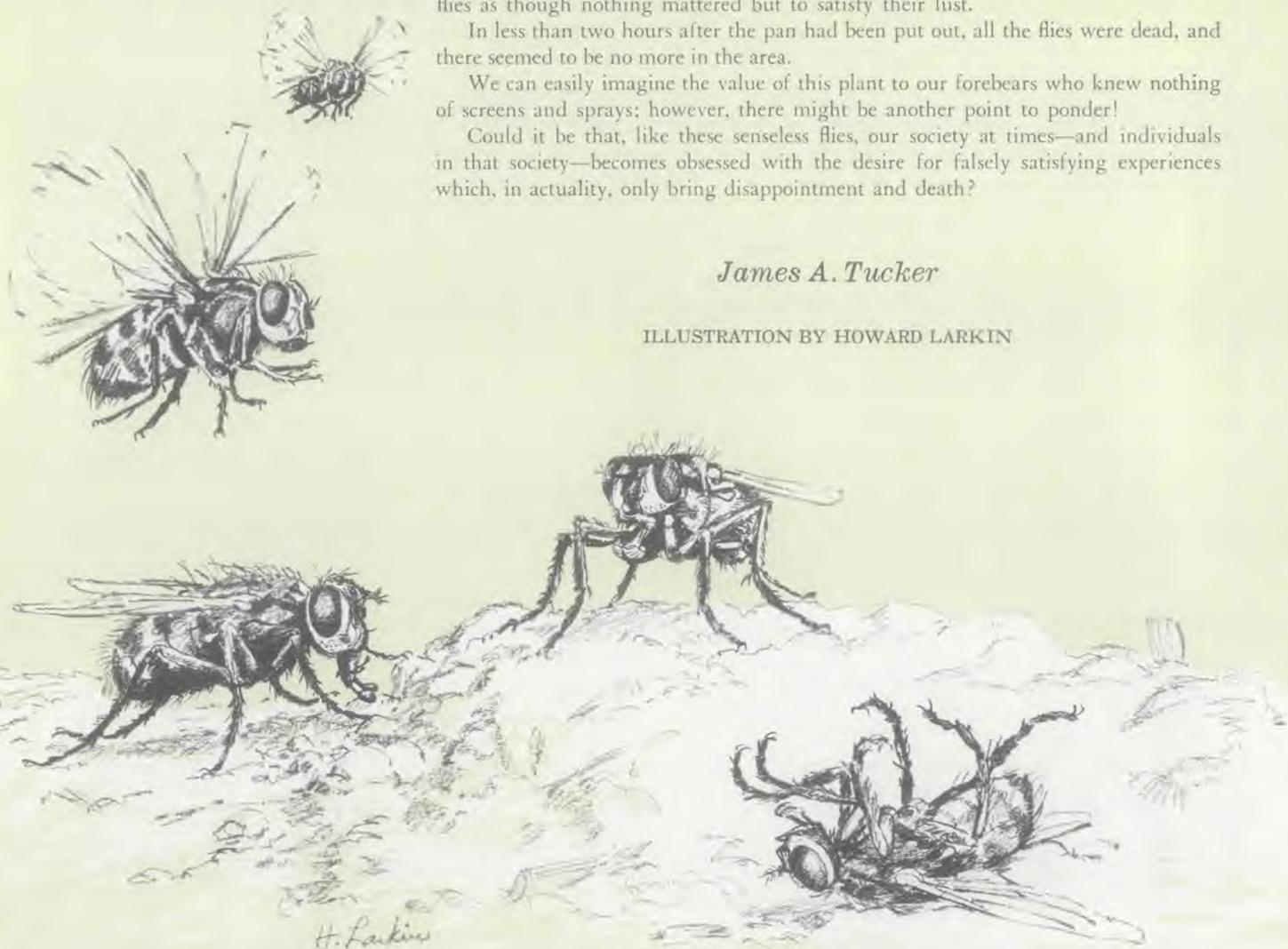
In less than two hours after the pan had been put out, all the flies were dead, and there seemed to be no more in the area.

We can easily imagine the value of this plant to our forebears who knew nothing of screens and sprays; however, there might be another point to ponder!

Could it be that, like these senseless flies, our society at times—and individuals in that society—becomes obsessed with the desire for falsely satisfying experiences which, in actuality, only bring disappointment and death?

*James A. Tucker*

ILLUSTRATION BY HOWARD LARKIN





Much can be done in the forties to avoid heart disease simply by watching one's weight, getting moderate exercise, and avoiding smoking.

## When You Reach the Forties-- A Time to Beware

When a person reaches his forties, he may for the first time be able to afford rich foods; but he shouldn't be eating them.

He may have achieved the status to take a day off for golf or skiing; but he must be careful not to over-exercise.

Probably, too, the pressure is the greatest for him to drink and smoke; but this is the time it's the most essential for him to avoid these habits altogether.

"Forty is the age when a man begins to mature and achieve success," says Dr. Robert Liggett, specialist in Denver, Colorado. "If he is in productive work, he is driving himself to achieve more. There's no doubt tension increases the factors that bring about hardening of the arteries and ulcers.

"Still I am reluctant to admonish a person that 'now you're forty, you've got to watch it.' I don't want to make a lot of heart-conscious cripples. The best thing to do is have frequent checkups to anticipate complications of cancer and strokes as well as heart disease."

Dr. Abe Ravin, cardiologist, says much can be done to prevent heart disease simply by watching weight, diet, and exercise.

"Heart trouble has something to do with middle-age spread," Dr. Ravin explains. "It's best to keep weight the same as it was when you graduated from college. Instead of gaining, it's better to lose a little."

As for diet, he points out that "taking of unnecessarily large quantities of saturated fats (butterfat, meat fat, egg yolks, et cetera) seems

(Continued on page 18)

## New Program Urged in Order to Reduce Death Rate From Cirrhosis of Liver

### Judge 'Babies' Youth

In Flint, Michigan, the ten-day jail sentences given Gerald McCullough and William Byram, both eighteen years old, include two days on a baby-food diet for each.

Justice William L. Douglas specified the baby food in sentencing the youths because "they acted like babies" in drinking and knocking down citizens' mailboxes.

### Smoking Sam and Sister Sue

Thousands of schoolchildren across the country have seen Smoking Sam, the twelve-year-old who smokes to show why youth should not smoke.

Here Sam tries to offer his fourteen-year-old sister Sue a cigarette, but she has not taken up the habit.

Both these manikins, now being used in schools and exhibits, are equipped with speakers and small recorders so they can carry on a two-way conversation regarding their convictions on smoking.

Observers are amazed to see the black tar collecting in Sam's lungs, even from a few cigarettes. The smoke from his cigarette is traveled through tubes into jars containing angel hair, which traps the air. In contrast, Sister Sue's lungs (through an opening in her back) can be shown to be snow clean.

This contrast is so startling that many smokers have given up the habit simply on the basis of seeing the demonstration.

The manikins were developed by Melvin Jacobson of Arlington, California. Further inquiries about them can be addressed to the Listen office, 6840 Eastern Avenue, N.W., Washington, D.C. 20012.



In order to cut the nation's death rate from cirrhosis of the liver, Dr. Milton Terris, president-elect of the American Public Health Association, has urged enactment of a two-point program, calling for progressively boosted taxes on alcoholic beverages to price them out of the reach of increasing portions of the population, and the shortening of the hours of liquor sales.

Dr. Terris says that both deaths from cirrhosis and alcohol consumption, which fell dramatically during World War I and Prohibition, have been steadily rising in the past several years and are approaching peaks they reached early in the century.

The United States death rate from the disease, he points out, was 12.3 deaths per 100,000 persons in the population in 1964. This is sharply above the low point of seven deaths per 100,000 persons reached in the Prohibition era. The 1964 rate, he observes, approaches levels of the pre-World War I years, when the rate ranged from 13 to 15 deaths per 100,000.

### More Drinks, More Deaths

The rising death rate, Dr. Terris declares, "is directly related to per capita consumption of alcohol from wine and spirits." United States consumption of alcohol from spirits and wine in 1964, he says, was eight tenths of a gallon per person in the year, sharply above the low point of almost five tenths of a gallon reached in 1919. The 1964 consumption approaches the peak of nine tenths of a gallon per person reached in 1907.

Dr. Terris reports that cirrhosis of the liver is the tenth leading cause of death in the United States, accounting for more than 20,000 fatalities a year.

## In This NEWS

- ★ Computers may drive men to drink. See page 16.
- ★ When youth go "nuts." See page 17.
- ★ We need a new "gospel of leisure." See page 18.

## Use for Vitamin A

Vitamin A has been found to inhibit the development of lung cancer, says Dr. Umberto Saffiotti, pathologist at the Chicago Medical School.

In preliminary tests on laboratory animals, his findings show that the vitamin, necessary in the diet for healthy skin, influences the kind of changes which may occur in the bronchial cells when carcinogens are introduced into the lungs.

The finding, he reports, "could possibly lead to results of practical significance for the prevention of lung cancer."

He warns, however, that his study does not constitute an invitation for smokers or persons in air-polluted areas to take massive doses of vitamin A, or eat a lot of carrots which are rich in the vitamin. Too much of vitamin A can be harmful, he warns.

## People Need People

Computers can drive men to drink, as the result of their "depersonalization" of human beings.

So says Dr. Dean J. Champion, sociologist of the University of Tennessee.

One side effect of automation, he reports, is the isolation of workers in situations where a single person will watch several machines producing products that a side-by-side line of individuals previously assembled.

"It is conceivable that many of these people will frequent the bar more often to find the human association denied them by the computer."

## Freedom to Refuse

Any newspaper is a private business and has the right to accept or refuse advertising as it desires, according to the Michigan State Court of Appeals.

The ruling upheld a county circuit court decision that the *Battle Creek Enquirer and News* isn't required to accept advertisements for "adult" movies.

Said the appeals court: "Our founding fathers recognized that well-in-

formed citizens are essential for the preservation of democratic institutions and, toward this end, an independent press is indispensable.

"The public interest, therefore, demands that the press shall remain independent, unfettered by governmental regulations regardless of whether that regulation stems from legislative enactments or judicial decisions."

## When Youth Are Adults

Most youngsters like to be considered grown-up, at least in their privileges if not in their responsibilities.

The law, however, has ruled that a minor operating a motor vehicle "must be judged by the same standards of care as an adult."

Nineteen-year-old Robert E. Daniels of Lebanon, New Hampshire, was killed when his motorcycle collided with a car. A suit was filed on his behalf to recover damages, and the trial court told the jury that Daniels was "not held to the same degree of care as an adult."

The state supreme court ruled otherwise in a unanimous opinion.

## Smokes, but No Candy

A mother and small child were waiting at a grocery checking stand. The child timidly asked for a nickel package of gum.

"Shut up! You know we can't afford any foolishness!" After the mother had snapped at the little child, she ordered the checking clerk, "Gimme a carton of cigarettes; you know my brand."

How many women are adding their necessary smokes to the family food budget!



▲ To keep it cool, the heat shield for an Apollo spacecraft is here assembled from fiberglass honeycomb panels of varying thickness, each injected full of a plastic ablative material to "boil" away damaging heat into space. Without the shield, astronauts would be exposed to temperatures as high as 5,000° F.

◀ One engine of a huge Saturn V rocket is tested in a sea of flame. Developing 1.5 million pounds of thrust, this engine is but one of five needed in the first stage to get the rocket off the ground in the effort to take man to the moon.

▶ This electronic control unit is lowered into a 39-foot simulation chamber to undergo environmental testing at an equivalent altitude of 200 miles.



## Cause of Mouth Cancer

Taking whiskey by the shot is a greater mouth-cancer risk than using a pipe or cigars, according to Dr. Jens J. Pindborg of Denmark's Royal Medical College.

"If you take six shots of whiskey a day, it will increase ten times the risk of mouth cancer," he told dental students at the University of California Medical Center.

## Help for Cirrhosis of the Liver

In experiments on rats, Dr. Albert J. Boyle of Wayne State University in Michigan has found a drug that helps clear the fat from livers.

The drug, which is a magnesium salt, may eventually be useful in helping to control cirrhosis of the liver associated with acute alcoholism.

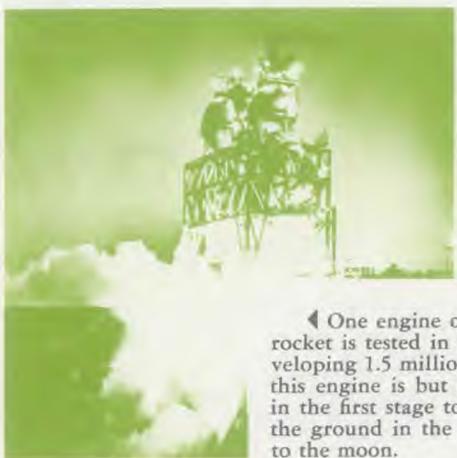
## Campus Drug Use Soars

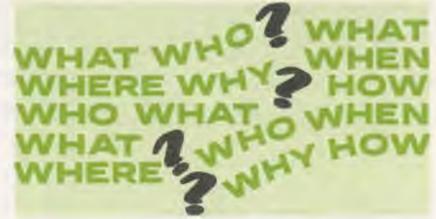
Drug use by students on college campuses across the United States has risen so alarmingly that at least fifty such campuses are now under surveillance by Federal narcotics agents, according to a report by the *Times-Post* syndicate.

"Pot," or marijuana, provides most of the kicks, but an increasing number want stronger jolts in LSD and other drugs producing hallucinations.

One university, for example, boasts a growing cult of peyote eaters, many of whom grow their own doughnut-sized cactus plants. As many as 300 students on the campus had eaten the bitter cactus buttons, experiencing all sorts of weird reactions.

"You tend to go out of yourself," said one student after a three-week jag. "You're merging into everything. There's simply no verbal description for it."





★ Americans in South Vietnam drink more whiskey than water, says J. A. Wolfe Murray, representative of a Scotch distilling firm. "Vietnam today is the biggest market for whiskey in the East." (AP)

★ The world's population in mid-1965 reached 3.2 billion, an increase of 1.2 billion since 1930. Every day the population grows by 180,000, and at that rate will double in less than forty years. (United Nations)

★ Historical note: In 1805, Zebulon Pike, for whom Pikes Peak in Colorado was named, bought from the Indians in Minnesota the land now comprising Minneapolis and Saint Paul. The price: Sixty gallons of whiskey and \$200 worth of trinkets. (UPI)

★ In some 78 percent of the single-car accidents in Massachusetts during the first nine months of last year, drinking was a factor, according to Dr. George W. Wheatley of the Metropolitan Life Insurance Company. (AP)

★ Joseph Reilly has been bartender at Barclay Hotel in New York City for twenty years. He teaches special classes at Columbia University in bartending to train students to serve drinks at private cocktail parties and informal gatherings of the United Nations. Mr. Reilly, however, is a teetotaler. (New York Times)

★ At Ocean City, New Jersey, a boat operator was fined in navigation court for drunken sailing. (UPI)

### When Youth Go "Nuts"

"Just plain nuts—they put themselves out of it when they try to put themselves 'in.'"

This is the opinion a former two-pack-a-day man holds of young people who smoke.

Who's speaking? None other than William Gargan, whose acting career dates back to the movie "Rain" with Joan Crawford, and the smooth-talking "Martin Kane, Private Eye" of early television days.

He lost his larynx to cancer in

1961 and now has learned a new way to speak, in a harshly guttural manner.

"You open your mouth and nothing comes out," he says of the post-operation realization that his vocal cords were gone. "You'd like to say Thank you or Hello, but you can't."

Little wonder then that he serves as a rovin' ambassador for the American Cancer Society, not only to promote education to fight cancer, but to tell the truth about smoking.

### Like Father, Like Son

Where do young people learn their drinking habits?

Robert Smith, director of the Rochester (N.Y.) Area Council on Alcoholism, declares that how much a person drinks may depend on how much his parents drink.

Most problem drinkers, he says, come from the homes of problem drinkers; most abstainers, from abstaining homes.



Sylvanus and Evelyn Duvall



True. What is so widely known as "only kidding" can be painfully cruel. Kidding a bashful lad about his girl can be terribly unkind. Poking fun at a man's baldness, or at a woman's tendency to be plump, can cause far more distress than many a kidder knows. Or does he know—unconsciously? It is possible that kidding is one way that individuals vent their aggressions, especially against those who are bigger, smarter, more important. Watch and see who kides you. It may be some little guy who doesn't dare come right out and say he can't stand you.

## CANCER DEATH RATES

Age-adjusted per 100,000 population (1951-1953 to 1961-1963).

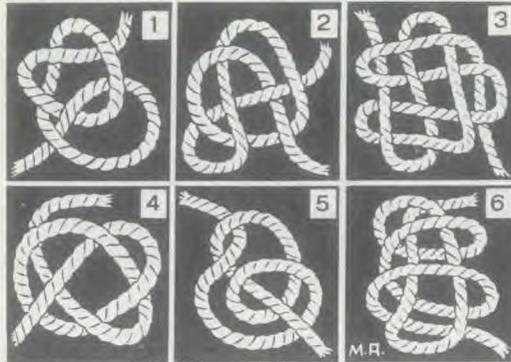
Sex	Site	1951-53	1961-63	Percent Change	Comments
Male	All Sites	133.7	144.9	+ 8	Slight increase.
Female	All Sites	118.5	109.8	- 7	Slight decrease.
Male	Oral	4.5	4.8	+ 7	Steady slight increase.
Female	Oral	1.1	1.3	+18	Steady slight increase.
Male	Esophagus	3.8	3.8	—	Constant rate.
Female	Esophagus	1.0	1.0	—	Constant rate.
Male	Stomach	17.4	11.3	-35	Steady decrease in both sexes for unknown reasons.
Female	Stomach	9.0	5.7	-37	
Male	Colon & Rectum	19.1	18.7	- 2	Slight decrease in both sexes.
Female	Colon & Rectum	18.2	16.8	- 8	
Male	Pancreas	6.7	8.3	+24	Steady increase in males. Increase in females, then leveling off. Reasons unknown.
Female	Pancreas	4.1	4.9	+20	
Male	Lung	21.2	34.8	+64	Steady increase in both sexes due to cigarette smoking.
Female	Lung	4.0	5.8	+45	
Male	Breast	0.3	0.3	—	Constant rate.
Female	Breast	21.9	22.2	+ 1	Slight fluctuations; overall no change.
Female	Uterus	17.5	12.9	-26	Steady decrease attributed in part to widening acceptance of regular checkup with "Pap Test."
Female	Ovary	6.9	7.6	+10	Early increase, later leveling off.
Male	Prostate	13.6	13.1	- 4	Early increase, later decrease.
Male	Kidney	2.9	3.2	+10	Steady, slight increase.
Female	Kidney	1.6	1.6	—	Constant rate.
Male	Skin	2.3	2.5	+ 9	Steady slight increase.
Female	Skin	1.5	1.5	—	Constant rate.
Male	Leukemia	6.7	7.4	+10	Steady increase.
Female	Leukemia	4.6	4.8	+ 4	Slight early increase, later leveling off.

—American Cancer Society.

# ARE YOU PUZZLED?

Singer features

**A KNOTTY PROBLEM:**



Pulling on the ends of these six pieces of rope would result in three knotting and three disentangling; which?

## Saying but Not Doing

Mayor Milton Graham of Phoenix, Arizona, has a word for citizens who vehemently protest the issuance of liquor licenses and then never appear at court hearings "where it counts."

The mayor indicated that only one protester appeared in court when a liquor license applicant successfully appealed the rejection of his petition by the city council and the state superintendent of liquor control.

Mayor Graham asked, "Why is it citizens appear in force before the council and then wither away when the case comes up in court?"

He had other words: "Not long



Where there's smoke there's fire! How frequently this is true of smokers is emphasized again by Henry A. Galotta, fire chief in Washington, D.C.

After two deaths in the city in two days attributed to smoking, he declared, "Fire prevention is not a seasonal thing to be confined to a single week of the year and ignored for the fifty-one others that follow."

He said that careless smoking and children playing with matches are the two leading causes of fatal fires.

Across the United States more than a thousand persons, including many children, die each year in cigarette-ignited fires. The man in the photo, from Bay City, Michigan, was fortunately rescued in time to avoid becoming another fatality.

ago 350 persons signed a petition against a liquor permit on the southeast side; yet when the applicant went to court, not one person appeared in protest. It's up to these people to follow through on their protests."

## More FORTIES

(Continued from page 15)  
to be a factor in hastening heart disease."

Dr. Ravin stresses that exercise is vital. "The latest thinking is that if you exercise, you can get away with other things. As long as the body is kept fit, you can continue to exercise to old age."

"But some people overdo exercise. You can't just start heavy exercise without conditioning. Take shoveling snow, for instance. Shoveling snow is for somebody else, not the man in his forties. The combination of cold weather and heavy exercise throws a tremendous strain on his system. If there's a weak place, it will show up."

Both doctors agree that men (and women) in their forties are inclined to drink and smoke too much. Both blame the drinking on social pressure of the executive ("the thinking today seems to be you have to drink your client under the table to be any good"), and both seem to think smoking is more of a health hazard than drinking.

"The middle-aged man who smokes two packages of cigarettes a day is twice as likely to have a heart attack as a nonsmoker," Dr. Ravin points out. "All statistics indicate that cigarettes offer more danger of heart attacks than they do of cancer."

"And smoking is a definite factor in emphysema, which is becoming an increasingly important disease in the forties," adds Dr. Liggett. "If a person has a tendency to bronchitis or asthma, he should watch his smoking even before his forties."

**SOLUTION:** Numbers 2, 4, and 5 will knot; numbers 1, 3, and 6 will disentangle.

## Too Much Leisure

We need "a new gospel of leisure," says Dr. Robert Lee of the San Francisco Theological Seminary.

"People don't know how to use time," he declares, and predicts that by the year 2000 the work week may be down to twenty hours a week—a situation he describes as "terrifying" without new abilities being developed to cope with leisure time.

The crisis of too much leisure, he says, sparked the "long, hot summer of discontent" that last year erupted into race riots and other violent demonstrations.

## What a Surprise!

In Naples, New York, one of the foreign riders in the Widmer Cup fifty-six-mile bicycle road race, sponsored by a winery as part of the annual Naples Grape Festival, wore a yellow sweater on the back of which was prominently printed, in French:

"Milk—the Beverage of Champions."



BOB BROWN



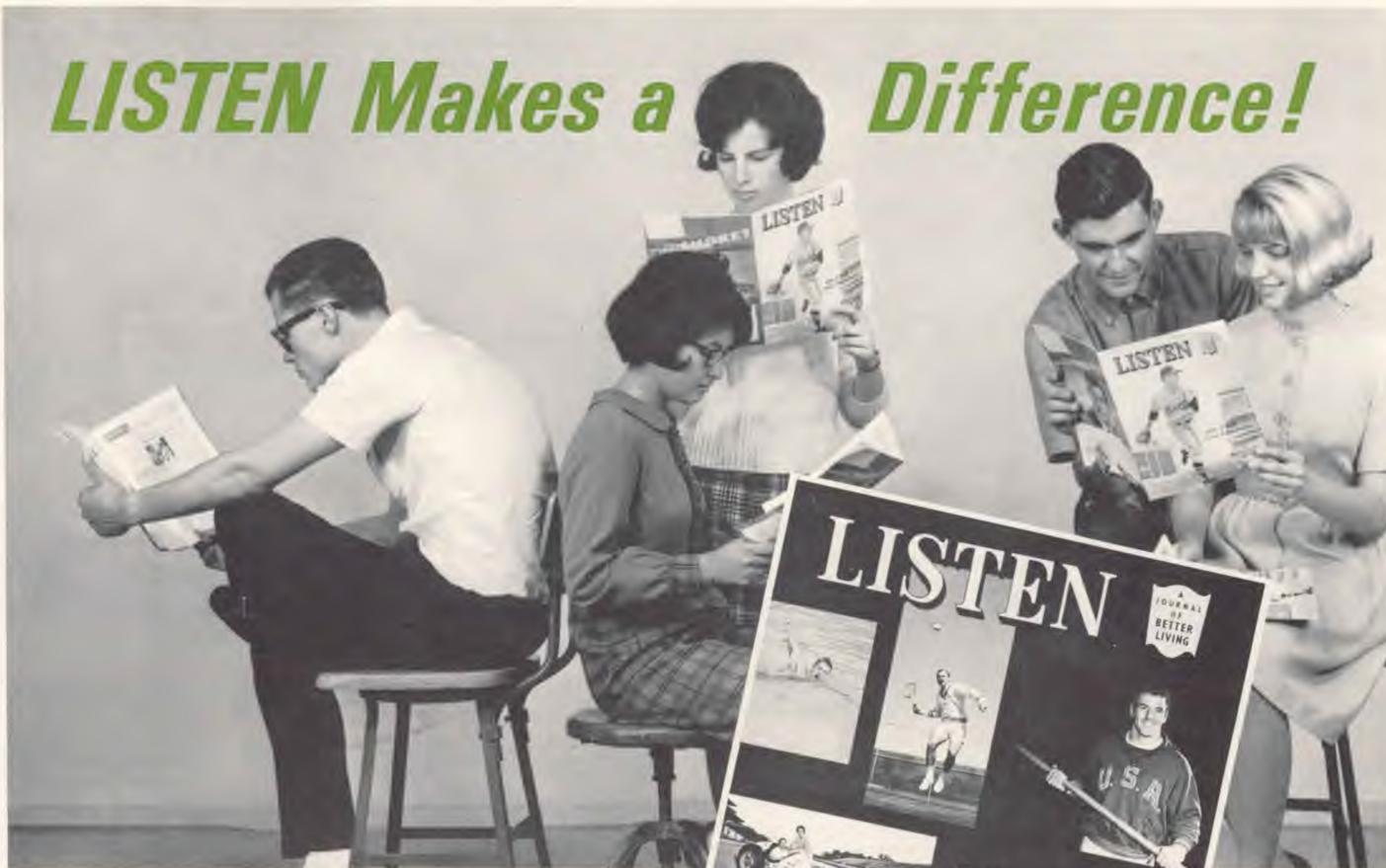
**PROBLEM:** Ball bearings.

**NEEDED:** Two similar paint cans, some marbles.

**DO THIS:** Place the marbles around the rim of one of the cans. Place the other can over them, as shown, so that the marbles will remain in the depression of the cans near the rims. The top will turn very easily on the marble "ball bearings."

**HERE'S WHY:** Ball bearings reduce friction in automobiles and other moving machines. Rolling friction is much smaller than sliding friction because there is very little sliding. The balls are hard and make very little contact with the surface over which they roll.

# LISTEN Makes a Difference!



M. CORNIOLA



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"Tournament golf is hard work and a heavy strain on the nerves. I find it is necessary to keep fit.

"Naturally, liquor and cigarettes are out. To me they are the tools of failure and ruination—that is why I don't drink or smoke. The golfer who drinks, I believe, is at a disadvantage—his head cannot be clear, and his reactions must be retarded.

"Of course I believe, too, that plenty of rest at the right time is also important in this game. Adding it all up, it means that things that would hinder development of physical, mental, and spiritual powers must be put aside. Liquor and tobacco are certainly in this class."



# GARY PLAYER-- GOLF GREAT

*Story by Duane Valentry*



Gary Player (left) deserts his usual all-black attire as he plays Jack Nicklaus (center) and Arnold Palmer (right).

THOSE who think golf is an easy game haven't talked to Gary Player, one of the acknowledged all-time greats.

"Anyone who doesn't think a golfer is an athlete should try playing 72 holes in four days, and sometimes 36 in one day," says Gary. "You can't really do it unless you're in good physical condition."

The "mighty mite" from South Africa is a showman who believes in taking care of his body and making the most of his potential.

"When I first began playing as a boy of fifteen, I had a bad swing," he remembers. "I was told that if I couldn't chip and putt, I'd never break 80. As a result, I used to be out practicing by six and would stay at it all day."

Like the others of the "Big Three" in golf, Gary sometimes plays a losing game, but he's always in there trying. And for a man just turned thirty, he hasn't done badly. In 1965 he made half a million dollars and was U.S. Open champ. Prior to that he gained triumphs in the British Open, the Masters, and the PGA—a "world slam," previously won only by Gene Sarazen and Ben Hogan.

Today, the Gary Player endorsement has appeared on many products—"just about everything," someone has observed, "except alcohol and tobacco."

Gary does not smoke or drink, and he is careful of his diet. He likes to swig honey for energy, and carries a pocketful of raisins. Favorite foods are steak, dried fruit, and vegetables. He once said: "I'll play until I'm forty-five on that diet."

Gary Player, as reporters have found, is a quotable champion. That he doesn't choose to follow the crowd in many things hasn't prevented his being popular, nor has it failed to make him colorful copy. "Golf asks something of a man," he comments. "It makes one loathe mediocrity."

