

LISTEN

A
JOURNAL
OF
BETTER
LIVING

Pat McCormick

Olympic Diver



OFFICIAL DIVER'S MEDALS: 1948, LOS ANGELES
Golden Diver, 1948 and 1952
Silver Diver, 1948 and 1952
Bronze Diver, 1948 and 1952
1956, THE MELBOURNE OLYMPICS
Silver Diver, 1956
Bronze Diver, 1956
1960, THE ROME OLYMPICS
Silver Diver, 1960
Bronze Diver, 1960

THE U.S. NATIONAL DIVERSITY
1956
GOLDEN DIVER
SILVER DIVER
BRONZE DIVER
1960
GOLDEN DIVER
SILVER DIVER
BRONZE DIVER
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2024
GOLDEN DIVER
SILVER DIVER
BRONZE DIVER



Does Beer Pay Its Way?

That beer does not pay anywhere near its share of the tax load created by its use is shown by the following from *The Idaho Challenge*:

The tax on beer in Idaho is about .8 cent per 11-ounce bottle; in the twelve months to June 20, 1958, the total collected thus was \$845,000. The tax on cigarettes was 4 cents per pack. Comparative tax rates are shown here:

Tax on \$100 worth of beer	\$ 3.10
Tax on \$100 worth of cigarettes	13.32
Tax on \$100 worth of margarine	30.00
Tax on \$100 worth of gasoline	18.00
Profit on \$100 worth of whisky	50.00

Packed Highways

The Bureau of Public Roads reports that United States passenger car registrations for 1958 totaled 56,870,684, an increase of 1.7 per cent over 1957. Total motor vehicle registrations rose to 68,299,408, an increase of 1,168,337 for the year.

New Drug to Sober Up

The drug calcium carbimide has been used by four Nebraska doctors as a new chemical to help an alcoholic beat the liquor habit without tying him in knots during his withdrawal period. Its use on chronic alcoholics who are co-operative and want help has been advocated before the American Medical Association's National Convention.

Fifty milligrams of calcium carbimide comprise the treatment, and the effect can be felt five minutes to eight hours after the pill is swallowed, and gradually tapers off over about fifteen hours. No bad side effects were noted in the 73 patients on whom the drug was tried.

The Real Killer

Drunkenness caused more than 70 per cent of the sudden deaths on Monmouth County (New Jersey) highways in 1958, says Dr. Julius A. Toren, county doctor.

Anything to Sell Beer!

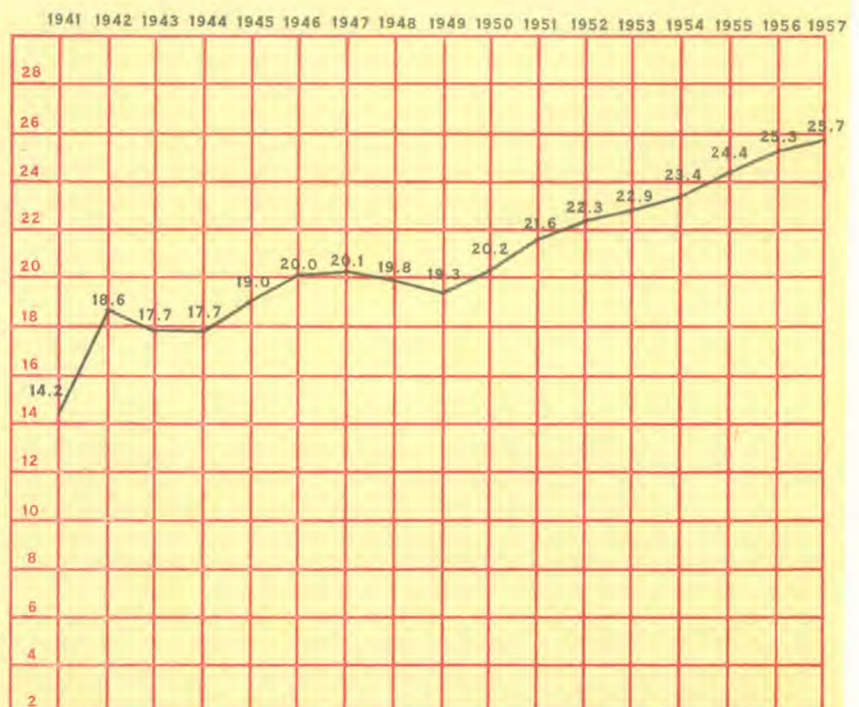
Restaurant service may be altered if a suggestion made by the Wisconsin *Restaurateur*, a trade magazine published in Milwaukee, goes into effect. It was suggested that waiters

not give customers a glass of water as soon as they sit down at the table, but beer, to help them learn "the satisfaction of a refreshing glass of beer."

No Women

The governor of Casablanca, Morocco, has banned employment of Moroccan Moslem women as dancers, singers, and barmaids in the city's restaurants and cabarets, as well as any kind of strip-tease act, because such employment is a "danger to morals."

Alcohol and Fatal Motor Vehicle Accidents in California



The percentage of fatal accidents with alcohol involvement, as indicated in this graph, shows a steady rise since 1941.

Sources: California Department of Public Health and California Highway Patrol

LISTEN

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OUR COVER

"It was a good dive, but your toe wasn't quite pointed. Your tuck wasn't quite right. You went in a little askew; you weren't quite straight."

Pat McCormick was practicing for her Olympics competition. Her husband, also her coach, was watching. Pat listened carefully, then back up the ladder she went, to go off that high diving board twenty-five or thirty times more before she was through, just working on pointing her toes.

This incident, told by Bob Richards, shows a champion's emphasis on little things, the perfection needed to win Olympic medals such as those shown with Pat on "Listen's" cover, taken by Dunlap-Turney studios in Glendale, California.

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Public Apathy

Shield for Drunk Drivers

NEAR the city of Staunton, Virginia, on June 27, 1959, a car slammed into the rear of a hay wagon on which thirty-one youngsters were riding down a straight highway. One thirteen-year-old girl was killed instantly; eleven of her companions were seriously injured, one crippled for life.

A few weeks earlier an elderly man driving near Charlottesville, Virginia, was killed when another car smashed head-on into his automobile.

About the same time, a beautiful seventeen-year-old girl was run into by a car, again near Charlottesville. Both of her legs were broken, her pelvis was shattered, and her face was sliced up.

About the same time a truck in Charlottesville ground up a little girl and her grandmother.

In every case a drinking driver was involved.

An orthopedic surgeon at the University of Virginia Hospital, Charlottesville, Dr. Charles James Frankel, says he has attended at least 100 cases of traffic deaths and injuries caused by drinking drivers in the past ten years. There were others he did not handle.

Why is this slaughter permitted? Public apathy is the answer, says Dr. Frankel, who is helping conduct a campaign in his area to correct the problem.

Dr. Frankel, a big, fifty-one-year-old Georgia-born professor at the University of Virginia School of Medicine, thinks that if the facts about drinking and driving are brought to public attention, people will demand stricter laws and better law enforcement. "We cannot get public opinion awakened enough by politely printing safety rules and little mottoes on windshields. We've got to be willing to step on toes," he declares.

How is public apathy contributing to increasing highway slaughter? In the way juries and judges deal with drinking drivers involved in accidents, says Dr. Frankel, who also holds a degree in law. He points out, "If a jury is composed of men and women who themselves drink, that jury is going to be sympathetic to the drunk driver."

Here are some classic examples of the miscarriage of justice as Dr. Frankel has seen them:

The drunk driver of the car which ran into the hay wagon, near Staunton, got a suspended sentence, and had his driver's license suspended for six months.

A lawyer who is now a member of the state legislature defended the drunk driver who crashed head-on into the old couple, killing the elderly man. The drunk driver got off scot free.

The drunk driver who hit the seventeen-year-old girl, breaking both her legs, was given a thirty-day suspended sentence by the judge. His driver's license was revoked for a short time.

The drunk truck driver who ground up the little girl and her grandmother got thirty days in jail.

Dr. Frankel thinks the present drunk-driving laws are ineffective. He would like to see jail sentences mandatory, with appropriate penalties provided in cases where innocent victims are injured or killed.

"The automobile is a deadly weapon, and a drinker who kills or injures another person with such a deadly weapon should be treated the same as other criminals who kill or injure with deadly weapons," he maintains.

Dr. Frankel worries about increased drinking among teen-agers, because this means the problem of drinking drivers will become even greater in the years ahead, as youngsters now learning to drink begin driving on the highways. In his thinking, this points up the urgency of the need to arouse the public to take action now to end the slaughter by drunk drivers.

In 1958, some 38,500 Americans were killed and more than 1,400,000 were injured in traffic accidents. Total cost of traffic accidents amounted to \$5,300,000,000, the National Safety Council estimates. And the greatest single cause of this criminal waste of human life and financial resources was the drinking driver, involved in 50 to 80 per cent of all traffic accidents.

How long can Americans afford such a costly thing as apathy? Dr. Frankel wonders.

Bill Oliphant

Introducing...

In this issue of *Listen* we welcome to our staff Bill Oliphant of Glendale, California. He has been appointed assistant editor. Bill is an experienced writer and public relations man. This pungent editorial is his first contribution in this capacity, the beginning of many articles which, we are confident, will greatly enhance the appeal and value of *Listen*.

Francis A. Soper, editor.



A Youth Pastor Poses Some Frank Questions for the Average Young Person Today

STOP THE DRIFT!

Thomas J. Shipp, D.D., Pastor
Lovers Lane Methodist Church, Dallas, Texas

WHEN I was a boy I lived on the desert. I used to think that a desert is barren only because of its lack of moisture, but after I lived there awhile I found out another reason. Actually, it is the drift of the sands that cuts away life. If you will go out into a desert and put up a barrier that will stop this drift, life will have a much greater chance to take hold.

This reminds me of one of the great problems of modern youth today. The problem is not that youth are weak, but that the drift of the time is cutting away the qualities of life essential to meet the demands of today. It seems to me that one of the most pressing needs of our day is the setting up of a barrier that will stop this drift, so that life can take hold and flourish as it should.

Some time ago I had the privilege of making a trip with an Olympic team and watching some American youth compete with youth from several other countries. I refer to this trip in order to illustrate some of the problems facing youth in these days, and list these under four questions.

The first of these is: *How can youth live constructively in a world that is basically destructive?*

We must be the kind of youth who are dependable, the kind of youth the world can depend on, God can depend on, and those who live about us can depend on.

When I took my watch to the watchmaker the other day, I said to him, "It isn't keeping good time."

He asked, "What's wrong? Isn't it dependable?"

I replied, "Yes, that's it."

"Well," he came back, "a watch you can't depend on isn't worth very much, is it?"

"Right," I said.

Then he took the watch and looked at it carefully. "Tom," he observed, "your watch is dirty—and it doesn't take a bushel of dirt to mess up a watch."

I watched our American youth in their competition with athletes from other countries. During that compe-

tion a number of our American youth were disqualified—for dishonesty!

That evening at a banquet, before I was to make my speech, one of the track stars arose and said, "I would like to tell you a story. When I was a lad in school, my teachers found that I could jump exceptionally well. During the first year of training I was trained to 'break the mark.' My coach said to me, 'If you are ever going to win, you must get the edge on the other fellow.' I continued this shady method until my mother found out about it and made me quit. Then during Olympic competition I outjumped everyone else. I was determined to win, and I put everything that I had into that jump. But it didn't count, and was not entered in the record books. I had 'broken the mark' only one hundredth of an inch.

"I don't care if you have all the ability in the world, the greatest talent, if you don't perform honestly it is worthless."

"It doesn't take a bushel of dirt to mess up a watch," said my watchmaker, and it doesn't take a bushel of dirt to mess up your life. If you are going to be dependable, you must first of all be honest.

Furthermore, if you are going to be constructive in a world that is destructive you must remember that you can never hide a thing that is wrong.

One day when I was in spring training with a major league ball team, I passed by third base and came on in home to score. The run was tallied on the scoreboard, but Branch Rickey—and I'll always appreciate him for this—took me by the back of the neck and said, "Son, you go back to third base."

"But nobody knows," I objected.

"I don't care whether anybody knows or not," he said. "You know you didn't touch third base. I know you didn't touch third base. We play this game according to the rules. I don't care how much you can get by with,

you can't hide your tracks. One of these days in the crisis of a game you will miss third base when you should have touched it."

When I returned to third base, and of course was put out, Rickey told me, "Let me say this to you, and I hope you'll never forget it: Don't ever be ashamed of the good things you do in life. But don't ever cover up if you are wrong, because you can't."

Moreover, if you are going to be constructive in a world such as ours, you will feel a responsibility toward helping another along the way.

One day I watched an Olympic diver do the finest thing I have ever seen. She took her closest competitor aside in one of the pools and worked with her for three hours. I heard her say, as she showed her teammate a new twist in diving, "I think that if you had done this, you would have beaten me in the Olympics."

When I could talk with her, I asked her why she had done this for her competitor.

"A long time ago I found out that if you are going to remain a champion yourself," she replied, "you have got to make champions out of others. I know that when I take the board tomorrow I must be a better diver than I was today, because there is another person who knows everything that I know."

Every youth should be able to say this, and must remember that unless he is willing to help make a champion out of someone else, he will never become a real champion himself.

The second question is this: *How can youth remain strong in a world that is basically designed to make them weak?*

Americans are supposed to be strong—we have the finest housing, the best and purest water, the finest food. Yet when I watched our nation's youth competing in endurance tests with those from several other countries, I observed that many were not able to complete the test.

A Government Armed Forces official told me that our young men today are not as strong as they once were, because they are not developing themselves physically. He said they do not have the ability to endure. This concerned me greatly, especially as I remembered that our nation's youth did not rate as high as they could have in the endurance competition.

I asked a boy from another country this question: "Son, what do you do in a day back home?"

He said, "I help milk forty cows, then walk seven miles to school, go out for athletics, walk seven miles home after school, and help milk forty cows. Then I take my exercise."

In these United States I look around to see what the physical work of young people is in comparison with that which the young foreigner told me he did. Some of the things I notice would be very funny if they didn't reveal so tragically the misconception so many Americans labor under.

At Southern Methodist University one day I watched a student walk out of the north side of the student union building, get into his car, and drive around to the south side of the same building in order to save himself the effort of walking ten steps. *(Turn to page 27.)*

THE MOST SECRET PLACE

Berta Ann Clark

A few months ago a neighbor dropped in one evening with a sorry tale that nearly broke my heart.

At thirty-five, Joe is married to a nice girl from a good family, and they have four children—the oldest, twelve; the youngest, three. Having bought their home a few years before, using his veteran's bonus for the down payment, they now had it more than half paid for.

But Joe had lost his job—after ten years with the same manufacturing company. Following several encouraging promotions, this neighbor of mine was told politely that he was being replaced. They had no savings, and no definite place to go; it was easy to picture their bleak future.

Bitter? Resentful? The whole world was to blame for Joe's predicament!

At this point in the conversation, Joe reached inside his coat pocket and, with an apologetic grin, lifted a pint of gin to his lips and drank like a man dying of thirst in the middle of a desert.

"How long has this been necessary, Joe?" I asked, trying to sound casual.

"Oh," he replied sheepishly, averting his eyes. "You mean this?" as he replaced the bottle, nearly empty, to his pocket. "It helps me through the rough spots. As a matter of fact, I couldn't face life without it any more."

"How long, Joe?" I asked again.

"Well," he thought for a moment. "About five years, maybe more. We were heavily in debt, and my wife was sick most of the time. I was getting up every morning nervous and exhausted. Some of the boys said a drink settled their nerves, and it did, at first, for me. But I reckon I'm hooked for good, now."

A few weeks ago Joe and his family were evicted from their home. He and his wife are hostile and apart—she searching for work, Joe still unemployed, wandering about, completely lost and flat broke. The children are scattered about among relatives and friends—broken promises, a broken home, several broken hearts.

What did Joe's boss say? That for several months Joe had been coming to work late, drunk, and unable to cope with the responsibilities of his job.

Where is the blame? The fault lay, at least partly, with the attitude Joe held in the first place, that liquor could help him at all.

In direct contrast—and every word is true—is the experience of Chuck, a distant relative.

Chuck and his wife were in their early forties, the parents of six children, all in school. Theirs was a closely knit family. One day, suddenly, the mother fell desperately ill and was rushed to the hospital. After the diagnosis Chuck was told that an operation was urgently needed, and that there was no certainty of recovery even then, since there was malignancy with general complications.

A construction worker, Chuck had never earned much money. The doctor and hospital bills made him a pauper, but he never flinched, never complained. The family moved to a cheaper house, the oldest boy went to work, and the family stayed together.

The mother never recovered. After the operation she lived only a short time.

Chuck and his family are as devoted and loyal as ever, but the heartbreak and loss still show.

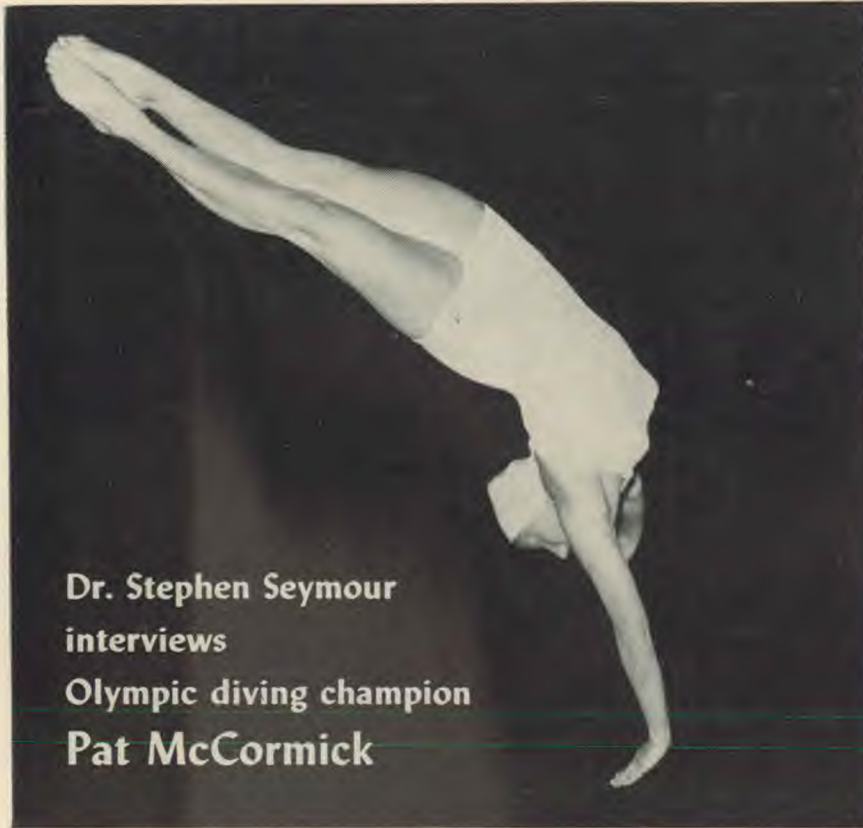
"It was a terrible blow," Chuck told me recently. "But the only way I managed to pull through was by thinking of my children who needed me more than ever, now. And I kept remembering what mother taught me. She used to say, 'God is always in the most secret place of the heart, to give us strength and the wisdom we need to know what to do, if we but turn to Him for guidance.'"

A wise mother to teach her son that!

Whether we are aware of it or not, God wants to be in the most secret place of every man's heart, to give freely, at a moment's notice, courage, strength, wisdom, love.

These are God's gifts to us, if we will but accept.

Reaching the Top



**Dr. Stephen Seymour
interviews
Olympic diving champion
Pat McCormick**

PAT, when did you win your first national championship in diving?

My first such championship I won in Houston, Texas, in 1949.

How many have you now won altogether?

I have won twenty-six national titles.

What is the most that you won in any one year?

Five.

Would you explain these to young readers?

Indoors there are two events: the one-meter springboard, which is the low board, and the three-meter, which is the ten-foot springboard. Then in the outdoor nationals there are three events: the low board, the ten-foot springboard, and the high platform, which is $33\frac{1}{3}$ feet high.

Tell us, Pat, how many medals in international contests, such as the Pan-American Games, have you won?

Three Pan-American titles in 1951. I won my first Pan-American titles in Argentina, and then again in Mexico City in 1954 I won another two Pan-American titles, the three-meter springboard and the high platform.

Pat Keller McCormick has been near the water, if not in it, all her life, her home being in Long Beach, California.

Among the elite of champion performers, Pat has received both the Sullivan Award and the Helms World Trophy. Her husband, Glenn, an airline pilot, was 1956 Olympics diving coach, is active in college wrestling, and is a member of the gymnastic team at the University of Southern California. Also he is coaching at the Los Angeles Athletic Club and at U.S.C.

At their new home in Long Beach, the McCormicks are building a large swimming pool, 18 x 45 feet, and at least ten feet deep. With low diving boards for boys and girls, and a trampoline on which youngsters can work, this pool will help keep the whole family in condition.

Pat and Glenn both enjoy water skiing, snow skiing, golf, and tennis as hobbies. With all this outdoor activity, however, they still are going to school, taking one or two classes a semester.

With such athletic parents, three-year-old Timmy, their only child, seems destined to be interested in sports and clean living. But Pat is ready to settle down. "I will be quite happy," she was some time ago quoted as saying, "to give up all the glittering hardware—for five babies!"

Pat, you have also won two other awards. Can you tell about them?

Evidently you mean the Sullivan Award and the Helms World Trophy. As you know, the Sullivan Award is a most coveted one because it signifies not only what you do in sports, but primarily your sportsmanship, how you conduct yourself, and things like that. Naturally, I am proud to have won this. Also, the Helms World Trophy is a great honor.

What triggered your interest in diving?

Like many young girls, I had an older brother and looked up to him. Because he was interested in athletics, I also took part. Finding I couldn't become a good football player, I went into diving.

We have not yet learned what Olympic Games you competed in. Where were they, Pat?

The 1952 Helsinki, Finland, games were my first Olympic Games. There I won two gold medals: the three-meter and the ten-meter, which is the $33\frac{1}{3}$ -foot platform. Then in 1956, in Melbourne, Australia, I repeated the two victories.



Leading an American clean sweep in the women's high-diving event at the 1956 Olympics in Melbourne, Pat McCormick displays her medal as the second- and third-place winners stand on either side of her.

What special training does one go through to prepare for Olympic participation?

I think it is all-important to work consistently. Try not to work hard one day and loaf the next. In training we put in at least six hours a day, and we break this up into three periods of two hours each. Remember, this sport is not an endurance sport, so it is not like going out and swimming ten or fifteen miles at a time, but we try to work all the year round and concentrate harder in the summer.

Do personal habits have a great effect on this training?

Yes, I think it is important to get the proper amount of sleep and keep a well-balanced diet. Live a moderate life, not going overboard in any extremes. Have well-rounded activities and social events, not becoming one-sided. I mean, don't try to be a great athlete merely, letting grades go. I think all this is important.

What is your present work?

Right now my main job is working out at Lou Cody's Country Club, where I have a group of girls and boys I am training to be good athletes someday. I hope to encourage them to be good swimmers and divers, and to build up a habit with some outside interest when they get older.

The Long Beach Country Club at its banquet, attended by more than a thousand people, honored you as the Athlete of the Year for Long Beach. Would you mind letting our readers share this surprise?

Yes, I think it was one of the biggest surprises of my life. As you know, Steve, they also gave my son Timmy the money for a scholarship to college when he is ready.

Let me ask, Pat, How do you combine your home responsibilities, motherhood, and your busy career?

Fortunately, I have a wonderful husband who is inter-

ested in sports, so we work together, not only in athletics, but in keeping the home together. When we are in school we help each other in that respect. Also we have two wonderful mothers who help us.

Would you tell us something about what you are doing professionally?

As you know, I traveled with Kelly and his swim suits, and made various guest appearances, modeling the suits. In those appearances I gave a little talk on the Olympics and tried to help the children who were interested in diving. I work with many sportsman shows and various exhibitions.

What in your personal opinion is the greatest need for the average young person today who is not a star in the athletic world, but who perhaps may have aspirations to achieve?

I think any person must have a real desire to achieve, and also must work hard. Many young people don't realize how much work goes into any achievement, whether it be in athletics or in maintaining good grades. And again I repeat how important it is to participate in a well-rounded program of activities that will be a later benefit.

Do you believe that activities such as sports tend to lead young people into better ways of living?

Definitely. For example, I know that the good habits of eating developed during training are staying with me. I'm so used to being in condition that I would feel terrible if I couldn't keep that way. Too, the people whom I have met in athletics, and the standards that are set up, are really wonderful. Diving and swimming are clean, educational sports.

Pat, as a doctor wanting to know your viewpoint, I would like to ask, Do you find a direct correlation between the way you feel physically and the way you feel mentally?

Definitely, I believe that a person who is physically fit will be mentally fit. Furthermore, a healthy person is going to help produce a healthy nation.

Do you think that our nation is slack on this program?

Yes. I think it is up to the parents initially to stimulate this interest, but not by going out and saying to his child, "You participate in sports." It must come with the family participating together and being interested in what the child does. It means that the parents have to get their shirts on and go out and run with the kid!

Do you consider outdoor physical activity better than the many spectator events? How do you feel about "spectatoritis"?

They are both important. Sometimes, if people can watch sports, they will take part in them.

How can such programs be developed to include more young people?

I think providing better parks and recreational facilities is one way, and again I mention the parents getting out with their children, helping and encouraging them.

Mothers should not be (Turn to page 28.)



H. CECIL HEATH

General Secretary
The United Kingdom Alliance
London, England

*What about alcohol
and social security?*

*Condensed from a lecture delivered to the
Institute of Scientific Studies for the
Prevention of Alcoholism, Washington, D.C.*

Giants to Conquer

ONE of the interesting developments of modern community life is that we tend to feel as we establish closer relations that we ought to share one another's burdens. This idea of sharing has come to be known in the political sense as social security. There are certain happenings that come to everyone in life—maybe illness, unemployment, and, certainly, old age—when the individual is no longer able personally to cope with the difficulties and where the community tries to step in to help him and his family.

In Europe, as well as in other coun-

tries, particularly since the end of the war, there has been a growing conception of what social security means and the desire on the part of legislatures to have protective cover for as many people as possible. During World War II it was quite obvious to the British government that its people were no longer prepared to go back to the state of economic insecurity that existed between the two world wars. The terrible economic blizzard which struck most of the world led to many millions being unemployed and to a great deal of social misery. However, in spite of

their preoccupations with war, men evidently decided that they did not want to go back to the previous conditions. I think the social historian of the future will describe the two decades between the world wars as decades of drift and decadence, because in the face of these tremendous problems little was done about them. Even the popular songs of that period seem to be indicative of the public mind, such as "I'm Forever Blowing Bubbles" and "It's a Lovely Day Tomorrow."

So at the height of the war the British government decided to appoint a committee, the chairman being an experienced civil servant named Sir William Beveridge, who became Lord Beveridge, to see if he could make proposals for dealing with this problem of social insecurity. His report, which influenced a good deal of our postwar legislation, was comprehensive and written somewhat in the manner of John Bunyan. It pointed out that if we wish to build a better social order, we should

have to overcome five great giants, called *Want, Disease, Ignorance, Squalor, Idleness*. Those were the five giants he saw looming in the path of social progress; and anyone who has made a study of the problem of alcoholism quickly realizes that behind each of those giants the drink habit and the drink traffic are a significant factor.

Lord Beveridge's report made certain recommendations as to how the first two of these giants could be dealt with—the Giant Want, or Poverty, and the Giant Disease. Expert social investigators told him that in any community there are two quite distinct kinds of poverty. First is what the experts call *primary* poverty, that in which insufficient money is going into a home to maintain a reasonable standard of living. That may arise from a number of causes. The wages earned may be too low, the family may be a large one, the wage earner may not have a regular income, he may be engaged in a seasonal occupation, he may suffer ill-health, or he may have grown too old to work, and have to rely on savings or a pension or even on charity for sustenance. That's primary poverty, an economic problem that can be solved by economic methods. Don't be afraid of the word "economic;" it simply means housekeeping—a problem of national housekeeping.

Britain has been trying since the war to arrange its national housekeeping so as to deal with primary poverty; thus we have kept wages as high as the business situation permitted; we have family allowances to cater for every child after the first in a large family; we have improved systems of health and unemployment insurance and pensions for old age, which, though not by any means lavish, are a great improvement on anything that has been possible to our grandparents. And for this, of course, the community pays. Every wage earner pays about a dollar and a half a week out of his wages toward providing social security.

But we delude ourselves if, having done all that we can, we imagine we have solved the problem, because we are completely ignoring the second type of poverty, *secondary* poverty.

In this poverty there is sufficient money going into a home to main-

tain a reasonable standard of living, if the money is rightly expended. The social investigations made at the time of the publishing of this report proved quite conclusively that in the Britain of the 1940's and 50's the greatest cause of secondary poverty was the drink habit. Britain spends about 8 per cent of its total national income on intoxicating liquor. When we remember that there are about 6,000,000 people who do not drink and a very large number who drink only occasionally, it follows as a matter of simple arithmetic that there must be a substantial number of people spending far more than they can afford and thus bringing poverty into households where it ought not to exist.

Now, secondary poverty is not an economic problem at all. It is a moral and spiritual problem. No matter what kind of government may be in power in any country, no matter

Burning the Candle

RUTH C. IKERMAN

Always there is something exciting about lighting a candle. Children stand on tiptoe, the better to see the candles atop a birthday cake.

Young people cherish the candles at the altar where their marriage vows are spoken. Eyes of those older take on the look of romance as tapers burn beside the golden flowers for a fiftieth anniversary.

Yet even candles with all their happy associations must be burned in accordance with natural laws. A candle firmly rooted in a candlestick and facing upward will burn for a long time, giving light to all around it.

But a candle lighted at both ends and held tightly in the hand has no place to burn except toward the hand grasping it.

So it is that those who try to burn the candle at both ends inevitably run into trouble. Trying to see and explore all that their candle can light from both ends, they encounter disaster.

For disaster results whenever a person disregards any of the laws of life, even as a candle incorrectly lighted swiftly burns itself out toward its center.

what its political complexion may be, the citizens delude themselves if they think social security can be solved by purely economic means. It can't. The moral and spiritual fiber of a nation cannot be neglected. Unless the people have a sense of trusteeship, unless they are using their resources wisely, then in spite of the attractiveness of the scheme as a blueprint on paper, it will break down in practice because of sabotage that goes on causing secondary poverty.

One comes across glaring cases in the courts of Britain in which evidence is presented to show that some men spend one half to two thirds and in some cases three quarters of the total family income on intoxicating liquor. Situations of abject poverty of that kind arise which never ought to arise.

So much then for the first giant, the Giant of Want, and its relation to the problem of alcoholism. I am quite sure that in America, where, I believe, its total expenditure on drink is 4.5 per cent of its national income, that 4.5 per cent is not spread evenly over the whole population. I am sure that America, the same as Britain, can find without much difficulty large numbers of its families whose standard of living suffers severely because of the drink habits of both or either one of the parents.

Now let's turn to the problem of disease. Britain has tried to deal with this problem by setting up a system of socialized medicine. Here again the people pay. It is part of the \$1.50 a week they pay out of their wages. That is subsidized by general taxation. But the general idea is that everybody, regardless of his means, shall in case of sickness have available at the best hospital the medical and nursing services he needs, without any charge. And although there may be some modifications in the administration of the plan as the years go by, I think you can be sure that it has come to stay.

The drink trade has not been slow to take advantage of this particular trend in current thought. Practically every drink advertisement you see in Britain today suggests that the drinking of the commodity is good for your health. It takes the form of a slogan, such as, "Beer is best for you," "Twice the man (*Turn to page 30.*)"

Behind the **S**teering **W**heel

Do only two or three drinks really affect a driver? The series of simple experiments in Kent, England, which help answer that question graphically, is here presented by *Listen* in word and picture by permission of and through special arrangement with *Illustrated* magazine of London.



1. At Brands Hatch racing circuit in Kent, England, away from the public highway, three "Illustrated" writers are instructed to drink—and drive—under the supervision of a medical expert. After five small whiskies, Jane Fury does a reversing test. At one stage the car shoots forward, as colleagues Stewart and Andrews jump clear.

ALCOHOL IS a drug with an action similar to anesthetics such as ether and chloroform. A person can get "drunk" on ether or chloroform, too, but it isn't advisable to try.

The only difference between these drugs and alcohol is that normally the vapors of ether and chloroform are absorbed into the blood through the lungs, whereas alcohol is absorbed through the digestive tract.

Medical practice recognizes three main stages of anesthesia: (1) the excitation phase, (2) true surgical anesthesia, with loss of consciousness and nervous sensations, (3) a final stage leading to general paralysis of all nervous functions, particularly breathing.

Alcohol has a long first-stage effect of excitation. That is why it is sometimes assumed to be a stimulant. This seeming stimulant effect, however, is only superimposed on an underlying anesthetic reaction, progressively impairing all nervous reactions.

In the early days of surgery alcohol was, in fact, the only anesthetic available. A serious operation would be

performed while the patient was in a drunken stupor.

But the question arises, Why does the same quantity of alcohol, like other drugs, often produce different reactions in a person on different occasions?

To understand this, we must know how alcohol is absorbed into the body and how its concentration in the blood stream builds up, for it is the concentration of alcohol in the blood reaching the brain that produces the effects, not necessarily the amount of alcohol that the person has swallowed.

The stomach is the first point in the digestive tract at which food is held up for digestive purposes. The point of hold-up is a muscular valve, acting as an internal policeman.

Very little food is absorbed by the body until it passes out of the stomach into the small intestine, but the "policeman" valve will allow some fluids through the stomach quickly if there is no solid food present.

Absorption then takes place rapidly. Thus a glass of water, or of beer, will start to be absorbed into the blood

stream within two or three minutes. On the other hand, if the stomach is busy digesting some solid food, the "policeman" valve is kept closed, and absorption is delayed.

In this manner, a stiff dose of alcohol may produce a delayed effect as it would be retained in the stomach and only released slowly in a controlled manner, like a football crowd through a turnstile.

You can play tricks with this absorption process, and therein lies the special danger for the uninitiated and the car driver. A strong, concentrated drink will pass through the empty stomach less quickly than a diluted one, such as beer, because it irritates the stomach and puts the muscular valve on guard and into spasm.

But if the strong drink is mixed with or followed by a diluted one, the sluice gates are opened, and all the fluid passes quickly into the intestine.

Consequently, absorption is rapid, the blood alcohol rises steeply, and the drinker is quickly affected. On the other hand, a person who has had some food before drinking may wonder where the alcohol is going because absorption is so delayed that he may feel little or no effect.

This delayed effect is perhaps the most dangerous aspect of drinking. A person who stops drinking only when he feels he has had enough is looking for trouble. If he is a car driver, he nearly always gets it.

He may indeed have a considerable quantity of alcohol—it could be as much as half the amount he has drunk—stored in his stomach just queuing up to be absorbed later. He may not reach his peak alcoholic reaction for another hour. That's why that pernicious "one for the road" often turns out to be the *last* for the road.

Because of this extreme variation in the alcohol absorption process, it is possible, under certain circumstances, for two drinks to produce a more profound and devastating effect than six or eight drinks in the same person on a different occasion. Even when we measure accurately the amount of alcohol in a man's blood stream, we cannot predict how he will behave in any particular situation, because different parts of his body can react in different ways to alcohol.

In a brightly lighted room, for example, he may walk straight and be able to control his actions, but in the dark he may be unaware that his eyesight is affected.

It isn't the cold air that "hits him," but the fact that the nerves controlling his eyes are partly anesthetized and will work well only in brightly lighted surroundings.

Delicate scientific tests have frequently been used to show the difference in a driver's reaction time after even small doses of alcohol.

Such effects, however, are not the only cause of accidents. It is also the mental changes that cause the driver to run greater and greater risks even though his reaction time may be only slightly altered. There are no simple tests to measure these early psychological changes. Experiments—similar to the ones shown on these pages—carried out on bus drivers in Manchester, England, showed that some drivers, after only one drink, tried to drive their buses through openings narrower than the bus itself.

If only drivers who drink could be made to realize that alcohol does nothing but drug them, then we would be a long way toward cutting the appalling toll on the highways and roads.



The medical expert measures out three small whiskies for Robert Stewart. Ten minutes later Stewart takes the second driving test. The object of the tests is to show that the more drinks a driver takes, the more risks he takes.

Robert Stewart



BEFORE DRINKING . . . reverses in a confined space, an exercise designed to test a driver's manual dexterity. He did well at it—before he had taken a drink.



AFTER THREE WHISKIES . . . hits two posts in four tries compared with one before drinking. The object of the narrow-gate test is for the driver to get through the narrowest gap he thinks possible without knocking down a post.



AFTER FIVE WHISKIES . . . attempts to get through only the widest of the gaps, but he still knocks down two posts. His time goes up yet again in the reversing test.

Jane Fury



BEFORE DRINKING . . . stops at the posts because she thinks the gap is too narrow. She does this several times, showing that she is normally a cautious driver.



AFTER THREE WHISKIES . . . cautious no longer. In the narrow-gap tests Jane does not stop once to check the distances, and she hits three posts compared with one before drinking. Her reversing, too, shows a marked deterioration.



AFTER FIVE WHISKIES . . . knocks down two posts in one attempt at reversing. In four attempts at the narrow-gap tests, she gets through the widest gap once, but hits three posts.

Allen Andrews



BEFORE DRINKING . . . tries to get through the narrowest gaps in the narrow-gap test, and knocks down two posts. He is cautious while reversing.



AFTER THREE WHISKIES . . . very little change in his driving. Again he knocks down two posts in the narrow-gap test, but this time he does not attempt the narrowest gaps. Reversing, he is even more cautious than he was before drinking.



AFTER FIVE WHISKIES . . . develops the overcautious attitude a person affected by drink often shows. Once he approaches the gaps and shouts: "They're all impossible!"

For years the drug addict was considered as a victim doomed almost automatically to a terrible death. Now, however, medical science is developing detection and treatment methods not only to treat addiction and rehabilitate

new hope for the

the addicts but also to aid law-enforcement officials to prevent this living death in the first place.

A California physician frees heroin addicts of dependence on the drug in from five to seven days.

Drugs for Treatment

RICHARD H. UTT

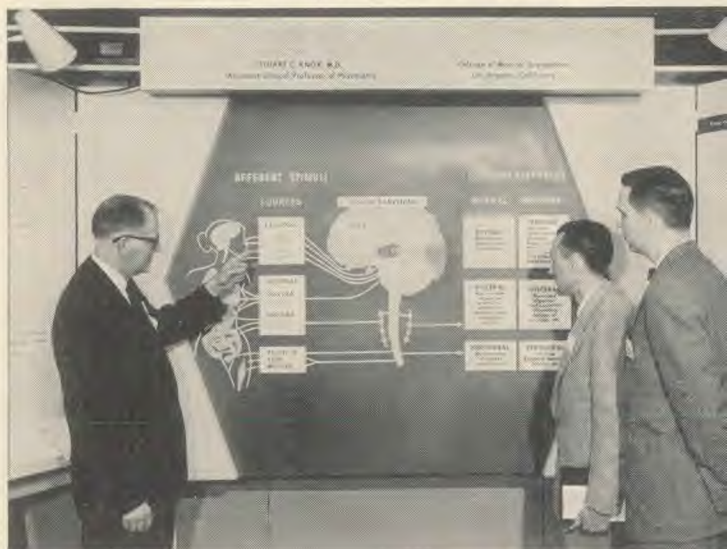
A NEW star of hope has risen in the inky sky of the addict's night. Now the most confirmed heroin addict can be relieved of his craving in from five to seven days, by a method which so far has proved nearly 100 per cent effective.

The secret? A newly discovered combination of two drugs—adenosine triphosphate and ethylene disulphonate, called ATP and ED for short. The discoverer is Dr. Stuart C. Knox, of Los Angeles, who has spent a number of years doing research on drug addiction.

The treatment was discovered by accident when ATP and ED were used on an asthma patient who was also an addict. To the astonishment of both doctor and patient, the latter got relief not only from asthma, but also from his "yen for a fix" at the same time. Since then the treatment has been tried on one hundred other addicts, with excellent results in every case.

The dope addict, when deprived of his drug, enters what doctors call the "withdrawal syndrome," whose symptoms may include yawning, shedding tears, running nose, dilated pupils, gooseflesh, hot and cold flashes, tremors, muscle twitching, cramps, restlessness, insomnia, nausea, vomiting, diarrhea, loss of appetite, loss of weight, and elevation of temperature, pulse, respiration, and blood pressure. The victim, in his agonized craving

Dr. Stuart C. Knox points out to student observers the working of the human body systems.



for dope, may go so far as to threaten violence or suicide.

The reason for this, says Dr. Knox, is that the narcotic seems to enter into the body's nutritional cycle, seriously disrupting the working of the nervous system. The two enzyme-like chemicals used in the newly discovered treatment are not themselves narcotics, yet they can replace the opiates in the user's body. Then, amazingly, these chemicals can be discontinued in a few days with little or no discomfort to the patient.

A laborer who had used heroin since 1941 is a typical case. This man had been jailed four times, during which he had abstained for five months. When placed in the hospital for ATP and ED treatment, he was using four grams of "good stuff"—fairly pure heroin—per day. As the injections began, his story went like this:

"October 9: Admitted to hos- (Turn to page 34.)

doomed



Sheriff Melvin L. Hawley talks with his associates, Dr. Norman Nomof and Walter Bettencourt. Hawley is now in the State Department of Justice.

The Nalline Plan

RICHARD LEWIS

WHILE the controversy continues over the proper method of controlling the growing traffic in narcotics, a new method, operating within present legal structures, promises the first major advance since the Harrison Narcotic Act of 1914.

This method, the Nalline plan, is administered by regular law-enforcement agencies, employs the services of the medical profession, and *keeps addicts off narcotics*. It tends to dry up the traffic in dope by pinching off the demand.

For some time now, officials of Santa Clara County in

California have been using this plan, and have found it workable and satisfactory.

To learn how the plan operates, and its potential for the future, the author called at the Santa Clara County sheriff's office in the beautifully and efficiently designed new county headquarters in San Jose, California, to ask questions of Sheriff Melvin L. Hawley and his associates, Dr. Norman Nomof and Walter Bettencourt, a deputy detective. Mr. Hawley has since become the assistant director of the State Department of Justice.

Here are their answers:

Dr. Nomof, what is Nalline and how does it work?

Nalline is a drug that is not habit forming, though chemically related to morphine. It has the characteristic of counteracting the effects of morphine and other opium derivatives. It has been used to counteract respiratory depression in newborn infants whose mothers were given narcotics such as morphine during delivery.

Who first used it in connection with the narcotics problem?

It came to be used in narcotics control by Dr. James Terry of Alameda County, California. He noticed that when Nalline was injected into patients who had been treated with opiates, the pupils of their eyes dilated. But if no opiates had been administered, the Nalline caused constriction of the pupils.

Here, he then realized, was a ready-made detector for spotting narcotics users. If a suspected addict is brought in, an injection of Nalline will tell accurately whether or not he is using narcotics.

Has its use broadened since then, Mr. Hawley?

You see, the Alameda County office used Nalline merely as a detection device at first, and so did we. But now we both put the primary emphasis on rehabilitation.

How are these tests administered in detecting users?

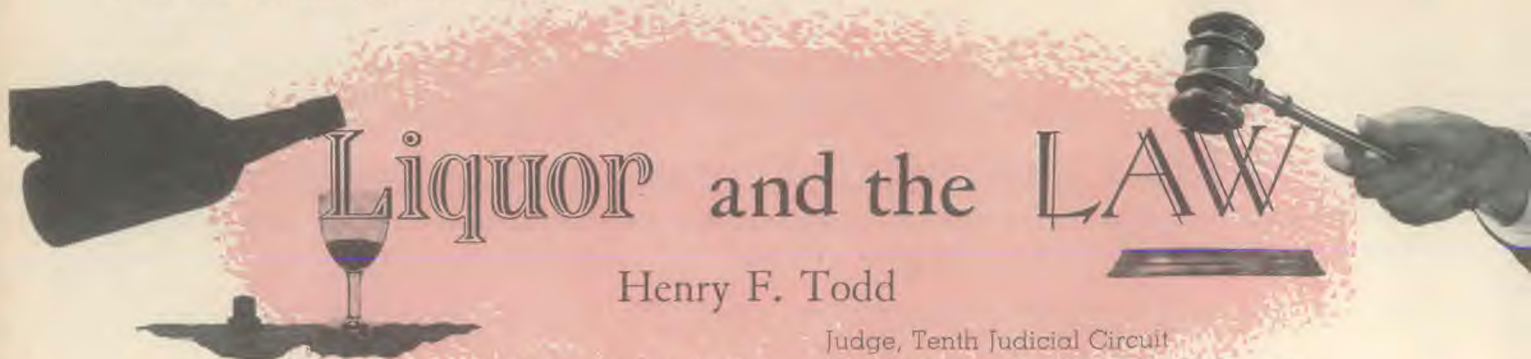
We use a small injection, about three milligrams of Nalline, adjusting the dosage to the individual as we become acquainted with his reaction. If his pupils contract, we have a negative response—he is not a user. If there is no change in the pupils, we suspect that some narcotics have been taken. We call this an equivocal reaction. Any dilation of the pupils is considered a positive reaction, an indication of the use of narcotics.

What does this mean in terms of the time between the narcotics shot and the Nalline test?

A light or occasional user will give us an equivocal reading twenty-four to seventy-two hours after his last injection of dope. A heavy user may give a positive reaction as long as two weeks after his last injection. It takes about a half hour for the full effect of the Nalline to be evident.

When an addict is taken off narcotics, Dr. Nomof, what about the withdrawal effects? Are there any?

We've been taught that narcotics withdrawal is a horrible thing, and that it may (Turn to page 32.)



Henry F. Todd

Judge, Tenth Judicial Circuit
Davidson County, Nashville, Tennessee

In two parts—

Part II: In the Civil and Criminal Courts

ORDINARILY, the sale of liquor does not form the basis for a civil action; that is, one may not ordinarily sue a liquor dealer for selling liquor to him or others. However, a different situation arises when a liquor dealer makes a sale to a person who is already drunk or is a habitual drunkard. Under certain circumstances, suit may be entered against a liquor dealer where he sells liquor to a person already drunk or a habitual drunkard and the liquor is afterward used and damage occurs from its use.

Liability is sometimes imposed on liquor establishments for their failure to exercise reasonable care to protect patrons from injury by intoxicated fellow patrons.

Fathers and mothers, becoming liable for the care of their debauched children, have been permitted to recover damages from one who sold liquor to their children. A wife may sue any persons responsible for her husband's alcoholism, if she can prove this to be true.

We come now to a consideration of alcoholism and civil rights. Some of the most basic rights of citizens relate to privileges accorded them when under arrest. For example, any person placed under arrest has the right to be informed of the charge or accusation against him, to be carried before a suitable judicial officer, to have access to legal counsel, and to be permitted to make bail.

What Are Civil Rights for a Drunk?

Now, these seem to be fundamental and simple rights not involving any complications, until the person who is arrested is found to be under the influence of alcohol. How, may I ask, can any officer inform a prisoner of the charge with which he is accused when the prisoner is too drunk to understand the officer?

Moreover, can it be said that a prisoner has been actually carried before a judicial officer when that prisoner is too drunk to realize that he is in the presence of a judicial officer?

Can it be said that a prisoner has been accorded his right to counsel when he is too drunk even to give the name of a lawyer or to find his telephone number, much less to discuss his predicament intelligently with a lawyer.

Can it be said that an intoxicated person would be competent to enter into an engagement or undertaking of contract of bail so as to be released on bail when he is too drunk even to understand what is being done with him, much less to be impressed as to the time when his presence is required in court?

All these problems and many more face our arresting officers and police magistrates every day as intoxicated persons are brought before them. The most common solution to the problem is to commit the intoxicated prisoner to a jail or lockup until he is sober enough to be accorded his civil rights. Ordinarily such a prisoner, upon regaining a reasonable degree of sobriety, is permitted to make bail or appearance bond for a later session of court. If such intoxicated prisoners are unable to make bail or appearance bond upon their sobering up, they are generally brought before the next regular session of police court, there to stand trial for their offense.

Many of our city areas are now furnished with testing devices to determine the concentration of alcohol in the blood of the person under arrest. Some operate on the "breath principle," others on urine, and still others on blood samples.

Another question of civil rights presents itself where the results of such a test are offered as evidence in a prosecution. A majority of the decisions support such tests, but it is interesting to consider how it is possible to compel an accused to give evidence against himself against his will, or how it is possible for him to consent when he is drunk.

Minor Crimes

Disposition of persons accused of minor crimes involving the use of alcohol varies among the several states and communities. Some police departments have a practice of simply placing drunks in an overnight lockup and releasing them without punishment the next morning. Other communities place a small fine as penalty for the offense, and still others view drunkenness as a more serious offense.

An important legal question involving drinking concerns liability for civil contracts entered into, and for criminal offenses committed, while under the influence of alcohol.

Some courts hold that self-induced drunkenness is not at all grounds for relief from the obligation of a contract. However, it is generally held that a contract or agreement entered into while one of the parties is too intoxicated to know what he is doing is not a contract of law and is voidable at the option of the drunken party. This is true only in respect to agreements to perform certain acts in the future. Any benefit received from such a contract while in a drunken condition (Turn to page 24.)



Amid the hills and open spaces, Tracy Farms offers an ideal location for the recovery of alcoholics.

NESTLED in the rolling foothills of the Helderberg Mountains of New York is a group of trim white buildings that would do justice to a fashionable estate. Hidden away in a quiet valley, far from noise and rush, this peaceful little center has been the scene of the beginning of a new life for upwards of 2,000 derelicts in less than a decade.

This is Tracy Farms, to which was added last year, on an adjoining hillside, the motel-like structure housing Tracy Foundation, Inc., a \$150,000 rehabilitation center for penniless alcoholics, first of its kind in the world. Expansion plans call for accommodations for sixty guests, instead of the present twelve.

The Farms, 500 acres in extent, attracts down-and-outers from nearly every corner of earth, and after ten weeks stay, returns them, without exception, as respected members of society. The home atmosphere and rural environment encourage recovery and restoration for these victims of their own habits.

The story of this "oasis of goodness" is not, however, merely one of wood, stone, and glass, of field, farm, and country, but primarily the story of a man—Vincent Tracy—and his philosophy of life.

At thirty Vincent was a Fifth Avenue business executive. At thirty-five he was a Bowery bum, drinking himself into oblivion. "I had even lost the urge to live. I must have been hospitalized nearly 200 times and made several attempts at suicide."

Psychiatrists, physicians, Alcoholics Anonymous, all

tried to help Tracy, but he couldn't, as he says, "buy the theory that alcoholism is a disease. I finally determined there was only one way to leave skid row. I drank myself onto the Bowery; I would abstain my way out." He succeeded.

"The most important thing I can impress on any alcoholic, gambler, or dope addict is that he has a God-given free will. If he can be made to realize that *he, and he alone, wills himself to do these things, then he can also will himself not to do them.*"

This basic philosophy of daily living—the emphasis on the moral responsibility and individual dignity of man—has made Tracy Farms what it is—the place where thousands have found victory over degrading habit.

"Ever since I was a child I was taught that I was the only one who could create and keep a habit, good or bad. Man alone is responsible for his actions," Tracy declares.

Though at variance with much prevalent theory on alcoholism today, this fundamental approach has proved to be effective in straightening out the crooked thinking which led the drinker to his condition in the first place.

Tracy observes, too, that the same principle is important in prevention. Applied to those who are not alcoholics, such a principle will fortify them in knowledge and personal conviction against ever becoming alcoholics.

VINCENT TRACY...OF TRACY FARMS

A high light during the stay of guests at Tracy Farms is the daily talk which Tracy gives in the lounge. Using homey illustrations and unique comparisons he develops in his hearers new respect for the power of the human will. On the following two pages "Listen" abstracts a typical talk as Vincent Tracy gives it.

Tracy Foundation, Inc., was founded to provide rehabilitation for those unable to pay for treatment.



Vincent Tracy, of Tracy F



Still nursing the physical results of his own downfall, Vincent Tracy talks straight to the point:

All of you know that I have gone through just what you are going through. No matter how far down you have gone, I can match you. I'm not proud of it a bit, but because I've been there and back, I think I can help you. However, to quit drinking you must qualify as a morally responsible person. To do that, you have to be honest.

Nothing is more important in Tracy's mind than the power of the will:

You cannot escape the results of your thoughts. There is a much better way—correct your thoughts. You are today where your thoughts have brought you. You will be tomorrow where your thoughts will take you. You secretly gravitate to what you secretly most love. This is a law of life that no human being, young or old, can escape.



To Tracy, a small jug on the mantelpiece represents alcohol:

I was stupid enough to buy this guy. When I started drinking, I put alcohol on the Board of Directors of my life. It was not long before he fired the other directors and took over. He had me buffaloed. He made promises to me that he did not and could not perform. He did not help me eliminate or solve any of my problems. In fact, he stripped me of everything I owned and then left me. I am paying the price yet.

Not merely the physical is important in this, but the whole person:

Spiritual values are utilitarian. I used to stumble over that word "spiritual." Now I know it is the only real value in life. Inner tranquillity comes not with a pill, an injection, or a bottle. You get it when you think more of others than you do of yourself. Many times you feel that you have more heartaches and have received heavier blows than anyone else. This kind of self-centeredness tends to lead a person to drink.



The larger jug is heavy drinking—alcoholism:

Those who say that alcoholism is a disease confuse the effects of alcohol with its causes. Of course, the heavy drinker is sick. The point is, however, the alcoholic doesn't drink because he is sick; he is sick because he drinks. The disease theory of alcoholism is not sufficient, because man is morally responsible for his deeds. No one can take a drink without his own permission. The real cause of alcoholism lies in a man's will.

Not far away is a bottle on a crutch, a mute lesson of Tracy's point:

Alcohol is merely an escape. It is limited as a means toward an end, because it soon becomes the end itself. When a person drinks, he leans on a crutch instead of building emotional maturity. This insidious crutch lets its user down, for after so long a time he will die mentally, morally, then physically. But the crutch is only the result of the real problem. You must remove the basic cause of the drinking, else you will drink again.



ms, outlines his - - PATTERN OF VICTORY



A little urn nearby is, for Tracy's talk, a person's equipment for living:

Initially, you have all the resources you need. You have the standard equipment—wisdom, faith, courage, endurance. It's only when a man becomes timid that he relies on drink. You need all your resources to live harmoniously. You must have both true values and virtues. Patience permits the drinker to live with his own frailties; tolerance makes it possible for him to live with his friends; humility lets him be honest with himself.



Turning the urn upside down, he emphasizes:

You have to dump out feelings of envy, greed, or jealousy. You must reshuffle your sense of values. But you must make the choice. This guy alcohol couldn't lay a hand on you unless you let him. Anyone who lets him becomes a moral coward. When you drink you act contrary to reason. You have a big worry all right, but you worry about the wrong things. You should think about your state of mind and the virtues you need.



Young people of today receive some forthright advice:

A youth drinks to be smart, but after a time he begins to rationalize his conduct; then it is too late, and he has to go underground to support his habit. Any moron can be a member of a crowd. It takes "guts" to be different. A young fellow these days should know it's manhood he is approaching, and that to make a success of manhood he must be an individualist.

Tracy clenches his fist; he really believes what he says:

Drinking is a bad habit supported by wrong thinking and wrong values, weaknesses in character. You need a way of life that can cope with problems and not knuckle under at the first sign of a problem. Some worry does you good; it gives you an impetus. Only two persons do not have worries: one is dead, the other is in the asylum. In drinking, a man weakens himself so he cannot face the gales of life.

Quietly but forcefully, he repeats about the importance of the will:

When it is realized that drinking comes from failure to face up to our responsibilities as moral human beings, then it is easier not to drink than to drink. The same will that wills you to drink can will you not to drink. Where that will has not been used, like a muscle that has gone soft, it becomes weak. It takes more time to strengthen the will—to build moral responsibility—than it does to build back firm, solid muscle on the body.

Tracy concludes on a vigorous, practical note:

If you continue with this bum, you will go down until at last you lose the will to live. Then you lose everything; nothing can steady you then. I am not worried so much these days about Russia, but about America's making herself so weak that any enemy can come in and tip her over. Today it is not atomic power we need; we need atomic faith.



An old-time newspaperman takes a close look at a sinister menace of our day.

"Moonshine" Is Poison

Robert L. Griggs

ALCOHOL is the basic ingredient of many useful medical and commercial products, but "moonshine" whisky is definitely not one of them. In fact, moonshine is one of the most vile and evil substances that a person can put into his body, or make and sell. If many of those who drink such a beverage could see the conditions under which much of it is distilled, they, too, would abhor the stuff. Thousands of people drink moonshine and never touch what some folks call "government liquor"—which, of course, is also detrimental.

As a working country newspaperman for many years, I have seen much of this moonshine in various stages of manufacture, have gone on raids with

sheriffs and other lawmen, have wielded an ax in helping destroy stills, have written hundreds of words describing stills and their contents, have talked with some of those apprehended in making moonshine, and have interviewed many of those who drink it—and I must say that I have never yet found one person who described its manufacture, distribution, or use as anything but "unnecessary and harmful."

I hate the stuff with a passion that knows no bounds, for I have seen the consequences of its use.

Moonshine is manufactured under conditions that at best can be described as "extremely filthy." Some of the ingredients within themselves are not so bad, but in many instances foreign substances are introduced to hasten fer-

mentation and to make a speedy profit for those who prey upon the unfortunate victims.

T. V. Williams, who until recently was revenue commissioner of Georgia, said that most of the whisky seized in the state "is loaded with cleaning compound and other poisonous ingredients."

That it is loaded with poison is seen in the deaths of forty-one persons in Atlanta several years ago from whisky from a single source. In this particular instance a liquor racketeer, John R. (Fat) Hardy, was arrested, tried, and sentenced to life imprisonment for having concocted the poison.

There is no way of knowing how many other deaths are caused by poisonous liquor and never reported as such.



Many moonshiners use abandoned houses, such as this one, usually well concealed from the nearest road. Others use barns, outhouses, and hog pens.

Inside, the operators live in unsanitary conditions. Notice the stove and utensils. Layers of dirt and mud can be seen also on floor and walls.

Part of the manufacturing plant, these huge barrels are used for fermentation of the mash. The barrel at right is filled. Most moonshiners use from five to fifty of these barrels, depending on the operation.

This scene depicts a backroom operation in the house. For some reason the existing floor was torn out so that barrels might be put on the ground.

Operations like Hardy's keep many of the larger Southern cities—and some Northern ones, too—flooded with moonshine booze. In too many cases a well-to-do man is behind the operation, financing the manufacture and distribution, yet remaining comparatively safe from apprehension.

Although no figures are available on exactly how much moonshine is manufactured, a survey made in 1955 by Jack Nelson, a reporter for the Atlanta *Constitution*, indicates that the output is greater than it was during prohibition, and that the racket is well organized and growing rapidly.

It is well known among all law officers, at least in the South, that the majority of moonshine stills are run as well-organized business establishments. One revenue official said, "A whistle blows for the workers in the morning, and again at noon for them to knock off at lunch." In many instances these illegal distilleries are run by an "angel," who pays the workers a stipulated sum per gallon to produce the booze. Transporters are paid on a similar basis to deliver it.

The owners of a still generally make a profit of at least 100 per cent, selling the products to wholesale bootleggers, who in turn sell it, always at a profit, to the small-timer, who peddles it out in half pints, pints, or quarts.

The extent of moonshining is seen in revenue department figures. In Georgia alone Federal and state agents destroy as many as 3,000 stills annually and make as many arrests, enough people to populate a good-sized town. These figures do not include the work done by local law-enforcement officers.

When these figures are multiplied by other states, it can be readily seen that moonshining is big business, business that the nation and the world could well do without.

Facts on Bootlegging

Called by the Internal Revenue Service "nontaxpaid distilled spirits," bootleg liquor is distilled from grains and sugar. 80 to 120 proof and colorless, and is called "swamp rot," "wildcat," "roasting-ear wine," and other names.

Statistical releases from the Treasury Department indicate an encouraging trend relative to the seizures of illicit stills. "Revenooers," or Federal agents, numbering more than 400 in the South alone, put 9,272 stills out of business in the fiscal year of 1958, compared with 11,820 in 1957, and 14,499 in 1956.

Total arrests during last December were 148 fewer than in the previous December. Value of property seized was down more than \$100,000, and gallons of mash seized dropped by 140,000 gallons.

Until the law moves in, moonshine manufacturing is a profitable business, as far as money goes. There is no \$10.50-a-gallon Federal tax on homemade corn liquor, and no \$1.50 state tax. Also, moonshiners do not pay any attention to building codes or sanitation, or to supervision.

Usually they employ fifty-gallon oil drums and any kind of metal tubing they can find. Such a drum can produce twenty gallons of high-proof moonshine every five days from the fifty gallons of mash.

One such liquor is started by dumping yeast, cracked corn or corn meal, and sugar into one of these large drums. Rubbing alcohol and moth balls are added. Then a dash of the cleaning agent Clorox speeds up fermentation. When consumed, this concoction produces bizarre and serious mental effects, with patients suffering from tremors and hallucinations identical to delirium tremens. The metallic scrap-iron taste produced is probably caused by a strong concentration of alcohols and traces of metal from the mixing container. "It's a drink of voltage rather than vintage," an examining doctor said.

An estimated one third of the annual consumption of alcoholic beverages is bootleg. Sold at from \$5 to \$6 a gallon, this illegal liquor can be produced for about \$2 a gallon. The head of one large distillery claims that almost as much moonshine as legal whisky is sold in the United States.

"I don't think that the bootlegger at his worst is as bad as the saloon at its best."—William Allen White, "Sage of Emporia," Kansas, writer and journalist.



At the rear of the house are scattered barrels, sacks of sugar, and quite an assortment of other things used in making moonshine.



An explosion wrecked the room at the rear of this house. The overturned barrel spilled the evil-smelling "slop" all over the yard. The explosion brought attention to the place.



This man points to the hole in the roof wrecked by the explosion. It is dangerous to make moonshine and to drink it.



the happy GIFT

"Yeah, sure," he began confidently. "Chrish-mas means good things—a home with fun and love in it, and a tree all decked out pretty."

B. V. YARNALL

ON CHRISTMAS EVE the beer joints were ablaze with bright lights and open doors, warmly welcoming the homeless, the lonely, the passing stranger. At one of these a number of customers had already assembled and taken their places at the bar. On the mirrored wall behind the bar was pasted, a little unevenly on the glass, large white cotton letters, embellished with silvery tinsel, spelling out the words "Merry Christmas."

Suddenly an angry voice pierced the air as a disgruntled, sad-faced man at the bar yelled out:

"Christmas! I hate the very word!" and emphasized his feeling by thumping his glass down heavily on the bar.

The bitter words aroused Mac from his reverie as he slouched across the bar a little farther down the line, and he boldly asserted, in equally loud voice, "Thass no way to talk about Chrish-mas!" at the same time peering across the empty stools between him and the first speaker, as he tried to bring the unhappy man's face into focus.

"No?" replied Jim, his eyes searching out the speaker, and

in ridicule he added, "Well, *you* tell me how to talk about Christmas, if you know so much about it!"

Accepting the challenge, Mac clutched his half-empty glass, and gripping the edge of the bar, stepped cautiously down from his stool and made his way slowly to the side of the stranger. Just then the juke box started up, and Mac felt a dull ache somewhere deep inside him, as the mellow strains of "White Christmas" filled the smoky room. Reaching Jim's side, he gesticulated with a wide swing of his arm, saying:

"D'ya hear that music? Thass Chrish-mas. Listen!" and he slumped down beside the embittered stranger.

"Listen to what?" growled Jim. "What's Christmas to you, anyway!" Jim took a long swallow from his glass, and set it down with a grimace. All he could remember of former Christmases was some dinky miserable bar just like the present one, and associated with this was the memory of Doris, his wife, tears filling her eyes, and his own bitterness biting at him with a constant sting, for which he sought retaliation in ugly words to Doris. It all came back to him tonight.

The question had been put to Mac, and he proposed to answer it.

"Yeah, sure," he began confidently. "Chrish-mas means good things—a home with fun and love in it, and a tree all decked out pretty."

"Maybe for you," Jim shot back, as his long fingers opened and closed around his glass, "but not for me!"

"Not for me, either, brother!" said Mac.

"Guess I'm not a family man," continued Jim. "Better still, not even a man!" With great care he set his glass down precisely within the wet circle it had left before. His thoughts raced on silently: He had managed to ruin every single Christmas for Doris, hadn't he? Each time would be different, of course. That's what he always told her. This time he would have sense enough to stop before he started; he would not even stay for the office party. Not even one drink would he take. He would head straight for home and they would have a real time, just the two of them, trimming a tree together, the way Christmas Eve ought to be spent. Doris would be so happy and proud to see that he could do it.

Jim's restless fingers tightened more firmly around his glass, but then with a firm hand he shoved it away from him. Mac watched Jim's lean, sensitive face as he stared at the drink, and observed his lips tighten before he spoke.

"This stuff can't tell a man what to do, can it?" Jim demanded, searching Mac's face for a moment before turning away with a sigh. Then he added, "I never did know how to drink. I was one who always had to have just one more!"

Mac saw the misery and shame reflected in Jim's eyes, and turned his head away for a second. Then, in sympathetic tones, he said, "Yeah, me too!" and the recollection was like cold fingers squeezing his heart.

"Ah, but you're not interested in an old sot like me!" said Jim quietly, his deep-set eyes watching Mac closely. "I can tell you're not my kind. You know when to stop."

Mac opened his mouth to reply, then hesitated, as if to determine how much of his past he ought to reveal. "Sure," he replied. "I know when I *should have stopped*, all right. It was back there at the office party. The two bright young fellows of the firm, the sensible, going-places fellows, wanted to show the big brass how well they could handle themselves after the first drink, and encouraged me to do the same. Then we all pranced around like jackasses."

Suddenly it came Mac's turn to ask a personal question. "Do you have a wife?"

The conversation had carried Jim back to his past experiences, and he went on, as if in a dream:

"Sure I have a wife," he said almost unconsciously. "She's sitting at home right this minute, waiting, worrying, maybe even praying." By now Doris would have the tree trimmed—all by herself, he recalled. Why did she even bother to do such things?

Suddenly, as he remembered where he was and the surroundings of the present moment, he said so quietly that he was heard only by those nearest him: "O God! if only I could awake out of this nightmare and find myself at home with Doris now, hanging the ornaments where she tells me to, and with none of it ever to change!"

Mac waited in silence as Jim's sad story unfolded, and then, as there came a pause, he thought to break the silence by saying: "And you got a real nice Christmas present for her, I'll bet!"

"Oh, yes," said Jim, "a real nice present—beautiful watch. Even having it initialed, too. If it hadn't been for one little thing, I'd have picked it up at the jeweler's today—the day before Christmas. Yes, just one little thing stood in my way—that first drink. But there was one thing more that I never got for her!"

(Turn to page 29.)



Effects of Marijuana

MARIJUANA is both an excitant and a sedative, in that order. It is known that marijuana is so unpredictable that a user may react in a certain manner one day and in an entirely different manner using the same amount of the drug on another day. Because of this, the drug is seldom prescribed. However, the following description is generally applicable to persons under the influence of marijuana.

Marijuana attacks the central nervous system and greatly affects the mentality and the five physical senses. At first it accelerates body functions, and the user becomes restless and filled with nervous energy. The pupils of the eyes become slightly enlarged, the whites may be bloodshot and yellowish, and the eyelids droopy. The eyes do not react normally to light. The individual becomes less sensitive to pain. His inhibitions are lost to a greater extent than when he is under the influence of alcohol.

A person under the influence of marijuana may believe himself so small that he is afraid to step off the curbstone into the street, or he may feel of enormous size and of super-human strength. While so intoxicated, because of his high susceptibility to suggestion, he may commit criminal acts and have exaggerated feelings of persecution, unfriendliness, and animosity.

Persons under its influence are often unable to evaluate time, height, distance, color, and sound. To the user, hours may seem like minutes or minutes may seem like hours. If a person in this state talks or laughs, his ear may be affected as if by the thunder of a cannon. The hearing becomes so acute that the ticking of a watch becomes irritating.

While he is under these hallucinations his whole state may be interrupted by the appearance of disagreeable sensations. Mortal fear makes him shiver, and at the same time he is attacked by violent electric shocks. A delicious joy and a feeling of well-being reappear. Then he may take a long step over a very small crack, or he may fail to lift his foot high enough at a curb; may drive a car ninety miles per hour, and feel he is going only ten miles per hour; may see a red light which is still green; and may think the car bearing down upon him or coming toward him is a long distance away. Persons under the influence have been known to step out of upper-story windows they thought were on the ground floor.

Records in Asia and Africa show that many persons become semi-imbeciles from continued use of hashish, another name for marijuana. There are other records in Asia, Asia Minor, and Africa showing that a large percentage of the inmates in mental institutions are there because of the use of this drug.

At times a person under the influence of marijuana has been known to assault his best friend without provocation.



Note from History

"With a heart full of love and gratitude, I now take leave of you. I most devoutly wish that your latter days may be as prosperous and happy as your former ones have been glorious and honorable."

With these words Washington took leave of the officers of his army on December 4, 1783, in New York. The picture, taken from "The Best Fifty Currier Prints," was published by N. Currier and is dated 1848.

Currier and Ives also issued another print in 1876, showing the same scene. By this time, however, the temperance movement had gained headway, and these publishers, to conform to the popular taste, removed the decanter and wineglass from the 1876 print and showed Washington with his hand thrust into his coat as he thus bade farewell to his officers.

"Popular Taste"

LEAVING a pictorial history of their times, Currier and Ives, America's most famous lithographers, depicted the events and scenes in the United States during the middle and latter part of the nineteenth century. Their shop, similar to a newspaper office, assigned artists, not photographers, to cover events of the day.

Nathaniel Currier, from Roxbury, Massachusetts, set up business first in Philadelphia and then in New York. James Merritt Ives, a bookkeeper and an artist, became partner to Currier within five years of joining the firm.

For more than a generation these two illustrators produced lithographs on current happenings, including disasters on land and sea and Indian and frontier scenes, also Biblical scenes and social caricatures. In these social caricatures in the field of art, Currier and Ives contributed a great deal to the temperance movement of their day.

Russel Crouse writes in his book, *Mr.*

Currier and Mr. Ives, published in 1930.

"A certain Mr. Volstead is blamed by most Americans for what we call, for want of a better name, Prohibition. Mr. Currier and Mr. Ives had more, perhaps, to do with it, for their illustrations of the fate of the drunkard helped to frighten a generation into a temperance movement."—Page 7.

Prints depicting the horror of the drunkard's fate came from their stones by the thousands, although these were gruesome and sadistic in their approach.

Public sentiment was high during those years. Even artists and newspaper men had to bow to opinion and conform their wares to the "popular taste." This is shown, for example, in the picture of Washington saying farewell to his troops, as described in the caption to the accompanying photograph.

In this way, Currier and Ives displayed a sense of personal sensitivity to the trend of their time, a trend away from drinking.

Because the effects of marijuana are unpredictable, the user may be dangerous to handle.

He may remain under the toxic effects for several hours. In its final reactions, marijuana produces a definite drowsiness. A deep sleep concludes the whole process.

Drugs are classified according to their final effect on the user, and for this reason marijuana is classed technically as a sedative, even though in its initial effects it seems to be an excitant.

When a marijuana user is not under the effects of this drug, there are no noticeable characteristics to distinguish him from other persons.

Nearly all users of marijuana are emotionally immature, maladjusted, or have psychopathic personalities. The use of marijuana exaggerates these traits and prevents normal adjustment to everyday life.

LIQUOR AND THE LAW

(Continued from page 16)

would of course have to be restored to the other party before the contract would be voided.

Quite another situation presents itself when a criminal offense is committed while one is under the influence. It is uniformly held that intoxication in any degree is no excuse for crime, and it is presumed that one who becomes intoxicated, at least of his own free will, intended to do all those acts which he actually did while under the influence of liquor. That is to say, if a man voluntarily gets drunk and goes out and commits a crime such as burglary, he cannot claim that he was, in fact, too drunk to know what he was doing and should not be punished.

Specific Intent

Exceptions to this rule are the crimes which require some specific intent. For example, if a man is charged with breaking and entering a business house with intent to commit a felony, and it is found that he was simply a drunk who stumbled through the front door without any particular intention of doing anything, he could not be punished for having an intent which he was not capable of having because of his intoxication. This same rule is applied sometimes in murder cases, where an unlawful killing takes place and it is discovered that the killer was intoxicated at the time. His intoxication would not relieve him of the penalty for killing, but if it is shown that he had no malice toward the individual killed, the gravity of the offense might be reduced by the jury out of consideration for the fact that it was not a malicious killing, but

simply a killing as the result of drunkenness.

The question of drunkenness frequently enters into the matter of confessions. Sometimes where it is sought to introduce a confession, the accused states that he made the confession while he was drunk, and therefore the court should not hear his confession. It has been uniformly held that such confessions are admissible, and it is only possible for a confessor to show that he was under the influence of the intoxicant so that the jury may determine what weight it will give to his confession.

One final point has to do with the legal problems associated with custody of habitual inebriates, dipsomaniacs, or alcoholics who need to be detained, not as punishment, but as a remedial measure. The power has always been inherent in the government to restrain, detain, confine, or otherwise dispose of such members of its citizenry as have lost the ordinary powers of discretion so that the public good as well as the safety and welfare of the individual are prejudiced by allowing such an individual to remain at large. This principle is particularly apparent in the laws of all our states for the confinement of the mentally ill.

Without discussing whether an alcoholic is mentally ill, any person who has had experience with an alcoholic readily recognizes that such a person has lost his power of self-control, particularly with reference to his use of intoxicants, that he has become a peril to himself, a nuisance to the community, and a liability to his family. To prevent further injury to this person, to relieve the community of a nuisance, and to extend to the family at least some temporary relief from his uncontrollable antics, it is definitely within the province and duty of government to take charge of him until by a course of rehabilitation he has reached such a stage of responsibility as to be able to re-enter normal channels of society and pursuits of life.

This problem of alcoholism is not primarily one of legislative regulation or prohibition at the present time. It is a problem of bringing our citizenry to the conviction that those who are strong ought to help bear the burdens of those who are weak; that is, those who claim they can drink without harm to themselves ought at least to be willing to give up their right to drink for the benefit of those who obviously cannot drink without tremendous harm to themselves and others.

In short, until America realizes that "I am, indeed, my brother's keeper," we shall continue to have seemingly insurmountable obstacles in the way of every effort really to *prevent* alcoholism.



THE VOICE OF SCIENCE

This Matter of Habit

Successful Habit Breaking Requires a
Substitute Pattern of Response

Harold Shryock, M.D.

A HABIT is a pattern of thinking or conduct (or both) which, after a period of development, operates automatically. A great deal of what we ordinarily call learning or skill depends upon the development of appropriate habits. The skilled typist depends on her habits for operating the typewriter. As her eyes follow the copy, her fingers find the

proper keys without any conscious direction. Similarly, the musician is dependent on habits for his skill. If he had to stop and think out the location of each note on the instrument, he would not be able to make acceptable music. But because he has developed reliable habits of finding the right notes as indicated on the printed score, the parts of his body operate automatically as he manipulates the instrument.

Too often we assume that all habits are objectionable. In so thinking we fail to realize what an advantage it is, in our usual ways of life, to allow our habits to take over. Recall how long it takes a young child to put on his clothes in the morning. But once the proper habits are formed, he can put his arms in the sleeves, put his feet in the proper shoes, and even work the buttons through the buttonholes, without a conscious thought.

Think back, if you can, to this morning's experience of getting yourself ready for the day's activities. Probably it made so little impression on you that you can hardly recall what took place. You may have given some slight conscious thought to your choice of clothes for the day. But as for brushing your teeth, combing your hair, and many other necessary parts of the process, you did it all automatically while thinking about something else.

Even our thinking and our attitudes depend a great deal on the habits we have formed. The person who has formed a habit of criticizing the Republicans reads all news items in the framework of this pattern of thinking. Similarly, the person who has a habit of finding fault with the Democrats does not have to ponder long in order to decide how to relate himself to pending legislation which is sponsored by this party.

"Mind if I Smoke?"

This "Listen" feature is part of one chapter in the new book, "Mind if I Smoke?" published recently by the Pacific Press Publishing Association, producers of "Listen" Magazine.

In everyday language, but with accuracy and authority befitting the well-known physician and medical educator that he is, Dr. Harold Shryock summarizes in this work all the major evidence thus far uncovered in the field of smoking and health. Not only is lung cancer clearly described in its relationship to cigarette smoking, but other diseases as well, especially heart disease, No. 1 killer today.

Every word is valuable and vital in this book—to those who smoke and those who don't. To some who may wish to stop the habit once established, the practical personal program of victory over the cigarette as outlined by Dr. Shryock is especially recommended.

No one is outside the circle of those for whom this book is useful, and interesting reading as well.

The person who is skilled in mathematics has formed many habits of adding, subtracting, multiplying, and dividing as a basis of skill with numbers. The bookkeeper or the accountant has not only developed habits of thinking in terms of numbers, but he also has established certain habits by which he can use adding machines and other office equipment with ease.

The ability to drive a car depends on the habits which the driver has built up over a period of time. When he is in traffic, time does not permit him to think through the various complications. The skilled driver makes his decisions and follows them through in split-second sequence. He has been in similar situations previously, and the reactions then experienced have been built into his brain in the form of habit patterns. He now allows his habits to take over while he sits quietly, as it were, carrying on a conversation as he watches what happens.

A habit develops as the result of doing something over and over the same way each time. After a certain number of repetitions, the brain has a way of saying, I know how to do it now, let me do it by myself. After that, it is not necessary for the person to think through each step of what he is doing.

The typist practices many hours before she can depend on her fingers to find the right keys. The musician may spend weeks and years in learning how to execute various difficult pieces of music. The mathematician works hundreds of problems before his habits of working with numbers make the process automatic.

Once a habit is well formed, it tends to control one's activity along this line. It is similar to the president of a manufacturing plant telling one of his assistants what to do. Ever after, the assistant takes care of his duties without further detailed instructions from the president. In fact, the assistant soon gets to the place where he can do his job better than the president could do it. If the president were to interfere by taking the job away from his assistant, things would not go as smoothly as before, because the president does not have the know-how that his assistant has developed.

So in the matter of habits. When a habit is formed, it is as though the conscious part of the brain delegates a certain responsibility to that portion which takes care of habits. With habits functioning automatically, a person's conduct is smoother than if he were trying to control all his activities consciously. The musician who tries to think through the next portion of a difficult

number is sure to make a mistake. Instead, he wisely trusts his habits to take care of details of fingering, timing, etc.

For example, it does not take a smoker long to learn how to obtain a cigarette from the pack, tap it on the thumb nail, use a match or a lighter, and keep the cigarette burning, puff by puff. After a while the whole ritual of smoking becomes automatic, so that the smoker no longer has to concern himself with what to do next. Smoking has become a part of his way of life. As in his tech-

the day's routines of eating, walking, going to bed, and rising. No wonder, then, that the habit of smoking is so difficult to break.

But add to the factor of simple habit, the factor of a physiological demand for the nicotine which tobacco contains, and you have a reinforced habit which is virtually beyond the individual's power to control. It now becomes a question as to who is boss—the president of the organization or the assistant to whom the job has been assigned.

Some persons are able to assert themselves and resume the reins of control. Most smokers find, however, that once the pattern of everyday living has been consigned to habit, it is a most discouraging undertaking to try to rebuild the behavior patterns. Good results demand an all-out determination from which there can be no flinching.

One man who was discussing his several attempts to break the cigarette habit put it this way: "I have discontinued my use of cigarettes on more than one occasion. Twice I have gone as long as three months without smoking. But then I would go to a party and take a few drinks. After the party was over, I would find myself smoking again."

This testimony serves to illustrate the importance of habits in determining a person's pattern of conduct. The person who allows himself to be controlled by one habit is usually an easy victim of some other habit. It is not that there is any chemical relationship between nicotine, alcohol, marijuana, and morphine. A body's unnatural craving for one of these drugs is not satisfied by another one on the list. It is rather a question of personal mastery. Indulgence in one harmful habit conditions the mind to accept the other harmful habits.

The person who maintains a firm, conscious control of his own way of life will not permit himself to be dominated by any habit. On the other hand, the person who allows his way of life to be controlled by the cigarette habit may find it hard to maintain his independence of action in the face of other habits which beckon.

The Keeley Institute for the cure of alcoholism requires all patients to abstain from smoking cigarettes. It is not that the directors of the Institute believe that smoking engenders a taste for alcohol, but rather that they consider the cure of alcoholism to require a reorganization of the personality. To become able to refuse alcohol even in the face of social pressures, an alcoholic must be complete master of his own behavior. This is impossible if, at the same

(Turn to page 31.)

Explosive Combination



When hard-rock miner Warren Terwilliger hit another car in Oakland, California, police found thirteen cases of dynamite in his car. They found that he was loaded, too! Further searching of the car turned up a bottle of champagne, a half-empty bottle of gin, and a six-pack of ale.

Facing drunken-driving charges in municipal court, Terwilliger naively asked, "What is all the fuss about?"

nique of using spoon and fork at the table, habit takes care of all the details. He no longer has to ask himself, Do I want to smoke? before he flips out a new cigarette.

There are certain times of day in each person's experience when smoking is the accepted thing. After a meal, the established pattern calls for a smoke. When in the company of others who are smoking, the habit takes over and a new cigarette finds its way to the mouth. When it has been some time since the last cigarette and the feeling of depression is registered, the established habit co-ordinates the activities necessary for another smoke.

After a few months of smoking, the routines of the procedure become as much a part of the day's program as do

For Your



Reading and Reference

Richards, Bob, *The Heart of a Champion*, New York: Fleming H. Revell Company, 1959, \$2.50.

In our modern day the Olympic games are assuming an ever-greater position of importance and interest.

The author, an Olympic champion, fills this little inspirational volume with personal incidents and comments on other top sports stars he so well knows. Being a clergyman himself, he thrillingly draws parallels between the intense effort and concentration needed to win in Olympic competition and the same exertion required for success in everyday life.

Some of the winners included are Bob Mathias, Shelley Mann, Pat McCormick, Glenn Cunningham, Gil Dodds, Alvin Dark—all featured personalities in *Listen*.

For young readers particularly, this book is tops. None better has appeared in our day.

Murtagh, Judge John M., and Sara Harris, *Who Live in Shadow*, New York: McGraw-Hill Book Company, 1959, \$4.50.

Coming from the pens of the chief magistrate of New York City and an

experienced writer and sociologist, this volume is a significant contribution in its field. It is divided into four sections, each one building on the previous.

Most graphic and emotional are the realistic stories of pushers, addicts, and "big boys" from the viewpoint of behind-the-scenes organization, greed, and unscrupulous force. Revealing indeed is the background story of the vicious Mafia with its tentacles reaching into many legitimate businesses in order to provide a front to hide its international trade in narcotics and other illegal commodities. And frightening is the evident impotence of law-enforcement agencies to cope with this deeply entrenched cartel of crime.

The authors of this book have two axes to grind—one in advocating the clinic plan for rehabilitating addicts and solving the entire narcotics problem. In arguing for this plan, they ignore entirely the nature of drugs in the first place, that of developing increasing dependence for the user. They seem to take for granted that drugs given by clinics to addicts will automatically cure the users. This is contrary to known medical facts, and is only advocating the use of government to continue addicts in a known vicious and destructive habit.

They make a much better case for the other major suggestion in the book, that of developing an effective, unified plan of education in churches and schools to warn youth of the danger of drugs and to fortify them against the pressures of unprincipled pushers and users. The claim that education would lead only to curiosity is demolished in this book, and it makes an excellent argument for the educational approach as the most logical for a long-range solution to this thorny modern-day menace.

nothing to do. If I had to go to heaven and sit in a rocking chair for eternity, I think I would ask to be sent down to that other place to shovel coal. I can not imagine anything more boring than to have nothing to do.

In my pastoral counseling I call on a man who has reached his ideal stage in life, but he is getting weaker and sicker, and his attitude is getting worse by the day. Day after day he sits in his chair, looking at that "tube." One day when I walk into his house his TV suddenly starts to flip its picture, and I say to myself, "Thank God for mechanical defects. Now this man will have to walk at least across the room to fix the set." But really, there is no hope, for when I visit him again a few days later, he sits this time with a remote-control

gadget in his hand to change the stations without even leaving his chair.

My friends, if you will remain strong in a world that is weak, you must know what it is to work.

Also, if you would remain healthy, you must remain creative. God created man for action, and no man can stay in good health without being creative. God is the Creator; you are a creator, too. When you lose this ability you become sick, and will remain so as long as you do not develop it.

In a world which seems to demand conformity, young people must learn to think for themselves. In taking a battery of tests in connection with the Olympics, American youth followed instructions and gained top place in this category. But when they were given a problem which required individual thinking, they did not rate very high.

I do not believe this gives a totally true picture of the abilities of American young people, but it shows something which becomes true when young people are content merely to follow instructions and let someone else do their thinking. Youth place themselves and their nation in grave danger if they become mere suggestion followers instead of individual thinkers, because suggestions of the wrong kind are destructive.

The third question is: *How can youth have the spirit and courage to come back when the world today has the spirit of giving up?*

The greatness of any famous man in history is not because of what happened to him; he is great because of his ability to make a comeback. Unless somewhere along the way you, too, develop this ability to come back, you will never find in life full satisfaction and success.

At the Olympics seven years ago I watched a little Hungarian take his pistol and win his shooting event with a very fine score. But six months following the Olympics he was in an automobile accident and lost his right arm just above the elbow. When not long ago I saw him in Canada, he took his pistol in his left hand and shot a perfect score. He had within him the spirit to cause him to come back. That is what makes a real conqueror, a real champion in life.

My final question is: *How can youth love in a world that is basically destitute of love?*

Unless you can do this, you will not be able to set up a barrier that will stop the drift of the times. The other day after I had visited in a hospital room, the patient's husband walked out of the room after me and said, "Tom, I am going to divorce my wife."

STOP THE DRIFT!

(Continued from page 6)

Really, how many of us Americans will walk a few blocks if we can ride instead? Is it any wonder we are not healthy? Last year people in this country spent more on sleeping pills and tranquilizers than did any other nation in the world. Why can't we sleep? Because we are not working we are not physically tired. Our philosophy seems to be that it is better to sit and let someone else wait on us rather than do any work ourselves.

As a minister, I assume part of the blame for this situation, because ministers have given the public the idea that heaven is a place where a person has

"Why?" I asked.

"I don't love her," he came back.

"Why don't you love her?"

"Look what she's doing to me," he replied. "She can't take care of my family, she can't take care of me. She's sick, she's ugly now." On and on he went, as though love were based only on what another person can do for you. Frequently I have a son or a daughter come into my office and say to me, "If you would get my mother and father to do such and such for me I could love them." Or maybe a husband or a wife: "If you can get my wife (or my husband) to change, I could love her (or him)." This attitude is not one of love.

I walked down the corridor a little further in that same hospital. Outside the door to one of the rooms stood a woman, the mother of a son in the hospital. She told me, "You know, Tom, I'd do anything for that boy." Two days before he had shot her husband and killed her father. Yet, in spite of all that, she said, "I'd do anything in the world for him." That is true love. That is the love that youth must develop in a world that is basically loveless.

The entire future for young people today, as well as of the nation and the world, depends on how they answer these questions and develop those personal qualities in themselves essential to setting up the barrier that will halt the insidious drift of our times.

REACHING THE TOP

(Continued from page 8)

old-fashioned and think that athletics will hurt their children in some way. Such an idea is medically proved to be a fallacy.

Now, in our culture many people drink. Have you found it a must for you to drink socially in your professional career?

No, fortunately I was not exposed to such a group, maybe because I was in athletics. Most of the kids I went around with were athletes, so we liked to get to bed early and feel good in the mornings.

At social functions where such beverages are served, how do you avoid drinking when, say, your hostess is quite persistent about the matter?

I think the best way is to get a drink of ginger ale and drink only that. In that way you are not going to hurt the feelings of the hostess or of anyone else. She will actually respect you more for not going along with the rest of the crowd.

That of course is what is expected of a champion. Do you feel it advisable to use any alcoholic beverage in your home while entertaining?

No, I do not. Again I would like to say that most of our friends are athletes, and the ones who aren't athletes know that we don't drink. So we bring out the orange juice and the fruit juice every time at parties.

You mention smoking. Is this attitude carried over as far as smoking is concerned, too? In other words, you do not smoke?

I do not smoke. I think that such things are caught and not taught. If we can be an example by not smoking, I feel that Timmy will not smoke.

Will you tell me the main reason why you do not smoke? I am curious to know.

As far as I am concerned, it is a dirty, filthy habit. If anyone takes a puff of a cigarette and then blows into a handkerchief, he will notice the result. My brother showed me this once, and ever since the habit has made me sick.

In your observation, Pat, why do people today drink, especially so many young people?

The need to be with the group. They don't want to be left out. If they had other interests, they wouldn't have the feeling of not belonging to the group or the fear of being only an individual.

Do you know any athletes who have won national or world championships who were drinkers?

Personally, I don't know of any such athletes who drink.

Pat, do you feel that your career would have been furthered more if you had drunk along with a drinking crowd? In other words, do you feel that you have missed anything?

No, I don't. In fact, I feel that I am ahead, and I feel that I am in much better health than some of those I went to school with who have indulged in such things.

What is your opinion regarding the use of sports personalities to advertise alcoholic beverages?

As I mentioned before, when a person sees somebody else achieve, he wants to be like that person. It is a matter of example. If one of the top divers, like Sammy Lee, were taking a drink, and I was a young girl who wanted to be a diver, I might think that drinking would help me to become a diver. So I think that athletes have an obligation not to endorse such products.

What is the best method to develop right character during the formative years, the early teens?

I naturally will tend to say that sports are developers because they teach a person how to work, how to get along with others, how to win, and how to lose. All these are important in life. If a person loses, he shouldn't pout about it, but pick himself up. I think this is good in other phases of life.

When you lost—a great rarity in your career—did you take a little vacation from your training to get over it?

No, sir. In fact, losing inspired me to work twice as hard. Up to that moment I was slacking off, thinking I could take it easy, but I think losing really helped me, and I am grateful that I did lose in some instances.

Coming back to this subject of drinking, what influenced you away from being a drinking athlete, if there are any such persons, in the first place?

First of all, drinking in my family helped split my family up, and taught me a lesson as to what alcohol can do, not only to a person, but to a family. Definitely I didn't want to drink merely because everybody else was drinking. I wanted to have my own individual mind and not the mind that everybody else had.

In a general way, do you feel that alcoholism is a problem in America?

Sad to say, yes. Statistics prove this, but usually the problem starts at home or with the person himself. Alcohol is more or less an outlet. The habit might originate with mere social drinking, so I think the best thing is not to start.

Do you feel that education is the beginning of conquering any public health problem?

Like anything else, a person has to know what he is doing and the reasons why, so I think that right education is the answer to this problem. In fact, it is the answer to world peace, to our health, to everything.

As a specific code of living, what would you suggest to the average young person who is not a star today?

Two things I usually think about. One of them is luck. I don't believe in this, but I do believe that luck is for the prepared, so work hard. Then if something good comes up, you will be ready. Second, many times I have been disappointed, and I say this little word over to myself again, It's "luck," and I'll tell you the meaning of it: L is for love, U is for understanding, C is for courage, and K is for kindness.



Youth Asks..



The Doctor Answers

R. W. Spalding, M.D.

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

Do you think the person who sells liquor is as guilty as the person who buys and drinks it?

Why does anyone sell a habit-forming drug? For personal gain, of course! Have I a right to convince you that a harmful drug is good for you in order that I may take your money from you, even if I do give the government a large share so that it will protect me in so doing?

Are Indians really allergic to fire-water?

No more so than you are!

Is a hair tonic containing a high percentage of alcohol harmful?

Used on the hair sparingly, no. Used as a beverage, decidedly yes. It was designed as a hair tonic, with added ingredients for the benefit of the hair, which incidently contains no nerves. These added ingredients are not designed for ingestion. In fact, some of them were added to make the hair tonic even more unpalatable and unfit for ingestion. Additional poisons are contained in such a product, besides the habit-forming anesthetic and narcotic, alcohol. Beware!

What kind of advice can you give someone you know is on the road to alcoholism?

Sympathetic understanding, not sym-

pathy, is needed. An individual drinks for one of four reasons: (1) to be socially accepted, (2) to overcome fear, (3) to drown worries, (4) to obey an overpowering habit.

Every individual has four emotional needs: (1) to be loved, (2) to be wanted, (3) to be useful, (4) to be successful.

Can you determine the reason he began to drink? Can you both agree on the reason why he (or she) continues to drink? Can you help to supply his emotional needs? Can you prove your friendship by leading and never driving, by aiding but never forcing? Is your solution to his problems better than his solution via alcohol? Does he want your help and advice?

If you go home with a group of kids with whom you have had a few drinks before, and you are offered another drink, how can you refuse the drink without offending them?

Ask for a nonalcoholic drink. Tell them the reason you have decided that you don't want to drink. Usually they will admire your courage, and may even be convinced that you are wise in your decision. It takes a leader to act differently from one's friends. A courageous individual is admired even though his opinions may not always be accepted. A leader makes decisions and sticks by them until convinced that there is a better way to achieve his goal.

promise that had to be kept." His thoughts seemed far way. "If only I could live it all over again."

Mac swallowed the lump in his throat. Then he leaned close to Jim and asked, "What would you do, if you were to have another chance, and could live your life over before it was too late?"

Jim's eyes were glowing with determination, as he replied, "I would give Doris that promise, and I'd keep it!"

The deep tones of those words repeated themselves in Mac's brain and set a chord echoing in his heart. He remembered a promise from Scripture,

for he had heard it repeated many times, which read like this: "There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it." 1 Corinthians 10:13.

Here was the way Jim could give that promise, and keep it, and the words brought hope and power. More than anything else in the world, Mac wished he could make it possible in some way for Jim to have another chance to make the promise, and keep it, too.

Repeating that assurance to Jim, he gripped his arm, saying, "It's never too late! Do it now!"

"Do what?" he asked suspiciously, reaching for his glass.

"Yes, make that promise now!" Mac tried to make Jim see how vital it was.

"Ah, it's too late now," said Jim. "I feel I can't make her any promises now!" And he bowed his head above the bar.

"Sure you can!" urged Mac, as he shook Jim's arm. "Make the promise to yourself. That's what counts!"

A new light appeared in Jim's eyes, a strange glitter of hope. "Yes, that's what counts, isn't it?" he asked slowly.

"You'll do it, then?" Jim's answer suddenly became terribly important to Mac. It was like seeing the whole need and remedy in a mirror. "Come on—say you'll do it!"

"Well, O.K., then," agreed Jim. He grinned at the young bartender standing nearby watching the struggle, and said, "It's high time I was giving up the poison anyway, eh, Curly?"

Mac gripped Jim's hands in both his own. "You don't know what you've really done, Jim," he said earnestly. "Now you can go home and give Doris the one present she would rather have than anything else in the world."

"It is a good Christmas, after all, isn't it?" exclaimed Mac, and it seemed that the look in Jim's eyes mirrored back his own happiness.

Jim laid his hand on Mac's shoulder, saying softly, "Thank you for a merry Christmas!" and turned toward the door.

Mac's smile widened to a grin as he watched Jim disappear, and then he turned to the bartender, saying, "How was that, Curly?"

"Just like a Barrymore!" exclaimed Curly, as he placed his hands on his white-aproned hips in a gesture of satisfaction. "That's the second one tonight!" he said knowingly. "Sure, you are ruining my business, but for one night a year, who cares?"

THE HAPPY GIFT

(Continued from page 23)

Mac listened attentively, feeling that this was the least he could do. But he ventured, "What was it you never got for your wife?"

"It wasn't anything I could buy," said Jim. "It wasn't anything I could wrap up and put under a tree. But it would have meant more to her than all the presents in the world!" He paused for a moment and stared into his glass. "It was just a promise she wanted; but a

Mac's lips twisted a little at the remark. Looking down at the half-empty glass beside his own, he said, "I feel real happy about this one, Curly. He's such a nice young fellow. I think this calls for a fresh drink!" He pushed his glass across the bar and watched Curly uncap a small bottle of ginger ale. "How about that, Curly," he chuckled. "He should know I never touch the stuff—any more!"

The bartender looked up from wiping off the bar and shook his head. "I still can't figure a guy who does not drink sitting around these joints every Christmas Eve like you do! But of course, you being a radio actor, I guess the old ham in you enjoys playing a drunk. Seems to me, though, you ought to tell them you *had* been able to stop. Wouldn't that help those who think they can't?"

Mac shook his head as he handed Curly a sum of money, and his reply was: "A drinker won't listen to anybody who isn't drinking. *I know!* He thinks a nondrinker just can't understand. Anyway, it is true what I tell them. I never did keep that promise while Louise, my wife, was alive. It was not until after she had gone that I stopped. I learned too late! So every Christmas Eve since she's been gone I do this as a Christmas gift to Louise. I guess it's for the gift I never gave her."

Slowly buttoning his overcoat and tilting his hat at a jaunty angle, he turned to leave, saying, "Merry Christmas, Curly! It is a good Christmas, after all!"

GIANTS TO CONQUER

(Continued from page 10)

on beer," and so forth—quite fallacious statements, really.

But this is a curious situation, in which the nation is spending hundreds of millions of pounds a year on providing a constructive national health service, and is doing virtually nothing about another factor in the national life which is all the time undermining this health service. The most deplorable part of the situation is that the people who are responsible for this extensive drink publicity don't believe it themselves. I have in my clippings one that I took from our provincial newspapers quite recently, from the "Situations Vacant" column of the *Yorkshire Post*. This is what it said: "Wanted: a chauffeur, must be experienced with Rolls Royce cars and accustomed to night driving. Clean driving record, total abstainer essential, apply managing director, Tetley's Brewery, Leeds." Now you imagine that, when the managing director

of Tetley's Brewery goes out in his Rolls Royce car, he refuses to be driven by a man who believes the lie that he helps to pay for and promote. That is what it amounts to.

This colossal and expensive advertising campaign is being carried on unscrupulously, because, as any advertising expert will tell you, you must keep on saying the same thing until eventually people come to believe it. And the only people who don't believe it are the people whose minds have been conditioned to resist the argument; and they are not at the moment, as far as I know, in any community the majority of the population. Most people know little about the subject, and therefore they readily accept these fallacious slogans, particularly when they see them carried out in the social practices around them.

To Youth

GRACE SHILLING WHITE

Youth,
You are an arrow
From life's bow.

May the hand that sends you
See the far target,
Speed the arrow cleanly and swiftly,
And strike the right mark.

That brings us to the third giant, the Giant of Ignorance, perhaps in many ways the most formidable giant to overcome.

When we come to the problem of dispelling ignorance, we are up against formidable forces. Not only do we have ignorance in its existing state in society, but we also have powerful vested interests who wish to maintain and bolster up that ignorance; so our task is twofold. We have to overcome resistance as well as to spread knowledge.

In every civilized community today one of the most powerful factors for molding and influencing public opinion is broadcasting in all its forms, whether by picture or sound. Hardly a home today does not possess radio or television sets, and at some hour of the day or night members of the family listen to or look at the programs. And what do they see or hear?

In Britain we don't have formal advertising on these programs, but it is often not the direct advertising that is the most insidious. It's what is brought into the material of the programs that tends to influence public fashion and public habits.

Now, we are very much concerned in Britain about the favorable references being made to alcoholic liquor in the programs of the B.B.C., though, of course, we occasionally do get a broadcast which gives the other point of view. We have a regular broadcaster called the Radio Doctor who gives advice to people on health, and he has given some slogans which have been most effectively used in our propaganda. "This beer is best for you," is bunkum, he once said, and don't delude yourself that it is going to do you good, because it won't. These are powerful statements but such statements are made at seven fifteen in the morning when few people are listening and looking. In the evening, when the great majority of people use radio and television as a form of entertainment, it is a different story. In certain programs, almost to the point of nausea you get the constant suggestion that drinking, good fellowship, and the cultured life go hand in hand. In many of the plays which depict the life of cultured society there is inevitably the wineglass on the table, the cocktail before the meal, and all the rest of it.

This is a very impressionable age, particularly as far as visual portrayal is concerned. I wonder if you have ever thought how many young women try to model their appearance after the appearance of the film stars, both their hair styles and the clothes they wear. In the same way, if they see these so-called society people engaged in drinking, they think it is something to be desired and something they ought to imitate.

To determine the extent to which favorable references to alcohol were appearing on our television and radio programs, we arranged a monitoring for a period of three months. We had twelve skilled investigators listening to or looking at all the programs during that period and taking careful notes. We discovered that during that period there were 1,290 favorable references to drink and only two which could be regarded as favorable to the temperance point of view.

This doesn't seem to represent a reasonable balance of public opinion in a country where a quarter of the people are abstainers and three quarters are not. It would be logical if it had been three to one or four to one, but this was so totally out of proportion that we sent an influential deputation to the head of our broadcasting system in Britain to present the facts to him. And they were facts: the time of each program, the person who was performing at the time, exactly what was said.

All this did make some impression

on the authorities. They promised they would see whether the situation could not be improved. And since that time there has been a change for the better. We have had a number of temperance broadcasts. We have had four programs on alcoholism itself; and perhaps what is the most important feature of all, we are now beginning television in schools to see whether we can't give some lessons on alcohol as part of the series for our high schools.

What of the press? Here again the picture is not much better. In every country one section of the press gives news fairly and attempts to present the news in an objective way; but in every country, too, you have the sensational type of newspaper which exists because of its large circulation, but couldn't exist for a day without its advertising revenue. Those newspapers tend to play down news that is offensive to their advertisers and to give undue prominence to news that is favorable to their advertisers. This is certainly the situation in Britain and other countries with which I am familiar.

During the war, when the food situation in Britain was extremely difficult we had a great public meeting in London attended by 4,000 people. It was not easy to get 4,000 people to a meeting in London when the bombing was going on night after night. We had members of all the political parties, and we passed a strong resolution urging the government to cease the brewing of beer and wasting of foodstuffs on the manufacture of alcohol during the war. On the front row sat ten representatives of the press, including all the news agencies; yet the next morning there wasn't a single mention of that meeting in any of our newspapers. But let some misguided clergyman get up and say something in favor of liquor, and these newspapers who claim that they are short of space will give prominence to it; that's a piece of news that pleases their advertisers, but the other type of news doesn't please them.

Such a situation as this is difficult to overcome. We can't dictate to the press what shall be done. We can hope that the standard will improve and that we shall see a time when such news will be reported objectively.

Today, the problem of *Idleness* is not of serious consequence since this is a time of economic boom. The great problem in many countries is to find sufficient labor to carry on the work that needs to be done to keep the economic wheels running. We in Britain have a shortage of labor, leading undoubtedly to an increase in drinking habits among young people, who have

available far more money to spend than had their fathers and mothers. Unless they have been carefully educated in the use of money and leisure, they tend to spend it foolishly and get themselves into trouble. And that's part of the problem today.

You know, today the standard of living depends not so much upon how much people earn but upon what they do in their leisure time. You can find two families living side by side, both having the same income coming into the house, but one seems to have a good standard of living and the other a bad. I think the secret is how they spend their leisure time.

That, of course, links up with this giant *Idleness*. It may be an enforced idleness which occasionally comes when we get an economic blizzard that strikes

Normal Beginnings

"Sixty per cent of excessive drinkers come from an entirely normal origin and only in the course of drinking. They are not seeking release. They are conforming to certain habits in their set."—Dr. E. M. Jellinek.

the world. We hope that our statesmen are sufficiently clever nowadays to prevent such blizzards, which were such a repetitive feature of political life in the world before the war. But the idleness that comes when we have nothing to do must be dealt with in our process of education in the future. We must teach people to use their leisure time wisely.

The fifth Giant of Squalor doesn't really exist separately. He exists only when all the other conditions are favorable—people are poor, are in ill-health, idle, and ignorant. Social reformers of every country tell us that drink makes people content with or indifferent to bad social conditions.

Now, I have tried to give a picture of this problem as I see it in relation to many other social problems. In presenting our case in this way, we shall make a greater impact on public action in the community in which we live. I look back to the days of the war, when in Britain we pulled up all the milestones and the signposts from the roads of our country. The idea was that if any stranger landed in Britain, it wouldn't be easy for him to find his way from one town to another. When the war ended we put back those milestones, some of which hadn't been moved since the days of the Romans, and we put back the signposts which now point the

way clearly so that motorists, pedestrians, and cyclists can easily find their way about on the roads of Britain.

In two world wars Western civilization took up many of the moral and spiritual signposts, and we have not yet put them back. Looking back in the history of my own country fifty years or more, I remember when nearly every little town or village had its local temperance society pointing a certain way; if a person followed this guide he would never end up being an alcoholic nor having the other difficulties arising from such a condition. In so many cases now, however, these local signposts have disappeared, and I believe that part of our educational process today is to put back these signposts—not only signposts of knowledge, but signposts of moral and spiritual quality and intention. Only in that way shall we completely conquer the giants we are facing.

THIS MATTER OF HABIT

(Continued from page 26)

time, he allows himself to be dominated by some other habit such as the cigarette habit.

Inasmuch as a habit is a pattern of conduct which operates automatically, the chain of events that carries this pattern of conduct through to completion must be tripped off by an appropriate combination of circumstances.

So with a smoker, there must be a proper combination of circumstances in order for the routines of smoking to be carried out. When the usual combination of circumstances is present, smoking results automatically.

In breaking the cigarette habit, the first logical step is for the smoker to put away the pack of cigarettes so that his fingers do not find them in the usual place. Second, the smoker must arrange to keep himself busy otherwise during the times when he would ordinarily expect to smoke. He also needs to avoid the associations (social and otherwise) that provide the usual suggestions for smoking.

Successful habit breaking demands a substitute pattern of response so that the individual learns to react differently from his usual pattern. If he allows a single exception, he will cancel out all the progress that several days of effort have produced. To permit a smoke after starting to break the habit is like dropping a ball of twine—all the hard work will have to be done over again.

The greatest source of encouragement for the person who wants to break a habit is to realize that others have succeeded!

Golden Guideposts

Titus A.
Frazee

No. 6: Luxurious Love

One of the finest bits of poetry ever written was done by James Russell Lowell in "The Vision of Sir Launfal." Sir Launfal was setting out to find the Holy Grail; but before he went on his quest, he had a dream.

He saw himself going out from his castle wall, out through the castle gate, on a bright summer day. He noticed a leper crouched outside the gate. Scornfully Sir Launfal tossed the beggar a piece of gold. To him the leper was only a blot on that summer morn, and he proceeded on in his search for the Holy Grail.

He looked everywhere for it, but without success. Years went by,—in our dreams we can live an age in a moment,—and finally Sir Launfal came back, empty-handed, to his own castle.

He knocked at the door to be admitted, but the servant did not recognize the old, gray-haired, wrinkle-faced man who stood at the portal. Sir Launfal was rejected at his own doorstep, turned from his own castle gate. It was wintertime now.

As he came outside, he heard a voice, "For Christ's sweet sake, I beg an alms." He turned in the direction from which the sound came, and there again he beheld a leper.

"And Sir Launfal said,—'I beheld in thee
An image of Him who died on the tree;
Thou also hast had thy crown of
thorns,—
Thou also hast had the world's buffets
and scorns,—
And to thy life were not denied
The wounds in the hands and feet and
side:
Mild Mary's Son, acknowledge me;
Behold, through him, I give to Thee!'"

And Sir Launfal broke his crust in twain, broke the ice on the stream, and gave the leper to eat and drink. Then, lo, a wondrous transformation took place.

"The leper no longer crouched at his side,
But stood before him glorified,
Shining and tall and fair and straight

As the pillar that stood by the Beautiful Gate,—

Himself the Gate whereby men can
Enter the temple of God in Man. . . .
And the voice that was softer than
silence said:—

'Lo, it is I, be not afraid!
In many climes, without avail,
Thou hast spent thy life for the Holy
Grail:

Behold, it is here,—this cup which thou
Didst fill at the streamlet for Me but
now;

This crust is My body broken for thee,
This water His blood that died on the
tree;

The Holy Supper is kept indeed
In whatsoever we share with another's
need.

Not what we give, but what we
share,—

For the gift without the giver is bare;
Who gives himself with his alms feeds
three,—

Himself, his hungering neighbor, and
Me.'"

Trying to explain love to someone who has never loved would be like trying to describe the color red to one who has been blind from birth, or the taste of a strawberry to one who has no taste buds.

Sadie Virginia Smithson* lived in Johnson Falls, Virginia, prior to World War I. She was then an unknown seamstress. She grew up there, and her major disappointment was her discovery in young womanhood that she was unacceptable to the local social circles. Her absorbing ambition was to become a member of the Laurel Literary Society; but her father kept a livery stable, and she made clothes for a living.

Frustrated in her desire, she saved sufficient money to take a trip to Europe. She felt sure that since no other Johnson Falls resident had made a grand tour, she would be asked to lecture on her trip, and even to join the ranks of the elite, when she returned.

Her visit coincided with the outbreak of war. She was caught in Belgium. An army officer offered to drive her to Paris, so that she might return home; but on the way the driver be-

came lost, and they found themselves presently crossing a battlefield. As the car came to a stop, Sadie heard a young soldier in the shadows, crying: "Water, for God's sake, water!" Before she knew what she was doing, Sadie was out helping. She found a nearby spring, and used her drinking cup to assuage the thirst of the man and of other wounded soldiers.

Throughout the night she went alone, binding up wounds with bandages made from her skirt, scribbling last messages for men who would be among the unreturning.

With the first glimmer of dawn, an ambulance drew near. A young medical officer saw her and shouted, "Who are you, and what in thunder are you doing here?"

"I am Sadie Virginia Smithson, and I have been holding hell back all night."

Later on shipboard Sadie recounted her incredible story to a friend. Her friend remarked, "Well, the Laurel Society will surely be glad enough now to have you belong."

Sadie looked puzzled for a moment, then said: "But you don't understand. I've been face to face with war and death and hell and God. I've been born again. Do you reckon any of these little things matter now?"

"What does matter?"

"Nothing," she answered, "nothing, but God and love and doing things for folks."

*Story adapted from David A. MacLennan, *Joyous Adventure*, New York: Harper and Brothers, 1952.

THE NALLINE PLAN

(Continued from page 15)

take a person three or four weeks with horrible nightmares to get off the habit. This may be true for one who has been using narcotics in large doses for many months or years. I have not seen it. The vast majority of those we have seen have undergone withdrawal in three or four days, without any supplementary narcotics. My experience has been that rather than to give tapering-off doses of narcotics, which is the generally recommended method—usually substituting methadon for morphine or heroin and extending the withdrawal period over three or four weeks—we can in the vast majority of cases withdraw the patients with perhaps a little sedation, or a little something to settle their stomachs, in three or four days.

How does the addict react to this strenuous treatment?

He goes through a period of discomfort—abdominal cramps, diarrhea, a little running of the nose and salivation.

But by and large, he is not in any desperate shape. He doesn't become violently ill. As yet that's the most I've ever had to do. It is true that the addicts we deal with probably get hold of inferior or highly diluted heroin, and thus have less trouble in withdrawal than those who succeed in getting plenty of drugs of better quality.

Nalline seems to be an ideal detection device. How does it fit into the rehabilitation program to which Sheriff Hawley has alluded, Mr. Bettencourt?

According to the methods used in the past, addicts serve their sentences, kicking the habit while in jail, and then are released to repeat the cycle. Some go straight from jail to the nearest drug peddler. Some resolve to stay off the stuff, and succeed in doing so for weeks or months.

How long is the addict confined under your new program?

Under the Nalline program the addict is kept in jail for a month or two after withdrawal until the sharp craving for dope has passed. Then he is offered the choice of going on the Nalline plan, which can be administered only with his consent. If he chooses it, he is released on parole, returned to his normal life pattern, and helped to find employment. He is periodically summoned to appear at the county clinic for a Nalline test. It is obvious why the addict chooses this program in preference to jail and a return to the old ways.

Mr. Bettencourt, how can a return to narcotics be handled from a legal standpoint?

It would be handled like any violation of parole. The parole officer would find out about conditions, and then have a talk with the addict. Then maybe he would be released again on parole, or he might be put in jail for a while, depending on the specific case involved.

Sheriff Hawley, how are these cases decided?

As every policeman knows, it is impossible to maintain an absolutely strict enforcement of the law. If we did that, we would have to have four jails to every one we have now. We have to use our judgment in deciding when to put a man in jail, when to put him on parole, or when to overlook a few things and hope he'll get along without further trouble.

Do you have any further comment, Mr. Bettencourt?

The decision is up to the parole officer. It would depend on how long the addict had stayed off the stuff, how much he had taken, and so on. The

police work with the parole officer, bringing these people in when required and keeping in touch with their situation. We find out about their regularity on jobs and whether or not they hang around the areas we know to be sources of dope.

Are there patterns of return to the use of dope followed by the parolees, Dr. Nomof?

The typical addict is a person of limited abilities and personality. He had problems—social and psychological—before he began to use narcotics. Having experienced the temporary relief furnished by the drugs, he is less able than before to face his problems in line with long-range objectives. Under the old system he is jailed and withdrawn. Then, though he is free from the physiological demand for narcotics which he experienced before withdrawal, and though he is not under the compulsion of threatened pains of withdrawal, he is lured by the easy release of his tensions through resort to the needle. When he feels low he turns to the drug, even though he knows that within a year or less he will probably land in jail.

How does the Nalline program help him?

It comes to his rescue. He knows that he will be brought to the clinic a few days after his release on parole. If the Nalline test is negative, he will continue normal life, still reporting as directed. If the test is positive, he will be counseled or jailed as seems best in his particular case. Thus the knowledge of inescapable detection helps him to regulate his behavior. In addition, he finds at the clinic an understanding parole officer and physician who help him face his problems without resorting to heroin.

What happens if he should use the drug after treatment?

There are many patterns of use even before the Nalline program is entered. Many of these people can succeed for weeks and months at a time in using the drug once or twice or three times a week and not becoming addicted. If they had plenty of narcotics, they would become addicted; but they go for long periods of time on occasional use. They are not addicts in the medical sense, though legally they are.

These, as well as confirmed addicts, when they go on the Nalline program, will usually leave the drugs alone for at least a few weeks. Then we begin getting equivocal reactions. They take small doses, hoping to escape detection by having sufficient time for the effects to wear off before the next test. They

will take the injection in the leg instead of the arm, which is the standard procedure, hoping we will not notice the mark. We defeat their schemes by having them come in for tests at irregular intervals. Suppose a patient has a test on Thursday. He goes home and gives himself an injection, hoping the effects will wear off before the next test. We may have him in again on Friday and, of course, get a positive test.

Is it possible for these parolees to return to heavy addiction?

The big point in this system is that they cannot return to addiction. The most they can do after they enter our program is to sneak a light dose now and then.

Mr. Bettencourt, what are the effects of such a program on the traffic in narcotics?

This is a difficult item to measure, but according to information received from parolees, it is becoming difficult to obtain dope. Not long ago, we picked up a peddler, then put a stake-out on his place. We picked up eleven users who had not been on our program. We can expect this to go on. Of course, we have people moving into the area, too.

Have there been any permanent cures in this Nalline program?

Some have thought they could overcome addiction without the Nalline program, but they have not succeeded. It is too early to know whether any former addicts can permanently stay off drugs after being on the Nalline program and then being released.

Dr. Nomof, would you say that the Nalline program catches the small user, the relatively docile and stable addict, while the big user, the dangerous criminal, goes elsewhere?

That's an interesting point. We first became interested in the Nalline program when we noticed that narcotics users were moving down from Alameda County to the north of us. If determined users move from well-controlled areas to areas of small resistance, these latter will be forced to undertake improved methods, and we think it ought to be the Nalline program.

Why is this?

Drug users tend to stay in a community the same as other people, but there are some who move around. Our hope is that the Nalline plan will become widespread; then we will learn what to do with the most unstable addicts.

Is this program effective in giving hope to law-enforcement officers?

In this county we have not yet found a system of distribution leading back

to a big, sinister operator. In our area here all a person needs is a little capital and a few contacts in Mexico, and he is in business. Our only hope is to dry up the market. This we do by keeping these people down to an occasional dose at the most. They are kept free from addiction, and are not buying enough dope to keep the business going.

How widely is this plan now being used?

Of course, it must spread widely in order to reach its highest effectiveness. Several California counties, and many in other states, such as Illinois and Missouri, are following the lead of Alameda and Santa Clara counties.

Could you summarize, then, the present status and the advantages of the Nalline plan?

In doing this, we include three major points: (1) The narcotics problem is a social disease, in part the product of our laws. (2) Though the administrative pattern in this county is by no means a final formula, it is agreed that a co-operative operation, involving the medical profession and law-enforcement agencies, will be essential in the final form the plan will take. (3) It is essential that the plan be tried in many more places under different conditions.

On the basis of our experience, however, the Nalline plan, and especially the attitudes toward the addict which accompany it, may well be the factor that will turn the present defeat in narcotics control into victory.

DRUGS FOR TREATMENT

(Continued from page 15)

pital, co-operative, cheerful, very unkempt, clothing and body dirty. Given one treatment of ATP and ED.

"October 10: States that he was restless during night. Has mild headache and pains in back and legs. Not sleepy today. Nose is running. 'I dream about a fix.' Co-operative and friendly. Oriented, coherent, and free flow of speech. Medication ATP and ED four times.

"October 11: Slept poorly with some pain in legs during night. No complaints today. States that he is feeling very well. ATP and ED three times.

"October 12: Has been eating heartily since second day, at times requesting and getting two trays. Medication ATP and ED four times.

"October 13: Condition and medication same as yesterday. Visiting pleasantly with patients.

"October 14: Mild pain in toes and ankles. Neatly dressed and clean. Emotions appear well controlled. Medication: ATP and ED two times.

"October 15: States he feels very well except for toothache yesterday. Medication: ATP and ED two times.

"October 16: Discharged in good condition. ATP and ED one time. Following discharge one treatment with ATP and ED was given on October 23, and the patient was still in good condition."

Do addicts cured by this method usually stay cured? At least ten of the first one hundred patients treated were able to stay away from narcotics for two years or more. Many of the others suffered relapses, but those available for treatment were quickly helped by additional injections of the chemicals. One or two injections are often sufficient to enable a relapsed patient to get off heroin again.

Some of the results have been spectacular. After a series of treatments with ATP and ED, one woman who had been taking heroin for five years remarked, "I am thinking clearly for the first time in years, and it is horrible!" However, two months after she was released from treatment, she underwent surgery for an ulcer, and in spite of the fact that she was given several doses of opiates, she did not return to habitual use of narcotics. A checkup three months later showed that she was still abstaining.

Another woman, a very heavy "H" user, gave birth to a premature baby five days after beginning the course of ATP and ED treatments. The baby not only survived, but showed none of the withdrawal symptoms usually suffered by babies born of addict mothers.

Dr. Knox emphasizes that this new discovery solves only a part of the narcotics problem. Its value, he says, is that "being non-narcotic and without

adverse effects, this technique supports the addict in his effort to remain 'clean' and permits him time to develop and exercise a totally new way of life."

Actually, the chemical treatment is only the first of four steps needed to break most narcotics users permanently of the habit and restore them to normal living. The others are regular booster doses of the chemicals after the patient's discharge, to keep him "clean;" continuing contact with the therapist, till deep-seated emotional factors can be adjusted; and finding a means of self-support for the former addict.

Will this new treatment make it possible eventually to banish all narcotics addiction from the country? Perhaps no triumph so complete can be expected, especially from any one treatment, but at any rate a big step in the right direction has been taken. In the future, progress may be made on two fronts: medical and legal.

On the medical front, Dr. Knox observes that it is highly improbable that the agents used are the only chemical substances or even the best chemical substances which could be found to exert a corrective influence on the nervous system and metabolism of the addict. Further research may yield far better agents than ATP and ED.

But the big step which needs to be taken now is a revision of present laws dealing with users of narcotics. Unrealistic laws, says Dr. Knox, have impeded research into addiction, so that no one knows how many addicts there are in any given segment of the population. Law-enforcement authorities should concern themselves with the apprehension of the criminal peddler, and encourage the care of the addict by the medical profession.

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OPINIONS



From the Same Mold

"Manufacturing booze is as destructive and as dangerous to industry as war. The same fellows profit out of both, and war profiteers, booze profiteers, and the sellers of inflated stocks are cast in the same mold."—Henry Ford.

Moderate Drinker the Problem

"During the twelve years I've been coroner of Cuyahoga County, I have investigated officially more than 27,000 deaths from violence and other causes. Therefore, I have had ample opportunity to observe and study the part alcohol plays in such deaths. I realize that the chronic alcoholic is a grave national health problem. But my study and experience convince me that the so-called 'moderate' drinker is a graver problem—at least as far as accidents are concerned."—Dr. Samuel R. Gerber, Cleveland, Ohio.

Hallmark of the Cocktail Party

"The only differences between one's first cocktail party and one's thousand and first are the date—and a feeling of gathering numbness.

"But that feeling of numbness is important. It is the hallmark of the successful cocktail party.

"Everything about the cocktail party is formalized and more predictable than the weather. The food, the drink, the guests—even the conversation—follow an inexorable and changeless pattern. . . .

"The guests at a cocktail party seem so normal and human when they first come into the room. Just a bit reserved perhaps. But an hour later all the shy Dr. Jekylls have magically turned into leering, pawing Mr. Hydes. . . . Psychiatrists are divided on why people throw cocktail parties. One school holds it is merely an easy way to pay off social debts en masse. The other school holds that it is an unconscious and sadistic attempt by the host to exact social revenge on people he secretly detests.

"Probably both schools of thought are right."—Hal Boyle, Associated Press columnist.

What Is Moderation?

"It's a mistake to ban hard-liquor advertising on TV. If they did it right, the liquor companies could do a real job on TV to educate young people to moderation."—Arthur Godfrey, in *TV Guide* magazine.

Discipline in Life

"One of the most important needs of young people going out into the world from university and high school is discipline.

"We need to know about discipline because we simply cannot get along with other people without it. . . .

"Discipline helps us to establish a pattern. Deep in us we dislike chaos. When we succeed in forming a pattern, it becomes familiar and comforting. By following it we find that we can solve more problems with fewer false starts. We learn the pleasure to be found in a symmetrical life. . . .

"We go a long way toward maturity when we substitute inner discipline for outer. . . .

"Self-discipline means that we do not act according to our likes and dislikes, but according to principles of right and wrong. It gives us freedom within the law: responsible freedom to move within an orbit as wide as, but no wider than, what is in harmony with preservation of the over-all order on which survival and effective living depend. . . .

"It is evident, then, that there are two sources of discipline: one that is outside the person and another inside. Social pressure is concerned with the regulation of conduct and manners; the inner discipline urges us 'to thine own self be true; thou canst not then be false to any man.' . . .

"Discipline has a happiness value. It will not save us from having to make choices, and therefore of sometimes making mistakes, but it will help us to assess the chances and choose more wisely. Quite often we shall find that the stern thing which discipline orders is the wisest, the best, thing."—"The Royal Bank of Canada Monthly Letter."



Fighter in the Forefront



IN EVERY part of the world the movement to leave the bottle behind is gaining momentum. Australia is no exception to that trend.

One evidence of new advance in this direction is the recent formation of the Australian National Committee for the Prevention of Alcoholism, which will sponsor the Institute of Scientific Studies for the Southwest Pacific area.

One of Australia's leading citizens, The Honorable G. F. R. Nicklin, premier of Queensland, directs the developing program of this National Committee. Interested in sports, in farming, and in the vigorous outdoor life, Frank Nicklin has consistently shown the way himself to the type of life most productive of good physical, emotional, and mental health.

The premier observes: "If one never starts to drink, one never misses it."

With personal conviction and the drive of one who knows what is best for his people and nation, Premier Nicklin stands in the forefront of the enlarging army of battlers fighting for the ideals of the better way of life.

