

LISTEN

A
JOURNAL
OF
BETTER
LIVING

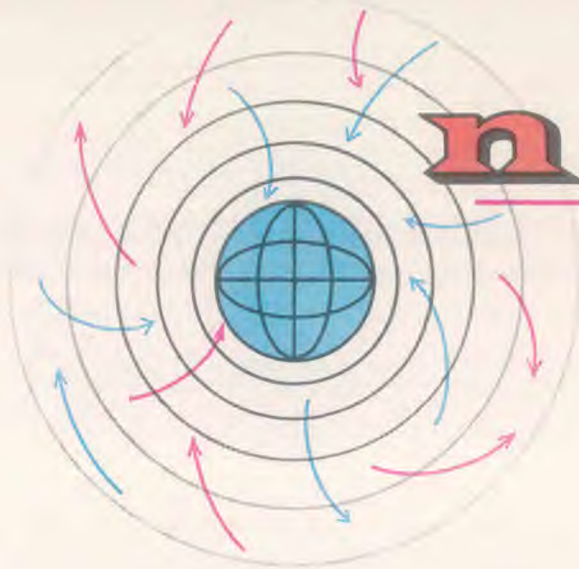
KEY CLUB



RICH TOWN
HIGH SCHOOL
PARK



Teen-Ager, Wilfred Sherk



news

◆ **No. 1 PREMIUM MARKET.** Metropolitan Chicago purchases more than \$520,000,000 worth of liquor and more than \$200,000,000 worth of beer annually, according to a Chicago "Tribune" marketing guide. The 2,225,000 barrels of premium-priced beer consumed in this city make it the nation's No. 1 market of this type.

In this area more than 20 percent of the nation's retail liquor dealers operate, and more than 16 percent of the nation's liquor is consumed, with more than 20 percent of the country's beer being used here.

◆ **WHAT NEXT?** In Taunton, England, police and customs agents recently investigated liquor-laced candies that have become the rage among teen-agers. Samples of the candies imported from Italy were found to contain 10 to 11 percent alcohol.

◆ **COCAINE, AN ANESTHETIC.** Some high priests of several South American Indian tribes chew leaves from the coca plant, which contains the anesthetic cocaine, and spit the juice on a patient's body where an operation is to be performed.

◆ **SAN FRANCISCO PROBLEM.** Some thirty million dollars was lost to industry in San Francisco during 1961 because of alcohol-caused absenteeism and loss of production. Judge Gerald S. Levine, president of the city's council on alcoholism, says that 3 percent of the total work force in the city is alcoholic, and another 3 to 5 percent are problem drinkers. Cirrhosis of the liver, that perennial testament to liquor drinking, is fourth in cause of deaths in San Francisco, topped only by heart disease, cancer, and cerebral hemorrhage. Only 4 percent of the city's alcoholics are on "skid row," the vast majority being members of regular society, with greater or lesser working capacity.

◆ **WINE vs. WORSHIP.** Establishments in the United States licensed to sell beer, wine, or liquor exceed by more than 131,000 the total of all churches, synagogues, and other places of religious worship.

◆ **PLAYING WITH DYNAMITE.** Mixing alcohol and tranquilizers makes a person "eight feet tall" and able to "fly like a Nike or brush his teeth with comet tails," reports a team of University of California researchers. When the "happy pills" were given with alcohol, the subjects got drunk quicker and were considerably more uninhibited. "Many of these people find that mere drinking is not socially acceptable. Tranquilizers, coupled with only mild social drinking, can become positively dangerous," says Dr. Thomas M. Burbridge, one of the researchers. Two dangerous effects, he warns, are the delayed reaction from the combination and the fact that the person's blood-alcohol content could be well below the legally recognized percent and yet that person could be "dead drunk."

Juvenile Narcotics Arrests in Los Angeles—1961

AGE	MARIJUANA	HEROIN	DANGEROUS DRUGS	PRIOR ARRESTS	PRIOR NARCOTICS ARRESTS
17	94	14	162	227	62
16	56	8	121	132	25
15	49	2	76	98	13
14	18	1	48	43	10
13	8	0	17	18	3
12	3	0	2	3	0
10	1	0	0	1	0
TOTALS	229	25	426	522	113

Juvenile arrests for dangerous drugs increased 102.9 percent over 1960. In 1961, 680 individuals were arrested for narcotics offenses. This segment of juvenile arrestees accounted for 635 prior arrests, 113 of which were for narcotics offenses.

—Source: *Annual Report*, Los Angeles Police Department.

OUR COVER After the *Listen* story on Wilfred Sherk was in print, this young teenager from Park Forest, Illinois, was chosen to represent the Youth of America in giving a key-note address to the annual National Safety Congress in Chicago, which attracted some 12,000 delegates in October, 1962. Never did such a great tribute come to a more deserving young man.

Listen's cover is by George R. Brakenridge, Park Forest.



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Assistant Editor Mike A. Jones

Editorial Assistant Martha Robinson

Editorial Secretary Linda Anderson

Art Director Howard Larkin

Layout Artist Eric Kreye

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Office Editor James H. Stirling

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IN ITS never-ceasing efforts to clothe itself with respectability and ingratiate itself in the public eye, the liquor industry has long identified itself with sports. It has capitalized on the popularity of sports, commercializing vigorously the thousands of fans in the stadium and millions of tuners-in on television and radio, striving to persuade them to cheer for, and purchase, its product.

The biggest ad in any stadium is probably for beer, and is located near or on the scoreboard where it will receive the most exposures to public attention. Virtually all professional baseball teams are sponsored or cosponsored by liquor concerns, as well as many professional football teams, in addition to bowling, tennis, basketball, hockey, and the dubious but popular sports of wrestling and boxing. Some college or university games are rerun on beer programs.

Strong efforts are made to get endorsements from athletes. Of course, amateur performers are forbidden to endorse any product for pay, but as soon as they turn professional the bite is on. Anyone who will sell his name for shekels is heaped high with reward.

This seems especially attractive to athletes, for they well know that because their productive years in competitive sports are few and fleeting they must rake in as much income in as short time as possible. These easy thousands of dollars loom big, if they can close their eyes to what their sellout does to adoring fans.

Furthermore, the liquor industry is inducing many sports stars to stay on with the industry after their stint on the diamond, in the ring, or on the gridiron is finished. In this way it continues to reap commercial benefit from their sports reputation and name.

National Distillers Company, for example, boasts that Mickey Walker, former boxing champion, is now one of their greatest salesmen, "a good choice to promote the enjoyment of liquor in moderation." An erstwhile tennis star, Francis T. Hunter, serves as president of "21" Brands, and is joined in his company by Irving Jaffee, gold-medal winner in skating.

Roy Campanella, catcher for the Dodgers when they were in Brooklyn, who was seriously injured one rainy night as he was returning home from his Harlem liquor store, was named "retailer of the year" for 1961 because of his success in selling liquor. Near Campy's store is another liquor night spot run by Wilt Chamberlain, basketball star with Philadelphia.

Ruby Goldstein, former ring referee, now works for Schenley Distillers, as does Al Berl, another boxing referee. Schenley has also snared Joe Benjamin, a boxer of sorts in his day.

Baseball has turned over to the liquor industry as salesmen such names as Bill Grieve, umpire; Ewell Blackwell, pitcher; Johnny Blanchard, outfielder; Lou Berberet, catcher; Bob Joyce, pitcher; and Emil Roy, pitcher.

William Faversham, Jr., vice-president of Brown-Forman Distillers, heads a syndicate that controls Cassius Clay, rising young heavyweight boxer.

Football has given to liquor some of its former stars, including Art Donovan and Jim Parker, both of Baltimore, and Dick Lane, with the Detroit Lions.

Other names could be added to these, who now peddle a product which might well have cost them their sports crowns had they indulged freely in their heyday.

Downright despicable was the sponsoring some time ago by a major brewing company of the radio program which featured the life story of an outstanding Olympic champion, who himself never drinks, but instead appears on programs across the country warning youth away from drink.

The tie-in between sports and liquor obviously sells more liquor and drums up more business for the industry. The question remains whether this is a happy situation. There are many indeed who answer in the negative, who resent the intrusion of dancing bottles on their television screens between football quarters, or foaming-suds ads over their radios between baseball innings. Even more disturbing are the inescapable results to those who are persuaded to buy and use. Never has drink been a real benefit, either to the user or to the society in which he lives.

SPORTSMEN

AS

LIQUOR

SALESMEN



Francis A. Soper

JANE trembled. It was almost time for Bruce to come home for dinner. Usually she and Tim walked out to meet him at the end of the avenue and rode on home with him, but Tim recalled what his father had said the last time he had come home with a black eye, and he didn't want to see him tonight.

Jane looked up at the calendar on her table. It was six months ago that Bruce had really laid down the law to Tim.

"I'll let you off this time," he had said severely, "but if you get into another fight like this at school, it will

something, such as, Don't be too hard. Don't whip him. But what could she say? In another minute he would see Tim with the cut lip and black eye—self-evidence of his misbehavior.

Without a word of greeting Bruce walked over to the mantle, leaned his elbow on it, and gazed into the fire, tapping the marble floor with his heel. He dashed back a spray of hair from his forehead and turned to Jane.

"Well, it's trouble again. Bill Havard phoned me as I was leaving the office and said this is the second time Tim has jumped Bill, Jr., and caused a fight. I thought after the threat I gave Tim before, it wouldn't happen again. We don't see that fighting side of Tim at home. It's strange how he refused to talk about it before."

Jane looked straight into Bruce's worried eyes. How she loved him and Tim. Most of the time (Turn to page 29)

BY MUTUAL AGREEMENT

mean a whipping. And I mean it."

Jane remembered how hard Bruce had tried to find out all about the fight, but all he could get from Tim was that he had jumped on Bill and that the teacher had sent him to the office for starting a fight.

Bruce might have questioned more, but he was tired and annoyed with himself that night. He was tired from a day of working out big contracts, with only two hours' sleep the previous night after the country club party. He was annoyed because he had had to take Jane's car that morning. His car was still at the country club; John had had to bring him home.

Now this evening as Jane waited for Bruce to come, she could hear Tim moving about in his bathroom, probably bathing the black eye he had received in the fight today. Strange that another fight between the boys should have occurred after the Browns' cocktail party last night. Why couldn't it have happened when Bruce wasn't nervous and tired as he would be tonight?

Another fifteen minutes passed before Jane heard the sound of wheels on the driveway, then Bruce's quick step across the porch.

She wanted to run to him and say

HELEN C. SHOEMAKE

ILLUSTRATION BY JAMES CONVERSE





WHAT'S ALL THIS FUSS ABOUT DRINKING?

We'll not talk about any one particular drink, whether it's beer, wine, whiskey, gin, ale, rum, vodka, martinis, cocktails, horses' tails, pony tails, blockbusters, orange Tommys, screwdrivers, bloody Marys, apple knockers, sidecars, boilermakers, tequila, or what have you, for the name of the drink is not important. The thing that is important is, What is in the drink? What does the drink do to a person? What does he think it does to him?—which may be more important than what it really does. Anyway, why does he drink? What relationship is there between the use of alcoholic beverages and many of these problems we hear so much about?

Now before we go any further, let's define a couple of terms. For instance, the word "drinking." There can be many kinds of drinking. Not all drinking is alike. In fact, not everybody who drinks ends up as an alcoholic or even as a drunk. Most people who drink will drink all their lives with very little noticeable effect. But at least one in every fourteen people who begin to drink will end up as an alcoholic. This is one of the most significant things about a problem like this, that no one can tell ahead of time who is going to get into trouble over drinking. But one of every fourteen people who drink will get into trouble.

There are many different kinds of drinking—from drinking a little bit to drinking a lot; from drinking once in a while to drinking all the time. Some people drink in what is called a dietary way. That does not mean that they go on a diet of liquor. That means they drink with meals. You might call it an "Italian pattern" in drinking, a light alcoholic wine particularly with the evening meal. Some people drink only socially. They never drink on any other occasion, but when their friends come to call they greet them at the door with the question, "What'll you have?" We've all been trained by the advertisements to think that the proper answer to a question like that is "Pabst Blue Ribbon."

Some people drink only at a church-related ac-

SOMETIMES teen-agers equate drinking with being "grown-up." Sometimes they think that to go on a "beer bust," or get a bottle of "sneaky pete," proves that they are more adult, more grown-up than anyone else. Actually, it doesn't prove that at all. Anybody can go on a drunk, and anybody can get liquor. It takes a lot more than that to prove that a person is a mature, responsible, adult member of our culture.

But we'll not discuss whether that's right or wrong; whether it's good or bad to drink. We'll leave that to the churches, and many of them give training of some kind along this line. After all, it is legal in our state for people to drink, or not to drink. Some people don't know it, but it is legal *not* to drink even when you get to be twenty-one. There is no law that says you have to drink. Honestly, that's the truth! But if a person is going to drink, the legal age in the State of California is twenty-one, in New York State it is eighteen, in Japan it is twenty, in France it is if you're alive!

tivity, say at a wedding reception at which champagne is served. Some people drink only at a big family get-together, as at Christmastime, when relatives come to visit and everybody gets plast—I mean everybody is drinking. Some people drink a little bit every day. Some people are drunk all day long. Some people go for weeks and months and never take a drink and then they take one drink and stay drunk for weeks and even months. Actually there are many kinds of drinking, for not all drinking is alike.

Of course, there are many people who don't drink at all. You wouldn't learn a fact like that from such programs as "77 Sunset Strip" or "Hawaiian Eye," which incidentally are a couple of my favorite programs. From programs like these you'd get the idea that about everybody who is anybody spends about half his time in a bar. But there are many people who don't drink. I've heard of some well-known people who don't drink, and I'm sure you have, too. They've been written up in many nationwide magazines; *Time* or *Look* or *Life*, or *Listen* magazine, will refer to such people.

These people who do not drink have a variety of reasons for their convictions. Perhaps they have discovered that they are alcoholics, or they suspect that if they drink they would become alcoholics, thus they do not drink. Some people do not drink because they believe it is an expensive habit, or they feel it is not worth the risk, or they don't like the taste, or they don't like the effect, or they don't like the results. Some people do not drink because of religious motivations, or for the sake of their influence on other people. There are a number of good reasons why some people choose not to drink alcoholic beverages under any circumstances. Usually if you read about people like these, you can accept what you read about them, for a person seldom puts himself on record as being a nondrinker unless it is really so.

Art Carney does not drink; he claims he's an alcoholic. He's active in Alcoholics Anonymous, and is said to be one of the most talented people in show business today. A young man by the name of John Glenn seems to have been able to get quite a distance in this old world without drinking. Come to think of it, he's really "gone up" fast! But he doesn't drink; it's part of his culture, his personal religious convictions. Prime Minister Diefenbaker of Canada does not drink; Prime Minister Nehru of India does not drink. Governor Mark Hatfield of Oregon does not drink; the former governor of Florida, LeRoy Collins, now executive secretary for the National Association of Broadcasters, does not drink. Mr. Udall of the President's cabinet doesn't drink.

John McCormack, Speaker of the House of Representatives, does not drink. He's a man getting well along in years. When a *Time* reporter asked him about his teetotaling habits and asked why he didn't drink, he answered: "When I was a teenager I promised my mother that I would never drink, and I've never broken that promise, even though my mother has been dead for many years." It is rather refreshing to know that there are people in high places in our Government who are proud of the fact that they've kept a promise.

Mr. Unruh, speaker of the assembly of the State of California, doesn't drink. They call him Big Daddy Unruh down in southern California. I didn't know why they called him that until one day we happened to be on the same plane flying into Los Angeles. He sat right across the aisle from me, and you know those seat straps they have on airplanes? He's the only person I've ever seen who had to ask for an extension on a seat strap, and he needed it!

Senator Neuberger of Oregon doesn't drink, neither does Senator Harry Byrd of Virginia, or Senator Kerr of Oklahoma, or George Romney, who has been head of American Motors, and is now on a leave of absence to go into politics. Walter Reuther, labor union chief, United Auto Workers, doesn't drink. Lawrence Welk doesn't drink. He plays champagne music, but doesn't drink champagne. Dick Clark doesn't drink, Elvis Presley doesn't drink. Gale Storm doesn't drink, Lily Pons, Robert Young, Bob Cummings, Roy Rogers, Dale Evans, Trigger! Actually you see there is a wide variety of well-known personalities who never drink alcoholic beverages under any circumstances.

The word "alcoholic" needs some explaining, because as soon as a person uses a word like that people think he is talking about skid-row derelicts, winos, bums in the gutter. The truth of the matter is that very few alcoholics ever hit skid row. Out of the seventy or seventy-five million adults who drink in our country, few are ever on skid row. In fact, only 3 percent of the alcoholics are. The other 97 percent continue to be functioning units in our culture to some degree.

So when we use the term "alcoholic," we refer to anyone for whom alcohol is a problem. If alcohol is interfering with the normal functions of a person's life in any way, he is probably an alcoholic. If alcohol is out of control, if his interpersonal relationships are upset, his health affected, the economics of the family mixed up, if there is constant quarreling, tension in the home over someone's excessive drinking, if there's an element of compulsion involved, if he's losing jobs, having drunk accidents, if he comes (Turn to page 29)

I DISCOVERED THE SECRET STRENGTH

A REAL COMEBACK

WHAT A FOOL I WAS!



CHARLES BICKFORD'S VICTORY

NO MORE LIQUOR!

Hoyt McAfee

BRAWNY Charles Bickford, acclaimed by critics as Hollywood's most versatile character actor, has will-power, and the ability to think things through as well. As proof of that, when liquor threatened to wreck his life and career, he did some quiet, sensible thinking and made an important decision. It was to slam the door against strong drink, lock that door, and throw away the key.

"That was the day I achieved maturity in my own right," he recalls. It meant that Bickford had kicked himself free of his snare and returned to the world of constructive living.

It embraced a feverish stretch during which rugged Charles Bickford "took a lot of punishment and suffered much humiliation. There were so many lost weekends in my life I felt that I was stuck on a treadmill. One alcoholic daze started where the preceding one left off."

All this occurred at the height of his career. All the breaks were coming his way. He was obtaining profitable film contracts and choice parts in the character-acting field. A brilliant future, it seemed, stretched ahead for him.

It was at that point, unfortunately, that he slipped.

He let Hollywood's "drink-up-and-celebrate" way of life "addle my brain and lure me off into a wasteland," as he phrases it. Bickford heard a familiar bid almost nightly. It went like this: "Come on, Charlie; let's hit the hot spots of Hollywood and have a ball."

He listened. He weakened invariably. And he responded to the urging of his good-time "pals." It was a frenzied tempo at times, a merry-go-round which ground out tinny tunes of false gaiety.

Bickford's muddled thinking became the equivalent of a whirlpool. He permitted himself to be manipulated by its tricky currents. One wild party led to another. Those caught up in the whirl could always count on the presence of Charles Bickford—Bickford with an alcoholic drink held jauntily in his hand.

"What a fool I was!" the husky actor states flatly today in recalling his wasted years making the dizzying rounds of Hollywood's cocktail circuit. "It all started," he explains, "when I let Hollywood's false values replace the sound ones I'd been taught." Bickford surrendered to a delusion: That he must take a "sociable drink," then a second, third, and fourth one, to "keep in step with the crowd."

Mistakenly, he visualized that as the highroad to popularity in the acting world. "It got so I craved a drink as soon as I woke up each morning. Sometimes I'd call my studio, tell the director I was sick, and tune up all day in preparation for another binge that night."

Bickford's acting suffered. Physically, he felt run-down and devoid of all energy at the start of each day. No matter how hard he tried to blink away the alcoholic haze, it continued to float in front of his eyes.

Bickford's career went into eclipse. His character acting lacked the fire, conviction, and naturalness he'd poured into it in his earlier, nonalcoholic days. For that reason, primarily, astute producers no longer sought Bickford's services. His financial status became precarious. His merrymaking, hard-drinking "pals" began to avoid him, because now he was in no position to play the free spender.

That experience amounted to a form of shock treatment for Charles Bickford. It enabled him to make two vital and revealing discoveries. One was the realization that his true friends were few and the fair-weather variety numerous. Secondly, he came to the conclusion that liquor had poisoned and warped his life.

"That thought took root inside me and grew in strength," Bickford remembers. "Even my craving for another drink became less insistent as the day wore on. I went for a long walk and made some firm resolutions. First and foremost was this one: No more liquor!"

"It struck me that the only way for me to respond was to make a clean break. No dragging it out. So I summoned my willpower and vowed: Not another drink for you, Charlie, tonight, tomorrow, or anytime!"

Bickford raised his chin a bit, smiled happily, and continued: "You know, once I'd made that decision to pass up liquor completely and permanently I had no difficulty abiding by it. Days passed. I felt clearheaded again.

"Perhaps the greatest satisfaction for me came when I passed by bars and clubs I'd once frequented, without the slightest urge to go inside and swill down a quick one. A sad thought usually would hit me about then. It was the realization that I'd wasted so many good hours of my life in those places!"

That was the new Charles Bickford picking up the pieces, tying together the loose ends, and reshaping his life along creative and enlightened lines. It was an awakened force which made him stronger each day.

When he started making the rounds of studios again, directors and producers saw by his look, manner, and tone of voice that he had indeed changed. Some of them liked the new spirit of Charles Bickford enough that they gave him another chance. It was a real comeback.

He regained his self-respect. He continued to cement his victory.

In a final test of his willpower, Bickford reveals that he made the rounds of familiar bars and clubs one evening, experiencing no urge whatever to order a drink. Instead he looked around him and watched those who were drinking and mused to himself:

"They're all missing something wonderful. They're missing what I've discovered. I feel so much better and enjoy life more without the false stimulation of alcohol!"

Aside from better employment now, Bickford has

found a new outlet for his talents, namely, that of writing. He has been working on a book based on his personal experiences in Hollywood, *How to Make Enemies to Influence People*. Bickford gave that unusual twist to his title for a natural reason, for it comes close to summing up his career in films.

By fighting for his convictions, by behaving as a strong-willed and rugged individual at all times, he has stepped on some important toes in Hollywood. And, unsurprisingly, he has made his share of enemies. For example, he has been known to walk out on producers who violated an oral agreement with him, or who broke their word about how a role should be portrayed.

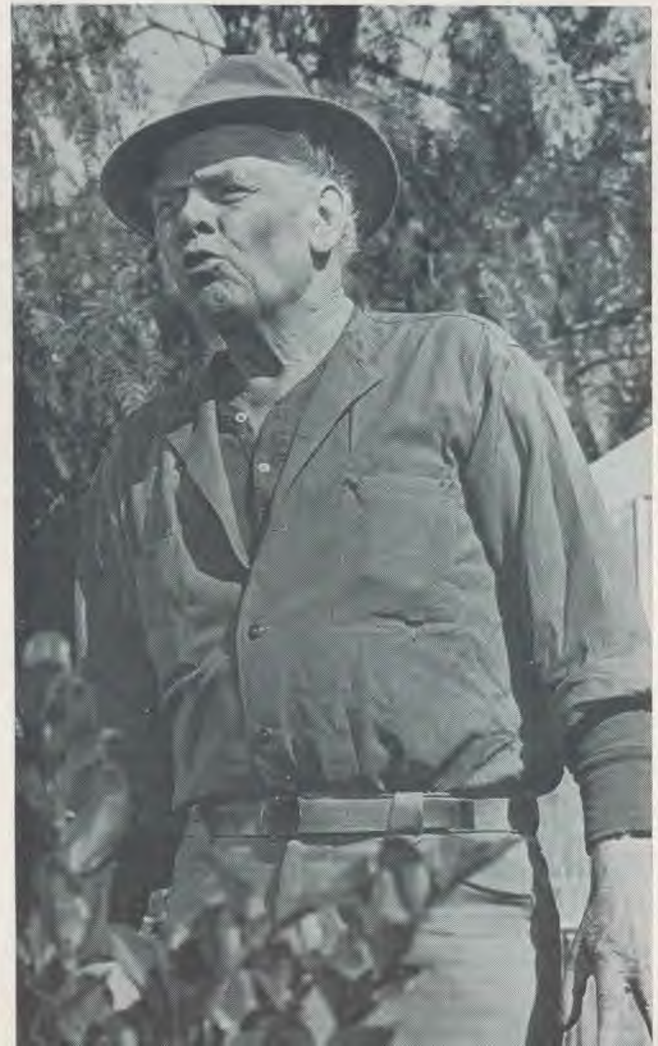
These instances, in which Bickford asserted his individuality and convictions, also earned him the respect of some independent-thinking and courageous people.

During the filming of a jungle picture a lion caught Bickford off guard and proceeded to maul him furiously. He finally managed to roll free and scramble to safety, but he sustained scars which still mar his body.

"Those scars," Bickford remarks in all sincerity, "did me less harm than the mental and emotional torments I suffered in my bout with liquor. Fortunately, I discovered the secret strength to lick the worst enemy of my lifetime. May those afflicted with the drinking habit meet with the good fortune I experienced by conquering their enemy completely."

After a moment's reflection, Bickford added: "All the better if they never take that first sociable drink!"

Perhaps Hollywood's best-known character actor, Charles Bickford has vigorously played personality parts in many films.





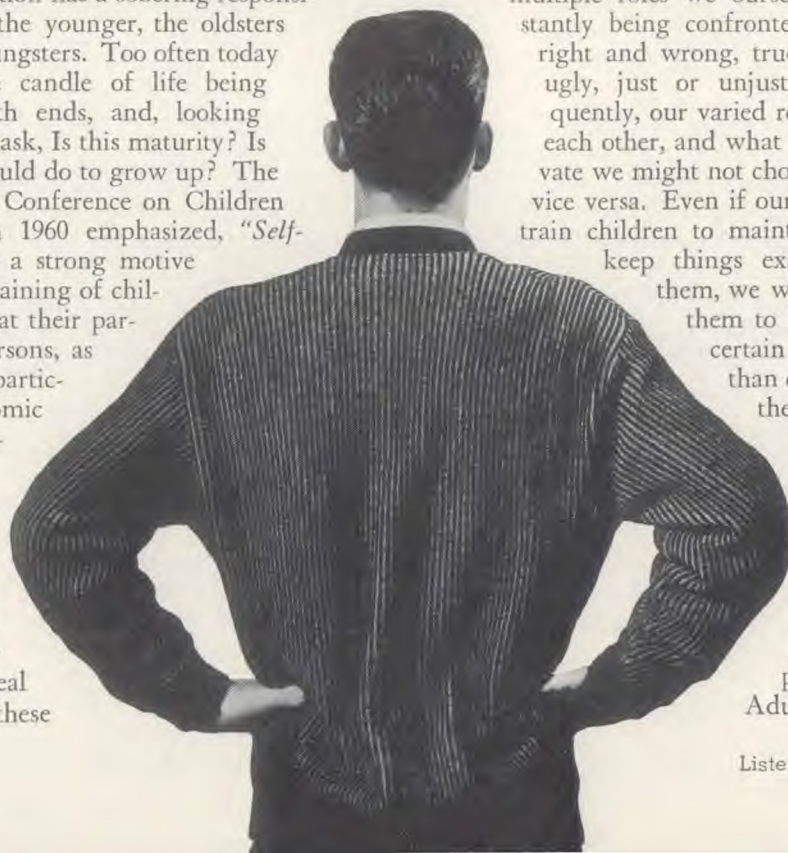
Thomas S. Geraty, Ed.D.

THE ROLE OF THE EDUCATOR IN THE FIELD OF PREVENTION

This generation has a sobering responsibility toward the younger, the oldsters toward the youngsters. Too often today youth see the candle of life being burned at both ends, and, looking wistfully, they ask, Is this maturity? Is this what I should do to grow up? The White House Conference on Children and Youth in 1960 emphasized, "*Self-preservation* is a strong motive for imitative training of children to do what their parents do as persons, as members of a particular socioeconomic group, as citizens of the nation, and as communicants of a religious group; but *self-examination* will reveal that in each of these

multiple roles we ourselves play we are constantly being confronted with the choices of right and wrong, true or false, beautiful or ugly, just or unjust, kind or cruel. Frequently, our varied roles are in conflict with each other, and what we choose to do in private we might not choose to do in public, and vice versa. Even if our main purpose were to train children to maintain the status quo, to keep things exactly as we bequeath them, we would still have to teach them to believe that choosing a certain set of values is better than ours. How much more, then, will a conscious awareness of values be necessary for our children, when the changing times force them to make new decisions."

Tragically, a wedge between theory and practice has slipped in. Adults and educators, in



general, do not practice what they preach. The "Do as I say, not as I do" principle of teaching has long been rejected at the verbal level of behavior. Many parents and teachers still admonish their children and students not to follow their examples.

No less a person than Alfred North Whitehead averred, "You may not divide the seamless coat of learning." Training and educating by theory and practice should be the same. Why should dichotomies, schisms, and disjunctions exist?

As adults, parents, and teachers we must not *assume*—we must *know*.

"Teacher, what does 'E' times 'it' mean?" a third-grade child asked. The teacher replied that she had never heard of such a thing. The child said, "But, teacher, it is over all the doors in the auditorium—EXIT."

How much knowledge and wisdom do we assume the youth possess? What more can the educator do? In the language of "Dragnet" the younger generation says, "We just want the facts, sir."

Within the decade a health-interest inventory was distributed by Stanford University among 10,000 students from twenty-six high schools in ten different states. The schools represented widely both urban and rural situations. It was reported that in all instances the cooperation of the faculty members and students—persons with a high interest in health education—was excellent.

Among the first twenty-five "health problems" or twenty-five "leading health interests" of secondary school students the following are excerpts:

BOYS			GIRLS		
Order	Problem	Percent Interested	Order	Problem	Percent Interested
3	Tobacco and Health	61	17	Tobacco and Health	54
14	Drunken Driving	50	19	Dangers of Sleeping Pills	51
16	Problems of Alcohol	48	25	Problems of Alcohol	49
23	Effects of Tea and Coffee	42			

On the basis of student interests the school curriculum should place more emphasis on these major health areas, not excluding the area of habit-forming substances.

The New York *Sunday News* featured on September 10, 1961, "Drinking Mores Among Teens." It was reported that 37 percent of today's high school students drink—some to excess. Although 58 percent have had at least one alcoholic drink, only 16 percent say they actually approve of drinking beer, wine, or liquor. This study constitutes the late nationwide poll of high school students made by the Purdue Opinion Panel of Purdue University.

"Whether a teen-ager indulges in alcoholic beverages or not," continued the feature, "depends largely upon how his parents feel about drinking and whether they drink themselves. Drinkers tend to come from better-educated, higher-income families than abstainers."

One junior-class student who drinks, but who does not approve of it, made this comment on his confusion: "I'm not a heavy drinker, but you never know where light drinking will lead you. I started drinking when I started buddying with a bunch of rough guys about a year ago. I have drunk ever since."

Commented a girl in the senior class of a high school: "Almost anywhere a young person cares to go, he can find someone who will gladly sell him liquor. Consequently, no party or dance is ever complete around here without a few staggering, stupid drunks ruining everything.

"Maybe I'm old-fashioned, but I have figured it this way: When you're young, why should you have to drink to have fun? I can understand why some unwanted, unloved, and alone persons of middle age might take a drink. But when a teen-ager takes it up, something is wrong."

Something *is* wrong, especially when the Purdue Poll discovered that of the 58 percent of high school students who have had alcoholic drinks, almost half began drinking at an age younger than fourteen years. Twenty percent of the teen-agers began their drinking between the ages of fourteen and sixteen and 10 percent between sixteen and eighteen years of age.

Where do the difficulties lie? Do we have "live students and dead education?" We do not decry "education" *per se*. The increasing and objective and instructional materials in alcohol education made available by state departments of public instruction and professional bodies are encouraging. The butt of criticism is not "education" in general, but with the *education* and *educator* for alcohol education, and prevention in particular.

The *role* of the educator in alcohol education and for prevention should be clearly visible as (1) an informant, (2) a counselor, and (3) an exemplar.

As an *informant* the educator will be prepared to present the facts in a knowledgeable, objective, scientific, and practical manner.

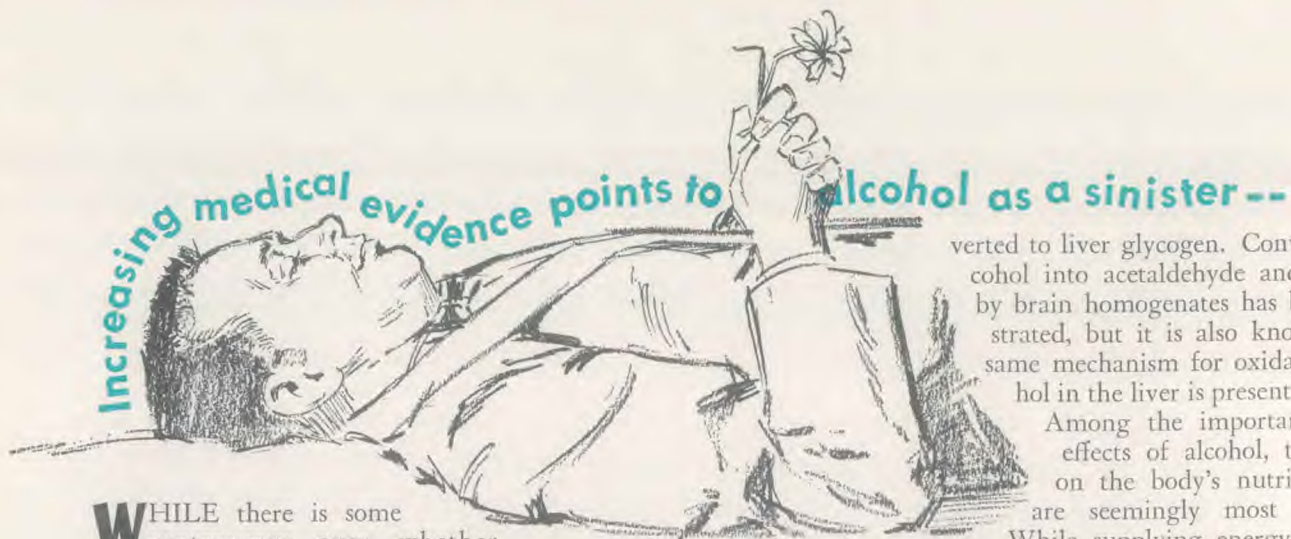
Drs. W. R. Willard and Robert Strauss, of the College of Medicine of the University of Kentucky, were quoted by the *New York Journal of Medicine* (July 1, 1958, vol. 58, no. 13) as saying:

"There is substantial evidence to indicate that constructive health education with respect to alcohol and alcoholism, both at the adult level and in the schools, can contribute to such a change in attitude [referring to a proper social climate]. Effective education in this area must be factual and consistent and must appeal to the intelligence of the individual."

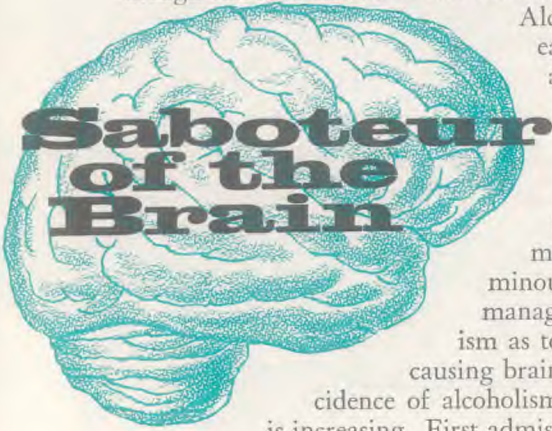
The educator should document his own information and knowledge with facts and figures instead of generalized and hazy conceptions or misconceptions. Brochures, pamphlets, and other reference material on the various phases of alcohol education are available from many sources today.

Alcohol education should find its way into all areas of the curriculum, as integration of such subject matter has been found both feasible and successful.

The National Association of (Turn to page 34)



WHILE there is some controversy over whether chronic alcoholism is a disease, there is consensus as to its causing many serious systemic diseases, such as hepatic, renal, cardiac, pancreatic, metabolic, and cerebral diseases. There can be no controversy as to its importance as a major public-health problem. Alcohol is our most important drug of addiction. It is also undoubtedly one of the major causes of death, though not so disclosed in our vital statistics.



Alcoholic brain disease has not received attention equal to its importance by most students of alcoholism. Outside of a few authors there is little mention in the voluminous literature on the management of alcoholism as to its importance in causing brain damage. The incidence of alcoholism in state hospitals

is increasing. First admissions for treatment of alcoholism and alcoholism with psychosis are now running above 20 percent as a national average. The large majority of skid-row alcoholics have brain damage, and this is also evidence of the magnitude of the problem.

To understand the effects of alcohol on the brain, its biochemical properties need to be considered. Ethyl alcohol combines the biochemical properties of glucose and ether, and is chemically related to both. Glucose is an energy food, ether is an anesthetic, and ethyl alcohol is both an energy food and an anesthetic. Alcohol produces heat energy, but is not considered capable of supplying the complex nutritional needs of the body tissues. The oxidation of alcohol occurs chiefly in the liver, with some oxidation occurring in other tissues such as muscles and the brain.

Unfortunately for the status of alcohol as a food substance, it provides virtually nothing in the way of nutrition other than energy. In the absence of other food, alcohol cannot be stored in the body nor can it be con-

verted to liver glycogen. Conversion of alcohol into acetaldehyde and acetic acid by brain homogenates has been demonstrated, but it is also known that the same mechanism for oxidation of alcohol in the liver is present in the brain.

Among the important metabolic effects of alcohol, those exerted on the body's nutritional status are seemingly most paradoxical. While supplying energy, alcohol increases but at the same time fails to fulfill the body's vitamin requirements. Thus, the otherwise normally nourished alcoholic may, because of his high caloric intake, be in a state of more or less severe malnutrition. The alcoholic tends to be ill-fed, and yet, anesthetized by ethanol, he may be unaware of hunger.

Increasing studies of the problems of alcoholism have shown in recent times that many of its diseases are more properly regarded as diseases of nutritional failure. Beriberi is frequently acquired by the person who experiences chronic toxic exposure to alcohol, but now it is more commonly referred to as alcoholic neuropathy. Likewise, the characteristic brain lesions of Wernicke's disease have also been seen in thiamin-deficient animals, and the disease has been observed rarely in teetotalers. Korsakoff's psychosis, likewise considered at one time a result of alcohol toxicity, has been described in patients with deficiency states associated with pernicious vomiting of pregnancy, chronic arsenical gastritis, and nutritional deficiencies associated with starvation, beriberi, and pellagra.

If a person drank so slowly that his body was able to get rid of the alcohol as fast as it was received, he could not acquire disease from the anesthetic effect of alcohol but could still acquire disease from the imbalance in nutrition associated with the food effect. Most of the diseases associated with the food effect should be considered reversible and curable except in the very late stages. The most significant changes in the body produced by alcohol are those resulting from its anesthetic effects, and at least one of these changes is now considered to be irreversible for all practical purposes.

The anesthetic effect is experienced while alcohol is "waiting for oxidation." Thus, this effect will be related to the rate of alcohol intake in excess of alcohol elimination by oxidation and excretion. Since the initial site of alcohol detoxication is the liver, the slowness of detoxication is largely accounted for by the very limited volume which the liver can oxidize in any given time—less than one ounce per hour in the average adult. As an anesthetic, ethyl alcohol is approximately one-third as effective as ether; it would

(Turn to page 29)



GIANTS WEEP SOFTLY

PAUL HARVEY



AP, London: "Sir Winston Churchill sat up in his hospital bed sipping brandy, reading the papers—"

AP, London: "Churchill sent out for his favorite brandy—"

UPI, London: "Doctors report Churchill was too tired to watch the Western films last evening, but he was well enough to drink brandy and smoke a cigar."

AP, London: "The former prime minister was sitting up in bed, reading the racing news, wiggling his toes, sipping brandy—"

There is no doubt about it, Sir Winston Churchill is an intellectual giant, a constitutional freak.

I fell under the spell of this magnificent man years before we met. Nor was even one of my illusions tarnished by subsequent association.

I traveled with Sir Winston during a particularly trying political campaign. I was impressed with the ease with which he dozed during a cross-town car ride and the freshness with which he awakened twenty minutes later to handle an audience with masterful dexterity, brilliant rhetoric.

Nipping all the while.

I was young, impressionable. I remember entertaining the idea that perhaps some special brandy was the secret potion which fueled the fire in this splendid creature.

Yet the same fuel conspicuously dulled the senses of others.

During Sir Winston's recent illness I have reflected often upon the events of those days. I have wondered how many persons, less disciplined, might be influenced by the frequent public allusions to Churchill's consistent imbibing.

"Look at Churchill. He's eighty-seven. It hasn't hurt him!"

I can hear youngsters rationalize, "Don't tell me. Look at old Winnie. Maybe the way to stay well preserved is to stay pickled."

I'm sure that Sir Winston would be grieved if other human beings lost control of themselves because they followed his example but lacked his extraordinary capacity. Since I have sat at the feet of this man for so many years with a near reverence for his qualities of leadership, I can say what I am about to say without rancor, without hazard of hurting his indestructible public image.

Any persons who might be misled by Sir Winston's durability despite his indulgence should be told that he is not now hale and hearty and full of beans. He is conspicuously old, very old.

Sir Winston Churchill, like Uncle Sam perhaps, has survived in spite of his excesses because he has a "remarkable constitution."

But he has paid a price.

A great man's greatest claim to immortality can be his children. For Winston Churchill, alcohol has diluted that legacy.

And among those whom his example has influenced, whose uncontrollable thirst for alcohol has led them repeatedly to jail or to institutions, are his own son and his own daughter.

PHOTOS BY THREE LIONS



DESERT DOPE FIGHTERS

Caravans crossing the Negeb often carry dope.

PLAGUING the entire world these days are the international mobsters who carry on illegal dope smuggling from country to country. No area seems immune from their vicious depredations. Constant vigilance is required to ferret out their cargo of death.

One area of greatest activity of this type centers in the Middle East, where hashish is widely used and where opium is furtively shipped to potential customers. The tiny country of Israel is often used as a transit country for dope smuggling.

The narcotics are grown north of Israel, in Turkey and Syria, and have their biggest markets south of Israel, in Egypt and the Sudan. Smugglers have the choice of using the sea route along Israel's coast or the trek across the Negeb desert between Jordan and Sinai.

A highly efficient force of Israeli police, together with well-trained police dogs who can track down hashish, are engaged in all-out preventive warfare against the smuggling of dope into or through the historic land of milk and honey.

The fight against smuggling through the Negeb is hampered by several factors: The desert is vast, rocky, and crisscrossed by deep canyons. Largely uninhabited, it makes an ideal hiding place for camel caravans moving by night and hiding by day. The Bedouin population of the Negeb derive some of their income by abetting hashish smugglers. As whole tribes are involved, giving food, water, and shelter to the smugglers, a few are bound to be informants. Police estimate that most murders occurring among the Bedouins have some connection with dope smuggling, i.e., getting rid of informers or potential informers. The Arab states do not co-

operate with Israel in fighting the smuggling even though narcotics pose a serious problem for them. Because of their hostile attitude toward Israel, they withhold information.

In spite of these formidable obstacles, however, the unceasing war against smuggling goes on. Jeeps loaded with police make their way across the Negeb desert on the lookout. One night a sunburst of rockets and star shells over the Negeb dunes disclosed a two-mile procession of heavily burdened camels with the turbaned Bedouins plodding beside them. Police units went into action! Gunfire resounded, Bedouins shrieked, and the camels stampeded. Israeli Police Captain Max Braunthal had been "tipped" off about the midnight shipment and was prepared.

Planes cover that area, too, looking for suspect caravans. Outlets to the sea are checked in boats. Seaside hangouts are watched and raided. Narcotics suspects are kept under constant surveillance.

In combating the \$50,000,000-a-year hashish business masterminded by a cabal of international hoodlums, the Israeli authorities use a network of paid informers, volunteer operatives, and undercover men. In the desert area, Captain Braunthal admits that some of the caravans get through to Egypt because "it is physically impossible to patrol the entire border."

The captain says that what they are really worried about are the ten- or twelve-camel caravans that bring hashish for use in Israel. "I think," he states, "that we intercept at least 50 percent of these."

Every caravan intercepted, or smuggler apprehended, lessens the danger from narcotics.

▶ In this demonstration, planted hashish is discovered by an alert police dog.▶



▶ A police dinghy searches a spot on Lake Galilee where smugglers are suspected of having dumped their goods on their way from Syria into Israel.



▶ In Haifa, a seaside hangout suspected of being a narcotics den is checked by a policeman whose shadow can be seen through the window.



▶ The police dog stands guard while a dangerous narcotics suspect is checked by an Israeli officer.



▶ The Israeli Negev desert, often used as a land bridge in dope traffic between Jordan and Egypt, is carefully patrolled by police.



DUANE VALENTY

Relative to this matter of serving drinks on planes, there is yet much—

Unfinished Business

A woman with her daughter boarded a jet plane one hot day. When she requested soft drinks, she was told there weren't any.

"Why?" she asked. The stewardess said the supply aboard had already been exhausted.

Upon further questioning, the woman found that the demand for soft drinks frequently exceeded the supply, and she immediately wrote the airline for an explanation.

"Space does not permit more," the reply came back. However, she observed that there was no scarcity of alcoholic drinks served on the plane, also that when the plane landed there were quantities of beer cans in evidence.

This woman's annoyance is quite understandable and, multiplied many times over, such annoyance has not made for good public relations for the airlines at a time when they are spending much money and putting forth great efforts to gain an ever-larger flying public. Typical of the general reaction is the following letter:

"On a flight to Tokyo, when we were accompanied by our sixteen-year-old granddaughter and her sixteen-year-old classmate, I was astonished to see the stewardess offering the girls cocktails, and asked why the airline could serve alcoholic beverages to minors. Her answer was, 'Because they're free.' I wrote the president of the airline, but received no answer."

Anyone connected with airlines knows all too well the difficulties involved in handling drinking passengers who become abusive. Complaints from those who fly with such passengers have been numerous.

How much business such incidents have cost the airlines can't be known, and if the companies are in the red, as they continually complain, they can ill afford to lose any business. There have also been many complaints about long, hungry waits for food while liquor is served.

"I have often wished that a meal could be served more quickly to those who are hungry and would rather eat and then sleep than spend the time drinking," says one person who flies thousands of miles annually, but who now shows signs of becoming a "lost" customer.

Nor are all who complain about drinking, mothers with children, by any means. There are many incidents among

filed complaints from nonfamily passengers, like the sailor who objected to the conversation of a fellow passenger who was drunk, only to have the passenger take out a switchblade knife and threaten him. Because the crew was too busy to take care of this disturbance, the man had to be disarmed by other passengers.

Taking note of this rising public indignation, United Air Lines has finally taken a step in the right direction, by banning service of liquor on coach flights. In doing so, it caters to a group of customers whose wishes ought not to be ignored—the family that flies, as well as the nondrinker who flies alone.

"For those who feel that the consumption of liquor among people in such close proximity creates an objectionable atmosphere, there is little opportunity for removal or separation," says United's president, William A. Patterson, in announcing the new plan.

This is bound to be gratifying news to those who have protested "flying barrooms" for some time but felt their objections went unheard and unanswered.

Whether other airlines will follow United's halfhearted lead remains to be seen. It also remains to be seen whether this company will take a real lead and ban *all* drinking on their planes. Mr. Patterson took pains to advertise in many large newspapers that "the space and individual privacy of the roomy first-class section where cocktails are served on certain flights, are not possible in the more crowded coach service. I very seriously question the moral right to place families in such an atmosphere."

Although this is a gesture in the right direction, there are those who seriously question the advisability of serving liquor at all aboard an aircraft. It is strange indeed that serving cocktails should provide a discomfort and danger to coach passengers and not to first-class passengers, when all are riding in the same plane.

An editorial in *The Christian Science Monitor* asked: "What does it take to convince the commercial airlines, and possibly the Civil Aeronautics Board, that they are gambling with passenger safety by continuing the serving of intoxicating liquors on planes in long-distance flights?"

The Air Line Stewards and Stewardesses Association has long protested the serving of liquor on commercial air transports in the interests "of the safety of the flying public."

The executive board of the Air Line Pilots Association has called on aviation companies to (Turn to page 31)



TEEN-AGE KEY CLUBS

Winds of a hundred miles per hour raked Lake Charles, Louisiana, and twelve-foot waves spread destruction everywhere. Hardly had the hurricane subsided when teenagers rushed into lifesaving and salvage work, manning rescue boats, collecting food and clothing for storm victims, helping repair water-pumping machinery, serving as community guards, aiding in cleaning out debris, and rebuilding damaged homes.

In Fayetteville, North Carolina, teen-age boys led out in "Operation Dogwood," a community-beautifying project, by planting dogwood trees in every backyard.

Comic books of a horror and crime nature disappeared from the newsstands of Sunbury, Pennsylvania, when teen-agers organized a three-pronged attack, through city officials, through private citizens, especially parents, and through newsstand operators.

These projects and many others of a like nature, are typical of the work of a vigorous organization of teen-age boys called the Key Clubs, sponsored by Kiwanis International. For thirty-eight years now these clubs for tenth-, eleventh-, and twelfth-grade boys have been encouraged in high schools, until at present they number upwards of 2,300 with a membership of more than 55,000 in the United States and Canada.

The Key Club idea was originated in 1925 by local educators at Sacramento, California, as a worthwhile substitute for undesirable high school fraternities, and it provided an opportunity for Kiwanians to put into action their motto, "Youth—Our Greatest Natural Resource." Through this means vocational guidance and citizenship preparation are being provided for promising teen-age boys, and through them entire student bodies are being influenced toward practical ends.

A service club for boys, the Key Club operates under the same theme as Kiwanis does, "We Build," encouraging cooperation between school officials and students and leading community business and professional men. Its aim is to develop initiative and leadership ability in the coming generation, and to provide practical services for the school and community through youthful energy rightly directed.

In a giant rally of 30,000 Chicago youth some time ago, led by local Key Clubs, the huge gathering in International Amphitheater heard Bob Miller, then teen-age governor of the Illinois district, declare, "We want to find the right things to do and then do them with a will. We want to lend a hand to those girls and fellows who for one reason or another slipped into the 5 percent group that has been out of line. In short, we want to assume our responsibilities."

This high-sounding aim is reiterated in the theme and objectives adopted by the nineteenth Key Club convention, held last July in Long Beach. In an ambitious fifty-six-point listing, covering virtually every phase of personal improvement and community or national service, ideals are described for every individual Key Clubber to strive for. These are summed up under the theme heading, "Retain the good, reject the inferior; never be satisfied with second best." Perhaps the ambitious program of the Key Clubs could be considered Utopian or visionary for youth who are still human, but it provides a star to which a wagon can be hitched, and at the same time down-to-earth suggestions for projects of practical achievement. Illustrative of this is the theme, "Stress higher moral standards," which includes the urging of a ban on pornography, the discouraging of profanity, the publicizing of the dangers of drinking, and the sponsoring of juvenile decency programs in order to reduce juvenile delinquency.

It seems obvious that if more idealistic organizations such as the Key Clubs were encouraged these days, the undesirable, or even sinister, aspects of youthful exuberance and immaturity would be minimized. A much greater contribution by youth could be made to our present world, and a better preparation be assured for youthful leadership in years to come.

TEEN-AGERS WITH A KEY TO THE FUTURE

FRANCIS A. SOPER

A Teen-Ager . . . to Teen-Agers

Wilfred Sherk, of Park Forest, Illinois, is a Key Clubber, quite typical of the above-average high school boy who leads out in this practical youth project.

Will is an honor student, with awards in speech, letters in football, basketball, and track, and a special faculty recognition for all-around excellence in scholarship, service, and leadership.

This up-and-coming teen-ager has served his Key Club well as treasurer, then president, going on to become lieutenant governor for his district, and finally to "pull a Nixon" last year by coming within only twenty votes of becoming international president.

In this short message, directed to teen-agers, Will speaks his mind, a mind with strong convictions of the better way of life.



Today we are told that the world is full of frustration, and they are frequent. I believe that some youth today with life, before they really make our attitude is, "The world is given cannot be denied that some of us do have to meet, but too often the disappointing aspect is try to handle these situations.

Some teens think they cannot solve their emotional crutch which will make it easier to that too many begin to pick up such foolish order to forget the things that are bothering them if, after indulging in these habits, a person could mother had made the world right, and that can this is never the case.

Moreover, teens with admitted problems are of tobacco and alcohol. There is another type of other habits. I am speaking of teens who despise or crowd. If such a person finds himself unaccepted would like to belong, he feels he must adjust

A sign is raised near the new picnic shelter at Wood High School Key Clubbers in Winch



"It's so nice to have some men around the house," mused an eighty-five-year-old Escondido, California, widow, as Key Clubbers and Kiwanians painted her home during the city's Clean-Up Week.



Key Club Motto:

"Accept responsibility with your h

...ns so complex that only a few
... had problems, but they used
...w these problems are called
...en to a psychiatrist.

...vinced that they cannot cope
...empt to do so. Far too often
...e an awfully rough time!" It
...situations which are hard to
...anner in which we teen-agers

...lems, so they must find an
...with them. It is at this point
...as smoking and drinking, in
...t would indeed be wonderful
...arn and find that a fairy god-
...worries were abolished. But

...the only ones who make use
...-ager who picks up these and
...want to belong to some group
...ble to the group to whom he
...personality and habits to cor-

respond with those of the group, or resort to an attention-getting device. This teen-ager is selling his identity and individuality merely for the fleeting sense of security he finds in a group.

There are two ways a person can live in this world. He can be a sponge. That is, he can soak everything up and give out only when he is squeezed. But a sponge is unable to exert any control over its environment. It must take only what comes its way, nothing more, nothing less. If it absorbs unpleasant things, when it is under pressure all the unpleasantness comes spewing out.

There is a better way to live. If a teen-ager wants happiness, he must want it badly enough to get out into the world and work for it. He must be willing to lose himself in whatever worthwhile project he undertakes. It makes no difference whether this is a sport, a science project, a term paper, or a church choir. Once a teen-ager learns to lose himself in what he is doing, he is on the way to becoming prepared not only to face life, but also to find happiness.

Losing yourself in this way is not a form of retreat or escape. It is the ability to project yourself into a situation and to deal with it effectively. This method of meeting life reaches its height in unselfish service to other people.

The years to come are going to be very trying ones. Teen-agers should be in a position to show that they can cope with their own problems and are ready to deal with the greater responsibility of positive citizenship and leadership.

Rich Township High School, Park Forest, Illinois.

WILFRED SHERK

by the James
Virginia.



Chicago area Key Clubbers emphasize safe-driving practices through a weekly traffic-safety quiz program on WGN television.



The Lynbrook, New York, High School Key Club plants trees to help beautify the school lawn.

high, face challenges with your head straight, and thank God with your head bowed."

AS THE WORLD TURNS



Europe Faces the Alcohol Problem Realistically

Winton H. Beaven, Ph.D.
Director, Institutes of Scientific Studies for the Prevention of Alcoholism

It is most encouraging to observe that some of the viniculture countries in Europe, which only a decade ago denied the existence of an alcoholism problem, are now rapidly attacking the problems created by alcohol in their cultures. Not all countries, however, have yet recognized the magnitude of these problems and as a result have not yet launched programs of prevention and treatment. Notable among these countries is Great Britain, which still, publicly at least, gives no indication of recognizing the existence of such problems.

Not many years ago Italy claimed

that it did not have a major problem of alcoholism. According to Professor Giovanni Bonfiglio of Italy, however, treatment centers have now been established in Rome. There are indications that the alcoholism rate has been steadily increasing in Italy and that consumption of alcoholic beverages has increased concurrently.

Chronic alcoholism is a major problem, particularly in northern Italy with its richer industrial centers. Dr. Mas-trangelo of Milan reports that there are now 160 beds reserved for alcoholics in the Milan area, that outpatient clinics, halfway houses, and farms for alcoholics are now in use.

No single aspect in the fight against the deprivation of alcohol in society is more encouraging than that of alcohol and traffic. It can be said that, in gen-

eral, all countries are convinced that there must be definite limits and sanctions with respect to drinking and driving. Furthermore, there is general agreement that the limits and sanctions thus far imposed in many European countries are unrealistically high, even though they are much lower than those permitted in the United States. The Scandinavian countries, particularly Norway and Sweden, which were the earliest in the field with tests for blood alcohol and limitations upon the amount of alcohol considered safe for driving, continue to lead the way in a program against drinking drivers. But it is the Eastern European countries now which are becoming even more rigorous in their attacks.

Long ago the Scandinavian countries established limits between .05 percent and .1 percent of blood alcohol as indicative of being under the influence. This may be compared with the United States limit of .15 percent. Recent scientific research, however, on the Continent, in Scandinavia, and in Great Britain indicates that impairment begins between .03 percent and .05 percent, that a person with that amount of alcohol in his blood is seven times as liable to have an accident as the person who has no alcohol. As a result there is a movement to lower the permissible limit. In Czechoslovakia, as of January 1, 1961, it became illegal to drive with any alcohol in the blood. The results of this law and its enforcement have been spectacular. Whereas in 1959, 56 percent of accidents involved drivers with some blood alcohol, in 1961, 31 percent of accidents involved drivers with some alcohol in the blood. Furthermore, accidents caused by drinking drivers decreased 25 percent.

The new law in Austria has established .08 percent alcohol as the legal limit, but all the countries of eastern Europe and those of Scandinavia are clearly setting their sights at the elimination of drinking driving with intensive educational campaigns by the press, radio, and television. They say drink-

The eighth European Institute for the Prevention and Treatment of Alcoholism convened last June in the cinema hall on the sixth floor of the Palace of Culture and Science in Warsaw, Poland. Some 160 delegates from twenty-eight countries of Europe, North America, and Australia heard the opening session called to order by Governor Ruben Wagnsson of Sweden, vice-president of the International Commission for the Prevention of Alcoholism. Dr. Jan Rutkiewicz, vice-minister of public health for Poland, delivered the first lecture. During the two weeks of the Institute more than sixty distinguished experts in the field of the prevention and treatment of alcoholism shared their findings and experience with the conferees.

In the eight years in which the European Institute has functioned, it has played an important part year by year in awakening countries to their needs and in providing information and techniques gained in one country for trial in another.

This "Listen" report summarizes information given at the latest session of the Institute, indicating that progressive peoples of our day are more and more facing up to the problems caused by alcohol in society.

Archer Tongue, director of the European Bureau Against Alcoholism, opens the Institute for the Prevention and Treatment of Alcoholism at the Palace of Culture and Science in Warsaw. To his right are Jan Rutkiewicz, vice-minister of health for Poland, and Ruben Wagnsson, Institute president.



W. H. Beaven and Jaroslav Skala, directors of studies, confer at the opening of the Institute.

Scene at an afternoon discussion session, with W. H. Beaven presiding.



Ruben Wagnsson and Jan Rutkiewicz compare notes on Institute progress.

Participants listening to a lecture through simultaneous translation equipment. In the foreground are Joseph Gratz and Max Schwab of Vienna.



Morning lectures attracted full attendance by Institute enrollees.

ing and driving must be eliminated and society must be taught to ostracize those who violate this injunction.

Two study committees have been set up by the European Institute for the Prevention and Treatment of Alcoholism. The first, under the chairmanship of Dr. M. Vamosi, of the Martin Luther University, Halle, has begun a consideration of the medical-legal aspects of the alcoholism problem. The committee has as its first objective an attempt to establish a uniformity of terminology so that there may be better understanding of facts and figures submitted by the various countries. This is a big project and may take years to accomplish, but it would be of immense scientific value to the world.

A second committee, under the direction of Dr. Hugo Solms of Geneva, has started a study of the social and cultural factors in a society and their relationship to the treatment of alcoholism. Since there are now at least twenty different treatments for alcoholism, and since the conflicting claims of their supporters are widespread, it is felt that a study of the relationship of social and cultural factors is necessary in order properly to evaluate these various treatments.

Treatment of alcoholism is now much better organized than in years past and very widespread throughout the countries of Europe. In general there is development of an eclectic approach in an attempt to treat each alcoholic as an individual and to apply treatment methods to the individual as determined by a study of him. An average of 25 to 30 percent of alcoholics treated now recover, whether under compulsory or voluntary treatment. Countries of Eastern Europe, in particular, lean heavily on compulsory treatment of the alcoholic as a requirement for the preservation of society, and it would appear from their statistics that these methods are successful.

Increasing time is being allotted to the woman alcoholic. Dr. Boleslaw Alapin, of Poland, indicates that more and more women alcoholics are being found, that they are being reached in hospitals rather than in treatment centers, that women alcoholics are being found much later than men and consequently have a poorer prognosis of recovery, that women's descriptions of their drinking habits are much less accurate than those of men, and that many more women alcoholics are psychopathic cases. Whereas a male alcoholic is the product of society, the female alcoholic much more often is the product of some kind of psychoneurotic stress.

Dr. Janos Metnetki of Hungary de-

SILENCE

Marvin Edward Thrasher

A priceless commodity that can be had with little effort still remains within the grasp of most people today. Its necessity remains to be decided upon by each individual. Some fight for it; others fight to get away from it.

Silence—where the past catches up with the present and the present moves on into the future. Go ahead and use it; see how much it can uncover about you. In its effortless progress it can either introduce you to bliss or show you nothing but sorrow. Silence can truly be said to be alive. It demands attention and can condemn almost immediately. It will seldom bring major solutions unless its path is traveled diligently. Truth *can* be found in silence, for within its domain there is room for progress, listening, and learning. Its value continues to show itself. Man conditions himself to sound without utilizing the value of silence. Once introduced to silence, man finds a partner.

Man would be chained to himself were it not for the uses he makes of silence. Through it memory serves him, and imagination blooms. Flourishing within the environment of silence rests a concept for us all to learn. That is the ability to listen.

scribes the campaign in his country to inform doctors who prescribe alcohol as a medicine of the dangers involved. Dr. Metnetki declares that no doctor should ever prescribe alcohol as a medicine. The medical profession has a great opportunity to lead the fight against alcoholism.

In Europe there seems to be an increasing recognition of the social causes of alcoholism. This condition is in large part a product of the influences of society and if it is to be successfully prevented there must be an attack upon it by all of society. Dr. Jaroslav Madlafousek, of the Department of Experimental Psychopathology in Prague, reports research indicating the effect of drinking groups as one of the factors in the genesis of the habitual use of alcohol. These "drinking gangs," as they may be called, apparently exert a strong influence in moving drinkers along the road to alcoholism.

In Eastern Europe there is now not only a recognition of these social factors, but a culturally motivated attack upon them. There is an acceptance of the idea that alcoholism must be treated for the good of society, but beyond this there are nationwide campaigns of prevention through medical and social measures. In the social societies of Eastern European countries there are now nationwide campaigns led by government, by all the organs of society, by press, radio, television, and movies, and by every medium of public information against the evils of drinking.

The National Committee Against Alcoholism in Poland, as an example, in 1961 gave 14,000 lectures, produced 200 exhibitions viewed by more than a million people, organized 250 cultural events, distributed two million copies of leaflets and 200,000 posters against alcoholism, provided material for ten movies which were distributed to all the

movie houses of the state, provided materials for "soap operas" on the radio, and otherwise organized a campaign so that all forces of society would appeal to brain and heart in an attempt to combat the evil effect of alcohol on society. Similar campaigns are organized in Czechoslovakia, Hungary, and other countries of Eastern Europe.

These campaigns are organized to discourage drinking, to eliminate advertising, which has been done in Hungary and Poland, to emphasize the values of abstinence in work and in driving, to attempt to combat erroneous beliefs about alcohol, to eliminate the idea that a drunkard is a "jolly fellow," and to attempt to change the whole attitude of society and public opinion toward the use of beverage alcohol. No campaign of this kind has ever before been launched by any society, and it remains to be seen how effective it will be. It is, however, a most encouraging sign. No such approach has been undertaken anywhere on the American continent.

In recent years encouraging reports have come from the High Committee on Study and Information on Alcoholism in Paris. France, as is generally known, has probably the highest rate of alcoholism in the world, but for the past half dozen years the French government and people have begun to carry on an intensive program against alcoholism. This has been primarily a program of education and information, using every means of propaganda and attempting to motivate all classes of society. The purpose of this campaign is not to reaffirm facts even though true, but to get widespread acceptance of these facts.

One evidence of the success of the campaign is that today 70 percent of the French people, as indicated by a nationwide poll, accept the fact that alcoholism is a serious social evil in France. The majority of the French people see wine-making as an obsolete privilege which should be removed. Large French restaurants now print "Health and Sobriety" on their menus. Famous liquor producers like Perneau are now producing fruit juices. The French parliament has ended home distillation as of July, 1961, and for five consecutive years there has been a decline in the consumption of alcoholic beverages in France.

While some of the causes of this decline may be economic, there is no doubt but what the educational campaign has played its part. And France alone among the countries of the Western world can boast declining statistics of consumption and alcoholism. Today France has more stringent regulations on the ad- (Turn to page 32)

nO ONE had told me how winter began in the Far North country. I have known the Midwest prairie winter where the oncoming blizzard sweeps the horizon right to the fence line. I have known the Western winter that comes quickly, furiously; where, out of a sunlit sky, snow clouds roil, then crash like the surf against the mountain range.

Winter in northern Wisconsin is different. Here, it is a tapestry woven in fine, close stitches. After the last leaf fire of autumn has burned out, the gray wind beats the sky, hammering the blue dome flat and squeezing out the color, until like a plate of sheet metal it rests upon the bare, black limbs of the highest elms. Indoors above the hum of my furnace, I scarcely hear the wind's work. It does not rattle the windows nor shake cones from the pines. But stealthily and on tiptoe, it girdles the house, snugging the walls so tightly that they groan, then settle with a sigh.

Suddenly all is quiet, a tense, expectant quiet. It is like the vacuum before a tornado, but there is no sweet smell nor yellow-green light. It is something else. People on the streets move slowly, their voices hushed. In the spruce a squirrel waits, immobile as a figurine on a china branch.

I tiptoe through the house, waiting, watching, wondering. The thermometer parachutes to 10, then 5 degrees. The slam of a cupboard door sounds like a thunderclap; the normal speaking voice is too loud, too raucous. The outside cold magnifies sound everywhere. Then, at the moment in which the earth can no longer hold its breath, the sky breaks open and snow filters down. The flakes look like grains of sand pouring through a sieve.

My youngest child says, "It's raining salt, mamma." The middle one says, "'Tisn't. God upset His sugar bowl." The oldest, wide-eyed, asks, "Is it *really* snow, mamma?" They are used to large, pasty flakes the size of rain beads strung on the clothesline. I tell them that snow is different in the north country. The flakes are powder pricks because of the thin, dry cold. The children go out to see, to feel, to taste this new kind of snow. The youngest, lying on the sidewalk,

squeals with delight while blowing the white gauze from the surface. The oldest tries to mold a snowball.

By morning the mercury in the thermometer shivers at 32 below zero. The windows are finger-painted with frost, but a benevolent painter has left peepholes in the shapes of hearts, leaves, and owl heads. I look out through a heart and catch a quick breath. The three-dimensional world of yesterday is gone. The trees and houses quilted with snow look like paper cutouts pasted on gray cardboard. The lack of depth perception is hard for the mind to accept. The farthest branch of the spruce seems interposed between the two near boughs that lean in to the dining-room windows. Neighboring houses have crept close to mine; the horizon is only an arm's reach away.

The children, noses pressed to peepholes, whisper, "Can we go out, mamma?" They must go out. They must discover how to manage in the cold country; how to measure their steps, how to take short, shallow breaths, and to come indoors at the first toe-tingling. I remember the instructions my neighbor gave me on "wrapping the children." I take long woolen scarves and bind each small head over the top, across the forehead, around the back of the head firmly, then over the mouth and chin. The parkas hold the bindings in place. The ski pants, boots, waterproof mittens (never gloves) are added until each child looks like an overstuffed gnome. Hands joined, they waddle down the road, intrepid discoverers of this new world.

Before I can turn from the window, they are back inside. "Mamma! Mamma!" shouts the youngest. He tries to catch a breath but before he can explode anew, the middle one interrupts, "He means the ice, mamma. It—it breaks just like glass." The oldest one nods. "It does," she says quietly. "It all goes to splinters when we walk, like that Christmas-tree ball I stepped on." She frowns. "Is it too cold for ice, mamma?"

I must go and see. On the way I shall bribe the birds and the squirrels with food. Perhaps they will share with me, a stranger, these secrets of a Far North winter.

a far north winter



A SHADOWED WORLD

THINKING back over the past ten years is like groping through a dense fog. And that is what existence has become for me, a thick fog enveloping my mind in a haze and clouding my thoughts and memories to the point where they seem like a slow blur unfolding before me. I say existence, rather than life, because I'm not really living. I merely exist from day to day, from "fix" to "fix."

There's not much that interests me anymore, except trying to get enough drugs to keep me from becoming ill. I get terribly sick now without a "fix" every few hours. I don't date girls now that I'm "hooked," for they won't have anything to do with me. Addiction really can't be kept secret for long. Someone will eventually discover your secret and spread the news until everyone who is concerned with you knows.

My appearance has changed since I started using the "heavy stuff." Once I had a wardrobe to be proud of, but through the process of obtaining drugs I was forced to sell and pawn until there is nothing left. The selling and pawning didn't stop at my clothes. I had an automobile that was sold for the same reason. A hi-fi set that I had built myself, and of which I was extremely proud, I sold to a "pusher."

As I look back to the beginning through that haze of time that is now my world, I can remember when all the trouble began. Of course, I didn't realize then that what I thought was a good time would turn into this nightmare of anguish.

In my early teens, I was living in a suburb of New York City, when the events that led to my addiction began to happen. Call it what you may—fate, coincidence, destiny—but I do believe that if I could have seen the future effects of what was taking place, I could have kept from falling prey to a sickening

ordeal. I had no forewarning, so I stuck my head into the noose.

One afternoon I was introduced to a Mrs. Parker at a soda fountain near my high school. She was the mother of a girl I had dated occasionally. She told me her daughter had become ill and had to be hospitalized—a narcotics rehabilitation clinic, I was to learn later. Speaking of her interest in me because of her daughter's fondness for me, she invited me to dinner. These invitations continued, and I found myself spending more time in her home.

One day after I complained of a severe headache, she handed me two small brown tablets, saying they were much more effective than aspirin. In the course of time I discovered that they were an opium derivative and one of the most potent narcotics known.

These pills made me relaxed and dreamy. Not knowing their potentialities, I asked for more the following day, under the guise of having another headache. She told me I could have them anytime, and to get them from the bottle in the bathroom medicine cabinet. After frequent trips to that cabinet, in a short time the bottle was exhausted. When I complained of not having any more tablets one day, she laughed and said, "That can be taken care of easily."

Taking a pad and pen from her desk, she began to write. I looked over her shoulder and, to my amazement, she was filling out a doctor's prescription blank. When I inquired about the legality of such a procedure, she became annoyed and snapped, "You want the stuff, don't you?" I did want those pills, so I didn't question her further. I was told to go to a drugstore and have the prescription filled.

On my way I realized this was not only wrong but also illegal. But I didn't care anymore. I had to have some more of those pills. They really made me feel

ROBERT CLARK

ILLUSTRATION BY JAMES CONVERSE

on top of the world, without a care or worry; a feeling, I realized too late, as deceiving and treacherous as the drug that induced it.

Without a question the druggist filled the prescription and I returned to the apartment. Mrs. Parker greedily snatched the bottle, and taking several tablets from it, she began to "cook" them down to a liquid in a spoon. Taking a hypodermic syringe from a drawer in a table, she said, "Now I'll show you how really to get some kicks." She gave me my first "main-line fix." This is an injection into the main vein of the arm, which carries the narcotic directly into the system, as opposed to an intramuscular injection, in which the drug takes time to work into the system.

Then she explained that she was an addict and couldn't "pass" the prescriptions herself, so she had to have someone to do it. Her daughter was doing it for a while, but, like me, she became curious and before long was "hooked" and had to go to a hospital for addicts.

This went on for some time, until one day, while on my way to Mrs. Parker's, I was told she had been arrested, undoubtedly for trying to pass one of her prescriptions. The news came from another of her "errand boys." Oh, yes, there were more of us.

By this time I was really "hooked," so had to seek out the "pushers" of the city who were plying their trade of death and misery. I began using heroin, the common drug of most addicts, because I didn't know how to write prescriptions.

That was almost ten years ago. Since then it's been constant pain, despair, and torture. The sun hasn't shone on me since that day I met Mrs. Parker. It has been a world shadowed by disgrace and rejection, a succession of police stations, psychopathic wards of city hospitals, and jails.



Hangover Facts

IN THE number of jokes about it, the hangover may be surpassed only by the meddling mother-in-law. The public tends to think there is something amusing about a hangover, even if there are approximately 75,000,000 Americans who have suffered from one.

In actual fact, the hangover is deadly serious.

Experts on the subject say that it represents the biggest loss to industry, and that the hidden costs dwarf the one shown on paper. As the main symptom of an alcoholic, the hangover costs America a billion dollars a year.

The basic cause, according to scientists, is lack of oxygen in the brain. Alcohol acts like an anesthetic. If it isn't burned up quickly enough, it prevents oxygen from reaching the brain cells. Also, the congeners, or flavoring substances in the drink, have toxic effects.

The result of the hangover was concisely described some twenty-five centuries ago in India. "Vomiting, loss of appetite, heartburn, lassitude, continued thirst, tremors of head and limbs, palpitation, weakness of joints, respiration difficulty, sleeplessness, giddiness, and a feeling as if one were wrapped in a wet sheet."

As for prevention, the Greeks had a word for it. That is where we get our word "amethyst," for they thought this stone would keep one from becoming intoxicated. The Egyptians ate boiled cabbage, the Roman Emperor Tiberius chewed bitter almonds, and Pliny the Elder (A.D. 27-79) recommended the eggs of an owlet. In modern times olive oil, yeast, fuller's earth, milk, and vitamins are used in the hope of avoiding aftereffects.

Food, especially fatty food, will absorb alcohol and delay its entering the bloodstream. The key word is *delay*; the alcohol will get there eventually.

In fact, if a person has dinner before drinking, he will have to imbibe twice as much to get "high," but he will get a hangover that's twice as bad.

Anyone who drinks probably cannot drink slowly enough to avoid a hangover altogether. A healthy man of 150 or 160 pounds would have to linger a full hour over one cocktail or one glass of beer to keep ahead of the game. No one who drinks is immune to hangovers; a person who boasts he is immune doesn't know what it feels like to be at his best.

Many remedies have been suggested. A useless one is tried in Haiti. There, to cure a hangover, thirteen black-headed pins are put into the cork of the bottle the victim drank from. This voodoo is supposed to render the spirits helpless.

A more logical remedy is food. The body needs nourishment. Milk may soothe the stomach lining. And a person needs salt and sugar to readjust body balance. Eating honey is excellent for getting sugar. Rest and fresh air, with its oxygen, will prove helpful. Tranquilizers will calm, but a person might take too many. Drugs can be habit-forming. Drinkers especially are easy marks for other addictions.

It appears that the most effective and inexpensive way to deal with a hangover is the simple expedient of not drinking in the first place, but using wisely the intelligence with which one has been endowed.



MICHAEL KOSINSKI

WHAT IS IT?

Photos by the Author

How good is your observation? Do you see what you look at? The photographs on this page are of common food items. Several of them you use daily. Some were photographed in their normal pattern such as would be found on a kitchen worktable. Others are merely enlargements. How many of them can you identify? Give yourself ten points for each one correctly identified. A score of 60 is passing; 70, good; and 80 or more, excellent. Answers on page 34.



The Bottomless Jug

About the middle of the last century a traveler came upon an emigrant journeying West, with all his worldly goods in covered wagons. On one load hung a large jug, which aroused the curiosity of the traveler.

"Why do you carry a jug with the bottom out?" he asked.

"That is my Taylor jug," the emigrant answered.

"A Taylor jug? What's that?"

"Well," replied the emigrant, "I had a son with General Taylor's army in Mexico, and the general always told him to carry his whiskey in a jug with a hole in the bottom. Ever since my son told me that, I have carried my whiskey jug as you see it, and I find it is the best invention I ever met with."

Zachary Taylor's famous victory at the battle of Buena Vista, Mexico, February 22-23, 1847, was won with the odds all seemingly against him. Santa Anna, the greatest soldier Mexico ever produced, was the opposing general. Taylor had from between four and five thousand men; Santa Anna had twenty thousand men. To make the battle even more unequal, the Mexican soldiers were more familiar with the battle terrain than were the Americans; but General Taylor and his men showed unusual bravery and courage during the all-night battle.

It is recorded that throughout the battle, General Taylor was where the shots fell hottest and thickest. At least two bullets passed through his clothing. Of his actions during the fighting it is said: "He constantly evinced the greatest quickness of perception, fertility of resource, and a cool, unerring judgment not to be baffled."

Such can hardly be said of one whose mind is benumbed and fogged. One nineteenth-century historian notes: "General Taylor always gave the weight of his example in favor of temperance." Surely in the battle of Buena Vista this conviction paid off.

The bottomless jug, the Taylor jug, seems like a wholesome concept even today.

NOTE FROM HISTORY



SHARON BOUCHER

General Zachary Taylor at the Battle of Buena Vista, Feb. 23, 1847. (From an old print.)



BY MUTUAL AGREEMENT

(Continued from page 5)

it was such perfect happiness, the three being together.

"Where's Tim?" Bruce asked. "We'll get things settled this time."

"In his room."

An impatient whistle left Bruce's lips.

"Tim, come here," he called.

The door pushed open, and a boy in a dirty white sweater entered and stood against his mother's chair. He looked directly at his father.

"Who punched first this time?" asked Bruce.

One hard swallow, then Tim answered, "I did."

"Don't you remember what I said would happen if you fought like this again?" questioned Bruce.

Tim pressed his lips hard and nodded his head.

"Why did you jump Bill—why? Why? Do you *hate* him?"

Tim gazed at the floor, his brow wrinkled, thinking hard. Then he looked up and nodded his head.

"Are you ever going to punch him again?" asked Bruce.

Tim rubbed his hand along the velvet arm of his mother's chair, then he ran his tongue across his dry lips.

"Are you? Are you?" demanded Bruce.

"Maybe," came the whispered answer.

"Come with me!" ordered Bruce as he strode across the room. He held open the door leading outside. Tim walked out.

Through the window from the chair where she sat, Jane saw them enter the toolhouse.

She had never seen Bruce look so stern and determined. Why did Tim refuse to talk to him? She and Bruce had always agreed they would never interfere with each other in the disciplining of Tim, but Bruce hadn't succeeded well before, and this time Tim had even said he might fight again.

Jane slid around in her chair, her eyes wandering to the toolhouse, where she was sure Bruce was having it out with Tim this time. Maybe she could help—maybe she could persuade Tim to talk to her. Again she forced herself to sit still.

She finally could stand it no longer. She would try to get the story out of Tim.

Slipping out the door, she came up behind the toolhouse and heard sobs. Between them came these words, "I hit him 'cause he lied."

And then, "About you."

Bruce was determined to get the

whole story this time. "Out with it all, Tim. What did he say?"

"He said—" and Tim faltered. His love for his father rose above everything else. "Dad, I can't tell."

But the answer finally came in a burst of sobs. "He told me the same thing he said last time when I hit him: 'Maybe your father *can* handle his contracts, but he *can't* handle his liquor. My father said he got drunk last night.'" Another big sob came. "So I up and hit him 'cause he lied."

Jane slipped back into the house. She could picture Bruce's face as he understood the nobleness of Tim's silence.

It was a long time before Bruce and Tim came quietly in.

"Settled by mutual agreement," announced Bruce in a steady voice as he patted Tim's shoulder. Jane's heart leaped. Tim had accomplished what she couldn't, but she wasn't jealous.

THIS FUSS ABOUT DRINKING

(Continued from page 7)

home every night with his nerves all shot and pours himself a water glass full of whiskey—any or all of these could be indications that the person is an alcoholic. This is, of course, simply a working description. A person could find many definitions put out by the different disciplines that concern themselves with this problem.

Well, then, who can become an alcoholic? Only some people who didn't have all their marbles to begin with? Well, don't you believe it! Anyone can become an alcoholic provided he drinks enough, over a long enough period of time, and has sufficient emotional crises in his life. The scientists who study this problem especially stress this third factor. They call it *neurotic relief drinking*, using alcohol as a crutch, or as an escape mechanism.

The alcoholic is nearly always a person who never learns to face the "cutting edge of problems of today." The tensions, frustrations, anxieties, jealousies, hatreds, resentments, keep piling up and they think the only way of handling problems such as these is through alcohol. This kind of drinking can get a person into difficulty in a hurry.

But how do YOU react to stress, to frustration, to anxiety? Have you learned legitimate, safe ways of handling such emotions, or are you, too, seeking for something only as a crutch?

Note: Part 2 of "What's All This Fuss About Drinking?" will appear in the March-April issue of *Listen*.

SABOTEUR OF THE BRAIN

(Continued from page 12)

require three to four times as much alcohol as ether to produce any specific degree of anesthesia.

Anesthetics are believed to produce their effect by interfering with the stages of glucose oxidation. An anesthetic acts directly on nervous tissue, and the degree of functional disturbance appears to be greatest on the highest and most complex brain center. It is interesting that the very part of the brain which suffers the most from alcoholism is that part which subserves the highest cerebral functions of willpower, judgment, and control—namely, the frontal lobes. As an anesthetic, alcohol, according to the dosage, can duplicate the therapeutic effects of the various drugs described as sedative, hypnotic, analgesic, and narcotic. The first effect of alcohol is to decrease inhibitions, and the tension, resentment, or anxiety involved in the maintenance of inhibitions.

As far as the brain is concerned, it is logical to assume that there is a progressive destruction of the frontal cortex with resultant disorders in function of the willpower, judgment, and control. Eventually the stage is reached where any amount of alcohol results in loss of control. Few alcoholics intend to drink too much, but once alcohol is in the system there is an immediate paralysis of the control centers of the brain, and the alcoholic is then left helpless to stop after the first drink. This is why the alcoholic addict must never take even one drink if he is to retain control over alcohol, as he always reverts to the old pattern of uncontrolled drinking.

The immediate primary effect is that of a narcotic and is much greater on nerve cells because they are highly sensitive to the influence of noxious agents. Also, like fatty tissue elsewhere in the body, the brain cells with their high lipid content tend to accumulate alcohol. There is both the narcotic effect and the anoxia effect. Alcohol may act directly upon the cell membrane or pass through and modify the physical constituency of the protoplasm. The degree of permanent damage depends upon the degree of concentration within the cells. Ingestion of alcohol, when long continued, results in cell death. These changes within the cells affect the electrical discharges of the cells and give us the changes that we see in the electroencephalogram.

Alcohol interferes with the metabolism of brain cells, and in narcotizing dosage it inhibits cellular functions. In

stronger concentrations it results in coagulation, with cell death. Since the metabolism of nerve cells is dependent on an adequate supply of glucose, vitamin B, and oxygen, the anesthetic effect of alcohol interferes with this reaction through acute anoxia. Chronic effects are involved in a deficiency state, and cell death occurs more rapidly in avitaminotic states. This process is reversible in the early clinical states of alcoholism. But prolonged drinking, especially associated with systemic diseases—for example, liver disease, gastritis with associated deficiency state, or postgastrectomies—results in really irreversible brain damage.

It is hard to determine accurately from the clinical picture alone exactly what is the phase of alcoholism and what developing symptoms point to permanent brain damage. A significant

called “alcoholic thinking.” Anyone in this phase should be considered to be suffering from progressive impairment of frontal lobe brain functioning.

The drinking pattern is usually compulsive, with solitary and daytime drinking. Intellectual impairment continues, with poor judgment, emotional liability, infantile behavior, hostility, defiance and denial of illness, and complete lack of insight, as part of the clinical picture. Too often these symptoms are considered to be due to the sociopathic personality of the alcoholic, whereas they are determined by the chronic toxic effects of the addictive drug ethyl alcohol and are organic symptoms of brain damage.

It is important to recognize this state of alcoholic brain disease because the usual therapeutic program must be changed. These patients first need med-

control but that through prolonged treatment the organic features will improve.

All these patients require restraining care, either prolonged hospital or institutional control, until some insight can be established; or close supervision at home to prevent access to alcohol, and the judicious use of disulfiram or calcium carbamide to prevent drinking. An inviolate principle in treatment must be that alcoholics in this stage must abstain absolutely and permanently from using alcohol.

Even though such patients are informed of the seriousness of alcoholic brain damage, they are especially difficult to treat and may continue drinking. Some die of intercurrent disease or by suicide or become permanent institutional cases. If control can be established until the organic features clear, and fairly normal judgment returns, then the beginning of insight can be established and the motivation to learn to live without alcohol can be aroused.

After some insight is gained, then psychotherapeutic efforts may be fruitful, along with social and other supportive measures to bring about effective rehabilitation.

The problem of alcohol addiction should eventually be tackled at a national level, with general education of the public as to the prevalence of chronic alcoholism and need for its control. Early detection and recognition of addiction and organic brain disease would require large numbers of professional personnel to carry out extensive surveys and research studies. Problems of treatment and of prevention would have to be handled at the level of a public-health program, with substitution of a public-health medical approach instead of the present punitive one. By this means many persons could be reached before addiction becomes established and brain disease becomes irreversible. These patients with brain damage could be rehabilitated to the point where they could preserve sobriety and become useful members of society.

The cost of a program of detecting addicts with incipient or established brain damage should be borne by a tax on profits of the liquor industry at the source—breweries, wineries, and distilleries. Although these industries cannot be held entirely responsible for the causes of alcoholism, the use of their products is the principal factor in addiction and mental deterioration. The cost to taxpayers of a nationwide rehabilitation program would be prohibitive, since the total number of addicts who urgently need treatment exceeds the nation's state-hospital population.

It can be repeated, then, that there



Of Cats and People / James Scales

In a letter sent by a woman recently to the popular “Dear Abby” column, she stated that her husband made it a practice to give their cat whiskey in its milk, therefore getting the cat “dead drunk.” The cat would then jump around like “a chicken with its head cut off,” and fall over in a heap to sleep it off. This gave the husband a “big charge,” and he would double up with laughter. The wife wanted to know what she should do about it.

What followed a few days later in this newspaper column was most significant. Abby was flooded with letters from people all over the country who protested against this inhumane treatment of the poor cat, and suggested all sorts of punishment for the “character” who would do such a thing. This caused a stir among thousands of readers.

This man was certainly wrong. But something else is of far greater importance and significance.

Though thousands of citizens protested with suggestions ranging from reprimands to jailing for this man, yet they said nothing about all the whiskey that is given and sold every day to thousands of our young people, which in reality is destroying lives, homes, and property, and spreading crime and destruction. This is much worse than a drunken cat in the corner!

early symptom is the appearance of blackouts or temporary periods of amnesia about happenings of the drinking occasion. This symptom usually means that brain disease from alcohol is either present or near. Possibly within a year or two after the development of recurrent blackouts, irreversible brain change will begin. The phase of increasing dependency upon alcohol and inability to control drinking forces the drinker into intricate rationalizations, alibis, and lies about his drinking, aptly

ical care until the organic features of brain damage clear sufficiently for the patient to be able to gain insight. It usually means treating in 50 percent of cases other systemic disease, e.g., liver damage, and may take from weeks to months. Education of relatives as well as of the patient is important, and the significance of brain damage must be explained. Relatives are more tolerant of patients' personality changes and unusual behavior if they understand that much of it is beyond the patients' con-

has been established the presence of a syndrome of an intermediate stage of alcoholic brain disease, midway between the acute and the chronic stages. In this intermediate stage the electroencephalographic changes, the clinical findings, and the psychological test data lead to the diagnosis of incipient brain damage. Cerebral atrophy can be confirmed by pneumogram.

The implication of these studies for treatment purposes emphasizes that comprehensive medical treatment of the organic factors is needed before brain damage becomes irreversible. These organic factors are often erroneously considered to indicate personality disorders, with consequent ineffective therapeutic measures.

If the problem of alcohol addiction is attacked at a national level, with steps to ensure early detection of addiction and organic brain disease, this will go far toward a broad program of control of drinking and of rehabilitation.

UNFINISHED BUSINESS

(Continued from page 16)

discontinue serving liquor on flights. "We feel that drinking aboard airplanes is a growing problem that alarms pilots who are charged with the *safe conduct of a flight*," says the Association head.

Yet today there is more sky-drinking than ever. All protests from those in a position to know the narrow escapes, the real and potential dangers of encouraging drinking aboard a plane high in the sky, as well as thousands who do not care to fly under such conditions, have so far been ignored. Legislation to ban serving of alcoholic beverages on commercial airlines has been periodically introduced in the House and Senate, only to fail of passage. So-called control measures, rules, and fines, either by aircraft companies or FAA, have not remedied the situation.

"I've heard of many cases of unpleasant and potentially dangerous intoxication on airliners," reports Senator Strom Thurmond. "The voluntary program which limits each passenger to not more than two drinks appears to have broken down."

Meanwhile, millions of families and individuals are being inconvenienced and may be risking their lives every time they use the skyways because of this knuckling under by the airlines. This policy has not cured their financial worries. Furthermore, in the face of documented and reliable evidence, they are showing a deliberate disregard for the safety and well-being of the public they seek to woo with "champagne flights."



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.

Does alcohol affect the brain?

Nerve cells are six times more susceptible to alcohol than are any other cells in the body, and the brain is the telephone center of the body's nervous system. If you want to short-circuit that wonderful brain of yours, a little alcohol will do it. But remember, you can't replace a damaged brain.

Cyril B. Courville, consultant in neuropathology to the coroner's office, Los Angeles County, California, and professor of nervous diseases at the Loma Linda University School of Medicine, in his book *Effects of Alcohol on the Nervous System of Man*, enumerates seven ways in which alcohol affects the nervous system:

1. By narcotic action.
2. By direct action on the protoplasm of the nerve cells.
3. By impairing oxidation, that is, decreasing the ability of the nerve cells to take on oxygen. (This is why alcohol is even more dangerous for an airplane pilot than for the driver of a car.)
4. By decreasing vitamins, especially vitamin B₁.
5. By causing primary anemia.
6. By increasing nerve susceptibility to associated poisons.
7. By increasing the effect of other anesthetic agents.

What is alcoholism?

Alcoholism is that state of physical and mental health (or lack of it) in which the body and mind of an individual seeks to replace nourishing food with alcohol.

What is delirium tremens?

Delirium tremens might well be called the alcoholic's nightmare. And to the alcoholic it is a very real and devastating condition. Seldom are these

psychotic dreams developed in the early stages of alcoholism. Usually it is only after several years of chronic alcoholism, and after the victim has stopped his drinking several hours, that the delirium develops. Then the hallucinations may become devastating, with visions of dragons, snakes, and monsters surrounding and attempting to crush or swallow the poor alcoholic!

Those who imbibe of the anesthetic and narcotic drug, alcohol, often say that they do it in order to forget their troubles, in order to enter that state where man is at peace with himself and his neighbors and all nature is obedient to his whims. And then with the increasing effects of that deceiver, alcohol, the drinker goes on into that state of temporary oblivion called drunkenness.

But often, yes, *usually*, I dare say, the return to the land of reality is not so pleasing! For certainly the anesthetized and narcotized imbibor of alcohol finds the return to the land of the living just the opposite to that state of tranquillity. After varying lengths of time and degrees of drunkenness, he finds that the return is indeed the other side of the coin.

It is not tranquillity. It is the antithesis to tranquillity—fear and terror and anger and hatred—in which he finds himself trapped. It is not peace and quietness, but rather a storm of hopelessness which breaks upon this poor, deceived wretch! In time he returns to reality to find a world of malice and hate and derision. And he finds no way out, except to return to the short period of peace as he reenters that land of nowhere to return again through the dungeon of the dragons, delirium tremens, the nightmare of the chronic alcoholic!



Don Whitehead, **JOURNEY INTO CRIME**, New York: Random House, 1960, 275 pages. \$4.95.

Gathered from all over the world, as the author covered some 30,000 miles in travel, these typical yet startling crimes show graphically the devious methods often used to circumvent law and the international ramifications needed to apprehend criminals. It will be hard for you to lay this down till finished.

O. A. Battista, **MENTAL DRUGS**, New York: Chilton Company, 1960, 155 pages. \$3.95.

Prime purpose of this volume is to show the tremendous progress made in recent years in controlling mental illness. Indeed, the day has almost arrived when schizophrenia and other mind disorders can virtually be turned off by a pill. This offers real hope to multitudes, for there are some 750,000 patients in mental hospitals today.

On the other hand, the ability seemingly within human grasp to control man's mind merely through a pill is frightening in its potential. For example, the new drug popularly known as LSD is so potent that, if administered effectively as a contaminant in food, it could temporarily cause tens of millions of people to become out-and-out psychotics.

So it is that at the same time mental drugs hold such promise of controlling and curing mental illness, there is also the specter of vicious mind damage to those who misuse or overuse some of these same drugs.

Furthermore, drug remedies are being sought to end the craving of victims for other drugs. Millions of people drink for the drug, or tranquilizing, effect of alcohol, and when drug remedies are found to treat or cure this addiction, the danger is present that

one drug addiction will be substituted for another, in a vicious circle.

This book, then, could well be a plea for more caution in the use of drugs, medical as well as nonmedical.

TEACHING GUIDE

TEACHER'S EDITION OF

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"Listen" Teaching Guide

Teachers will be happy to learn that a "Teaching Guide" supplement to "Listen," a Journal of Better Living, is now available for each regular issue. With quantity orders of "Listen" subscriptions for classroom use, at \$2.50 per subscription, Narcotics Education, Inc., a nonprofit, nondenominational sales organization, will supply a copy of the "Teaching Guide" without charge. On other orders a small charge is made for subscriptions to the "Teaching Guide" supplement.

Teachers may write to Narcotics Education, Inc., P.O. Box 4390, Washington 12, D.C. Ask about this service, and request a free catalog of teaching materials in the fields of alcohol, tobacco, and narcotics.

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(Continued from page 22)

vertising of alcoholic beverages than can be found in the United States and Canada. For example, alcoholic beverages no longer may be advertised in sports stadiums in France, and there are strict regulations on the serving of alcoholic beverages in the vicinity of any places where youth habitually gather.

If this kind of program can be achieved in France, the home of viniculture, it probably can be achieved anywhere if it is undertaken with a will and with intelligence.

Janusz Jerczynski, a fifth-year medical student of Lublin, Poland, points out that the errors made by older generations for which the younger suffer need not be continued indefinitely. He urges that the fight for the prevention of alcoholism be put in the hands of the young, and describes the program which has been organized among the university students of the University of Lublin.

This began in the medical school when more than a hundred medical students decided that they did not want to drink and that they would like to carry information about alcohol to everyone whom they could reach. As a result there was soon an organization in the three universities in Lublin with more than 1,200 voluntary student members. Teams were developed which traveled from village to village of the province teaching about alcohol. The young people invented their own methods, and chartered a bus which was called "The Happy Bus," in which they traveled from village to village making their appeals. On their own campuses they concentrated on the freshmen in an attempt to provide them a society in which alcohol would not be found. Parties were organized without alcohol. Exhibitions and enlightenment campaigns were begun, films were shown, coffee hours were arranged at which discussions were held. The whole attitude was, "If you want to drink, it's all right, but these are the results."

In two other major cities of Poland similar campaigns have been launched spontaneously by medical students. The enthusiasm of youth will inspire all to greater efforts to combat alcoholism.

Science can describe the world as it is, but science does not improve the world. Good research is an essential to progress. Good conclusions from that research and action must follow if any improvement in society is to be seen. The use to which knowledge is put is often more

(Turn to page 34)



Poems With a Purpose



Everyday Mother



Beatrice Munro Wilson

*She dreamed of far places, of planes' silver wings,
Coral islands, and palm trees, such exotic things.
She browsed on bright folders, soothing babies each eve,
And hoarded stray pennies, with hope in her eyes.
Someday we would travel, when the children were gone,
Perhaps to Hawaii, just we two alone!*

*But time brought more babies, and everyday tasks
Pushed far in the background her dream of bright things.
The funds for Hawaii changed to John's payment for
college,
Then Joey and Mary, the years marching on.*

*She never saw Hawaii, pushed deep the travel desire,
Fulfilled in giving to the world women and men.*



Broken Image

*In the cool green waters
You may one day see
A bird's nest softly floating,
And a winging bee,
Branches filled with blossoms,
And a roseate dawn—
Till the picture's shattered
By a drinking fawn.*

E. J. Ritter, Jr.

A Basket of Joys

*My thoughts, like the reeds of a basket,
If properly woven and strong,
Soon will enfold
All the joys I can hold,
With no room for the things that are
wrong.*

Madeline
Coyne



Lanes to Like

Bertha R. Hudelson

*Lanes that are lined with violets,
Where winds, haphazard, gay,
Scrub it clean with weather's rain,
And where bold chipmunks play.*

*Or dusty lanes with bittersweet,
Grapevines along each side,
And black-eyed Susans, hazelbrush,
In which shy, wild things bide.*

*Or lanes aglow with goldenrod—
A bush-bound, cluttered trail—
Where bluebirds warble duets with
The timid, soft-voiced quail.*

*Or lanes that winter's windy touch
Has blocked with drifted snow,
Which shows the prints of tiny feet,
Are lanes to love and know.*

*Search for a lane and cherish it—
A living picture wrought
By God's hand in a wayside place;
A gem of holy thought.*



THE ROLE OF THE EDUCATOR

(Continued from page 11)

Secondary School Principals has advocated the inclusion of such education in the balanced curriculum. Correlated with health and physical education or taught as a separate unit of instruction, alcohol—and the broad areas of temperance education, for that matter—should be a part of the curriculum.

The Association for Supervision and Curriculum Development reminds us that subject matter, skills, processes, attitudes, values, and appreciations “are, of course, interrelated. That is, none can be taught in isolation. Each, however, can be seen and talked about as being *primarily* of concern at a given time for a given purpose.”

To be prepared better for the instruction of the youth “all elementary and secondary teachers and administrators should be required to take a special college course dealing with school health problems,” states the American Medical Association and National Education Association’s joint committee on health problems in education. The Committee also recommended that “physicians, parents, and educators should cooperate to discourage children from smoking.”

The educator should also fill the role as a *counselor*. Because of his knowledge, background, and experience he will be most sympathetic and understanding. Empathy and true concern will help him to counsel in terms of the dangers and fallacies of certain social gestures and of the concepts of abstinence rather than moderation.

The true educator will push forward the frontiers of knowledge through research and experimentation. He will speak out loudly and clearly as best he can for the best that he can know. He knows further that he is educating and counseling human beings who will make choices. The true educator as a counselor will help his counselee into

avenues of critical thinking. The desired goal will be to make always the right choice and proper decision.

The educator, as an *exemplar*, is the touchstone of the triad—the educator as informant, counselor, and exemplar. Teachers’ lives should no longer be a dichotomy of what is *taught in school* and what is *taught out of school*. The parents should *be* what they want their children to *become*.

Dr. Sara Louise Smith, chairman of the Department of Health Education of Florida State University, in considering with other colleagues critical issues in health education, boldly summarized her convictions when she stated that educators are needed “who demonstrate in practice what they teach.”

With the pressure of conformity all about the youth and with deviants lurking them aside, may we as true educators help the youth with—

1. the development of a continuity of real values; and
2. the application of real, lasting values in decision making.

By a positive, vibrant, warm approach the role of the educator in temperance education can help translate ideal concepts and motivation into overt action. In the presence of other human beings, the youth learn to be the human beings the adults are.

It was still early when I reached school one morning recently, and I was surprised to see a youngster hovering near the door.

“It’s locked,” he offered disconsolately as I tried the knob. I began to fumble for my keys. Immediately he brightened.

“You’re a teacher!” he announced with both pleasure and surprise.

“What makes you think that?” I asked, amused and not a little pleased to think that my station in life should be regarded with such delight. He hesitated not a moment, but said softly and with respect, “You have the key.”

Educators, if you are true, conscientious, and consistent, *you have the key*.

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(Continued from page 32)

important than the knowledge itself. Education cannot save the world. The world can be saved only if it has the right kind of education. There is an increasing need to study how to educate, to find out what are the most successful methods of education for schools, for the various age groups, for parents, and for the public. There must be research as to the best ways in which to motivate men and women and young people increasingly to abandon alcohol as a way of life.

The fight against alcoholism requires realistic optimists, those who will not be blinded to the enormity of the problem or the difficulty of reaching society with information and motivation, but who will believe that it is possible to improve society. No one need suffer forever for the mistakes of the past. The struggle against alcoholism is not won,—and may never be,—but the developments on the Continent of Europe not only are encouraging, but also clearly point the way that America and other countries can go in facing their problems.

—
“Cirrhosis, or hardening of the liver, develops in chronic alcoholics and moderate and heavy drinkers. If an animal is denied food and given alcohol at the same time, cirrhosis of the liver can be produced. Chronic alcoholics who do not eat while drinking are more apt to develop this condition.”—Wm. A. O’Brien, M.D., in *Norristown Times Herald*, Nov. 10, 1947.

ANSWERS

(Quiz on page 27)

1. Corn kernels. 2. Cabbage slice.
3. Mushroom. 4. Onion rings. 5. Artichoke. 6. Lettuce leaf. 7. Calyxes from tomato stems. 8. Bread. 9. Orange slice.
10. Salt.

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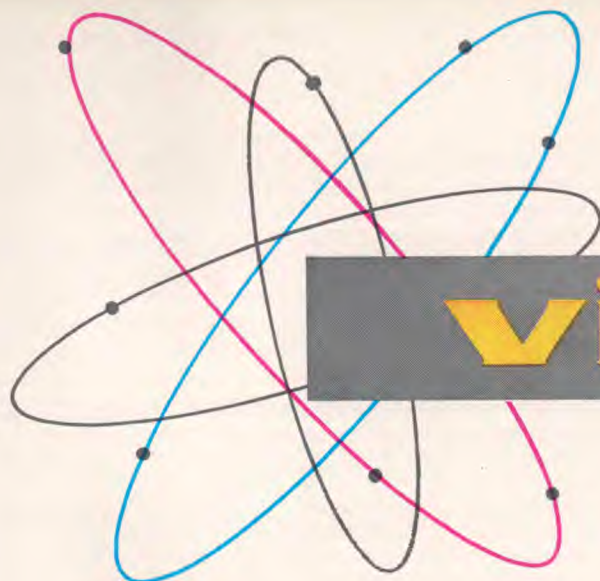
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views

ONLY GOOD TRANQUILIZER. "Out of the window with those tranquilizing pills," says Dr. Paul Dudley White, renowned heart specialist, "and out the door yourself for a good, brisk walk, best tranquilizer of all. Walking stimulates circulation of the blood to all parts of the body, including the brain. Many people have found they can think better after a walk. If you can't sleep, take a walk, and afterward sleep will come."

VANCOUVER (CANADA) NOTES. "About three quarters of the men here have been sent here by drink."—T. H. Tobiasson, senior correctional officer of the Haney Correctional Institution.

"An estimated 75 percent of the traffic victims that I treat have been drinking to some extent. What's worse is that some of those who arrived broken in body, although they haven't been drinking themselves, are victims of those who have."—Physician in charge, Vancouver General Hospital emergency ward.

Magistrate Oscar Orr, reporting to the Vancouver Police Commission, said that 85 percent of the cases appearing before him in court "stem from liquor."

ON STRESS. "Stress is part of life. It is a natural by-product of all our activities; there is no more justification for avoiding stress than for shunning food, exercise, or love. But in order to express yourself fully, you must first find your optimum stress level, and then use your adaptation energy at a rate and in a direction adjusted to the innate structure of your mind and body."—Dr. Hans Selye, University of Montreal.

COFFEE CONSUMPTION. Americans drink about 400,000,000 cups of coffee daily, or nearly 16 pounds a year for every man, woman, and child. The Department of Commerce recently stated that coffee is served at least once a day in 95 percent of all homes.

EFFECT OF DRINKING PARENTS. Weakness of alcoholic parents may be one of the reasons for adolescent problem drinking, says James R. Mackay, executive director, division of alcoholism, New Hampshire Department of Health. By proving their ability to drink successfully in contrast to the way their parents drink, the youth are asserting their independence, he states.

Drinking Among Victims in Fatal Accidents, New Jersey (1961)

Victims	Number Tested	Number of Alcohol-Positive Victims		Blood-Alcohol Content		
		Number	Percent	.01-.09	.10-.15	Over .15
Total	482	261	54%	82	56	123
Driver	237	137	58%	45	28	64
Passenger	115	58	50%	23	15	20
Pedestrian	130	66	51%	14	13	39

Accident responsibility was indicated for 125 (90 percent of the 137 drivers who were found to be alcohol-positive, and for 56 (85 percent) of the 66 pedestrians who were alcohol-positive.

—Source: National Safety Council, *Accident Facts*, 1962.

That "Extra"



The other morning I was about to leave for my office when a bold headline appearing in the leading morning newspaper, the *Melbourne Age*, arrested my attention. I paused a moment to read the story, which was captioned "£20 a Week More for Nondrinker." The report had come over the wires from Darwin, Australia's most northerly state capital. It read as follows:

"The town credited with the biggest beer consumption a head in the world received a slap in the face today from an advertisement in the local newspaper.

"A mining company offering a job as motor mechanic for field maintenance in the Derby area of Western Australia will pay £20 a week more for a nondrinking mechanic than for a drinker.

"The advertisement reads: 'Experienced motor mechanic for field maintenance, Derby area, £35 a week plus £20 a week if nondrinker. Air fares paid from Darwin or Perth. Apply Ausdrill Pty. Ltd., Box 199, Darwin.'

"The managing director of the company, tall, handsome, nondrinking diamond-driller Bill Burrows, said, "A nondrinker is worth £20 a week extra to us anytime.'

"Mr. Burrows said that on an oil-drilling site it could cost £100 a day with a certain type of rig idle.

"Company experience over a long time showed that even a moderate drinker in some jobs costs big money.

" 'They go to town to pick up some vital part in the event of trouble,' he said. 'They have a couple of drinks and decide to stay for tea. Then they have a couple more and stay for the night. Before this is over we have lost two shifts.'

"Mr. Burrows added that a nondrinking mechanic, a man of £55 a week, could save £2000 in a year if he were to forget the city fleshpots for a while."

As I drove my car to the office, Bill Burrows's statement that "a nondrinker is worth £20 extra to us anytime" set me thinking. A weekly wage of £55 is three times the average wage paid today in Australia. How many applicants would Bill Burrows get in reply to his unusual but tempting advertisement?

Later the newspaper shared with readers the outcome to the drilling firm's offer. This time the headline was "200 Mechanics Seek Job With No Beer":

"More than 200 teetotal mechanics have applied for one job in bush country near isolated Port Hedland, West Australia. The managing director said that applicants had come from all over Australia. Most were newcomers to this country. His advertisement stemmed from the trouble he claims drinkers caused him on isolated drilling jobs.

"They cost at least £10,000 in the last eight years because of lost time and damage to equipment. Even moderate drinkers seem to get into bother after a few months out there.

"Ausdrill would probably employ two of the 200 who applied. They now had a big file of nondrinking potential employees for future contact."

Such men as "tall, handsome, nondrinking diamond-drilling Bill Burrows," and the two hundred who claimed they could qualify for this highly paid job, are in demand in every community today. They may have that "extra" needed for premium production and more dependability.

