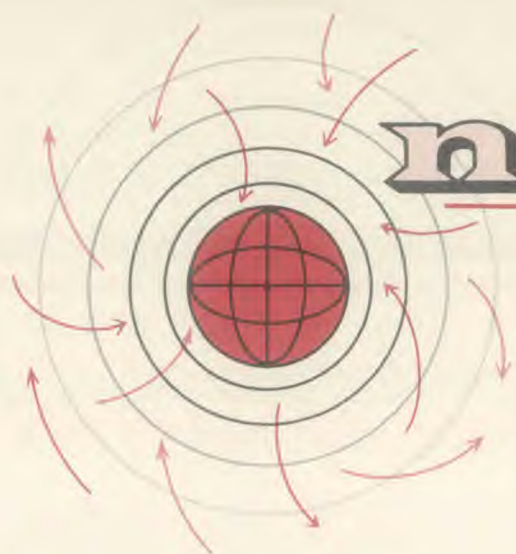


# LISTEN

A  
JOURNAL  
OF  
BETTER  
LIVING

A young boy with short brown hair is swimming in a pool. He is wearing a dark, patterned swimsuit and is smiling broadly. The water is clear blue with some ripples and reflections. The background shows the edge of the pool and some greenery.

**Robyn Johnson**  
1964 Olympic Aspirant



# news

✦ **MAD AS HOPS.** There was only French champagne for the 3,000 at the glamour-gilded opening last fall of the new Philharmonic Hall in New York City. Celebrities included First Lady Jacqueline Kennedy, New York's Governor Nelson Rockefeller, Secretary of State Dean Rusk, acting United Nations Secretary General U Thant, and Adlai Stevenson, United States representative to the UN.

Descending a glass-lined staircase after the concert, a lady escorted by a bemedaled admiral summed up the situation a bit wistfully: "There's nothing but champagne," she complained. "You can't get a beer here."

✦ **AIR FORCE BANS CIGARETTES.** The Air Force surgeon general's office has ordered Air Force hospitals and clinics to stop distributing free cigarettes to patients. A similar prohibition has been ordered on the inclusion of cigarettes in the packaged lunches that are prepared for service personnel on long flights.

Major General R. L. Bohannon, deputy surgeon general, said in a directive that the "ever-increasing evidence" of a link between cigarette smoking and cancer and certain other diseases "no longer can be ignored."

✦ **ADVERTISING TABOO.** Alcoholic beverage advertising is still largely taboo to the major radio networks, according to the new guide issued by the Code Authority of the National Association of Broadcasters. States the Code:

"Advertising the availability of beverages which contain distilled spirits is not acceptable. The advertisement of 'lounge,' 'barroom,' 'taproom,' or 'tavern' in such a manner as to imply the availability of distilled spirits is unacceptable. The use of the term 'cocktail lounge' to describe a place of business is not acceptable under any circumstances."

The code will permit acceptance of advertisements for stores which sell liquor "in addition to other beverages or products, provided there is no mention or display in any way of distilled spirits or implied references thereto. The use of the word 'liquor' as part of the sponsor's name is prohibited."

✦ **ON SAFER DRIVING.** Researchers at Columbia University made a study of a group of drivers with long records without accidents and found these drivers have the following common traits: They always signal when slowing, stopping, turning, or changing lanes. They shift their eyes frequently to scan the traffic situation. They are courteous to other drivers and pedestrians. They have correct timing in passing and changing lanes, and they drive so that their passengers are always at ease.

## Ulcer Aids



*Persons suffering from stomach ulcers should give up tobacco, alcohol, and caffeine, according to Dr. Alton Ochsner, well-known thoracic surgeon from New Orleans. Dr. Ochsner stated that treatment of a duodenal ulcer "is a very simple thing." But he advised patients to "avoid alcohol, tobacco, and caffeine—and especially tobacco."*

✦ **CALIFORNIA ALCOHOLISM EXPLOSION.** California now leads the nation in the number of alcoholics. A medical authority recently told a southern California regional conference on alcoholism that the state has one million alcoholics and three million problem drinkers.

✦ **BEER DRINKING DECLINE.** Over the past three decades the number of breweries in the United States has declined from 725 to 225, and in 1961 alone there were eighteen mergers or shutdowns.

While wine and soft-drink consumption continues to rise, per capita consumption of beer has declined from a peak of 18.7 gallons a year in 1945 to a flat fifteen gallons in 1961. Brewers have tried hard to reverse this trend by spending \$168,000,000 on advertising and switching ad agencies with increasing frequency.

You can watch now for the continued upsurge of masculine "full flavor" and "real gusto" campaigns in beer advertising this year as this staggering industry attempts to maintain its footing.

**OUR COVER** As we go to press, Robyn Johnson, perhaps America's greatest woman swimmer-sprinter, has been honored by the Amateur Athletic Union. She has topped the AAU Women's All-American swimming team in three major events. She placed in another, and she was named to two relay events. *Listen* is pleased to feature Robyn Ann Johnson, an outstanding young woman who is serving her country well.

*Listen's* cover is by Mike A. Jones.



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**LISTEN**

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*He was a fat man and he was happy. Some people eat to live—he lived to eat. And he had eaten a hearty supper on the night that it happened. He hadn't been asleep long when he awoke clutching at the pain in his chest.*



The next thing he knew he was in an oxygen tent in a hospital, fighting for his life. And when he had recovered somewhat, his doctor told him: "Lose fifty pounds or die."

Why does this experience happen to so many people every day? Why can't our teen-agers pass minimal physical fitness tests? How come our adults are fat and sloppy? Are we truly a nation of weaklings, destined only for leadership of the inept?

It is tragically interesting to follow the decline of the average teen-ager today. He attends high school and almost makes the football team in the fall. Come spring and he goes out for track and runs the half.

High school blends into a lifework for many and college for others. Those who go to work begin smoking and social drinking, if they have not already begun in high school. Recent statistics indicate that one out of three high school students is a cigarette smoker before he graduates. Thus physical strength begins to wane. Poor living habits coupled with little or no exercise automatically deteriorates the body.

And you high school students who have watched the graduating classes know this is true. You have seen it for yourselves, in many cases.

The college group soon follows the high school graduates who go to work. Some go out for sports; others are constantly on the go elsewhere. Physically, the college student takes a little longer before his physical decline. Although it is estimated that about 75 percent of college students use alcohol to some extent, their scholastic and social "grinds" often keep them in some semblance of shape. Then most of the college clan marry and go to work, some before graduating, others after.

And it sets in. On all fronts. The girls have babies, and because they no longer exercise they look no more like girls. The boys sag into an office job and they look no more like boys. What a way to grow up! We mature intellectually and commit suicide physically.

Then twenty or thirty years go by, and dad can't hit balls to the kids because of his bad back and mom is never in tune because she catches cold every time she steps into the out-of-doors. So they waddle away from the supper table where they have eaten too much and spend the evening before their television sets, watching the wasteland.

Soon dad is diagnosed as having hardening of the arteries and he goes through the hell of quitting smoking. And no sooner does he stagger over this mountain than he gets the pain in his chest and the doctor says: "Lose fifty pounds or die." And he gives up his beer and loses the weight. He doesn't die. But his life span is cut short and his remaining years are not full ones. Thus, the cycle is too soon over.

Will it ever be any other way? Is our nation destined to become a nation of patsies?

In this issue of *Listen* you can read the story of Robyn Johnson, perhaps America's most outstanding woman swimmer. Many authorities feel Robyn should make the 1964 Olympics and should do well. Some feel she has the potential to go all the way. In keeping herself in top physical shape, Robyn is serving her country and she is doing it well. Furthermore, because she is in good physical shape, Robyn is also in good mental shape, maintaining an A-B average at her high school.

In a sense, all young people are Robyn Johnsons. You may not have her physical strength and endurance, but you are in pretty fair shape. Why not keep your body strong, even after high school and college? For when you do, you also keep your mind strong and sharp. Our world today needs strong bodies and sharp minds as it never has before.

This is a call to physical fitness. To keep physically fit is a duty we owe to ourselves and our families, to our country, and to our God. The Scriptures say: "What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's." 1 Corinthians 6:19, 20.

Surely there is no higher calling or better reason for maintaining physical fitness all our lives.

*Mike A. Jones*

*A Call to Physical Fitness*

Here's a suggestion to teen-agers for--

# A Summer Outdoors

Duane G. Newcomb



Teen-agers working during the summer at Big Bend National Park go riding on their days off.



Student during the winter, busboy during the summer—but this is at Yosemite National Park.

WHEN you think of summers do you feel as one high school senior does? "They're just plain no fun, there's nothing to do."

If you do, you're not alone, for thousands of boys and girls every summer echo the same complaint; yet they couldn't be more wrong. And to prove the point, here's a suggestion which is worth listening to: Everyone agrees there's nothing like a summer in the mountains, and in each of our country's many national parks, opportunity is calling. Every park company makes an extra effort to attract and hire students for their many summer jobs. To find out what it is like, a number were asked for their reactions.

*What is it like?* It is an exciting adventure full of new friends and picture-postcard surroundings. It is also a time of hard work. A teen-ager employed by a park company isn't on vacation, but there are many compensations, such as sharing the work and fun with other young people.

"I wasn't sure I'd get along," says one college freshman at Yosemite National Park, "but after the first day when I found we were all new and all about the same age, I knew it would be a cinch."

"I'd never been to a national park before," says a recent high school graduate at Glacier National Park. "It was so beautiful I just wanted to stand around and look."

"My folks were concerned about my being away from home," adds a Rainier National Park girl, "but when our cafeteria manager explained about the curfew and the family-type supervision, they were completely satisfied."

*What to expect.* Employment in a national park provides the privilege of living among some of the greatest mountain wonders in the world. It is a healthy, invigorating life.

Employees are mainly students from schools and colleges all over the country, though some parks prefer those from nearby areas.

Others employ many from the same city or from the same school. "I thought I'd be alone going to Yellowstone," says one Los Angeles student, "but when the train pulled out, there were more than three hundred of us."

*Type of employment.* There are many jobs open to teen-agers in the parks. All of them, of course, pay a basic salary plus meals and lodging. They range from floor supply girl, to waitress, to cashier checker, and many others.

One teen-ager at Grand Canyon reports, "They made me houseman at \$90 a month. I had to wash windows, help on the trucks, mop the floor, and be general handyman. I really enjoyed it."

And at Yellowstone a student adds: "I worked three summers as assistant cook at \$110 a month. I'd still be going back if I could."

Everyone agrees that though the work is strenuous, forty-eight hours a week, eight hours a day, it is exciting and fun, and people on vacation are interesting to watch.

And remember, park administrators try to fit you to the jobs they think you will like. A boy at Yellowstone says, "I didn't do too well as busboy, so they made me a wood yardman. I was (Turn to page 30)

# Youth for Youth

ROSS L. HOLMAN

ONE day a problem student of East Nashville High School was sent to the office of the principal by one of the associate teachers. The lad took his seat across the desk from Professor Robert Neil, the school's court of last resort. As the principal lectured the youngster about his low grades and his seeming indifference to everything academic, the boy gave way to an emotional outburst that gave the interview an unexpected turn.

"Suppose," he exclaimed, "that when you were my age you had to come home from school to a drunken father and find him beating up your mother. Could you have gotten your mind on your studies?"

While this kind of eruption was somewhat unusual in Bob Neil's school management, there was hardly a day in which some phases of this boy's home experience weren't duplicated in the life of another student. It was the cumulative effect of such student interviews, plus other unpleasant experiences and observations, that caused him to start in January, 1960, his No Smoke—No Drink Club.

Starting it first as a project for his own school, he was surprised when the idea jumped the fence and his pledge cards began showing up in other schools throughout the city. Then school principals outside the city began offering Bob's cards to their own pupils. The idea continued spreading, until schools in every state of the Union were writing Bob's No Smoke—No Drink headquarters for pledge cards.

Requests came in from other groups, and churches of many faiths. After Principal Neil's high school office became swamped with more mail and requests

than he could personally handle, he enlisted unpaid volunteer helpers to handle letters and pledge cards. They set up an improvised headquarters at 5120 Franklin Road in Nashville, and asked a local printing house to donate the expenses of printing.

He started the project with the idea of making it a vital part of his educational program among his own students. He was obsessed with the conviction that a young person isn't really educated unless his character is educated along with his mind.

Mr. Neil promoted the project on several fronts. He talked with boys and girls individually, warning them what they were up against in placing either of the handicaps of smoking or drinking on their lives.

He began to stress the results of smoking and drinking in his bulletin-board notices. He cited facts that would make the would-be smoker or drinker wince before indulging the first time or another time.

One bulletin notice read, "Do you know it has been shown that a pack-a-day smoker will die of lung cancer if something else doesn't kill him first?"

He bears down heavily on the enslaving qualities of the two habits, and the way either of these gets such a stranglehold on a person that he finds it almost impossible to quit even when he sees it is killing him. "Both nicotine and alcohol are habit-forming," one of his bulletins reads. "The chains of habit are often too light to be felt until they are too strong to be broken."

Bob repeatedly stressed these facts to the students both vocally and in bulletin form, and they soon began bearing fruit. Boys and girls

(Turn to page 29)

Following the classroom talk, students discuss the facts and come to conclusions affecting their own lives.

In his classroom, Principal Neil drives a point home in showing the annual toll of lung cancer in the U.S.



# Teen-agers

canada

L. J. HENRY

## Organize for Action

NOT often do teen-agers spend their Christmas vacation attending a temperance convention. But exactly this happened in Canada, in 1957, when the Ontario Temperance Federation announced a provincial youth conference on the alcohol problem and invited all interested young people to attend. The conference was aimed at high school pupils from sixteen up. To attend, students would have to take three or four days out of their Christmas vacation.

Ninety-one teen-agers took this time, and the conference convened in Toronto between Christmas and New Year's. It was the same as other conventions in that lectures, discussions, demonstrations, visits to clinics, and recreational activities made up the program. In a series of chalk talks, Dr. Gordon Bell, founder of the Bell Clinic and an internationally known authority, made vivid the effects of alcohol. Discussion in groups of fifteen to twenty persons was particularly helpful.

From this holiday meeting of teen-agers, however, was born an idea, one which has since sprouted into a growing organization. Adapting their name from the Greek alphabet, they called themselves Toc Alpha, and proceeded to work out a meaning for the name: *Teach Our Canadians to Assess Liquor by Presenting the Hazards of Alcohol.*

Major emphasis is being laid on Toc Alpha as a movement, a working force of teen-agers throughout the province of Ontario to promote alcohol education. Members of the organization appear at school assemblies,

address young people's organizations, speak to church congregations, and address service clubs. One senior high school girl who attended a provincial conference, in the subsequent twelve months addressed thirty-five groups in her home area.

On occasion of one regional conference of Toc Alpha in the college city of Guelph, *The Daily Mercury* devoted a leading editorial to the conference, saying in part: "Young people in Ontario are interested in the alcohol problem, and in Guelph students at our Collegiate Institute are stressing the dangers of alcoholism. They are members of Toc Alpha, an organization of young people encouraging sobriety among youth, and through their organization are presenting a program of scientific alcohol education and wholesome recreation."

Toc Alpha teen-agers have adopted the following fourfold purpose:

1. To convey factual, scientific information on the alcohol problem which is of interest and concern to youth.
2. To offer other young people a better understanding of the alcohol problem through personal observation of the social implications of the problem.
3. To provide wholesome fellowship through recreation and social activities.
4. To encourage the development of a youth movement to help fellow teen-agers find satisfying substitutes for drinking through a program of recreation and education.

Dr. Gordon Bell of Toronto traces for Toc Alpha delegates the rise of the alcohol problem in Ontario province.



Bill Lewis of Toc Alpha welcomes potential members from Newfoundland.



Youth crowd in to hear Toc Alpha banquet speaker.



## Drastic measures are needed to curb the carnage on our highways.

**7** IN A two-car crash not long ago in Westchester, New York, a nineteen-year-old Briarcliff College girl and her twenty-one-year-old boyfriend from the University of Minnesota, who had driven East to visit her, were crushed to death in a traffic accident. The driver of the second car and two of his friends were injured and taken to a hospital. This driver was held on a charge of driving while under the influence of alcohol.

What is so unusual about this? Nothing. It happens every day, and that is the tragedy. According to statistics from Liberty Mutual Insurance Company, a "drinking driver" is involved in at least one of every three fatal accidents. Other authorities say the figure may be as high as three out of every four; evidence of alcohol is often suppressed.

This horrible situation must be faced, and the good news is that authorities the world over are beginning to do just that. The awareness of our terrible wastage

reactions, thereby making him a dangerous driver, a menace on the highway.

This problem is being examined in many major countries. In Bonn, Germany, the ministry of justice is considering a *drastic* measure which would provide that only one pint of beer consumed by a driver involved in an accident would be sufficient legal grounds for his loss of a driver's license. In view of the fact that especially the young driver reacts more effectively to a threat of loss of license than to any other measure, this plan from Germany may well prove to be one of the most effective yet proposed.

In West Germany, the law that is now in force permits the .15 percent blood-alcohol content, which is similar to the states of the United States that have laws on the subject of chemical testing. This allows for the consumption of a quart of beer by the average driver without his being legally charged with drunkenness when an accident occurs. Last year in West

# Ban Alcohol From Our Roads!

of human life in avoidable circumstances is growing in various countries.

Drastic action is the term used in London, England, to describe a current suggested plan for curbing this carnage. Dr. Gordon Claridge, of the Institute of Psychiatry, University of London, says that to prohibit *entirely* the use of alcohol, and/or the other depressants, to drivers, "May well prove to be the only workable solution to the problem of alcohol and accidents on the road."

In the United States today only a few of the states have legal provisions for the testing of drivers suspected of drunkenness. In most of these states .15 percent alcohol in the blood is the legally recognized level at which a driver is affected in his ability to drive a car.

The American Medical Association has noted that the "impairment level" should be lowered to .10 percent. This would permit as much as four "shots" of 86-proof whiskey, or at least four twelve-ounce bottles of beer.

Doctors in Sweden, where the .10 percent level is the legal limit, say that there is still a danger in permitting that amount. They believe that a .05 percent concentration in the bloodstream is enough to affect the driver's capacity for judgment and his instinctive

Germany more than 14,000 lives were lost, not to mention the half million who were seriously injured. Moreover, with the present nondrastic law, about 50,000 out of a total of 60,000 drivers whose licenses were revoked, were intoxicated when an accident occurred involving them.

Dr. Claridge, of London, who would ban alcohol entirely to anyone who plans to drive, expresses his doubts of the value of allowable percentages, because of the variability in human beings. The introvert generally has a greater tolerance, and the extrovert is more likely to indulge in social drinking. But to the average individual, who doesn't question whether he himself is an introvert or extrovert, the effect of drinking, says Dr. Claridge, "is more likely to be one of increasing his confidence, but decreasing his skill."

Dr. Claridge sums up the entire problem of chemical tests, and makes his case for banning all drinking from the road, in these words:

"In the face of such wide variability in human drug tolerance, it may prove difficult in practice to produce a simple, workable scheme which provides control over the consumption of alcohol by motorists without being unjust to some and dangerously over-generous to others."



**W**HILE the whole world has been appalled by the news that nearly 8,000 babies were born deformed because their mothers were given a sleeping-pill tranquilizer called thalidomide, another kind of pill disaster continues to take its yearly toll in the United States.

It is a dangerous situation created by our national compulsive pill-taking weakness, aided and abetted by careless physicians, get-rich-quick pharmaceutical promotions, high-pressure advertising of a pill for everything, and lax legislation.

Day after day the headlines tell a part of the story.

Another film star takes an overdose of sleeping pills and dies.

A young motorist, his mind dulled by drugs, drives his speeding sports car into a safety zone, killing two children waiting for a school bus.

Such incidents illustrate the results. Obviously, remedial legislation and a nationwide educational campaign are now needed.

Warning of this danger, United States Senator Thomas J. Dodd of Connecticut said recently: "Because of smuggled pills and lax practices of some physicians, the United States is rapidly becoming a nation of pill heads."

Senator Dodd, who as chairman of the Senate Subcommittee on Juvenile Delinquency, has been conducting an intensive investigation of "kick pills," barbiturates, and other drugs, and their relation to juvenile crime, added:

"Something must be done by the Federal Government, in cooperation with state governments, to clamp down on a situation where drugs which can cause death are dished out like aspirin tablets. Without better control measures, victims can die every day from pill use and the traffic will continue."

During the hearings in Los Angeles, Senator Dodd and his subcommittee were told that millions of pills of the "dangerous drugs" variety, which under present laws can be sent legally from southern California pharmaceutical supply companies into Mexico, are finding their way back across the border and into the hands of addicts, many of them juveniles. Approximately 90 percent of these drugs sold in Mexico are feeding back into California and adjacent Western states, investigators declared.

As proof of this need for tighter controls, California's Attorney General Stanley Mosk placed on the table before Senator Dodd's subcommittee bags containing 90,000 benzedrine tablets.

"These pills," Mosk told the committee, "are only half of a purchase made from a Tijuana pharmacy."

Even while the subcommittee was conducting its hearings in Los Angeles, California authorities were investigating the death of the late screen star Marilyn Monroe, who died from an overdose of sleeping pills. And in Tijuana, Mexican officials were inquiring into the death of Brian Allen Lowe, the twenty-two-year-old son of a Burbank, California, police officer. Young Lowe had died from an overdose of unidentified pills. As it is in so many cases, the easy accessibility of dangerous drugs was a contributory factor. As Police Captain Walter C. Colwell, chief of the Los Angeles

---

*william l. roper*

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Police Department's narcotics division, told the subcommittee, 263 persons died in Los Angeles of dangerous drug overdoses in 1960-61.

Captain Colwell also pointed up the relationship between "kick pills" and juvenile crime.

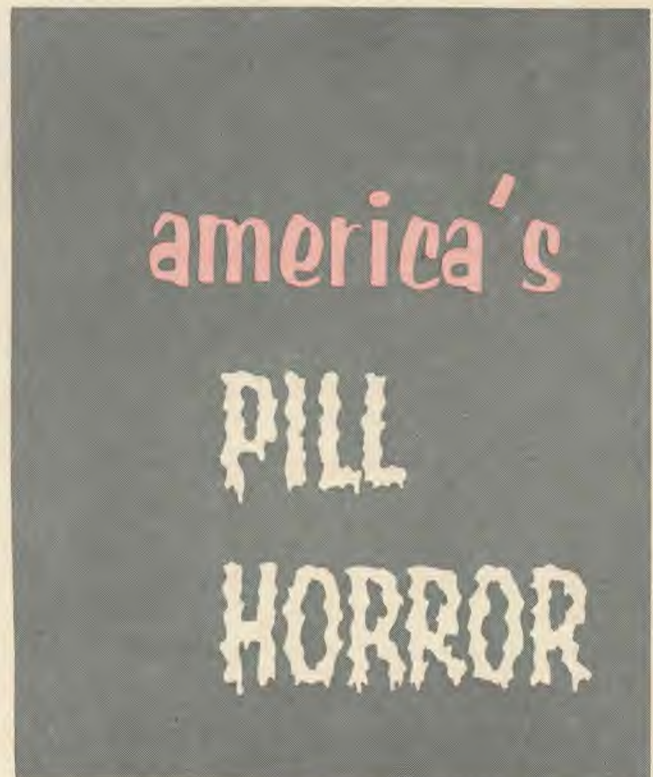
"Juvenile arrests for the possession of dangerous drugs have increased 103 percent in 1961 over 1960 in Los Angeles," he reported. Both he and Los Angeles Mayor Samuel W. Yorty recommended that illegal sales or possession of dangerous prescription drugs, without a prescription, be made a felony.

The laxity with which some physicians are prescribing habit-forming drugs also brought criticism from Attorney General Mosk. He said the careless use of percodan was creating an entire new group of addicts.

"Percodan is as addicting as morphine," Mosk said, "but there are doctors in California who are prescribing it freely as a mild pain-killer."

Henry L. Giordano, the new commissioner of the Federal Bureau of Narcotics, has expressed the hope that medicine and law, working together, may be able to reduce and possibly eliminate narcotics addiction as a national problem.

Certainly, the problem at this time gives no promise of fading away. For while the Treasury Department's Bureau of Narcotics reports that there are 46,798 known addicts in this country, few students of the problem accept this estimate as realistic. Recently Mayor Robert Wagner of New York City told the President's conference on Narcotics and Drug Abuse that his city's



experts believe there may be at least 50,000 addicts in New York City alone.

William B. McKesson, district attorney of Los Angeles County, reported not long ago that he believes there are more than 10,000 addicts in his county and that they are spending \$72,000,000 annually to sustain their addiction. The Chicago Police Department has on file a list of 85,000 narcotics offenders; but since many of them are repeaters, this does not provide a clear picture of the actual number in that city.

"It has been estimated that approximately 54,000 of New York City's rising rate of 108,000 recorded crimes would be attributable to that problem," Representative Seymour Halpern of New York wrote Attorney General Robert F. Kennedy, referring to dope addiction.

Yet most of the legislation now proposed deals primarily with the creation of hospitals for the treatment of addicts, and does not strike at the major sources of the growing evil—the easy accessibility of dangerous, habit-forming drugs, and the unchecked flow of illicit narcotics across the Mexican border.

Senator Dodd has wisely directed attention to this weakness. He explained that he had called his subcommittee's Los Angeles hearing because he was disturbed over the lack of international cooperation in stopping the use of border towns as transshipment points for amphetamines and barbiturates manufactured in the United States, and by the failure of the Federal Government to cope more effectively with border narcotics smuggling.

"I am utterly convinced," Senator Dodd said, "there is a lack of disposition and will on the part of our people and Mexico to end it. Nobody can tell me that if they really wanted to put a halt to the smuggling of narcotics across the border, they couldn't stop it overnight."

He added that the failure of both governments to stop this traffic in dangerous, habit-forming drugs is "a wide-open scandal."

Governor Brown of California has proposed a six-point plan for controlling the dangerous drug situation. His recommendations are:

1. Federal legislation to provide stricter control of production, distribution, manufacture, and sale of all dangerous drugs.
2. Laws to make smuggling of dangerous drugs into this country a felony.
3. Close intergovernmental action by the United States and Mexico to control the narcotics traffic at the border.
4. Legislation to provide for the mandatory removal of addicts from society and for their treatment with modern and effective techniques under close supervision.
5. An expanded Federal program to assist addicts in becoming rehabilitated.
6. More stringent Federal regulations governing the testing of new drugs before they are released for prescription use.

Some progress has been made, with stricter controls, but we must close the loopholes if we are to put an end to America's pill horror.

# 3 FACTS

Frank Howard Richardson, M.D., F.A.C.P., F.A.A.P.

WHEN I am asked about alcohol, there are three facts I lay before my questioner. I have never seen one of these facts seriously and honestly questioned.

The *first* is that one of nine to sixteen persons who take the first drink will become an alcoholic. And there is no way of telling which one it will be. So the chances of one's becoming an alcoholic if he takes only one drink are roughly one in twelve.

Is that too slim a chance to influence you against taking a first drink? I don't think so. I've heard of a crazy game called Russian roulette, in which you load only one chamber of a revolver with a live cartridge. Then you spin the cylinder, put the gun to your forehead, and pull the trigger. What fun! And only one chance in six that you will die!

Are you going to play this idiotic game simply because the chances are so favorable? No. And I won't, either. Nor will anyone else with a grain of sense. If I draw the live cartridge, it won't matter a whit about the five empty chambers.

The *second* fact is that well over half our fatal traffic accidents, whether among drivers, passengers, or pedestrians, wouldn't have happened if *someone* had not been drinking. In this day we can't get along without cars. Show me a teen-ager who doesn't long for the day when he can get his driver's license. Then must we stop using cars? Why not rather stop using alcohol?

We can cut down our shamefully high traffic toll overnight anytime we keep people from using alcohol, whether they walk or drive. I don't claim that banning alcohol can eliminate it, any more than laws against burglary and murder can eliminate these crimes. But such laws cut down the number of crimes. Don't believe the fallacy that prohibition didn't prohibit. It didn't eliminate, but it greatly reduced the use of alcohol, which has increased enormously since repeal.

My *third* fact is one that is rarely realized by young people, and by many older people as well. It is that no polite hostess or guest cares one particle whether you or I drink. The only person who cares whether we drink or don't drink is the fellow who has a bad conscience about his own drinking. He wants company, like the fox in Aesop's fable who lost his tail, and tried to get his fellows to sacrifice theirs. Let's have as much sense as the foxes did. Does drinking make a young person look sophisticated? You know it doesn't! Then why drink?



◆ A difficult shot, Phil lays one up from behind the basket.

◆ Coach Baggot plans winning strategy during a tense game.



**W**HEN it comes to high school basketball in Colorado, the Greeley High Wildcats are usually the ones to beat. Coach Jim Baggot has led his teams to a victory record better than any other in the state, winning the championship five out of the past seven years.

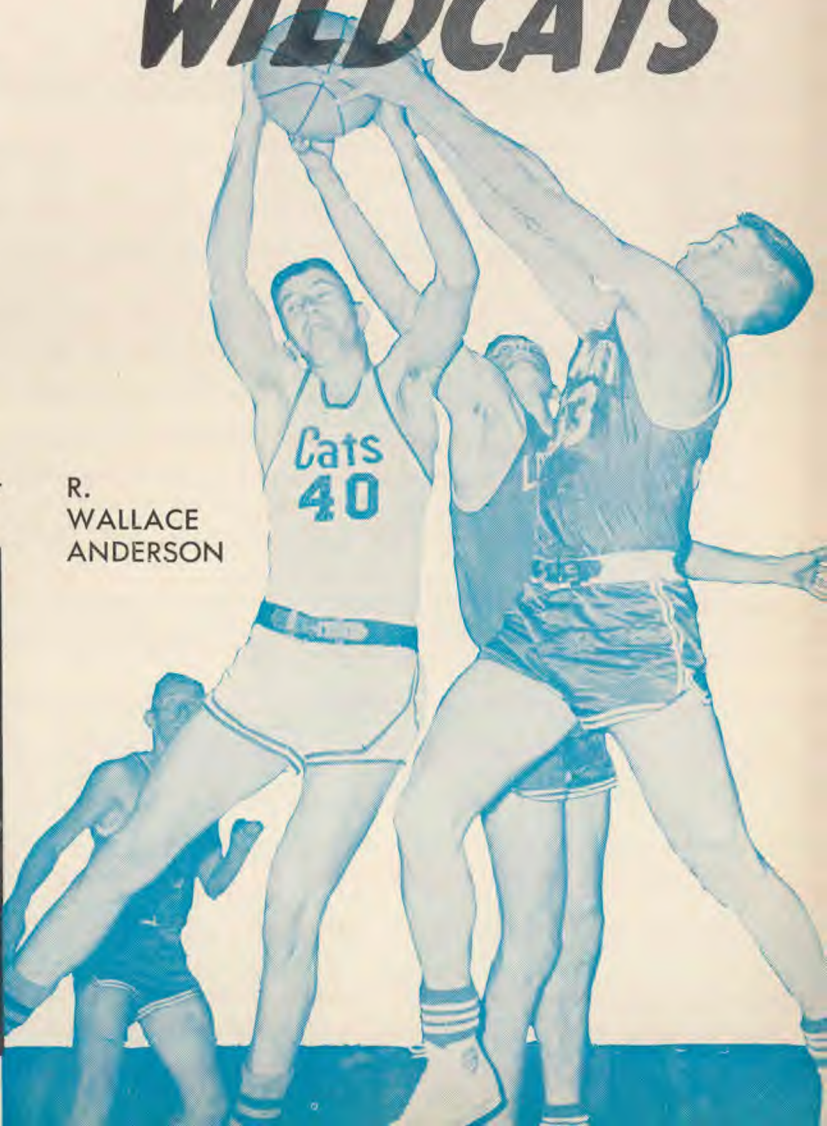
What is Coach Baggot's secret for turning out winning teams? "The game of basketball is so very simple," he says, "that if boys will follow a few basic rules they will be able to play winning basketball." His training rules dramatically illustrate his philosophy of simplicity. "We have only three training rules," he says: "No smoking, no drinking, and be a good student."

Poise and courage are cornerstones around which Coach Baggot has built his teams into men who want always to do their best. The fast, daring action that results from this poise and courage has become a tradition at Greeley High.

Naturally, good coaching is able to attract good players. Phil LeCuyer, like his brother before him, has played basketball for Coach Baggot all three of his high school years. During this time, six-foot-two-inch Phil started at the Wildcat's center position. To win his two basketball letters, he set a strenuous schedule for himself that called for nine hours of sleep per night, three hours of basketball practice, five hours of study, and six hours in classes.

"A player who is interested in being valuable to the team should follow the coach's advice on training rules," says Phil. "One of Greeley's assets has always been good conditioning and training. We can run hard the whole game."

# WATCH OUT FOR THE WILDCATS

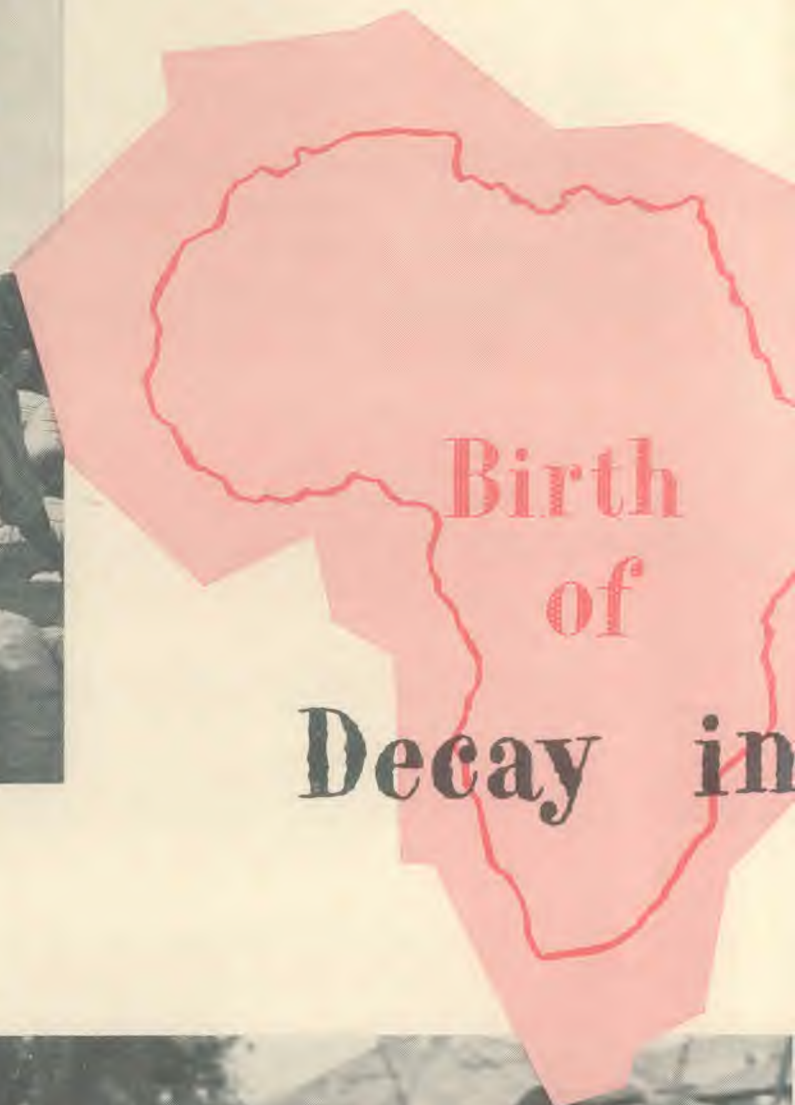


R.  
WALLACE  
ANDERSON

State champions in 1962, the Greeley Wildcats display their trophy and basketballs symbolic of their winning season. ◆



Phil LeCuyer prevents a basket by the opposition. ◆



▲ After a day's work under the hot sun ▲ more and more blacks are tasting their first strong alcohol.



◀ All South Africans now have the right to drink—▲ and squabble.





# Africa

▲ Now when nonwhites come out of local liquor stores with bottles tucked under their arms, police no longer stop them, but ▲ they may join them in a jag.

**O**N AUGUST 15, 1962, South Africa made a move to up its annual alcoholism bill of some \$140,000,000 by making all alcoholic beverages legal for nonwhites.

Shocked and surprised were those who expectantly awaited an alcoholic orgy by the nation's twelve million blacks. There was none. And, oddly enough, the whites were proving them wrong. As small clusters of native Africans trickled into liquor stores to buy their first legal alcohol, the whites suddenly began drinking what had traditionally been the black man's liquor—Kaffir beer, a sour-tasting, high-caloried beer made from corn and sold while still fermenting.

Formerly nonwhite occasions, Kaffir-beer parties suddenly became the vogue, even among the very rich in the exclusive white suburbs of Houghton and Parktown in Johannesburg. The whites dressed themselves in traditional African garments, and with beads and scarves around their necks and heads they made

merry with Kaffir beer, getting thoroughly looped by it.

Meanwhile, the blacks were not having the drunken orgies that so many awaited. But many former non-drinkers were obviously making their first purchases, for police no longer stopped them.

Drinking today has no restrictions in South Africa. And, lately, more and more hardworking black laborers have succumbed to tasting their first strong liquor after a day under the hot sun or in the depths of a mine.

As previously noted, South Africa suffers an annual alcoholism bill of some \$140,000,000. This is on the rise. Furthermore, the International Commission for the Prevention of Alcoholism has commented that one in nine who starts to drink is likely to become an alcoholic or an addicted drinker. Both whites and blacks in South Africa now will be testing the truthfulness of those statistics.

Perhaps the birth of decay has been given to native African leadership for decades to come.

With its annual \$140,000,000 alcoholism bill on the increase, South Africa will be much less able to afford to clean up its slum areas, to raise the standard of living of its people.





## WHAT'S ALL THIS FUSS ABOUT DRINKING?

ing the rate of deaths due to cirrhosis, the commitments to mental hospitals, the accidents on the highways, the applications for unemployment compensation, the aid-to-needy-children program, and many other things. Governor Brown declared that alcoholism is the No. 1 public health problem in California.

For years, San Francisco was considered the alcoholic capital of the nation, but recently Sacramento nosed it out of first place. However, in San Francisco one out of every six adults is classed as an alcoholic. This ratio is reported in the study entitled, "Alcoholism in Major Cities in the United States," and shows that for every 100,000 adults in San Francisco there are some 17,000 alcoholics.

Of all the nations of the world, France has the worst problem with drinking. One out of every ten people is an alcoholic! In France there are thousands of children who are alcoholics. Some of them die of cirrhosis of the liver before they are ten years of age. I wrote to the Minister of Health in France and asked him what his country is doing about this problem. He told me of three major projects. One of them, he said, is to eliminate the drinking of wine from the school lunch program; and he indicated that this has been successful in all but the two most backward provinces. Another project is to raise the legal drinking age for children. Two years ago, under the leadership of General De Gaulle, it was made illegal for anyone under fourteen to go into a bar and order a drink. Another project is to reduce the overall consumption of alcohol. Frenchmen drink twice as much as their nearest competitors among nations, which would be the Italians, and three times as much as is drunk in the United States. They think that "moderation" would be two to four quarts of wine a day. Some of them drink every hour on the hour, all day long. They don't have coffee breaks, they have "brandy" breaks, literally!

But there is a new frontier in France. A visitor there can't help but notice the posters everywhere

**I**N THE United States there are now more than five million alcoholics. We are increasing this number at the rate of some 200,000 every year that goes by. Do you know how many dope addicts there are in this country? Harry J. Anslinger, when he was head of the Federal Bureau of Narcotics, said that the number of drug addicts is decreasing each year, and that we are down now to less than 60,000. This would be his best estimate. In 1920, there was one addict for every 400 people. Today there is one addict for every four thousand people. The addiction problem is not as extensive as some newspaper or magazine articles might lead us to believe. But the alcohol problem is "exploding" all around us.

California has one of the worst records of alcoholism of any state in the Union, with more than 700,000 alcoholics. This estimate is based on a study done by Dr. John Philp, head of the Division of Alcoholic Rehabilitation in the State Department of Public Health. The total is arrived at by study-

**ANDREW G. HANNERS** • *Director of Education, California Council on Alcohol Problems*

trying to get people to cut down on the amount of alcohol being consumed. One of these posters shows a little boy crying, and he is saying, "Father, do not drink; think of me." Another says, "It is possible to ruin one's health with alcohol without getting drunk." Many Americans don't understand that. They think you have to get drunk to be an alcoholic. Of course that's not true. Some people become alcoholics without ever having been really drunk in their lives.

An article in a recent issue of *Fortune* magazine tells about the alcoholic executive. We are beginning to discover that the higher the income bracket, the higher the echelon of society, the greater the percentage of people who are alcoholics. We read of many who become alcoholics, people like Diana Barrymore, a tragic alcoholic who never did admit her alcoholism, any more than her father did, the great John Barrymore, who also was an alcoholic. We read of Gail Russell, one of the most beautiful women of the world, who became an alcoholic, almost with her first drink. Many times she would admit it, and say, "I'll never take another drink the rest of my life," but she always did. When she was found dead in her home in Hollywood, the newspapers reported that the bedroom was littered with empty whiskey bottles.

Of course, alcoholism among women is growing phenomenally fast. Years ago few women drank and there were very few women alcoholics, but this is an increasing problem. Today there is one woman alcoholic for every five men alcoholics. In California, which always tries to be a little more progressive and to do things a little better than they are done in other parts of the country, the ratio is one woman alcoholic for every four men alcoholics.

We read of many tragedies, such as that which happened near an air base a while back. One of the most decorated men in the Armed Forces, on a periodic drunk, beat his wife. Their thirteen-year-old boy picked up his shiny new rifle, shot his dad, sobbed, and cried, "You'll never beat my mom again."

The headlines of the newspapers scream about drunk accidents, headlines such as this: Liquor Party Climaxes in Bayshore Crash—Two Die. Or this: San Francisco Office Party Aftermath—Car Smashed, Store Front Destroyed. Or do you remember Linda? Linda was to graduate from high school in El Cerrito. That night she had a date. Her date was drunk, crashed the car into a utility pole, and Linda was thrown through the windshield and killed. He walked off with only a few scratches.

If we could find the key to really challenge the girls—high school, college girls—to decide for

themselves that they will never get into a car with a fellow who has been drinking, we would be on our way to saving the lives of many of these girls, and the fellows as well. If the girls would do this, it wouldn't be long before the fellows would begin to shape up, because the fellows aren't going to do without the company of the girls for long!

Why do we have such a problem over alcohol? I'm not sure I know. It seems to me this is such a complex problem that there are bound to be complex causes. One of our difficulties may simply be the speed with which we live. There is a lot of difference in what a person does when he drives a horse and buggy and when he drives a high-powered automobile. So the technological changes that are taking place have much to do with this problem.

Another factor is simply the difference in our way of life. When we had a slow-moving, rural type of culture, the problems were considerably different from the problems we have today. Yet another difficulty may be the lack of moral, spiritual, and ethical values in our culture. Thousands of teen-agers are growing up today with the idea in their minds that the only thing wrong with doing wrong is getting caught! As long as you get away with it, you're a sharp operator; if you get caught, you're a sucker!

Another part of the problem is simply "social pressure." A drinking group puts pressure on everyone else to drink. The same thing happens with cigarettes. When you're in the ninth grade, for example, and you're with a crowd of kids, someone pulls out a pack of cigarettes. He passes them around, and if you don't take one, the pressure is on. You're "chicken," "sissy," "mamma's little boy," "tied to mamma's apron strings." You know how the pressure goes! They don't care what happens to you. All they care about is trying to force you to conform.

Another part of the problem is advertising. For example, I took from one issue of one magazine every page that had a liquor advertisement on it and put them together in a broadside. More than half a million dollars went into liquor ads in only one issue of one magazine. This happened to be the December issue of *Holiday*, a family magazine. One full-page color ad in a choice location in magazines of this caliber may cost as high as \$50,000.

Every ad here is aimed at increasing sales and the consumption of alcoholic beverages. Why would you advertise anything if you didn't expect to sell more of your product? If you're advertising Buicks, you don't expect to sell more mousetraps. Now I'm not very smart, (Turn to page 31)



## Safe Driving, a Moral Obligation

From the beginning of your driving career, the key to safe driving is your attitude. Both courtesy and skill are major important factors. If you are not considerate of others, you cannot be a safe driver. Being considerate, you train yourself to be prepared for the unexpected, for the unexpected often occurs on the road.

A National Safety Council study reveals that of 30,000 "ran off road" accidents, drivers under the age of twenty were involved six times as often as the average for all age groups. So it is evident that greater attention to this particular hazard should be emphasized to young drivers. In this type of accident, "ran off road," there is no "other fellow" involved. In many accidents, the "other fellow" is wholly at fault, and the "innocent victim" becomes more righteous with each retelling of his story. But the "ran off road" accidents are generally caused by drivers who themselves are responsible for these accidents.

The severity and frequency of one-car accidents are of deep concern to traffic safety authorities. It should also be so to every driver. Statistics prove that this type of accident accounts for about 40 percent of all traffic deaths, or roughly 16,000 a year. It is also recorded that even on modern superhighways, nearly one third of all accidents involve a single vehicle. On rural highways, one-car accidents are especially common and severe. It is on these roads that 85 percent of the deaths occur from them.

Increasing protection for motorists is now made possible by highway engineers who are keeping in mind the drivers who tend to leave the straight and narrow, by installing more and better guard rails, widening lanes, removing needless obstacles on or near the road, providing broader shoulders and more gradual roadside slopes, marking obstacles for better visibility, eliminating sharp curves, and in many other ways making one-car accidents less likely.

However, the responsibility of staying on the road rests with you, the driver. When reasonable skill and common sense are employed, this is not difficult to accomplish.

Here are a few major precautions to follow in order to avoid one-car accidents—and all other types of accidents:

1. Avoid driving when tired. You are not an alert driver if tired. Perception, judgment, and quickness of action are alarmingly slowed down.

2. Don't drink. Drivers under the



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### *A Topic for Teens*

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Marie Layne

(Turn to page 34)



# Robyn Johnson

## AMERICA'S "SWIMMINGEST TEEN"

Teen-agers, how would you like to improve those grades, gain more poise in meeting the opposite sex, and sharpen your personality? And along with all these improvements, how would you like to travel more—say nationally or even internationally?

If this sounds good, you should try swimming. At least this is what Robyn Johnson, America's fastest woman swimmer at sixteen, feels that swimming has done for her. And proof of the pudding is on her side. For instance, travelwise, Robyn has swum in countries ranging from New Zealand to Hawaii to Japan. She has toured a number of European countries, and in the United States her travels have taken her from California to New York, with many points between.

How does swimming help a guy or gal improve personality? Says Robyn: "I find swimming helps me develop poise. I think I will do better in my lifework as a result. Competitive swimming really makes you work hard, and this can carry over into life."

Why does a girl follow a way of life for most of three years that gets her out of bed at 5:30 in the morning for an hour's swimming before school and requires her to be in bed by 9:30 every weekday evening? The teen-ager from Arlington, Virginia, replies swiftly that she hopes to participate in the 1964 Olympic games in Tokyo for the United States. But is it worth all of the necessary sacrifice, hard work, and lack of free time to do as she wishes?

Mike A. Jones

Land operations, as well as aquatic, are essential for swimmers to attain their greatest speeds. Here Robyn Johnson of Arlington, Virginia, crouches along the banks of the Potomac River for the start of a run.



# Robyn Johnson



Robyn's day begins at 5:30 a.m.



After breakfast, she works out for an hour at the pool.

After school Robyn works out at the pool again . . .



then goes home to her den to "hit the books."

Sometimes she relaxes with her hobby of painting while little sis quietly observes.



Robyn thinks it is worth the effort. "In my case, I think a sport is helping me to prepare for later life. Also, I have learned to accept more responsibility." And she goes on, "I'm not going to let anything get in my way. I think if you really want to, you can maintain your interest in something. And I really want to go to Tokyo in 1964," she says with finality.

"What are her chances?" I asked her coach, Stanley Tinkham, former All-American swimmer from North Carolina University and coach of the 1956 United States Olympic swimming team. "I definitely feel she has a good chance," he replied. "She is ambitious. Sometimes workouts aren't hard enough for her. During workouts she puts out more than anybody else in the pool. That's the size of it."

Regarding Robyn's ability to concentrate totally toward one goal, her mother points out that from childhood Robyn has decided what she wants to do and how she wants to do it. For instance, when the Johnsons were living in Hawaii and she was eleven, Robyn decided to enter a Halloween parade and compete for a first prize which was being offered—a bicycle.

"We all discouraged her," said Mrs. Johnson, "not thinking she would have a chance. But Robby got some wire and shaped a frame of a horse, got beneath it with a sheet draped

But it all adds up to the big meet,

when she accepts congratulations on winning, from a Terri Stickles—



over the apparatus, and won the bicycle, to our amazement.”

I asked Robyn if she feels her life is much different from that of the average teen-ager and if her swimming trips affect her grades at all. “Tremendously different,” she replies. “I have so much to do and so little time in which to do it. Most kids go home after school and don’t do much until time for homework, perhaps around seven o’clock or later. I don’t have any of this free time.

“As far as my grades are concerned [she maintains an A-B average at Washington Lee High School], I personally feel that swimming has helped my grades a lot. This is because I do my homework like my swimming—quickly, but as perfectly as I can.”

In her junior year, Robyn’s favorite subjects in school include art, physical education, and languages. She also likes English literature. Thinking ahead to college, she has been vacillating between becoming a physician and becoming a commercial artist.

She says she feels that her present intense concentration and hard work will enable her to meet more successfully the rigors of college life, marriage, and her adult life. “It gives you a sense of responsibility to yourself and to your teammates,” she says. “And I believe the same holds true with life. I try to do everything well, just as I do my swimming.”

It was at the national AAU championships in April of 1962 that Robyn literally splashed her way onto the national swimming scene. To do this, she won three first places, in the 100-, 250-, and 500-yard freestyle events in the toughest kind of competition. In the process she set two new national records and one meet record. Since that time she has performed in championship style in Hawaii, in Japan, and in Chicago where she participated in the summer nationals for women.

How does one build herself up to the point at which she can successfully assault national swimming records? By simply swimming? Not at first. When summer training begins late in May, Robyn and her fellow swimmers first have workouts which include such muscle-building exercises as sit-ups, dynamic tensions (to build arm and shoulder strength), swimming up to five miles a day, and running from ten to fifteen miles, usually along the Potomac River.

The morning and evening swimming workouts come several weeks later under the scrutiny of Stanley Tinkham, coach of the Northern Virginia Aquatic Club.

With such a demanding schedule, when does Robyn find time to relax?

“When I want to relax and just have fun, I don’t swim,” she replies. “When I swim I work. So when I relax, I go for a walk with Prince, our pet collie, and get lost in the woods. Also, I like to relax by horseback riding and reading books, although I don’t have much time for either these days.”

Robyn’s social life centers primarily around the swimming club. Club members have quite a few parties in the summer, including cookouts and other activities.

I asked Coach Tinkham what qualities Robyn has that have made her the No. 1 United States prospect in the freestyle swimming sprints at the present time.

“She probably works harder than any other woman in the United States in swimming,” he replied, “and she is very strong. She should reach her maximum physical strength by 1964, I feel.”

Regarding Robyn’s strength, her mother recalls that four years ago when the Johnson family joined the Y.W.C.A. family night, ballet lessons were being given for the girls and jujitsu for the boys. “Robyn stomped around on the ballet floor for a while, but she just hated it. The teacher was frustrated and Robyn ultimately disappeared,” said Mrs. Johnson. “When I looked for her, I found her with the jujitsu teacher. As I watched in horror, the fellow rushed at her. But Robby calmly threw him over her shoulder.”

Many athletes have some form of good-luck charm or harbor some superstition in connection with their performances. Robyn is no exception. “I am a bit superstitious,” she admits. “For (Turn to page 28)

mpetitor,



and receives that coveted first-place medal or ribbon.



After the big swimming meets and the acclaim, Robyn soon is back working out in the home pool. She is to perform in the winter swimming nationals, and soon the 1964 Olympics will be here.

AS THE

# WORLD

TURNS



## MOROCCO

### Tangier—New Narcotics Threat

J. MORTIMER SHEPPARD

THE recent announcement by the Kingdom of Morocco that a section of Tangier would be reopened as a free port has brought consternation to law-enforcement officials of Spain, France, and Italy, particularly the customs departments and border patrols of these nations. They remember when!

When Tangier was an International Zone, it was a hotbed of smuggling. Criminals from the four corners of the world made it their headquarters and base of operations. Then Tangier could justly, if ashamedly, lay claim to being a corrupt city second to none, with its notorious Casbah riddled with prostitution, peddlers of narcotics, and underworld characters who drew no line in their nefarious pursuits to fill their pockets at the expense of law, order, and the health of their victims.

When Tangier ceased to be an International Zone and was given over to the Kingdom of Morocco under the late king and erstwhile sultan, Mohammed ben Yousif, it became a closed port. To be exact, it became a normal, law-abiding port where customs duty was payable and collected, and where illegal drugs were prohibited. Almost overnight Tangier became a virtually inactive city.

Mohammed ben Yousif died some two years ago, and his son Hassan II inherited the throne. This young man continued to carry on with the kingdom much as his illustrious father had. Although he was faced with much opposition, he has held on to the throne, and, in most respects, creditably. Brought under pressure to restore Tangier as a playground for the tourist, if not for gamblers and the underworld, he consented to the opening of a lavish gambling casino. That was the entering wedge of evil. Early in 1962 his government gave approval for reopening a special section of Tangier as a tax-free zone, and this, of course, was designed to bring back the city's inglorious but prosperous days of old when money flowed and crime flourished.

Not all of Morocco profits from these questionable activities. Casablanca, the nation's largest city and port, remains closed to the free entry and exit of alcohol, narcotics, and merchandise; but Tangier, being situated on

the tip of Morocco and so easily reached from Europe, was and is the logical location to attract free and easy spenders. It is also the most convenient jumping-off place for smugglers' craft.

The end result is that the operators of smuggling enterprises, of international white-slave rings, of low dives and clip joints, are once again returning to this haven.

The offshore and coast patrols of southern European nations are being increased, for small but fast vessels bearing contraband narcotics and alcoholic concoctions make their landings on moonless nights in coves and along beaches far from the cities. The somewhat larger vessels under Panamanian or Central American registry, capable of crossing the Atlantic, will again contend with the law-enforcement forces of the United States, Canada, and Latin America in their efforts to market cargoes of misery and death, cargoes that destroy homes, break up families, ruin health, and fill prisons.



## HAWAIIAN ISLANDS

### Island Without Ulcers

LEONA ELLIOTT

THE half-legendary island of Niihau, one of the chain of eight Hawaiian Islands, is the epitome of a Wall Street banker's dream of paradise.

It is a happy little island, and its shy but friendly people want to keep it that way.

If there is any place in the islands where the heritage of old Hawaii is being kept alive, it is on this little island. Here carrier pigeons are still used to get messages back and forth, but there are no jails, no police, criminals, juvenile delinquents, ulcers (one case in forty years), bars, narcotics peddlers, or alcoholic beverages.

Here, less than an hour from teeming Honolulu, men and women live in a land of quaint peace and happiness. Here entire families sing hymns together and read a chapter from the Bible each morning and evening, and children attend Bible classes three days each week. Niihau's church is something out of the eighteenth century, beautiful in its overall design and stark simplicity, but devoid of ornamentation.

Here is probably the largest colony of pure Hawaiians

left in the Islands. The approximately 213 inhabitants of Niihau speak the old Hawaiian language, much of which has been forgotten by Hawaiians living in larger communities elsewhere.

The Niihau man works with his hands, rounding up cattle and sheep, loading and unloading boats, and caring for his horses. Each family has a garden, producing vegetables for the table. After work the husband may join his friends at the beach, casting or skin diving for plentiful fish.

A casual visitor to Niihau will find idyllic, sandy beaches, groves of carefully planted coconut palms, Java plum trees, mangoes, wild peacocks, hundreds of mallards and pintails, pheasant, grouse, and doves by the millions. Here they are safe from the hunter's gun and from dogs, as no dogs or hunting are allowed on the island.

Nearly two centuries now after James Cook's voyage of discovery, the story of the true Niihau is still shrouded in a fog of myths and half-truths. Only a few government officials, school personnel, relatives of Niihau residents, and friends of owners have crossed the fifteen-mile channel from Kauai by invitation.

The island was purchased from the Hawaiian government in 1864 for \$10,000 by Mrs. Eliza McHutcheson Sinclair, a widow in her late sixties who had left New Zealand with a large number of children to find a new home. Mrs. Sinclair set the pattern for seclusion which continues today. Aylmer F. Robinson, seventy-three, is in charge of the island now. He has dedicated his life to its people.

A Harvard man who speaks Hawaiian in tones like flowing music, Robinson's scientific understanding of conservation principles has saved the island from waste and erosion and has made it productive.

He decides who may visit. He maintains a ban on alcoholic beverages and tobacco. He enforces a limit on installment debts incurred by residents.

He screens all those who would return to Niihau once they have left. He pays all medical bills for residents and is known to have financed higher education for a promising student. He provides rent-free housing and pays a wage said to be on a par with ranch wages paid on Kauai.

Dr. J. M. Huhns of Wailua, Kauai, handled the island's medical needs for more than forty years until he decided a few months ago that the trip was too much for a man of seventy-five. He said all Niihauans have good health. "They're a husky lot. Grand physical specimens," he called them. In more than forty years of service he never had to answer an emergency call.

Niihau popped into the news during the war when a Japanese flier, trying to return to his carrier on December 7, 1941, ran out of gas and made a forced landing on the island. The residents were astonished and perhaps a little awed at first, but decided to hold the man while they sought advice from Kauai.

Trouble developed when the flier tried to take over and made the mistake of wounding one of the Hawaiians, who proceeded to strike him with a heavy rock, which was the end of the Japanese flier.

Niihau is indeed a fascinating chapter in the history of the Hawaiian Islands. It is a fragment of yesterday, clinging pertinaciously close to the past.

ON A recent trip to Mexico I saw mile after mile of thorny, fleshy-leaved plants, and wondered what possible use could be made of them. Upon inquiry I learned they were the maguey, the source of sisal, one of Mexico's principal products. The maguey is a kind of agave, and bears a great resemblance to the century plant.

When I went to the Benjamin Franklin Library in Mexico City for more details, I was astonished to read that its use dated back to the early Aztecs of that country. Its utilitarian value has been known for centuries, since the hieroglyphic manuscripts of the early inhabitants of Mexico were on a kind of paper made from the maguey plant fibers.

The big, broad leaves fascinated me. I was amazed at the many products derived from the maguey, including



## MEXICO

### Maguey—Plant of Life, and Death

JOEL R. CLEMENTS

paper, vinegar, molasses, fiber, and even needles—from the points of the leaves. Yet the most-used, primary end product is harmful.

Three fiery, intoxicating drinks are made from the pent-up maguey juices: pulque, mescal, and tequila. Their consumption has had a very deteriorating effect upon the people. Some historians think it may have caused the downfall of the Toltecs, the ancient occupants of the land, who possibly in their thirst for the drinks neglected everything from art to agriculture. We do know that because of their decline, they were driven out of the Valley of Mexico by the Chichimecs in A.D. 1100. In recent years the government has tried drastic measures to cut down on the wholesale consumption of these drinks, but a long-ingrained habit is hard to eradicate. Consequently, the economy of Mexico suffers.

To farmers elsewhere who feel that two crops a year are not sufficient to feed and care for an average family, a maguey harvest every seven years would seem a calamity. One little, weatherbeaten peon told me that the flowering



stage is produced every seven years, and it is then the plant is ready for the extraction of juice for the manufacture of pulque.

Great care and long experience are necessary to learn this exact timing. "If begun too early," José said, "the flow of juice is reduced and the quality is not good. If delayed too long, the plant may die in a few days." Traditional lore enables the peons, or workmen, to know the exact time to within an hour.

The leaves of the maguey plant attain a length of twelve or fourteen feet at maturity, a foot in breadth, and several inches in thickness, thus providing storage for food materials to support a giant flowering stalk. When in bloom, it shoots up a spike of pale yellow flowers, which rises to a height of fifteen or twenty feet. However, the effort of blooming exhausts the plant's vitality, and it soon dies.

José likes to tell how they extract the juice. "Just before the flower stalk begins to form, the center of the stem is cut out, and the white core hollowed to a depth of eight or ten inches. In this depression the juice gathers rapidly, with a good plant yielding from ten to fifteen pints of juice every day until it dies." He said the juice was collected by peons clothed in their customary thin cotton garments and sombrero with a bag made of pigskin slung over the shoulder. The peon sucks up the juice through a tube, and then squirts it over his shoulder into the bag on his back. Day after day, for two or three months, the juice flows freely, with the fleshy leaves gradually shrinking as they part with the juice they have been storing for years.

This is the maguey, a plant of both good and evil.



STEPPING up its campaign against maconha (marijuana) and cocaine, the Rio de Janeiro police department is stationing a detective, expert in narcotics, in each police precinct. This move, declared an "emergency measure" by Police Chief Marques Cruz, is a preliminary step toward the creation of a special narcotics bureau.

There are thirty precincts in the area, and each specialist detective is expected to familiarize himself with the addicts in his precinct, endeavor to discover their suppliers, and, in turn, the "wholesaler" who supplies them.

Maconha is in widespread usage, chiefly in the form of "reefers," and its planting and consumption are increasing alarmingly. Police are also becoming more concerned over the sudden increase in transportation, usage, and sale of cocaine in Brazil.

There are two main cocaine traffic routes crossing Brazil. One comes from Bolivia and terminates at São Paulo and the seaport of Santos. From there it finds its way to the United States, leaving Santos aboard merchant ships, and São Paulo aboard commercial airline planes.

The second route comes from Peru, and traverses

the Amazon River through 2,000 miles of jungle to the Atlantic Ocean port of Belém. From there it is smuggled in small ships to Havana and British Guiana, where it is secretly conveyed into the United States. Some cocaine also is shipped aboard planes from Belém.

However, the well-organized international dope ring which controls the cocaine traffic avoids using planes whenever possible because of the difficulty of evading discovery in the American airports. Hence steamships are preferred.

Brazilian and American officials readily admit that the American merchant ships traveling from Brazil to the United States are constantly carrying illegal cocaine, and that the American merchant seamen are the biggest offenders. The smuggling ring here no longer uses its own couriers, but sells maconha and cocaine at wholesale rates to American seamen eager to make a fast dollar.

The price of cocaine varies widely, but marijuana is sold openly in the bars along the waterfront at \$100 U.S. per kilogram (2.2 lbs.), and the current price for a "reefer" in New York is quoted at \$1.

Cocaine is a product of the Amazon area, where thousands of square miles of dense jungle and numberless uncivilized Indians make prevention of production almost impossible.

The coca plant grows wild, mostly in the Peruvian portion of the Amazon jungle, but there are large areas where it flourishes in the western Brazilian jungle. The plant itself grows about four feet high and has a brilliant green leaf. This leaf is the "fruit."

Jungle natives, particularly in Peru, chew the coca leaf as an American would chew tobacco. It stimulates them in their long treks through the jungle or paddling hundreds of miles along a jungle waterway. The coca leaf even takes the place of a clock for them. If one asks a *cobocle*, as these natives are known, how far it is to the next village, he may reply, "Four cocadas." Since a "cocada" is the time elapsed in chewing one coca leaf—about thirty minutes—the traveler can safely assume he will arrive at his destination in about two hours.

There are many cultivated coca plantations in the jungle. In Peru, mules and llamas are used to carry the sacks of leaves over the Andes for chewing markets. But the cocaine itself is usually refined deep in the jungle far from any spying eye.

American, Brazilian, and Peruvian authorities have tried in vain for years to halt the ever-increasing flow of cocaine from the jungle. Even FBI agents have spent months in the jungle seeking out plantations and traffic routes.

Cocaine is smuggled from Peru into Brazil with great ease. Native canoes carrying fruits and other products to market at Manaus, 900 miles up the Amazon River from the Atlantic Ocean, also carry cocaine. Oil barges from Peru drop off cocaine in Manaus.

The smugglers of gold and diamonds carry their share of cocaine out of Brazil and into British Guiana and Cuba via their private airline networks of falsely registered planes.

It is thus apparent that law officials struggling to control the flow of narcotics will have to keep going for a long time to come.

# the adder's sting



JAMES CONVERSE, ARTIST

Ellis G. Guthrie

**A**HAND groped toward the half-empty bottle on the nightstand beside the bed. Gair Bainton, his blotched face covered with an unsightly growth of whiskers, his eyes bloodshot and puffy, lay on the bed. His unsteady hand failed to grasp the bottle, and he muttered an oath.

Coming home drunk, Gair had thrown himself onto the bed fully dressed, even to his muddy shoes. In his remorse and anger he remembered how often his wife Helen had pleaded with him to quit drinking and be a true husband and father.

The memory disturbed him, and he reached again for the bottle. Forget Helen! What did she know of the torturing thirst he had for the stuff, the seeming twist of his insides until they were in painful knots? What understanding could she have of the burning hell inside, that only the liquid fire of the bottle would quench?

The hand again clawed the air toward the bottle, and missed. He paused a moment in reflection. He had promised Helen he would quit, but he had made that promise many times. Right now he needed a drink. Only one more, and then he would quit. With a

sudden determination he again stretched out his hand and grasped the bottle firmly.

Downstairs a door slammed, and a childish voice called: "Hey, mom, can me and sis go to—" Gair instantly heard the soft reproof followed by gentle words: "Daddy doesn't feel well! He's upstairs taking a nap!" Gair heard the words, sounding as if they came from a far-off place. They brought him a twinge of resignation, like a scarlet leaf on the whispering breeze of autumn. Then he heard nothing more for a time, not even a whisper from the lips of his small child.

Gair loosened his hold on the bottle he had so eagerly grasped. He buried his face in his hands. Contrition swept over him temporarily, and he reasoned with himself that he could not go on like this.

He could not remember, but each month he had gone down deeper. The past year had been a nightmare of days missed at work, lost jobs, drunken stupors, splitting headaches. But through it all Helen had tried to be patient and helpful, hiding the bottles he brought home, and urging him to get help. He had promised Helen that he would, but that promise,

like so many others, had been broken. It was a sobering meditation for a brief moment, but only for a moment. Turning over on the bed, Gair grasped the bottle again.

Suddenly the voice of Billy, his eight-year-old son, broke the silence. "Mom, do you think dad won't hit me again if I don't hide his bottles anymore?" Gair almost let the bottle slip from his nerveless fingers. He had thought that what he had done to Billy was a dream, a part of the nightmare of the past year, but now he realized that the black eye and puffed cheek were real and not just dreams. He had struck his own son! And that was the reason the boy was afraid of him.

Soon he heard four-year-old Kathy say, "Come on, Billy. Let's play outside before it gets dark." He heard a door open and shut, and long shadows crept into his room, along with pleasant supper odors. Gair knew that supper was over a long time ago, but that his supper was on the stove waiting for him. The whole house seemed filled with a painful silence, and he thought that maybe now he would have some peace, so he lifted the bottle to his lips.

A strange sound distracted him. He listened. Helen was praying. He sat up in bed quickly, almost dropping that evasive bottle as his hand shook. At first, indignation arose that his wife should consider him so bad that she had to pray for him. Well, he didn't need God's help; he didn't need anybody's help. All he wanted was one more drink, and he would certainly quit after that.

Memories of childhood days flooded his mind, when Bible reading and prayer were part of the day's program in his home, and he mumbled to himself: "Helen is just like mother used to be, always reading from the Scripture—about how drink bites like a serpent and stings like an adder, and so on. [Proverbs 23:32.] The person who wrote that evidently knew what he was describing, but why did he have to write it where every mother and wife could find out about it?"

With a curse he barked, "I'm not afraid of the sting of the adder. I want one more drink, and I'm going to have it!" Once more he reached for the bottle standing temptingly on the table, but once more he hesitated as Helen's prayer reached its climax. He heard the words: "O God, I promised for better or for worse; but I can't take any—" Her words became indistinct.

The adder's sting took hold of him, and a sudden weakness caused Gair's body to tremble. The torment both of body and soul was too great, and he jumped to his feet, hoping to find a way of escape. Yet he stubbornly determined, "No, I won't go find help. I'll stay home, freshen up in the bathroom, and then eat supper."

In spite of his mental reservation, his feet carried him back to the nightstand and the adder inside the bottle. Feebly recognizing his condition, he picked up the bottle and resolved (*Turn to page 29*)

*A five-minute meditation*

# On Fishing

*Patricia Kinnaman*

**E**ARL LAWSON was a man who discovered real purpose in his job and in his life. The proprietor of Anchor Resort on Lake Norfolk, near Mountain Home, Arkansas, he was also my new stepfather. I wanted to meet him, so I accepted his invitation to spend my vacation at the Arkansas fishing resort.

Anchor Resort was situated some distance from the main highway, and seemed drab in comparison with the swank places dotting the main road. However, I was to learn how big Anchor really was, and the high esteem with which some men regarded it. The resort consisted only of two small cabins, and a house which Earl pretentiously named The Lodge. About a mile down the wooded slope lay Norfolk Lake, clear and shimmering.

Earl put my luggage in one of the cabins, and early the next morning I had breakfast with my mother in The Lodge. The lake in the distance was calm and looked almost as if I could walk upon its reflecting surface. I wondered how people could doubt that Jesus walked on the water years ago. My thoughts were disturbed in much the same way as the water in the lake. A boat was speeding across the lake spewing out white foam in its wake.

Looking through the field glasses, I recognized the boat's skipper. Earl was smiling and enjoying himself. He would speed the little craft from one side of the lake to the other, then out to the middle. At intervals he would shut off the motor and ride the waves he had made. My mother told me, "Early in the morning before any guests arrive, Earl drives all around the lake checking good fishing spots. He is a licensed guide and he likes to show vacationing fishermen the best places to catch fish. He looks as if he's having fun, and he is, but he's also doing his job."

I finished breakfast and walked to the water's edge, where I called out to Earl. He eased the boat in to a little dock, handed me a rod and reel, and then pointed the small craft toward the middle of the lake.

I asked him what he thought of his job, and he replied, "I believe I am a man who has been blessed with a job







to equal that of my fishing hobby. The resort isn't always profitable as far as money is concerned, but then money isn't everything. Lots of fellows make good money but don't seem to enjoy their jobs. Actually, I don't think there's any profit comparable to the good feeling I have after guiding a party on the lake all day and returning with a good string of fish."

Earl's love of the water was revealed in his tone of voice when he spoke, and his attire reflected the years of his youth he had spent at sea. He wore a jaunty sailor's cap tilted on one side of his wavy gray hair, and white, bell-bottom trousers. I found it difficult to believe the stories I had heard about his alcoholic addiction and the fact that he had been to the local Alcoholics Anonymous organization. An insistent tug on my fishing line pushed thoughts of Earl from my mind that day.

He was too busy to take me on the lake for a while. Someone was always calling on him to help repair a motor or to clean fish. He did waken me early one morning to ask me if I would move my luggage to The Lodge. He said there were guests coming who would require the cabin.

I had finished carrying my luggage to The Lodge when an old car rattled down the gravel drive. I saw two men in the front seat; the rear was filled with suitcases and fishing gear. As they came into The Lodge to register, one of them handed Earl a card and he wrote their names on the register. Then a key to the cabin was handed them. I thought to myself how odd it was that neither of the men had paid any cash to Earl.

The last night of my vacation Earl took me on a night fishing trip. As we glided silently to the deeper part of the lake, I saw the two men who had checked in earlier. Above the sound of their boat I heard Earl call out, "The big ones will bite tonight."

My curiosity got the best of me and I asked, "Are those fellows special? I notice they didn't pay for their cabin."

I shall not forget Earl Lawson's answer: "Everyone has debts." He smiled, and I knew he was thinking of the

mortgage on the resort. He continued, "I believe each man has somewhat of a debt to his Creator for the good things that come to him. Oftentimes a man has done something in the past he can make up for now. Well, I have a personal debt I am trying to repay. Those two men came to Anchor with a problem. I prefer to say they came here with an obstacle to overcome. They are alcoholics."

He went on to inform me that many times he would employ men listed as members of the local A.A. He would ask them to help with the extra work around the resort. If they did not like the work but enjoyed fishing or sitting in the sun, Earl did their work for them. He believed that in the peace of nature, with the sound of water lapping against his boat, a man can feel a closeness to God. Perhaps, as he gazed into the clear water at his reflection, he would find the serenity he asked for in the prayer, "God, grant me serenity." He could run away from his family, but he could not isolate himself from God. Earl Lawson was able to help many men in this way. They returned to their homes inspired with confidence in God and in themselves, for they had found a spiritual anchor.

Earl Lawson would never have admitted to being a pious man, yet beneath his sun-tanned exterior was his real self, a man created to do the will of God through service to his fellowmen. In the Bible we are told, "Whatsoever ye do, do it heartily, as to the Lord, and not unto men." Colossians 3:23. So it was that Earl Lawson was able to pay a debt to God by helping others.

Everyone cannot ply his trade at a vacation resort, but each can find enjoyment and satisfaction in his employment as he performs it "heartily, as to the Lord." No matter how dull or heavy a task may be, it can become bright, light, and interesting by the way in which it is used to help others.

Anchor Resort is now overgrown with weeds; Earl Lawson has passed away, but both live on in the minds and hearts of those who were helped by a fisher of men. "Inasmuch as ye have done it unto one of the least of these My brethren, ye have done it unto Me." Matthew 25:40.



**T**HE joys of bird-watching, once limited to a small group of dyed-in-the-feather nature lovers, have now spilled over into the domain of people generally. Doctors do it. So do politicians, teachers, merchants.

Why have so many turned for relaxation to this age-old hobby? It probably has something to do with the trek to the suburbs and the trend to more outdoor living. Sometimes it has no explanation other than the remodeling of a home and the construction of a big picture window facing the garden.

All the equipment you need is your eyes, a love of nature, and a little patience. Binoculars and some

birdseed will help, of course. Get a book from the local library and learn how many birds are native to your locale. Study their shape and color. Then see how many you can spot. A novice bird watcher might be able to identify ten species; an old hand, 200.

An expert ornithologist recently suggested bird watchers might well broaden their study and add to their pleasure by being able to recognize certain forms of bird behavior as well as identifying the species.

Dr. William Dilger, professor of ornithology at Cornell University, feels that bird watchers could have twice the fun by knowing what the birds are doing. His research of behavior patterns of birds is being underwritten in part by a grant from the National Science Foundation. Dr. Dilger pointed out that when a woodpecker pecks, more often than not he is merely hunting for grubs and insects in the wood. Then, again, he might be excavating a nesting site. But male woodpeckers also use their beaks to advertise their "availability" to eligible females in the vicinity.

To add volume and timbre to the mating call, a woodpecker may instinctively seek out a dead limb or perhaps a drainpipe to create an ear-shattering clatter. To us, it sounds terrible. To a fetching young female woodpecker, it is a thrilling sonata.

Birds, Dilger says, can communicate with one another, but not in the same complex way we can. Man is a complicated contraption with all sorts of interests. Therefore he needs a big vocabulary to express his diverse ideas. Birds are simpler. They have instincts to survive and to reproduce. That's about all. Their ability to communicate covers only these functions.

The ornithologist explains, "A long, high-pitched call means danger. 'Take cover. There's a predator lurking about.' Shriill, high-pitched calls are harder, for some reason, for predators to track down. The longevity of the chant adds to the invader's problem, too. There are no beginnings and no endings, which seems to help confuse the origin of the sound."

On the other hand, birds that gather in colonies, like sparrows, give off a short, constant chirp. The frequent chirps you hear are location calls, each letting the other birds know where he is.

Birds that don't normally dwell in communities during the nesting season will gather together for their migration south, and along the way they will give off location sounds, too. It helps the flock to keep together, especially at night or in foggy weather.

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# EVER WATCH A BIRD?

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Once the mating season has begun, you can look for all sorts of interesting phenomena. The first step any male takes is to stake claim to a certain territory. That is his, and by his song he warns all other male birds of the same species to stay out.

How big his territory is will depend upon the species and the productivity of the land. A rich, fertile area where food is plentiful can support many birds, so territories there might be small. Bigger territories are needed in leaner surroundings.

Should another male attempt to invade, you will have good reason to whip out your binoculars. You are in for a spectacle. The lord of the manor will always retaliate with an elaborate show of strength intended to frighten the intruder away. Seldom, if ever, do the birds actually clash physically. They prefer to feint and bluff in the spirit of "he who runs away lives to fight another day."

For example, a wood thrush will puff up his breast and open his mouth, exposing a menacing yellow throat. A grackle will thin his plumage and raise his head majestically like an insolent headwaiter at a plush restaurant. Other birds will perform similar war-like rituals. The invader gets the point and vanishes.

Birds court through the power of their melodious song. While it attracts the female, the same song warns other males to go away.

Like the woodpecker, some birds court with sound instead of song. The cowbird does it with a gurgling sound, like water pouring out of a narrow-necked bottle. The grackle creaks like a rusty gate.

Watch nest building if you can. The female bird has actually no concept of what a completed nest will look like. Her limited mind doesn't have the power to visualize or plan. She works on blind instinct alone; yet the way she fastens materials together borders on the miraculous.

After the young are hatched, they must be fed

for a time by their parents. Just as a baby cries for food, a chick will gape when hungry. Mom or dad then shoves food down its little beak. This is a mighty strong instinct, because a bird will stop any other activity, no matter how important, when the baby gapes. If the baby chicks should gape even when mom has no food about, she will push something down their throats, even nesting material.

Incidentally, some birds nest in hidden cavities where it is dark. How do the parents know when their young are hungry? In these breeds, nature has equipped their throats with a glow that shines in the dark.

You can see a lovebird hide chips of wood in the feathers of its back to carry to its nest; or see a ring plover feign a broken wing to distract a crow.

If you have birds that nest in your garden annually, possibly you may be seeing the same pair return each year. We know now for sure that many species mate for life, including eagles, geese, swans, and budgies. Others, like the robin, mate anew each year. Some have several different partners during a single season. In breeds that mate anew each year, ornithologists are coming to believe that a high percentage may choose the same partner over again.

Birds are never free from the danger of attack. Consequently they must always be on the lookout. Tactics vary, however. The hermit thrush, who lives in a dense forest, keeps constantly bobbing his head up and down and around. He is never still. Danger may be only an instant away in the brush, and he seems to know it.

But the bluebird, who lives in open fields, may scan the horizon for moments at a time as if fixed in study. In open country, he is relatively safe from a sneak attack.

Perhaps the greatest benefit of bird-watching is to teach you to "lift up thine eyes" to see the wonders of the world. And while you watch and wonder at the incredible beauty and sense of the birds, do you ever wonder if birds have a hobby of people-watching?

Bird watchers can have twice the fun if they really know what the birds are doing.



Perhaps the birds have a habit of people watching!



When the mating season begins, the male stakes out his territory for himself.



*(Continued from page 19)*

instance, I will sometimes wear a special bathing suit for good luck. Also, I just hate to miss a swimming workout, even if it is only a short one." Her mascot, which goes with her wherever she swims, is a koala-bear doll, a memento of a recent New Zealand trip.

How does Robyn prepare herself psychologically to break swimming records? She doesn't worry about setting records, she says, but concentrates instead on beating her chief competitors. "If I can do this, I'll probably set a few records naturally. I try more to win for my team than to go for a record," she says.

Her convictions on healthful living are strong ones. She neither smokes nor drinks, of course. "We have studied about some of these things in school. One or two swimmers I know have tried cigarettes, but were slowed up by them. Personally, I prefer not to smoke," she says.

About drinking, Robyn feels that alcohol, too, will cut operating efficiency. And in swimming for records she needs top performance. "Why would I do something that would slow me down," she asks, "when everything else I do is aimed at speeding up my swimming?"

Coach Tinkham comments: "We just assume that none of the swimmers smoke or drink. We have never had an instance of this happening and I am sure none of the swimmers would indulge. Personally, I don't think one can possibly succeed with the use of these habits. If one turns to them, I think he's admitting laxity toward life."

Robyn's eating habits are fairly stringent, by most standards. But as she puts it, "Our family doesn't eat many fatty things such as cakes, pies, and other pastries. We concentrate on protein food and greens instead."

Her method for success is hard work, and she believes that "if you are willing to work hard, everything will take care of itself."

Coach Tinkham heartily agrees with this theory. How did he build such a champion as Shelley Mann, 1956 Olympic champion, and now Robyn Johnson? "Top-notch swimmers are not born—they are made by hard work. There is no substitute that I know of for this ingredient," he declares.

"I'm not going to let anything get in my way," repeats hardworking Robyn Johnson, America's "swimming-est teen."



# are you habit-bound?

## Snap out of it!

**P**ERHAPS you are a creature of habit—we all are. But there comes the time when you might wish to break a habit, if it is undesirable, or form a new one, if it is desirable. Here are some suggestions.

{1} *Try to see clearly what good will come from making the new habit or breaking the old one.* Your motives needn't necessarily be noble: How much money could you save in a year? Enough to buy something you've always wanted?

There's an old saying that if you want to find out who your real friends are, see how graciously others react to success on your part. Almost anyone will rally around when you're in trouble. The big test of friendship comes when you are flush with victory.

{2} *Commit yourself.* To make some habits, you need all the professional help you can get. To break some bad habits, a doctor's checkup is important. This checkup will (a) be expensive, (b) be time-consuming, and (c) disrupt your schedule; but this time and money put into the project will help enlarge its importance in your own eyes, and the next time you are bored and tempted to break your resolution, you may resist sheerly out of the desire to protect this investment of time and money.

{3} *Announce your goal.* Sharing your aims and plans with a trusted friend helps make habit making, or habit breaking, easier. But a word of caution: Don't burden someone else with the responsibility for your success or failure. Confide in your mate or a trusted friend that you wish to give up an unwholesome habit. It will make the pull easier. But once you've done this, play fair. Next time a problem arises don't put the blame on someone else.

{4} *Make this project part of your recreation.* Learning to curb your temper? Perhaps you can try adult education classes in psychology. They may help you break up tensions and provide insights into what makes you so mad so suddenly.

{5} *Reward yourself for success.* Many people refuse to reward themselves because it makes them feel like children, but what shame is there in admitting that there is still much of the child in all of us? While consuming the reward, whatever it is, go on to think about even greater achievements. And *enjoy* your reward. You *earned* it.

{6} *Plan to give up a habit while changing your life in bigger ways.* James N. Mosell, associate professor of psychology at George Washington University, recommends that in order to give up smoking, you change your style of living. "Go on a vacation, go to jail, go to the South Seas, move to a new house, change jobs, or have a baby, but change the pattern of your life," he says. If this sounds a little drastic, you might at least change your homelife in some way.

{7} *Plan to acquire—or give up—some habits gradually.* Many contact-lens wearers, for instance, report that they had to "get used" to the idea of contact lenses during easy stages—and trying to rush things all at once did no good. Adjustment to a new lens or a new life often takes time, so don't get discouraged.

There are some habits, on the other hand, that seem to require resolute and sudden quitting in order that a person be successful in stopping them. Tapering off may mean never quite quitting.

Habits are acquired ways of working toward certain ends—and with determination, they are ours to make and break.

If you're looking forward to some bright new change in your life, your old habit may be one which doesn't contribute in that direction—and this may be the time to break it.

## YOUTH FOR YOUTH

(Continued from page 6)

who had never acquired either habit signed up. Hundreds who had already become addicted took the pledge. A careful check on the latter signers shows only a surprisingly few who have broken over.

Each youngster's membership card in the No Smoke—No Drink Club is of billfold size, and Bob urges the boys to keep theirs in their billfolds, and the girls in their purses, at all times to bolster the determination to stick with the pledge. One previous smoker who was questioned a year or so after signing the pledge said, "I smoked only once after signing, but I felt awful."

While the drinking problem in Bob's East Nashville High School hasn't been as prevalent as smoking, he has had his share of this problem also. "Can you imagine a boy or girl taking a drink when only eleven, twelve, or thirteen years old?" he asks. "You would be surprised how many say they have." For this reason he advises all schools that are having his pledge cards signed, to begin on the youngsters while in junior high school and have their thinking cemented on the right side of this problem before they are too strongly tempted to indulge.

"I have seen boys and girls go hungry so they could buy cigarettes with their lunch money," he said. He suggests that the stranglehold of the liquor habit is even greater.

He told of one boy who was making passing grades in all his subjects and seemed ambitious to get ahead. All at once he began failing in one subject after another. He was occasionally seen after school driving with a bottle of beer in one hand. Eventually he was killed by running his car into a ditch.

Bob's most annoying problem, however, is students from homes of drinking parents. "You would be surprised how many problem youngsters are that way because of indulging papas and mammas," he says.

Sometimes these harrowing home conditions are the incentives that enlist the youngster in the No Smoke—No Drink Club. One boy who had signed the pledge a year before got his father to sign and climb on the water wagon shortly afterward.

While Bob puts his greatest stress on the health-destroying effects of the two habits, he doesn't fail to bear down on the money cost. One of his school bulletins reads, "I called my banker

and asked him to consult his tables and tell me how much twenty-five cents a day for fifty years at 6 percent interest would amount to. In a short time he called me back with the answer—\$27,327.96. I pass it on to you with the question, 'Does anyone at East Nashville High School have that kind of money to burn?'"

Starting his No Smoke—No Drink Club in January, 1960, Principal Neil found pledges coming in from every state and a few foreign countries, up to a total of 11,000 the first year. By May, 1961, the number of signers had jumped to 24,000. As of May, 1962, the total was 35,000.

Spot checks of cross sections of these signers show that between 90 and 100 percent are still honoring their pledges. Approximately one out of four of those so honoring has given up one or both the habits as a result of the pledge. In a check of 101 girls, 96 were still abstainers, including 31 who had been drinkers before signing. In a spot check of 77 boys, only three had broken over, although 20 had previously been smokers.

In his crusade, Bob now has several speaking engagements a week. He talks to Rotary Clubs, educational groups, churches, and other organizations.

Although started primarily to steer young people away from the two habits, the club now is open to potential signers of all ages, and bids fair to become a potent influence in steering many people, both young and old, away from trouble.



"I had no idea my husband drank until he came home sober one night."

## THE ADDER'S STING

(Continued from page 24)

to empty the contents down the drain. A few steps more, and he was in the bathroom, but he couldn't get strength to raise the bottle and empty it. He licked his dry lips and said to himself, "Just one more drink!" But he knew it was a lie. He had said the same thing before a thousand times. What about Helen, what would she do? And his children, Billy and Kathy? Perspiration broke through every pore and trickled down his face. Still the bottle, like a serpent, seemed to coil and strike toward his lips. It was the sting of the adder, and a sob broke forth from the inner recess of his soul: "O God, help me! I can't whip this thing alone!"

His cry for help was not in vain. With sudden strength and a thunderous crash, the distressed man brought the bottle down on the side of the wash-bowl. Bits of glass shot in every direction. The amber-colored liquid splashed the tiled sides of the wash-bowl and quickly disappeared down the drain.

An exclamation burst forth from the room below, followed by a flurry of hurrying feet on the stairs; and Helen appeared at the bathroom door, her eyes wide with fright, her lips pinched and white. Gair was too mortified to look her in the face. He simply said with as much courage as he could command: "Lucky I didn't cut myself! I'm sorry about the mess, but perhaps it will not be as bad to clean up as some other things I have done!"

Straightening his shoulders, he said, "I've got to have help." He glanced over his shoulder at her then, and saw the color coming back to her cheek. Silently she helped him put on his shoes, hat, and coat, and as he started down the stairs she gave his arm a tight squeeze, which expressed more than words could have said.

During the first twenty-six years following Repeal the total public revenues collected from alcoholic beverages amounted to \$67,577,501,644, according to an industry report. However, the industry fails to set a price on the thousands of lives snuffed out by drinking drivers during the twenty-six years; it also fails to estimate the cost of the millions of broken homes which alcoholic beverages caused during that time. If the industry were obliged to reimburse the public for the damage caused by drink, it would go out of business.

# Alcohol and Heart Attack

Zack Miller

**M**ORE years ago than I care to remember I took up social drinking. I didn't think moderate drinking was harmful, but the habit grew on me during the years until I reached the point where I felt I had to have alcohol during all my nonworking hours.

My wife used to drink some with me, until she saw the habit growing on me; but she recognized the signs and quit, and tried to get me to quit also. Nothing doing, I thought. I was having a good time. Alcohol helped me relax after a hard day of dealing with the public.

I could see that Virginia was worrying about me. Even though I told her I had perfect control over my habits, she knew that I was spending more and more on drinks.

My problem went from bad to worse, and affected my work, my personal relations, Virginia's health, and my family's faith in me as a driver. I did give them reason to doubt my driving safety. We had several narrow escapes, and Virginia and the children began using cabs to get around town.

Finally my employer gave me a plain, unvarnished ultimatum. I had to straighten up or get out. He said my drinking had been showing in my work for some time.

I knew then that my family had been right. It took the threat to my job to make me see the light. I quit and began losing all the weight I had gained during my drinking years. At one stroke I reduced my girth and increased the contents of my family's purse.

Soon afterward I received the raise I would have had long before.

Late last year I had a mild heart attack from coronary thrombosis. In obtaining my history, the doctor learned that I had drunk for many years, then quit about five years ago and had lost a lot of weight as the result. He said, "Well, I'm glad that you quit drinking and lost your excess weight long before this happened! For if this had struck you during your drinking, excess-weight years, your cholesterol would have been so high that, in spite of the mildness of your attack, it would have been *finis* for you, brother!"

You can be sure I'm glad I quit drinking when I did, too!

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## A SUMMER OUTDOORS

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(Continued from page 5)

almost on my own selling wood to guests. It paid \$100 a month plus bonus, and worked out swell."

*Meals* are provided in the regular dining room. They are included as part of the salary, the only charge being state sales tax. On days off, for those hiking or going away, the company will usually provide a free box lunch.

*Housing—tents, dorms, cabins.* All parks provide one of these, and the tents aren't necessarily in the smaller parks either.

"Three of us stayed in a tent," explains a student at Yosemite. "There weren't many cabins available."

A college freshman at Yellowstone says, "We had a cabin at West Thumb and it was great fun."

For the most part, there are no singles. Everyone has at least one roommate, sometimes a lot more. As to the hours, bedtime is usually 10 promptly. To enforce this, the company reserves the right to make regular inspections of the rooms.

*Medical care.* Most parks are quite concerned about the health of their employees, and some of them provide

a mutual benefit fund in case of sickness. In some parks there are well-staffed hospitals, in others only a doctor or nurse. A few lack medical care, but it is usually within easy reach when needed.

*Entertainment.* Special activities and entertainment are scheduled continually for the employees in most areas. "There was so much to do I hardly had time to be homesick," says a girl at Bryce Canyon National Park.

"We were continually urged to go on planned picnics," states a freshman at Yellowstone.

And a Zion National Park girl adds, "We were always making up skits to perform for ourselves and the guests."

Everyone said that most of the parks encouraged group campfires and sings. They especially liked to have the employees get together this way two or three times a week.

"There are a lot of other things to do," says a Crater Lake National Park girl. "There were many of us who went for horseback riding, swimming, and boating."

"I didn't go for much of that social stuff," said a Glacier boy, "but I sure liked the hiking and fishing. It was terrific."

*Behavior is important, too.* Most of the parks insist it be excellent. The rule is, No gambling and no drinking.

"We had to be in our quarters between 10 and 7," says one Rainier girl. "I resented it at first, but I came to realize they were just trying to look out for us."

*The requirements* are not too stringent, but they do require a desire to really work. "When I applied," says one Yellowstone boy, "they told me I had to be able to work at high altitude, be eighteen, and be able to obtain a health certificate."

Sequoia Park stresses being willing to serve guests regardless of race or creed.

And a Yellowstone girl adds, "I was told that if I agreed to come, I had to recognize the agreement, and stay until the entire summer was over."

*Where to apply.* Some of the parks have special employment offices, while others are handled in a more general way. "I just wrote to The Yellowstone National Park Company at Yellowstone," says one boy, "and they sent back an application."

Usually it is a good idea just to choose the park you want and write to the company. They will contact you from there on. If there is any

question, write to the National Park Service, Washington, D.C.

In addition sometime during the first summer you're apt to be homesick, at least for a while. Everyone seems to go through this at one time or another. "The important thing," says one Glacier Park student, "is to make friends fast, then you'll have too much to do to be lonely. Most of the boys and girls I work with have been coming for several years. The park really grows on you, and when summer rolls around you can hardly wait to come back. You'll never complain again during vacation that there's nothing much to do."

### THIS FUSS ABOUT DRINKING

(Continued from page 15)

but I can figure that one out. In these ads, they use gimmicks. Do you know what these are in advertising? Ever since you've been knee-high to a grasshopper you've been saving Post Toasties box tops to send in for superduper space guns. These days there are S&H Green Stamps, Blue Chip Stamps, Thrifty Saving Stamps, Gold Medal Flour coupons, the last inch of the winding band on Folgers coffee. There are many "gimmicks" in advertising.

Alcoholic beverage advertising uses gimmicks. They associate drinking with sports, new cars, yachts, pretty girls, "men of extinction"—I mean "men of distinction." They talk about the drink being sweet or sour, light or dry, mellow, amber, aged in the wood, strained through charcoal, having "just the kiss of the hops," coming from "the land of sky-blue water." They use such slogans as, "It's the water that counts," "it's every ounce a man's drink," "join the bird watchers!" Now, the reason why people drink is not that they want to join the "royal society of bird watchers," but rather that they want the effect the alcohol has on the central nervous system, particularly the brain.

"The only solution that I can see is a widespread, persistent, and enlightened program of education directed at our school children and the general public. It must be factual and motivated with the eventual goal: *individual total abstinence*. There can be no halfway measures with such a potent, habit-forming drug as alcohol.

"Particularly the young people must be brought to realize that alcoholism is no respecter of age, sex, class, economic or social position, educational attainments, or intellectual capacity."—John L. C. Goffin, M.D., Health Education Department, Los Angeles City Schools.



## 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 a drink of alcohol sharpen the wits and make a person think better?*

If you ask this question of the social drinker his answer will be *yes*. If you ask the coach whose team is a winner he will tell you *absolutely not*. If you ask any safety director, he will point to accident statistics columns which spell out *no*.

If you ask the tavern keeper his answer will be *yes*. If you ask the brain specialist—his answer will echo an emphatic *no*. For the most dramatic answer, ask the pathologist. He will show you the twisted bodies who will mutely answer *no*.

#### *How does the consumption of alcohol affect the concentration of alcohol in the blood?*

There are several factors which must be considered in the answer to this question. First, in what form or concentration is the alcohol taken? Second, is it taken on a stomach containing no food or liquids? Or has a meal just been finished and has the alcohol been sipped along with the meal? Third, over what length of time is any given amount of alcohol taken?

Alcohol requires no digestion, but is taken directly into the bloodstream from the stomach or upper small bowel. Thus the concentration of the alcohol in the stomach will directly affect the concentration of alcohol in the bloodstream. If the alcoholic beverage is taken on an empty stomach and has a high content of alcohol, the concentration of alcohol in the blood will rise much more rapidly than if the beverage has a low alcoholic content and was taken on a full stomach.

Again, if the beverage has a high alcoholic content but is sipped along with

the meal, especially if the food is rich in fats, the absorption from the digestive tract will be much slower because of the relatively low percentage of alcohol present.

#### *What happens to the personality of a person who drinks heavily?*

Alcohol becomes not only a crutch but a goal—a primary goal—in the life of such an individual. Let us take, for example, the sixteen- or seventeen-year-old boy who learns by experience that it is much easier to ask a girl for a date after he has had a beer.

Consequently he comes to depend on a drink of beer to relieve his apprehension and fear of not being accepted. Then later there are other problems which he has to face. He gradually increases the amount of his drinking in order to overcome his fear of failure or allay his feeling of inferiority. Thus alcohol becomes an aid in meeting his problems of life. He thinks he is able to meet these problems more satisfactorily because he drinks. Actually his mind is not as clear nor is he able to react as clearly to his problems as if he had not taken the alcoholic beverage.

Alcohol is an anesthetic. It is a narcotic drug. It does not stimulate; rather, it decreases the inhibitions which an individual may have developed. It puts to sleep the highest centers of the mind. It removes and dulls the best judgment.

If there is any doubt in your mind about these statements, let me suggest that you listen to the sounds and conversation at a cocktail party as the participants come under the influence of the beverages. If you participate in the drinking at the party, you will probably fail to observe a difference between those who abstain from alcoholic beverages and those who imbibe.



Walter C. Alvarez, M.D., **MINDS THAT CAME BACK**, New York: J. B. Lippincott Company, 1961, 384 pages. \$5.95.

One of the most fascinating of recent books, this volume delves into famous mental cases of history, and some not so famous, with much of the information coming from the letters and other writings of those who during or after their illness described their feelings and reactions.

Alcoholics, epileptics, paranoiacs, schizophrenics—these are the victims whose tragic episodes are told, along with the hard battles back toward normalcy. Their victories hold great promise for sufferers today who might otherwise feel hopeless, especially since such advances have been made in treating mental disease since the times of the majority of cases dealt with in this book.

Everett Tilson, **SHOULD CHRISTIANS DRINK?** New York: Abingdon Press, 1957. 121 pages. \$2.00.

After reviewing Biblical evidence for use and nonuse of alcoholic beverages with considerable perception, the author, a Protestant, concludes that the broad principles of the Christian gospel call for a life of total abstinence from alcohol, and this is the chief Biblical support for teaching abstinence. This conviction, he says, should not be based on ascetic considerations, but only as a part of the "free response of the whole man to the demand of God for faith and freedom in fellowship with the Father."

Alcoholism as a way of escaping from reality, as a source of waste and misused stewardship, as well as of time and influence, goes against the example of Jesus. He declares that temperance needs no apology as a synonym for abstinence. Quoting R. A.

Tsanoff, he says the classical moralists meant by temperance the "subordination of all desires to the dominance of intelligence." And that is still perhaps a good reason.

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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.

Lawrance Kolb, M.D., **DRUG ADDICTION**, Springfield, Illinois: Charles C. Thomas, publisher, 1962, 184 pages. \$7.25.

With forty years of background of studying and treating addicts, Dr. Kolb has accumulated a massive knowledge of his subject, particularly from the medical approach.

His sections on the reasons for addiction, the history of addiction, characteristics of addiction, and treatment for addiction are especially perceptive and are rewarding informatively, for the professional reader.

As a solution, the author's recommendations are weighted entirely in favor of turning the whole problem over to the medical profession, with advocacy for greatly weakening or entirely eliminating penal methods. If the author were more perceptive of, or sympathetic with, the law-enforcement side of the narcotics problem, perhaps his suggested solutions would not be so entirely one-sided. He spends so much time decrying the "atmosphere" that is not favorable to adopting his recommendations that he does not develop these recommendations as forcibly or in as detailed a manner as to make them clear and above question.

Morris E. Chafetz, M.D. and Harold W. Demone, Jr., **ALCOHOLISM AND SOCIETY**, New York: Oxford University Press, 1962, 320 pages. \$6.95.

The purposes for writing this book seem high-flying indeed: 1. To dispel attitudes of misunderstanding, rejection and disgust, moral preaching, and prohibition which only "further alcoholism." 2. To make known information on the alcoholic in the hope that "we may help to bring about a revolution in social attitudes toward alcoholism."

Most valuable sections of the volume are those dealing with historical aspects of drinking habits and cultural developments of attitudes in this area.

"Prevention" is used by the authors as a catchall word, to include scientific inquiry, the contribution of medical personnel to treatment, and the unified approach of community agencies to rehabilitation. In other words, it includes about everything—but one important thing is virtually omitted: the need of careful and accurate education of young people about the nature and potential of alcoholic beverages. These authors, as do many others today who write on this same subject, lean over backward to make believe they are objective in their approach to the alcohol problem, when in reality they are bound quite tightly by their own preconceived opinions and prejudices.



# Poems with a purpose

by "Listen" authors

## the stirrings of spring

Helen Sue Isely

Lilac buds are the ushers of spring  
With glad, good news to tell.  
A crocus cup is a choirboy  
Whose voice is a golden bell.

The great blue sky is the open book  
Delivered by the King;  
And here in my heart is wonder and hope  
Attending the church of spring.

## release

Mark Bullock

Spring came down the hill  
On fairy feet  
And found the brook  
Locked in a white prison.  
With gentle breath  
It released the captive,  
And taught its heart  
To sing a song of freedom.

## first spring thaw

Mary Vivian Small

Snow fire on the silver fox  
Glistened as he ran;  
Sunbeams warmed the snowcapped  
rocks  
And rivulets began.

Snowbirds hopped beneath the trees,  
Quails were venturesome;  
Snow tracks laced in filigrees  
Like white chrysanthemum.

Furry beavers broke the ice,  
Blinked in sleepy awe;  
North winds rolled the weather dice  
And caused them to withdraw.

## coals of fire

Thelma Ireland

"Revenge is sweet," an axiom  
That I cannot endorse.  
Why add to wounds the burden of  
Regret and vain remorse?

## the daffodil

Katherine Bevis

God touched the wings of an oriole  
With a little bit of sky,  
And some drops of color fell  
On some raindrops marching by.  
They fell upon the petals of  
A flower on the hill,  
And the sun and breeze decided  
To name it "daffodil."

## lonesome

E. J. Ritter

Standing by the window  
With their heads bent low;  
Sorrow in their bearing,  
Eyes filled with woe.

Attitude of listening,  
Muffled step's refrain.  
Waiting for a sound  
Which can ease the pain.

Silence in the room,  
Loved scents have flown.  
Family gone visiting,  
The dogs are alone.





# Notes on Alcohol's Effects

Edward Podolsky, M.D.

Studies on alcoholism are in progress by scientists in many medical centers, and significant facts are coming to light regarding the effects of alcohol on the body and mind.

In recent intensive studies on six alcoholics, heavy drinking over a period of time is indicated to have caused permanent damage to the part of the brain that controls coordination, according to Dr. S. A. Skillcorn, neurologist.

X rays showed that the brain in each of these six patients had shrunk. Psychological tests used to detect brain disease confirmed brain damage.

Heavy drinking in combination with heavy smoking greatly increases the risk of developing cancer of the throat, according to the research of Dr. Ernest L. Wynder. Men who smoked more than sixteen cigarettes and drank more than six ounces of whiskey a day were found to be seven times as likely to develop cancer of the throat as nondrinkers who smoked approximately as much.

Drs. T. A. Loomis and T. C. West of the University of Washington, Seattle, conducted a study of the effects of alcohol on driving ability. They found that blood-alcohol levels of .15 percent impaired one's ability to drive an automobile by approximately two thirds. All the ten subjects tested by a simulated driving apparatus showed significant loss of function at a concentration of only .05 percent. Thus, chemical test laws of twenty-three states, providing that an individual whose blood-alcohol concentration of .15 percent or more shall be presumed under the influence of alcohol, are much too lenient.

Although some subjects said they felt less intoxicated after three to five hours of a maintained blood-alcohol concentration, their driving ability did not improve.

At blood-alcohol concentrations of .03 to .09 percent, subjects became talkative and uninhibited, some argumentative, but none showed signs of motor incoordination. At concentrations of .10 to .17 percent, tiredness and withdrawal appeared, and in two cases motor incoordination was apparent. Subjective effects were poor perception and loss of attentiveness. Difficulty in staying on the road, for instance, was corrected only at sacrifice of attention to signal lights.

## SAFE DRIVING

(Continued from page 16)

influence of alcohol, in any form, contribute to all types of accidents. This is true of the use of many other drugs, too.

3. Keep your mind on your driving. Don't daydream. It takes only seconds for your car to veer off the road and oftentimes into another car.

4. Make certain your visibility is good. Look ahead. Make certain your headlights and windshield are clean. Also, check to see that your wipers are in good operating condition. If you wear glasses, make sure you wear them while you drive.

5. Slow down when approaching curves.

6. Avoid skidding. You can prevent skidding by cutting down speed and thus avoiding the need for hard braking. Even slightly wet pavements can be slippery. Use caution and common sense.

In addition, always be alert for maneuvers by other drivers. It is positively not safe to assume that other drivers will always behave in a normal and predictable manner.

Always allow yourself a margin of safety. Don't follow cars too closely. Don't cruise at high speeds alongside another car. Do not approach major intersections at high speeds.

If you, as a driver, heed these suggestions, you won't need alibis and excuses for your performance at the wheel. You will be concerned about saving lives, including your own. You will know, too, the real meaning of the phrase "the fun of driving."

Safe driving is your moral obligation. It is a moral responsibility no one can shirk. As a good citizen, you must exercise the moral responsibilities that you have been endowed with and drive to the best of your ability. Always show respect for others and follow the golden rule of doing unto others as you would have others do unto you.

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# views

Last September 27 and 28, "Listen" attended the White House Conference on Narcotics and Drug Abuse in Washington, D.C. Here are some of the pertinent views expressed by several of the participants.

## PRESIDENT ON NARCOTICS



"For more than half a century this nation has faced persistent problems arising out of the abuse of narcotic and nonnarcotic drugs, including barbiturates and amphetamines.

"Society's gain will be illusory if we have reduced the incidence of one kind of drug addiction only to have new kinds of drugs substituted. Abuse of these drugs is increasingly creating problems of abnormal and antisocial behavior, highway accidents, juvenile delinquency, broken homes."—President John F. Kennedy.

## A NATIONAL PROBLEM

"The narcotic and drug abuse problem is not just a law-enforcement problem or a medical problem. It is not just a New York problem or a California problem. It is a national problem and a mutual responsibility.

"It is our hope that we can defeat the problem of narcotics and drug abuse; that we can, in time, relegate the anguish and the terrible price of this affliction to the medical histories, along with the Black Death, yellow fever, and other onetime scourges of mankind."—Robert F. Kennedy, United States Attorney General and General Chairman of the White House Conference.

## HEROIN SALES DOWN; BARBITURATE USE RISES

"The victims, the addicts, are sick. The peddlers are quick. The war goes on mostly at night.

"Law-enforcement officers throughout California report that many addicts have stopped using heroin to avoid a quarantine of six months to five years under the new rehabilitation law. But the decline in heroin sales has been accompanied by a sharp increase in the use of dangerous drugs such as phenobarbital, seconal, nembital, and benzedrine.

"In short, the peddlers are turning to a new line of merchandise which is less dangerous for them, but every bit as deadly for their customers as the old line."—Edmund G. Brown, Governor of California.

## NEW YORK NARCOTICS PROBLEM

"Nobody knows for sure how many addicts there are in New York City. The estimate is from 25,000 to 50,000.

"We estimate that it costs the average addict \$10,000 a year to support his habit, or \$50,000 in stolen goods. If 25,000 addicts each steal this amount, the total comes to well over a billion dollars a year. If only half this many addicts steal to this extent, the total is still six hundred twenty-five million

dollars. Even if one adjusts conservatively further downward, it is hard to place the figure below half a billion dollars.

"It can scarcely be contradicted that the present crime situation in New York City is traceable to a major extent to the insatiable, driving need of narcotics addicts for the money to satisfy their habit, regardless of the most heroic police measures to control the thief and the mugger."—Robert F. Wagner, Mayor of New York City.

## NEW SOLUTION

"It seems to me that a program of civil commitment for addicts, coupled with a rehabilitative parole system, would give responsible authorities room to exercise professional judgment. This procedure could be an important forward step in meeting the problem.

"Underpinning all other efforts, of course, is the continuing drive against the criminal traffic in addicting drugs. For any rehabilitative system to work effectively, the illicit supply must be cut off."—Anthony J. Celebrezze, Secretary of Health, Education, and Welfare.

## BUREAU OF NARCOTICS PROGRAM

"The responsibilities of the Federal Bureau of Narcotics as fixed by the Congress relate to opium, its alkaloids and derivatives; coca leaf and its derivatives; marijuana; and specially defined synthetic substitutes known as 'opiates.'

"Since the creation of the Bureau in 1930, and for many years prior thereto, the Federal Government has had a threefold program with which it has



attacked the narcotic-addiction problem:

- (a) A strong, vigorous law-enforcement policy aimed at effecting certain and severe punishment for the illicit trafficker.
- (b) Treatment of the addict with a view of curing the addiction.
- (c) International cooperation with law-enforcement agencies in foreign countries to help dry up the illicit foreign sources of supply.

"If the large sources of supply, the peddlers dealing in large quantities, can be eliminated, it will aid materially in reducing the addiction problem."—Henry L. Giordano, Commissioner, Federal Bureau of Narcotics.

## TREATMENT AND CURE

"Narcotics addiction is neither a normal nor a socially acceptable practice. Whatever its cause, treatment and cure must be sought.

"There are many difficulties involved. A constructive solution must and can be found. We must learn more than we know now about the causes—sociological and physiological—of addiction. At the same time we must apply as effectively as possible the knowledge we already possess."—Douglas Dillon, Secretary of the Treasury.



# the alcoholic woman

**Desperately ill.  
Living in a dream world  
of fantasy and horror.  
Isolated by guilt feelings.**

**WHO IS SHE?**

**How many are like her?**

There are probably over one million alcoholic American women today, who are hidden behind the doors of their own homes.

Some two million alcoholics—men and women—are regularly employed by United States businesses, but they cost industry at least one billion dollars a year in absenteeism and inefficiency.

It is conservatively estimated that we have nine million alcoholics and problem drinkers in the nation. This means that about half the adult population is affected by the problem of alcoholism, No. 3 public-health problem in the nation.

Can this problem be prevented? We believe that it can. If you would like to help prevent this scourge which afflicts so many of our fellow citizens, we invite you to attend one of the Institutes of Scientific Studies for the Prevention of Alcoholism this summer.

One institute will be conducted on the West Coast at Loma Linda University near Los Angeles. The other is scheduled to be held on the East Coast. For further information as to costs, dates, and scholarships, write for an institute brochure to:

**NATIONAL COMMITTEE FOR THE PREVENTION OF ALCOHOLISM,  
6830 Laurel Street, N.W., Washington 12, D.C.**

## **LOMA LINDA INSTITUTE**

Loma Linda University  
Loma Linda, California  
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American University  
Washington, D.C.  
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