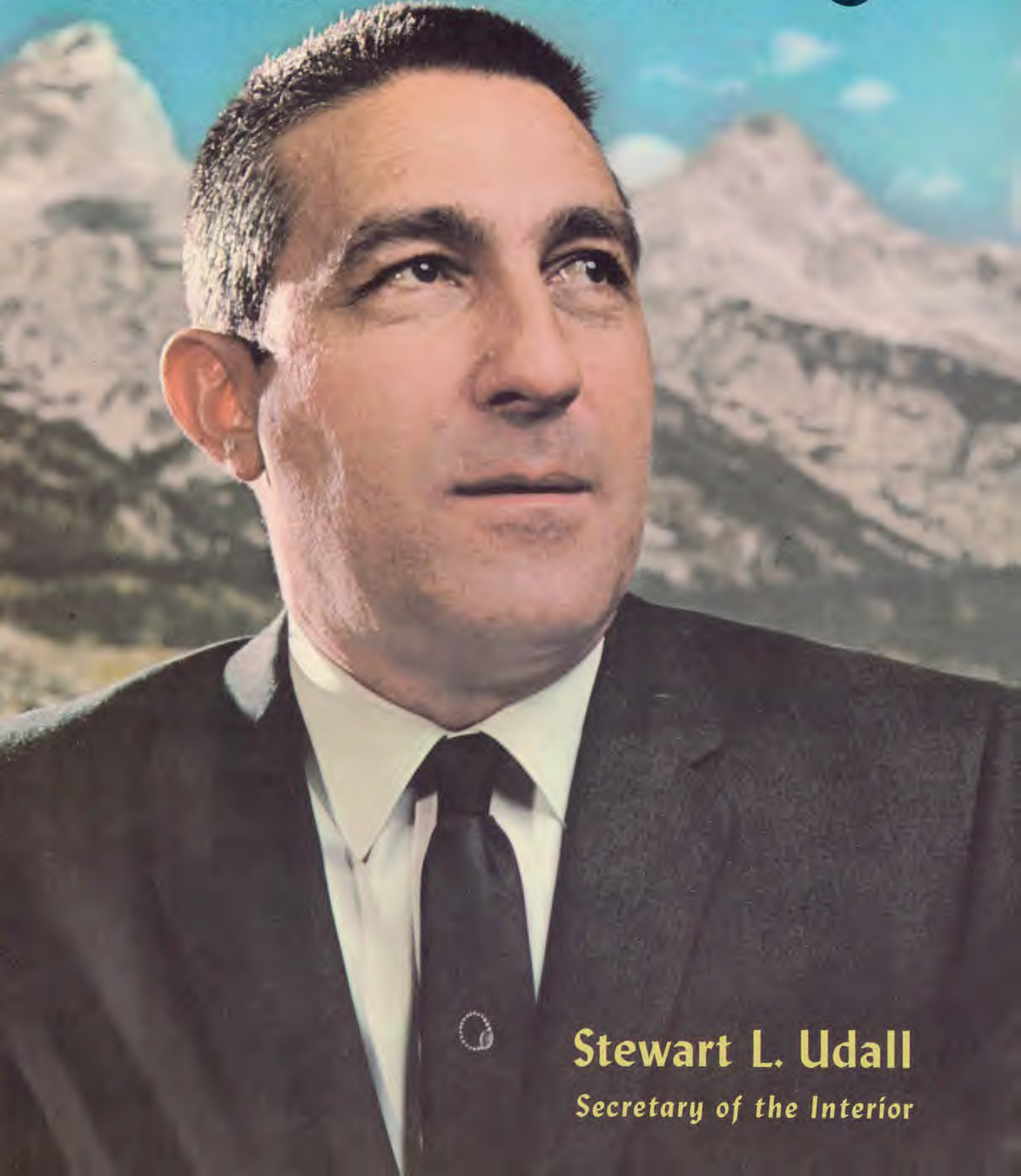


# LISTEN

A  
JOURNAL  
OF  
BETTER  
LIVING



**Stewart L. Udall**  
*Secretary of the Interior*



# news

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If it proves successful, the drinking man who talks about "getting paralyzed" will not be joking. Initial experiments show promise that temporary paralysis brought on by the drug may be effective in conditioning alcoholics to avoid alcohol. When it was used on five people in Canada in conjunction with a sound signal, the five were unable to move or breathe for a brief period.

✦ **STIFF DRINKS.** A French terrorist last April was betrayed by the drinks he took to stiffen his courage in preparation for planting a bomb in the United States Embassy in Madrid. Guy Batoux, thirty-four, entered a Madrid bar and had several drinks. He got drunk and then sick. He confessed after being taken to a clinic, where a plastic explosive device was found on him.

✦ **SOBRIETY TESTS.** The Delaware Supreme Court has ruled that testimony that a person has refused a sobriety test is admissible as evidence in court and does not violate the self-incrimination clause of the state constitution.

✦ **BASEBALL SPONSORS.** Alcohol and tobacco teamed up as battery mates in televising and broadcasting most of the baseball games this past season. Once again the largest single category of sponsors was the brewers, with some fifteen members of this group pitching for the male- and youth-dominated audience.

Battery mates of the brewers were the tobacco trusts, which included such hard-hitting companies as R. J. Reynolds, which backed eight teams, and American Tobacco, which backed six. Obviously, anyone watching professional baseball games this summer saw smoke rings coming at him.

✦ **BEER BUDGET.** To give you an idea of why people buy a particular brand of beer, note that the P. Ballantine & Sons beer people have an advertising budget estimated at \$10,000,000. This year the company has been emphasizing the "fun" aspect of beer drinking almost totally on television.

✦ **POISON FOR ALCOHOLICS.** First the South American Indians used it to tip their poisoned arrows, and now three Canadian scientists are mustering it into the fight against alcoholism. The drug, Scoline, is similar to the curare poison which Indians make from bark and which causes a nerve-muscle block.

✦ **CAPITAL IN MORE THAN ONE WAY.** Washington, D.C., is described as the "alcohol capital of the world," with an average of seventy-eight alcoholics out of every 1,000 male adults. The overall rate for the United States is forty-four for every 1,000. Fairbanks, Alaska, ranks second to Washington in alcohol consumption, with San Francisco third.

✦ **WHY TRAFFIC JAMS?** There are in the United States some 90,000,000 drivers of automobiles. Every day on the average there are 7,000 new-resident license applications filed. About fourteen of these turn out to be lawbreakers whose licenses have been revoked or suspended.

✦ **HOME DRINKING.** Some 65 percent of the beer sold in the United States is consumed in the home. In a survey on the beer-drinking habits of Americans during the summer, the American Can Company found that nearly 63 percent of the consumers are males. Among men under thirty-five, nearly 80 percent drink beer. The figure for women in that same age category is 46 percent.

Analyzing the beer-buying habits of the American public, it was found that men represent 60 percent and wives 40 percent of those who purchase beer for home consumption. In food stores, however, women buy 57 percent of the beer, and the men 43 percent.

✦ **TRUE-BLOODED AMERICANS.** Sons of immigrants to the United States are less prone to alcoholism than are sons of native-born Americans, according to a study of 650 men during the last twenty-three years, made by William H. McCord, assistant dean of humanities and science at Stanford University.

Compared to 10 percent of those with immigrant fathers, 21 percent of the men with American-born fathers became alcoholics.

"Thus it may be that immigrants attempt to inject a more responsible attitude in their children than do native Americans," he concludes.

## OUR COVER

Stewart Udall, Secretary of the Interior, is a builder of monuments. His monuments consist primarily of the preservation by Congressional legislation of our great national out-of-doors. Personally dedicated to physical fitness, he finds time for occasional climbing among his beloved mountains, despite long hours spent at his desk. A photo of the Tetons of Wyoming hanging in his office is the backdrop for our cover.

*Listen's* cover is by Adams Studio of Washington, D.C.



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# LISTEN

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# Only the Best Is Good Enough

Trophies from many countries adorned the walls of her recreation room. There were spears from the South Pacific, little dolls from Europe, beautiful scarves from Japan, knick-knacks from many other lands. It was an impressive home display of remembrances from virtually every corner of earth.

Most impressive, however, were not the spears, the dolls, the scarves, but a panel of ribbons and medals colorfully displayed on the center of one long wall. Stepping up closer to this panel, we could see that there were represented championships, many of them, both national and international.

"How many are there?" we asked.

"More than one hundred for national titles," came the answer, "and fourteen for world titles."

"And these three here in the middle?"

"Those are Olympic gold medals," she said.

We were conversing with Shelley Mann, who in her day not long ago was one of the greatest swimming stars of all time.

Her story gradually unfolded. At five she was a victim of polio. At seventeen she was world champion. The intervening years meant effort, pain, heartache, disappointment, perseverance, and eventually triumph.

"It was the most wonderful moment of my life," she went on, "when I could lift one hand above the water. My father kept taking me down to the pool and, with infinite patience and tenderness, worked with me day after day."

After months of practice she could swim once across the pool, then the length of it. Gradually she mastered swimming strokes. Speed came little by little after years of consistent practice and careful coaching.

"What was it that kept up your courage through all this difficult time?" we asked her.

Shelley's reply in essence was this: Only the best, Shelley, is good enough.

As for her the hours stretched into days, and days into months, and months into years, this young girl, with no hope of accomplishment in the future because of her handicap, was buoyed up by a slogan that could well serve as a guide star for all of us, especially those who have no such handicap.

We live in a day when standards of perfection are required in science, medicine, and mechanics. Before a jet plane comes off the assembly line, every screw, every bit of assemblage is double-checked. Lives depend on it. Ere an astronaut is launched into space, even the paint scratches are removed from certain of his equipment so they will not give rise to undue stresses under terrific strain. His life depends on it.

Man should do no less as far as his physical body is concerned. That body, along with his mind, is the world's most delicate mechanism. It needs the best—and only the best—to keep it in the most perfect working order.

Take that watch on your wrist. Its jewels, wheels, and small working parts combine to make an intricate mechanism to keep accurate time. You have the liberty to do anything you wish with it, but surely you wouldn't take it to the backyard, remove the cover, and pour dirt into its works. You would pay the price if you did!

Or look at that car of yours on the street in front of your house. You also have the liberty to do as you please with it. However, you will not take it to a sandpile and put sand into the gas tank. Here again you would pay the price if you did!

As far as the human body is concerned, the real price of such habits as smoking and drinking is becoming more evident as medicine probes deeper into the relation of these habits to health. The price is expensive, and in due time it always must be paid.

It is just as foolish to force habits like these onto the body and mind, and expect to get the best service, as it is to throw foreign matter into your automobile engine or your quality watch and expect them to perform perfectly.

In matters of physical health and mental acuity, Shelley's motto is more apropos now than ever before—only the best is good enough. Choose carefully what you do to your human mechanism, and that which you put into it. Develop only the best habits, and you will get the performance that mechanism was intended to give. Your life depends on it.

*Francis A. Soper*

# It's Your Choice!

**MRS. DEXTER OTIS ARNOLD**

*President*

General Federation of Women's Clubs



To serve the world is the ultimate aim of the General Federation of Women's Clubs, headquartered in Washington, D.C., and at present presided over by the youngest president in its seventy-three-year history—Mrs. Dexter Otis Arnold.

Some eleven million women in more than sixteen thousand clubs representing fifty-three countries join together in this organization to help fulfill the Federation's expressed purpose, "To strengthen the arm of liberty!" These members unite to promote education, public welfare, and moral values, including programs to encourage and raise the idealism of modern young people.

Dynamic and dedicated, President Arnold has had a life experience of teaching, traveling, writing, radio programming, and community service. A graduate of Syracuse University, she specialized in speech and dramatics. She has lectured in every state, and is in close touch with campus women's organizations across the nation. Last year she toured Germany as a guest of the German government.

A deep religious faith in her daily life, as well as a sincere personal concern for humankind in general, underlies her vast responsibility as head of one of the world's largest and most influential women's organizations.

**H**AVE YOU ever sat down and analyzed exactly what it is you want of life in the years ahead? Health, happiness, security—these would be answers most of us would give, yet these are vague terms, meaning something different to every person saying them.

*Health*—to some it would be the mere absence of illness. How much better if health meant vigorous, glowing well-being—physical, mental, and social. You are choosing today what health will mean to you.

*Happiness*—will this be a fleeting thing of the moment, desperately reached for, occasionally trapped, but never lasting? Or will happiness be a deep-seated contentment, the satisfactions found with friends and family and in the role you are playing in life? You are laying the foundations today for your happiness tomorrow.

*Security*—will this be judged in terms of things you can buy, the job you hold, a home and a family of your own? Physical security, mental security, social security—what type is most important to you? This is perhaps the most difficult area to define. Security in the terms which

my parents understood is a thing of the past. No longer do you find the family in the same neat house on the same trim suburban street from the early days of marriage until the children go to college. Ours is an era of change, of turmoil, of pressure, and, in far too many cases, of fear—fear of this very spirit of change, fear for the future of one's family, fear for the physical survival of mankind.

Some young people take a look at the world in which they live, then make a beeline for the nearest hole, crawl in, and do their best to pull the hole in after them. This whole crazy, mixed-up world is not for them. However, such a choice is certainly not the one to lead to health, happiness, and security. Running away and refusing to admit its existence never, never solved any problem.

Instead, take a clear-eyed, analytical look at this world of ours. Of course there are problems, but every problem offers a challenge in working out its solution. Growing up and living in a world of

(Turn to page 28)

# Alcohol Facts for Laymen

WINTON H. BEAVEN, Ph.D.



Director, Institutes of Scientific Studies,  
National Committee for the Prevention  
of Alcoholism

## **Exactly what is alcohol, and what is its use in today's society?**

Alcohol is a depressant narcotic drug, so described in every book on pharmacology.

Commercially, alcohol has a wide variety of uses, from the preparation of leather to being a solvent for medicines. Historically, it is an anesthetic. In modern times it has been used as a depressant, particularly for the elderly. However, in the last decade research has produced better synthetic drugs to accomplish the purposes for which alcohol was previously used, so that today there is no medical use for alcohol that cannot be accomplished as well or better by synthetic drugs.

## **What is your definition of an alcoholic?**

There are as many definitions of an alcoholic as there are experts on the subject. The most useful one to me is: An alcoholic is any person who cannot get along without alcohol.

## **Is it true that beverage alcohol has some food value?**

Alcohol is not considered a food in the accepted sense of the term. By definition, food must build and restore cells, be capable of being stored, and provide heat and energy. Alcohol does not build or restore cells, and it cannot be stored in the body. It provides some heat, and the debate whether it provides any energy at all is still going on. If it does supply energy, it is in minute quantities. If there is any food value in alcohol, it is probably the highest-priced food on the market; and the undesirable side effects more than outweigh any minute food value present.

## **Are teen-agers and young people today drinking more than young people of ten or twenty years ago?**

All the elaborate surveys made recently indicate that drinking among teen-agers is steadily increasing and that juvenile delinquency, directly related to alcohol consumption, is also increasing. These surveys have been made by competent sociologists. At least a dozen unpublished mas-

ter's theses on the subject also support this conclusion. Today's teen-agers are drinking more alcohol at an earlier age. This inevitably will lead to more problems.

We are told by Alcoholics Anonymous people that the average age of persons coming to A.A. for help has declined by ten years in the last twenty years. There are many members of A.A. in their twenties, which means they have been drinking steadily for five to fifteen years.

## **If there is parental supervision, is it all right for young people to drink?**

The drinking of alcoholic beverages by teen-agers is illegal in most states. If it is illegal it is antisocial. Parents and adults who serve alcoholic beverages to teen-agers are in many cases violating the law. Beyond this, there is no evidence whatsoever to indicate that teaching teen-agers to drink under parental supervision in any way lessens the problems of alcohol or the number of alcoholics who develop.

## **What is the ratio of drinking drivers to fatalities on United States highways at the present time?**

At least 50 percent of traffic fatalities are caused by drinking drivers. The latest estimate by the National Safety Council is that 55 percent of all traffic fatalities are directly related to drinking drivers. Only seven years ago this figure was 20 percent, but the point is that the facts weren't known.

Since then roadblocks have been set up in Detroit, Los Angeles, Kansas City, New York, and elsewhere, and every driver coming down the pike has been tested, with the tests being projected against the traffic fatalities. Every person coming into the morgue has been tested to see how much alcohol was in his blood when he was killed. It is known now that the largest single cause of traffic fatalities is drinking drivers.

## **What is the cost of alcoholism and other alcohol-involved problems?**

It is impossible adequately to estimate the cost brought about by alcohol to society. There are too many factors involved, too many aspects that are "guesstimates."

In the United States it would be many billions of dollars

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Interview by Mike A. Jones

a year. Studies in Oregon and Massachusetts estimate that the cost to each of these states directly was \$5 for each dollar received in alcoholic-beverage tax revenue. However, the costs to society go far beyond the direct cost to the state. These would include the costs to industry resulting from accidents and absenteeism; the cost to society of 20,000 alcohol-involved traffic fatalities each year; the cost to subdivisions of government such as local and county governments for the jailing of drunks and support of their families, and the cost of treatment and rehabilitation of alcoholics. The total cost of all these would be a staggering figure. An educated guess would suggest a figure somewhere in the neighborhood of fifty billion dollars a year.

**Is alcoholism a disease? If so, is the alcoholic a sick person?**

The alcoholic is a sick person. By the definition in every medical dictionary he has a disease which as of today cannot be cured. It can only be arrested. It affects the total man, however.

He is physically sick, which means that the medical profession has a problem every time an alcoholic appears. The mere process of drying out and sobering up an alcoholic is a medical problem.

He is sick psychologically. He has some kind of a sick personality. This is not to say that he may not have had it before he became an alcoholic. But he needs counseling, and he needs guidance if he is to be helped.

He is sick socially, because the society in which he lives helps to produce his sickness. If there is going to be any improvement in his total condition, there has to be an improvement in the totality of society.

He is sick morally, or religiously. He carries a tremendous sense of guilt. No one is more aware of his failings than he is. As a matter of fact, he may have a failure complex. This continuing sense of failure and frustration feeds the particular condition which makes him drink more and more to be more and more guilty, in an endless cycle. It appears perfectly evident that this problem must be attacked on all four levels.

**Is there no way to cure an alcoholic?**

There are at least twenty treatments for alcoholism, ranging from physical-medical treatments to completely mental-emotional approaches such as religion and Alcoholics Anonymous. All of them, according to the poor statistics we have, indicate the same degree of success. Alcoholics Anonymous, which may be most successful, keeps no statistics.

We are probably reaching with rehabilitation about 1 percent of the total alcoholic population of the United States. Of this group, only 10 to 20 percent are actually recovered alcoholics. Translated into figures, this means that if we had a million alcoholics, we would be reaching 10,000 of them with treatment and having a recovery rate of only one or two thousand per year.

**Is it not true that some recovered alcoholics are able to drink in moderation?**

So far as we know, no one recovers from alcoholism without total abstinence. I have never known of any alcoholic who was able to drink moderately. If he is drinking moderately, he never was an alcoholic.

**How many alcoholics are there in the world today?**

There is no way of knowing *how many alcoholics* there are. There are estimates worked out from Jellinek's formula, which is based on deaths from cirrhosis of the liver. According to this formula, there are now five and a half million alcoholics in the United States, with another two and a half million heavy drinkers in serious trouble.

In this country 450,000 people a year become alcoholics, and about 300,000 alcoholics die. So there is a net annual increase of about 150,000. This has been going on for the last fifteen years without any appreciable difference in the rate of increase. In the last ten years the number of alcoholics has increased by a million and a half. This is in the United States alone.

France has the highest alcoholism rate in the world. It is twice as high as that of the United States, and no other nation is even close. The United States and Sweden compete for second and third place, but France is in a class all by itself. In 1953 the Mai Committee together with the French Medical Society made a survey on alcohol and alcoholism in France. They turned up the most amazing and revealing statistics in a land where wine was supposed to be good for everyone.

The Committee learned of delirium tremens (a condition which usually affects confirmed alcoholics) in two- and three- and four-year-olds. There were cases of full-blown alcoholism in five- and six-year-olds.

World figures are unobtainable. But since alcoholism is chiefly a problem of Western society, if we could get the figures for Europe, Australia, and New Zealand, we would come reasonably close to an accurate total. However, currently we have no way of knowing how many alcoholics there are in Russia and in other Iron Curtain countries.

According to the World Health Organization, the United States stands second in the world in alcoholics in proportion to the whole population.

**It has been reported recently that more women are beginning to drink than ever before, with the result that more of them are becoming alcoholics. Is this true?**

Some time ago the *Saturday Evening Post* ran an article on the female alcoholic, which aroused a great deal of interest. There is no doubt that the number of these hidden women alcoholics is huge. This is one of the reasons for feeling that we do not know accurately the number of alcoholics in the United States. When figures on alcoholism first began to appear in the forties, the sex ratio was five males to one female alcoholic. In the late fifties it was estimated that there were three males to each female alcoholic. Many experts in the field today believe that there probably are at least one third as many female alcoholics as male, and possibly the number may approach that of the male alcoholic population.

**Is there any country today that is successfully coping with this problem of alcoholism?**

The only country in the Western world with declining statistics on alcoholism is France. As a result of the 1953 study by the Mai Committee and the French Medical Society, the French set up a French (Turn to page 30)



# Six Ways to Make Your Parties More Successful

IT HAS BEEN said that the secret of being an ideal host or hostess is in making your guests feel at home even when you wish they were.

You can also test your acumen at providing hospitality with the answer to a two-pronged question: Do people look forward to the parties you give? And do *you*?

To make sure your guests have the best possible time at your soirees, make sure they have an ample supply not only of refreshments, but of conversation and conviviality.

Basically, there are six points to keep in mind in working toward this end. And some of it is "work" at that; it's a host's responsibility to keep the party bubbling, to guide it along on a merry note, and sometimes to terminate it gracefully as well.

**Point one:** you have to make sure your guests "mix." This sort of mixing is as important as putting the right ingredients in a buffet dish.

You can help this cause along in the simplest way. Arrange your buffet at one end of the room, and the table with the punch at the other. In this way the guests have to mingle, if only to move from where they can dine to where they can dip into the punchbowl.

But sheer "lateral gravity" is not enough. Here's where your role as the human mixer—**point two**—comes in. Make sure that every guest is introduced to every other one at the start—a basic rule of etiquette. Then carry it a step further. If you see Sally seated by

herself, walk over to chat briefly. Then guide her over to Tom for what you might call a "refill" introduction.

This in itself is an art. It's really not sufficient to say, "You remember Tom, whom you met earlier this evening." That's as much of a conversation stopper as if they had remained at opposite ends of the room.

You must apply some ingenuity; immediately recall something they have in common, which, as a friend to all parties, you should know. For example: "Tom, I wanted you to chat a bit with Sally. She's just come back from Spain, and you might be interested to compare her notes with your remembrances from last year's trip."

Setting the party mood is another must for your hosting duties. Again, there's more than meets the eye: the setting up of confetti and making sure the record player is in good order and stacked with light music.

**Point three:** Ensure adequate lighting, and have enough chairs so that most guests can be seated at one time (but really not enough to seat everyone—that can cut off their mingling). Further, arrange your furniture so that it stimulates conversation. Move it all in an arrangement where most people are close enough to carry on a conversation with almost anyone else in the room. Don't put chairs back to back so guests face away from each other. Such details too often are overlooked.

At this point you may wonder if it's all "worth it;" there's so much preparation and alertness involved. To be sure, you can't enjoy your own party with the same casual air as a guest. You even have an obligation to "share yourself" with everyone, to move about.

Here's where **point four** comes in: the art of enjoying your own party. Essential? You bet! Nothing can put the damper on as fast as a long, tired look from the host.

Make things as easy as possible for yourself. You might want to steal a page from the book of some party givers who use paper cups and plates for simplified parties. They recommend taking one of the nation's most delightful pastimes—picnicking—and bringing it indoors!

The hearth is especially cheery on a cold, damp day or evening—a roaring fire with friends and family comfortably lounging on the floor or in easy chairs.

**Point five:** What to do when the conversation lags? When the guests are returning to a subject well covered an hour or two before? Be a kid again. Organize games! Charades, word games, "twenty questions," et cetera, need not be relegated to your deep and dark past. Bring them out for a fresh review, and add some adult wrinkles. You will be surprised how welcome they can be.

**Lastly,** we come to how to end your party. Here is where tact is put to the test. It is a simple enough matter to say: "Well, that's it, and thanks a lot for dropping by." But this lack of subtlety can end your receipt of acceptances to your invitations, not to mention invitations from others.

A quiet swing of the conversation to appropriate topics can key the guests' thoughts to going at the right time. So can a reference such as, "It's terrific the way I can just go on at these parties. In my younger days, I had to poop out earlier."

Usually, when the guests linger longer, it is because they are having such a good time. A gentle reminder of the hour, without mentioning time, can take care of it.



**W**HEN I WAS a boy, during the most habit-forming time of my life, a fortunate thing happened to me. I read an article entitled, "Profit by the Experiences of Others."

This article pointed out that it was not necessary for me to undergo the same experiences as others in order to determine what these experiences might do to me. If the majority of people who had already had such experiences had been adversely affected by them, the chances were that I would fare no better than they had fared. So, if there was abundant evidence that an experience could be injurious to one's health or general welfare, why should I be a party to it?

This argument made sense, and developed in me a degree of caution, along with the decision to check into things carefully before I let myself become involved.

I recall how the reading of this article sent me to the public library to search out medical books and to ascertain for myself what effects smoking and drinking were having on the human race. Even in those early days the report was not good. I learned that heavy smokers had less chance of survival if they contracted pneumonia and other lung congestions and that many other organs of the body were also impaired in time through smoking.

The same was true, only more so, as applied to the use of alcohol. Both smoking and drinking were condemned as definitely harmful to health and a threat to longevity. Today the injurious effects of smoking, especially cigarettes, and the drinking of alcoholic beverages, are too well known to call for specific enumeration here.

Certainly I am not opposed to any individual's choosing what he wishes to do in life. However, I am glad that I decided not to develop the habits of smoking and drinking, because I know myself well enough to know that, had I formed these habits, I would have had great difficulty staying within the bounds of what is considered moderation.

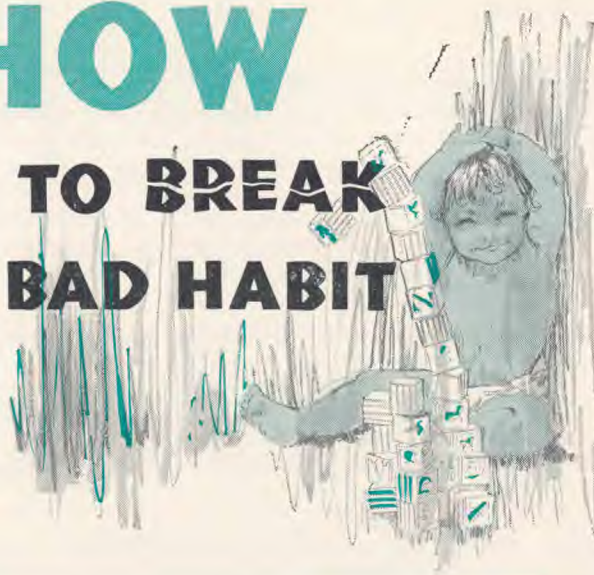
When I made this decision so many years ago, this was my reasoning:

"How can I expect to be any different from the average person? What has happened to him could easily happen to me. Since I have no desire to smoke or drink now—nothing but a curiosity to see what smoking and drinking would be like—and since I know their effects can be injurious, why should I make the effort to develop such habits? I have no need of them. My system doesn't crave them. It is no hardship for me to get along without them. My health is bound to be better if I do not smoke or drink. I am certainly likely to live longer, barring accidents which can happen to anyone. From the standpoint of economy, I will save considerable money over the span of a lifetime as a nonsmoker and nondrinker, money which could be spent on much more profitable pursuits."

After all the years that have elapsed since that time I can think of no argument which can logically oppose the reasons which led to my decision. These reasons are as valid today. They might apply to any young person who is trying to decide whether he or she should start smoking or drinking.

Of course, I knew then that I would find myself in the minority, because a majority of men and women do

# HOW TO BREAK A BAD HABIT



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Second and last in a vital *Listen* series on forming and breaking habits.

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HAROLD SHERMAN

Author of *TNT—The Power Within You, Your Key to Happiness, Know Your Own Mind, Anyone Can Stop Drinking, etc.*

smoke and drink. But their doing such things is no indication that smoking and drinking are good for them, and no justifiable reason why I should take on these habits just to be "one of the crowd."

Throughout the years I have had countless men and women tell me that they wish they had never started, but most of them seem to feel that it is too late to stop. They have resigned themselves to the habits because they are getting a measure of enjoyment from them, which they do not want to give up, regardless of possible consequences. Their systems have developed a craving for the nicotine and the alcohol, and they feel nervous, irritable, jittery, and generally miserable without the "pacifying influence" of these drugs. Had they never developed the habits in the first place, they would quite obviously not be suffering these reactions.

Those who are ordered by their doctors to give up smoking and drinking because of afflictions brought on in whole or in part by these habits, find it most difficult, if not impossible, to break them. Some have said: "I would rather die than go without." A friend with lung cancer still persisted in taking some drags on a cigarette each day, offering the excuse that he had the disease now, and "a few puffs more won't hurt me one way or the other." A sad commentary on the power of a habit once formed!

It is characteristic of human beings to think that what has happened to others is not going to happen to them. They have a tendency to laugh at statistics. They do not want to face the facts that, if you drive an automobile long enough, you are certain to have at least a few minor accidents and possibly a major one. The head-on collisions on the highway, running

(Turn to page 29)

*Pressures are building for campus bars which would be readily available for student use.*

# TRAPS



JAMES CONVERSE, ARTIST

WILLIAM L. ROPER

HOW CAN we protect our colleges and universities from the encroachments of aggressive liquor-selling establishments determined to enlist America's young people as their customers?

This problem, one of increasing concern throughout the nation, has been spotlighted by recent developments in California. There the liquor sellers, aided by clever lobbyists and a permissive legislative climate, are attempting to break down the last wall of legal restrictions protecting college campuses from liquor vendors.

California's situation is of timely interest to responsible citizens from one end of the country to the other. It presents a challenging picture of this national problem.

In California, where the state legislature was for many years under the control of liquor boss Artie Samish, who boasted of greater power than that of the governor, two liquor-control agencies, one favoring the industry and one designed to protect the public interest, have been created.

In their seesaw struggle to regulate liquor selling, the public interest frequently has suffered, and the ancient right of local option has been abolished. Yet despite almost continuous gains by the liquor sellers, one rule, that of banning bars within one mile of college and university campuses, has stood. Now this rule, too, is under attack.

On December 2, 1962, the Alcoholic Beverage Control Board, which presses the fight for the liquor industry, announced a new decision branding as "unconstitutional, invalid, and void" a ruling made in 1959 by the Department of Alcoholic Beverage Control in denying a liquor-selling license to a restaurant located within 200 feet of the University of Southern California campus.

This department, which acts in the public interest, had held that licenses to sell beer, wine, or other alcoholic beverages could not be granted to restaurants within a mile of a university or college campus, unless the restaurant owner could present convincing proof that students would not patronize his place.

This ruling, the board contends, exceeds legislative authority. According to the board, there is nothing in the 1959 state law banning liquor licenses in the vicinity of campuses or requiring that students be excluded from restaurants selling liquor. The final decision may rest with the courts. For years judges, as well as many other California officials, have been elected by campaigns financed and often managed by representatives of the liquor industry.

Despite these odds, the public occasionally does win in a battle against the liquor barons. Recently the city of La Verne, California, won a two-year fight to prevent a large chain-market concern from selling alcoholic beverages two blocks from La Verne College, a rapidly growing sixty-year-old institution sponsored by the Church of the Brethren. The La Verne story, captioned "Pattern for Community Action," was told in the March-April, 1960, issue of *Listen*.

Significantly, La Verne's victory was achieved by economic pressure and not by any legal decision. When the big chain-market company finally realized that it had lost the goodwill of the community and the community's grocery trade, it dropped its fight for an alcoholic-beverage license. The large vacated market building became a branch of the Los Angeles County library, and J. Marion Roynon, who as chairman of the People's Committee had organized the victorious community campaign, was named La Verne's outstanding citizen of the year.

However, La Verne's victory did not discourage the liquor sellers from making a determined effort to invade the nearby and fast-growing community of Claremont, where six colleges are located, or Upland, where there is one college. All six of the Claremont colleges were within one mile of the store seeking a liquor license.

Claremont's city manager, Richard Malcolm, and the colleges immediately voiced opposition. In its letter of protest, Claremont pointed out to the Alcoholic Control Board that issuance of the beer and wine license would be a violation of the city's zoning code. This and organized community opposition led to the withdrawal of the license application.

# AT THE COLLEGE GATE

In Upland a bitter, seesaw fight between the two alcoholic-beverage control agencies has resulted in a court victory for a tavern which was denied a license nearly two years ago. There, despite strong community opposition and a resolution adopted by the County Board of Supervisors opposing the granting of a license, a superior court judge has ruled in favor of the applicant. Protesting groups announced an appeal to the state supreme court.

Discouraging as certain aspects of the situation are,—the strong influence that the liquor lobbyists have in various state legislatures and the many laws favoring liquor sellers,—there are also reasons for encouragement. One of these is the crusading spirit being demonstrated by many communities in opposing new encroachments of the liquor industry.

In these communities, Christian people of various faiths are uniting in vigorous campaigns to oppose licenses on the grounds that liquor outlets are harmful to public welfare and morals. This dedicated championship of moral issues is a most hopeful sign in a country where comfortable decay has become fashionable.

The legislature recently considered a proposal that would establish a mile-and-a-half dry zone ten years before new state colleges and branches of the University of California reach the presently defined status of "universities," that is, enrollment of more than 1,000 students, more than 500 of whom reside on the campus. This measure would afford immediate protection for four new state colleges and three new branches of the university.

Legislation has also been considered that would repeal the existing law permitting issuance of licenses to restaurants within the otherwise dry zones surrounding universities.

Governor Edmund G. Brown, commenting on this proposal, said: "Our future depends on today's students, and we will make every reasonable effort to protect them."

Another encouraging facet of the problem is that there is a growing awareness of the alcoholic danger, even though television and all forms of advertising have been used to glamorize drinking. In California, a state assembly interim committee carried out a statewide study of alcoholism and the rehabilitation of alcoholics.

The fact that such a study was made was encouraging, but the findings of the committee were not. The committee found that alcoholism in California has reached a level of epidemic proportions. It found that there are more than 600,000 alcoholics in the state and that some 7,500,000 California adults consume alcoholic beverages in one form or another. According to the Jellinek formula, the committee discovered that California's ratio of alcoholics to population is approximately double the average of the rest of the nation.

The committee also found that drinking is a contributory factor in most cases of delinquency, and that a large percentage of the inmates of the state's badly overcrowded prisons and mental hospitals are addicted to drink. It found that the cures for alcoholics were running only about 10 percent, despite expensive modern therapy. The study also showed that the state had a high automobile-accident toll due to drinking drivers.

All of these facts would appear to indicate that California needs a new liquor-control policy. But in the face of these facts, the liquor industry, aided by the Alcoholic Beverage Control Board, by lobbyists' slush funds, and by legislators obedient to the will of the lobbyists, has continued to press

aggressively for an extension of liquor retail outlets near college and university campuses. This defiant assault on public morality and citizen welfare has never been adequately challenged. Few of the state's newspapers have commented editorially on the danger.

Perhaps this problem may not appear to concern some, who will say with a shrug: "That's California's problem, not mine. My community is safe."

This is a matter which concerns everyone interested in a sane, responsible America. Five million alcoholics are far too many. They represent too many blighted lives, too many unhappy homes.

What can we do to stop this trend?

There are several steps that we can take, but the first step is to organize strong and united opposition in the communities now threatened with invasion.

That was the way the people of La Verne began their victorious campaign. Here is their formula:

1. Call a meeting of a few persons known to be definitely interested in opposing the granting of a liquor license. Carefully plan your strategy and the points to be emphasized in enlisting community cooperation.

2. Next, call a community meeting, being sure to get responsible civic leaders, pastors of local churches, temperance groups, youth leaders, and friendly newspaper representatives to attend.

3. Elect a forceful chairman who can be depended upon to enlist community cooperation and conduct a determined fight in opposition to the granting of the liquor license.

4. Organize a speakers' bureau to explain the importance of your campaign and the moral issues involved. Use charts to emphasize the crime and tax burden resulting from alcoholism, and the low percentage of alcoholics who are now being cured despite the advantages of modern therapy.

5. Use newspaper publicity, letters, and personal-contact workers to enlist widespread community cooperation.

6. Use college funds for legal counsel and advertising.

7. Plan and wage a hard, relentless campaign to block the granting of the license.

Of course, the problem calls for long-range solutions as well. We must not lose sight of the fact that the liquor industry is the ultimate target, and that the store or tavern seeking a license is but an immediate objective. Actually, we need television shows that deglamorize drinking. We need to step up our programs educating the young to the dangers of alcoholism. We desperately need newspaper exposures of the slush-fund manipulations by which liquor lobbyists are now seeking to control our state legislatures.

These are some of the long-range objectives for which we must work. But in the meantime, our home communities must continue to fight the encroachment of liquor sellers on three fronts: in the courts, in the press, and on the economic front. Even if the liquor industry can elect subservient judges, as it has in some communities, and even if it can control the press, as it occasionally does through lavish advertising, it is always sensitive on the economic front to the will of the people, especially when it finds that its source of profits can be cut off by community opinion and action.

The liquor seller's most vulnerable spot is his pocketbook. That is one spot where those organizing to protect our college and university campuses must be most effective, if they are to safeguard our youngsters.



**KEN HUBBS:**



Though confined to his wheelchair by polio, Ken Hubbs's father played catch with him, pitched to him for batting practice, and rolled out grounders to field. "He was always full of encouragement," says Ken.

# "Success in Your Hip Pocket"

Interview by Reed Blake

Wherever he goes, Ken is popular with youthful autograph hunters, and he takes advantage of every opportunity to put in a good word for high ideals in modern living, which he believes important.



KEN HUBBS, 1962 "Rookie of the Year," and twenty-year-old second sacker of the Chicago Cubs, was named to the League's all-star team in his initial year.

The newcomer, after only two years in professional baseball, set two major league records in his first year in the majors, playing in seventy-eight straight games without making an error, and handling 418 chances.

Hubbs was named "Rookie of the Year" by a near-unanimous vote. He drew nineteen out of a possible twenty votes among the members of the Baseball Writers' Association of America.

In his first year with Chicago, he batted .260 in 160 games, scoring ninety runs and driving in another forty-nine tallies. But it was his glove work that set the league agog.

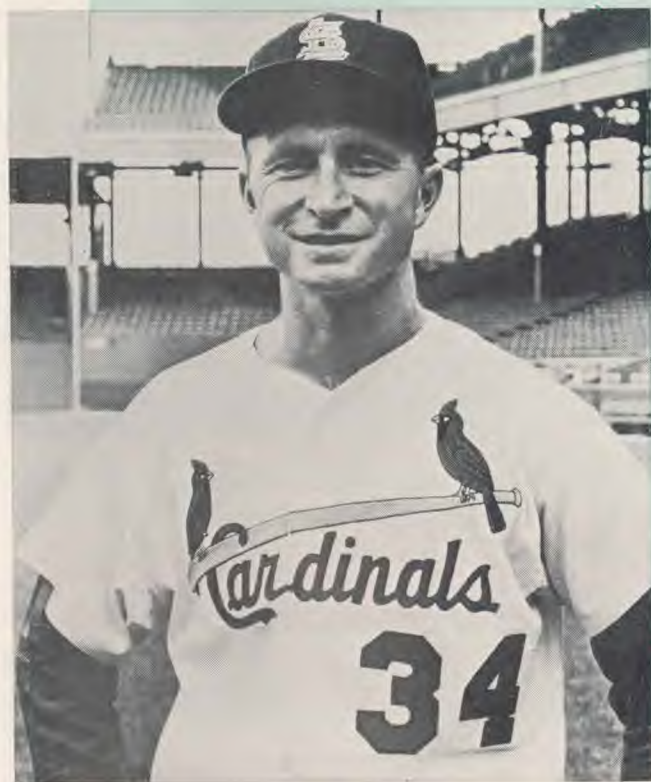
On and off the field, Kenneth Douglas Hubbs is a leader of youth. A regular churchgoer, he neither smokes nor drinks—for religious reasons as well as physical—and stretches his abstinence to include other stimulants such as coffee and tea.

Listen, September-October, 1963

# PITCHING TO WIN

## Bobby Shantz

Interview by George Kinney



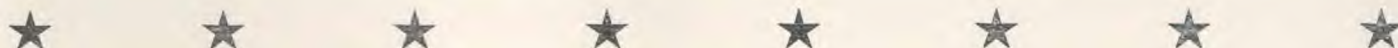
IN 1948 a baseball scout found Bobby Shantz playing on the sandlots of Philadelphia, where he was a pitcher and an outfielder. He was sent to Lincoln, Nebraska, in the Western League, and in 1949 he went to the parent club, the Athletics.

His pitching was outstanding in 1952, when he chalked up a tremendous record of 24-7, and received the Most Valuable Player award, an honor few pitchers have achieved. At the present time he is with the Saint Louis Cardinals.

"Alcohol and tobacco are certainly not beneficial to anyone, especially people in sports, since your timing and reflexes are so vital to your utmost efficiency. My parents always set a right example for me, and I feel the training they gave has had a tremendous influence on my whole life.

"I was told by my pitching coach that beer would increase my appetite so that I could put on more weight and would make me stronger, but it never worked out. As far as tobacco is concerned, my dad never would let me smoke. I never had any desire for it, and hated the taste of it.

"I would say to young prospective athletes and to young people everywhere, to get to the top, you must refrain from indulging in these poisons, which will only tear your bodies down."



At every opportunity he speaks at youth gatherings; and his talks, while always varied to suit the occasion, continually stress the importance of his listeners' participating in church activities and living clean lives, both morally and physically.

When Clinton High School in Tennessee was bombed Ken fostered the idea of having each student at Colton High (enrollment 2,000) buy at least one brick to help rebuild the school. The plan was more than successful!

Athletic awards garnered by the 1962 "Rookie" have been numerous and in varied fields. At the age of nine he began playing Little League baseball and each year won an honor, either for the most home runs, as the best pitcher, or for the highest batting average.

He played Y.M.C.A. basketball and Pop Warner football and won a silver buckle in boxing.

Ken in junior high was honored with the American Legion's scholastic, citizenship, and sportsmanship award.

In high school he won eleven varsity letters. He was named all-state in football, basketball, and baseball, and

lettered in track. In two sports, football and basketball, he was named to the all-American teams.

When the second baseman was two years old, his father was crippled by polio and confined to a wheelchair. Yet, determined to participate with his boys,—Ken is the second of five,—Eulis Hubbs became the coach of a Little League baseball team and a midget football team.

Sitting in his chair, his father would play catch with him, pitch to him for batting practice, and roll out grounders to field.

"He was always full of encouragement," Ken says, "and never complained about his own disability. This was a great inspiration to me."

Along with his speaking assignments, Ken works with youth by teaching a Sunday school class and assisting with the Explorer Scout program in his home area.

The former rookie sums up his convictions this way: "It's like I tell the teens I work with: If you put your trust in God, live a good clean life, and work hard, you've got success in your hip pocket."



no escape  
from this whirlpool

Falling deep into the spiral of addiction, the helpless user reaches out for help, a fix that will pull him back to unreality.

PHOTOS BY THREE LIONS

MANKIND has been plagued with various diseases and sicknesses since the beginning of time, but the worst in this Pandora's box is man-made, man-inflicted, and man-sponsored—narcotics.

Narcotics serve a useful purpose in hospitals and on battlefields, but the narcotics sold on street corners in "normal" communities, or smuggled into youthful hands in dark alleys, cause a vicious specter of suffering and potential death.

The average narcotic user may be of any age from twelve to sixty. He is not the man who lives in dark corners and has wild eyes. He is more like the boy next door, or the fellow who works next to you in the shop. He may wear an Ivy League suit and attend college, he may be a shoe salesman, he may live in the suburbs or in the slums. He could be you!

A person may become a dope addict for any one of many reasons or a combination of several of these reasons. A common doorway into addiction is the continuing of a drug, such as morphine, after an illness when the drug is no longer necessary. Many addicts get started by trying a drug for "kicks," or because someone dared them by calling them "chicken." Some turn to narcotics as an escape from reality. Others are talked into experimenting with drugs by their friends, who say, "Man, you're just not hip unless you turn on to this."

No one *plans* to get hooked. "I'll try it once or twice, just for the fun of it," the experimenter says, and plans to quit after that. But the "once or twice" turns into many more times, and soon the word "quit" is an enemy. Another would-be adventurer is hooked.

It can cost as much as \$50 a day for an addict to support his habit. That is a lot of money, particularly for a user who is not working at a regular job. Addicts force themselves to beg, borrow, or steal to get enough money every day to fill their need for narcotics.

It should be made clear that not every smoker of marijuana, young or old, becomes a "junky." Marijuana is not considered to be habit-forming, but the "kick" soon isn't enough for the user, and he goes on from there to a more powerful drug, such as cocaine or heroin.

When broke, a user will often beg his friends for a "taste" of their supply. Or he

The distorted crutch of narcotics twists the victim's outlook.



may try to talk a nonuser into buying some, and they will share it "just for fun." In this way the user has quieted the pain of his own need for narcotics, and in the process has started an innocent person on the way to a habit. But what about tomorrow? Where will the supply come from tomorrow? This is the constant struggle for the addict too weak to work.

One narcotic user in the suburbs explained the schizophrenic world of a junky by saying, "We live in two worlds, narcotics and police. When a user is caught by the police, there are no feelings of bitterness. It's considered part of the game."

The user will lie about his daily intake, exaggerating his habit in the hope of receiving more than he actually needs. All have sob stories, too, such as "The world doesn't understand me," "I have a problem homelife," "Nobody cares about me." Any sob story that can be thought up will be used at one time or another by an addict.

Why do addicts beg for pity? They think they're "cool" or "hip" when they are on the "stuff," but let them be in need of a fix, or get arrested, and pitiful stories pour out from those weak men.

Why is it so hard for them to quit? Look at it this way: Have you ever tried to stop smoking? It takes a lot of willpower, doesn't it? A user of narcotics has it much tougher—much, much tougher.

Along with the real physical need that eventually develops from the habit of drug using, there are mental and emotional problems to face. These persons who could not resist temptation, or a challenge, are now too weak to face the reality of the world without a crutch.

A user can go without food or sleep for days when he is in search of a fix. He must have it. A man in pain will give anything for a fix. Many women who are addicted turn to prostitution as a means of supporting their habit. When in need of a fix, they are not particular about their companions; anyone with enough money to pay for a fix is acceptable.

When a user first starts, his habit is all "kicks." He exclaims, "Man, it's wild." Marijuana may give the impression of floating and a "just don't care about the world" attitude. Heroin may make the user feel he is king of the world. "Nobody can touch me; I'm far above everyone. The whole human race is a drag, except me."

The tragic trend to addiction can best be described by an addict himself: "A fix keeps me high for thirty to forty-five minutes, then I'm down again, below everyone. Trying to get another fix starts it all over again. Ho, man, when I don't have a fix I get the 'sick.' Now I've always got the 'sick.' I don't even get a kick anymore. I take it only to stop the hurting. You don't know the pain until you've been without a fix. Suicide is better than that. My guts are screaming, I get hot, then comes a cold sweat, and I want to die—fast."

And from this same addict: "I started on narcotics when I was seventeen. It was kicks; I was cool. I've been on the stuff five years now, every day, for five years. I tried to quit a lot of times, but never could. I've gone about twenty days total during the five years without a fix. I've got a cheap habit, about \$5 a day. I guess I've spent about \$10,000 in the last five years on the stuff. And my supply is all watered down, otherwise it would run to triple the cost.

*(Turn to page 34)*

One minute he is below it all. Then comes the fix; now he is high on a pedestal, laughing at world below.



After "turning on," the user seems to float out of the unpleasant reality around him.





WELCOME

LAS VEGAS  
NEVADA

# KIWANIS CLUB Sponsors YOUTH EDUCATION PROJECT

Gordon F. Dalrymple



Taking a look at Kiwanis plans to implement a narcotics- and alcohol-education program for high school youth of the area are Kiwanians Judge David Zenoff, club president, Max N. Harden, chairman of the Kiwanis Special Projects Committee, and Al S. Greco and Arthur Lurie, members of the committee.

Las Vegas, Nevada, is known throughout the world as a "wide open" city, famed for its legalized gambling casinos, lavish floor shows, and neon-bedazzled resorts. Few seem to realize, though, that behind all the glitter there is a normal community of more than 100,000 souls, which has all the benefits—as well as problems—of most American cities.

One of these "universal" problems is the use by teenagers of tobacco, narcotics, and alcohol. To cope with it, the Las Vegas Kiwanis Club and civic-minded business leaders have developed a far-reaching program which would do credit to any city.

The intent of the package program is to inform youth scientifically as to what nicotine, alcohol, and narcotics actually do to the human system and the impact they make on the mental, moral, and physical development of the individual.

It all began some months ago when Mrs. Janice Reynolds, field representative for Narcotics Education, Inc., contacted businessmen in Las Vegas about making an educational program available to their employees. One of them, Alex Shoofey, of the Sahara Hotel, immediately asked, "Why not see that high school youth in the area get the benefit of such a program? They would get the most good from it."

Judge David Zenoff, Kiwanis Club president, sensed tremendous possibilities in the project. He shared his views with fellow Kiwanians.

Would the project work? Would Kiwanis members be interested? Before long, enthusiasm grew. Committee members, directed by Max Harden, were determined



Michael Lindeck, manager of the Sahara Hotel, presents a check to Roy Hixson, "Listen" sales and promotional manager, for 750 subscriptions to "Listen" for the Kiwanis-sponsored Las Vegas youth narcotics- and alcohol-education program. Looking on, from left to right, are Principals Harold Waddle, J. O. Smith Junior High School; Victor Wood, Rancho High School; Arthur Coombs, John C. Fremont Junior High School; and Walter Long, Las Vegas High.





they would make the project go. Formal launching of it took place at the April 3, 1963, meeting of the club, and was attended by area high school principals and representatives from radio, television, newspaper, and wire services.

The youth education program will include junior and senior high schools in Las Vegas, North Las Vegas, Henderson, Boulder City, Overton, and Bunkerville, Nevada. Through the school year *Listen* will alert students to dangers of alcohol, narcotics, and nicotine. Teaching Guides will be used with the magazine.

The Kiwanis-sponsored narcotics education program includes six points:

1. Educational films in school assemblies.
2. Instructional lectures and guidance by qualified lecturers.
3. Special materials relating to narcotics, alcohol, and cigarette problems, including the latest scientific findings.
4. Teaching Guides to emphasize key points in *Listen* articles.
5. *Listen* magazine to high school classrooms.
6. Panel discussions for school assemblies dealing with narcotics, alcohol, and tobacco.

Comments Max Harden, chairman of the Kiwanis Special Projects Committee: "We are not attempting to raise moral issues, to discuss religion, or to preach. Actually, our proposed plan is simple: It calls for making available to junior and senior high schools teaching aids that will bring an educational program to every teen-ager in Clark County. High school teachers will direct discussions to take place in health and physical education classes."

Committee members working with Harden have included C. D. Baker, Walter Casey, Jr., Frank C. Keresesi, Arthur E. Pierson, and P. S. Rhodes.

J. T. LaVoie, Las Vegas police sergeant in charge of the juvenile division, has pointed out that use of liquor and its possession has been a problem in the Las Vegas area as it has in other cities. He states he is convinced that the program Kiwanians have launched will be of significant help in educating the youth.

The new education program was begun this fall. The first assemblies that introduced the program saw a special speaker present and also a representative from Narcotics Education, Inc.

Cooperating in the school program is the Las Vegas Police Department, which has two graduates of the Federal Narcotics University. They have narcotics displays which will be used in the high schools.

Kiwanians feel that the picture of Las Vegas which has been built up in many minds will be at least partially dispelled by this new program. Businessmen and hotel owners in Las Vegas are interested in youth and want to do what they can in helping young people become responsible citizens.

Financial support for the program comes from hotel owners in Las Vegas, including John Kell Houssels, Jr., Tropicana; Ed Levinson, Fremont; Morris Lansburgh, Flamingo; J. Dee Goodman, Riviera; Milton Prell, Sahara; Joe Wells, Thunderbird; Wilbur Clark, Stardust and Desert Inn; Jack Entratter, The Sands; and Major Riddle, The Dunes.



Max N. Harden chats with Mrs. Janice Reynolds, representative for Narcotics Education, Inc., and William O'Rieley, captain of the Clark County, Nevada, sheriff's department, about the narcotics and alcohol information the education program will give.

## Educators Like the Las Vegas Program

"The Clark County School District secondary schools are pleased to participate with the Las Vegas Kiwanis Club in initiating a strengthening of the effort to combat the use of alcohol, tobacco, and narcotics among school-age youth. Meaningful and forceful educational materials in this area do not seem as readily available as one might desire. I am confident that *Listen*, with its Teaching Guides, will help to fill this void."—James T. Williams, director of secondary schools.

"I am sure that the program being launched by the Las Vegas Kiwanis Club is a start in the right direction. Only good can result from a program of this nature."—Don E. Hayden, principal, Roy W. Martin Junior High School.

"By working in close cooperation with the Las Vegas Chapter of Kiwanis International and *Listen* magazine, we would hope to present to our students the facts in a compelling and interesting way so that they may be prepared to face the problem and take their place as responsible citizens.

"We would also hope to raise the general level of social adjustment and scholastic progress by informing our youngsters of the pitfalls that come to users of alcohol, tobacco, and narcotics. We want them to know that the advantages derived from abstention would lead to a more abundant life for them personally and for the rest of our nation."—D. D. Keller, principal, John C. Fremont Junior High School.



FRANCIS A. SOPER

Informal in shirt sleeves, as is his usual office custom, Secretary of the Interior Udall comments on *Listen* as he talks to its editors, Francis A. Soper (right) and Mike A. Jones.



SECRETARY OF

Stewart

BUILDER OF

THREE CENTURIES ago Sir Christopher Wren designed a new St. Paul's Cathedral in London following the great fire of 1666. Over the north door of this cathedral appears this famous inscription regarding his work: "If you would see his monument, look around."

In various parts of the United States a person will one of these days be able to look around and see monuments to another builder, one of a different sort, indeed, but a dedicated builder nonetheless.

This modern builder is Stewart Udall, Secretary of the Interior, whose personal passion is to preserve nature unspoiled. In what he terms the "quiet crisis" of our day he sees the beautiful open spaces of nature being swallowed up by the grinding wheels and massive progress of our mechanical age, leaving a shortage of "open and green space."

Since assuming his office early in 1961, this vigorous son of the outdoors has developed a multipronged program to conserve the resources of woodlands, mountains, seas, and

deserts and to develop scenic areas for the enjoyment of all the people.

He is convinced that "we are learning that the search of modern, urban man is not for new ways to conquer nature—but for ways to save the beauty of the out-of-doors so that, to use Robert Frost's words, man can gain new insight from 'country things.'"

Nothing pleases Secretary Udall more than to find time to climb mountains himself, shoot rapids, and relax around an open campfire away from the rush of crowded concrete jungles. He believes in using and enjoying America's natural resources, and at the same time preserving them.

His is the conviction expressed by that frontiersman Robert W. Service in "The Spell of the Yukon":

"The strong life that never knows harness;  
The wilds where the caribou call;  
The freshness, the freedom, the farness—  
O God! how I'm stuck on it all."

# THE INTERIOR

# Udall

# MONUMENTS



Secretary Udall (right, front) meets with the Cabinet to discuss new conservation plans the Department has developed.

In 1962 Mr. Udall toured Russia as head of an American delegation of experts and inspected Soviet power installations.



"We stand today at the open door of a new—and possibly final—opportunity," the Secretary says. "Our land-use patterns will soon be fixed. What we save now will be all that is saved. By our action, or inaction, we will determine whether our children will know the green and pleasant land which was our legacy."

And he goes on, "What we need now is a truly national program which affirms the worth of our vast land resources and prescribes solutions to prevent continued despoilment and promote the highest kinds of preservation."

To implement such a national program, this farsighted guardian of natural resources has developed and advocated the Wilderness Bill, now under consideration by Congress. The intent of this bill is to preserve free from commercial exploitation about 2 percent of our land and "leave it the way God made it."

One chief interest of Secretary Udall is the National Park system. Under his prodding Congress has created three national seashores—Cape Cod on the East Coast, Padre Island on the Gulf Coast of Texas, and Point Reyes on the Pacific Coast. These constitute the first major additions to the park system in some sixteen years. A host of other plans, both for expansion of national parks and for encouraging the states to expand their public recreation facilities, is under way. A dozen or fifteen new national park proposals are being studied.

And he is a man in a hurry. "We lose a million acres of open space annually to commercial and highway development, with the resultant diminishing of the qualities which formed our national character," he declares. "We are working against the relentless ticking of the clock—time is against us in our efforts to preserve open space."

Furthermore, this effort is not all along traditional conservationist lines. Mr. Udall sees great natural value in our swamplands as preservers of wildlife and centers for nature study. He envisions, too, great strides in researching the untapped resources of our seas. Our knowledge in this area is very limited, he says.

So, in his concept, conservation is defined broadly in the following way: "The wise use of our natural environment; it is, in the final analysis, the highest form of national thrift—the prevention of waste and despoilment while preserving, improving, and renewing the quality and usefulness of all our resources."

Nor do his wide-ranging convictions stop here. Though his official duties have to do with water, forests, minerals, parks, and wildlife, he is also deeply concerned with the physical fitness of the people who are to use and enjoy these natural resources.

"One of the reasons I think America has emerged as a strong country is that *we* have had to be strong. We have had a big country to conquer, and have had to be physically fit to conquer it. I think people are happiest when they are fit physically."

In advocating an adequate program of recreation and exercise, especially in the outdoors, this national leader echoes Theodore Roosevelt, who declared, "I wish to



While inspecting the proposed Ozark Rivers National Monument in Missouri, the Secretary tries his skill at fly-casting, one of his favorite sports, in the Current River.

preach, not the doctrine of ignoble ease, but the doctrine of the strenuous life."

And such a life is not exclusively for adults, in the opinion of Secretary Udall. Youth today need to learn how best to utilize the outdoors in their own program of keeping physically fit, and to cultivate positive living habits in the face of a general tendency to "take things easy," for of what use will well-kept resources of nature be if the people are not in a position to enjoy them first-hand?

In the early days of our nation, he comments, men had to be more rugged physically. Today we have machines

to do our work and to carry us around, so we have greater need for outdoor exercise.

And as he speaks he looks up wistfully from the chair in which he is seated in his spacious Washington, D.C., office and fixes his gaze on the large colored pictures on his wall showing the rugged Tetons of Wyoming and Rainbow Bridge in Utah. Obviously, he would feel more at home climbing the mountainous heights or tramping the trails in the open. His lean, muscular build shows that he is advocating that which he knows best.

True fitness results from a balanced approach, according to the Secretary, having to do with the body, the mind, and the soul. Also there is a negative aspect about it—the leaving behind of those things which are harmful or destructive in order to gain the better overall positive purposes in life. "We are much better off with clean habits," he observes. And his serious concern for the welfare of youth shows up clearly as he goes on, "If young people start off right, they will have every chance of living a long and happy life."

The importance of personal living habits and right mental attitudes, with spiritual undergirding, comes out again as Secretary of the Interior Udall concludes, "The future greatness of our country rests ultimately on what kind of individuals we are and whether each person achieves his own standard of excellence."

Indeed, if the Secretary's ideals are fully developed, his "monuments" will be not only in the form of new national parks, preserved wilderness areas, and conserved natural resources, but also in the better health of our citizenry, the balanced growth of our young people, and a greater strength of our nation as a whole.



Among the few winter climbers of Fujiyama, Secretary Udall and his party pause near a torii on Japan's sacred mountain.




A basketball star in his college days at the University of Arizona, Secretary Udall has installed a gymnasium in Department of Interior building for exercise at odd moments.

The late poet and philosopher Robert Frost was a close friend of Mr. Udall, who often quotes his writings on nature and the out-of-doors.

Climbers of Japan's Fujiyama compare notes after the assault on the peak is completed.





Because of a Halloween prank I discovered that after all there is available to man a real—

# power for living

JAMES CONVERSE, ARTIST

W. A. Fagal

Director, Faith for Today  
Nationwide Television Program

IT WAS Halloween night. At thirteen I joined three of my school chums to hobnob with the goblins of the season. Under cover of darkness we engaged in the usual pranks which we somehow hoped would prove to be truly devastating to the hapless and unsuspecting victims.

We did not know anything about "trick or treat" in my day. It was all trick for us, the tricks confining themselves primarily to the ringing of doorbells and the subsequent running as if for dear life down the street. At times, however, we engaged in what we considered the height of perverse wickedness and inserted a pin in the doorbell causing it to continue ringing unmercifully until the pin was discovered and removed.

As the hour drew near when our parents expected us to be in for the night, we turned reluctant steps homeward through the city's streets. Suddenly one of the boys (he is a practicing physician today) pointed to a loaded and temporarily unattended beer truck parked across the street and ran quickly toward it. Not knowing what trick he had in mind, but more than willing to find out, we joined him.

When he arrived at the rear of the open truck, he reached up into it, saying, "Grab a bottle and run." While the other three reached and grabbed, I hesitated. They waited for a moment to give me encouragement, but I still did not budge. Then, realizing the danger of further delay, they rushed off happily with empty-handed and sober me close at their heels.

A couple of blocks later, when they had determined that we had not been followed, they stopped in a vacant lot to consider the situation. Despite their evident irritation at my having been "chicken," they generously offered

to share the spoils with me. Since only one of the group had ever tasted an alcoholic beverage before, it was evident that each looked upon this as a rare opportunity for widening horizons. They eagerly worked the caps off the bottles, thoroughly relishing the anticipated joy which awaited them. Everyone seemed delighted but me; I was all churned up inside.

In my home, moral principles had been taught me from my childhood. I knew right from wrong. And I knew stealing was wrong. Even under the guise of a Halloween prank, I could not feel free to steal. Besides this, because my childhood had included active participation in church activities, I also knew something about the Bible's teachings against the use of alcoholic beverages.

That night in the vacant lot two passages memorized years before from the Scriptures flashed through my mind: "Wine is a mocker, strong drink is raging: and whosoever is deceived thereby is not wise." Proverbs 20:1. "Look not thou upon the wine when it is red, when it giveth his color in the cup, when it moveth itself aright. At the last it biteth like a serpent, and stingeth like an adder." Proverbs 23:31, 32. I knew these verses were against all alcoholic beverages.

In retrospect I cannot proudly state that I was brave that night in the face of my friends' taunts and ridicule. No well-worded speeches containing factual information on the evils of alcohol came from me under those difficult circumstances. As a matter of fact, what I really remember was being pretty uncomfortable and more than a bit humiliated at being the object of their unrelenting scorn. But I did turn down their invitation to join them in drinking that night, as I have done all the years of my life



**Pastor W. A. Fagal, director of the Faith for Today television program, is seen each week by some nine million viewers on 210 stations.**

**This half hour religious telecast, now in its second decade, dramatizes situations common to everyone and aids in answering questions arising out of our complex life today. The program is also seen in Australia, Brazil, the Philippines, Puerto Rico, and Nigeria.**

**Assisting on the program are the Faith for Today male quartet and Mrs. Fagal, an accomplished violinist and now a television personality in her own right.**

**Upward of nine thousand letters a week pour into Faith for Today headquarters in New York requesting the proffered Bible correspondence course or seeking help to solve personal problems. From his television appearance and his frequent writings, Pastor Fagal has come to be known widely as a competent and kindly counselor.**

since. What is more, I have never regretted it, not for a single instant.

That night two of those boys started down a new road for them, which has been a serious problem in their lives ever since. For one of them the problem has been so serious that it is probably safe to say that alcohol has ruined his life. Their ridicule was hard for me to take then, but today I am glad that I did. Now they are enslaved by a costly and ruinous habit. I have often wondered if they ever think of that Halloween night more than thirty years ago. And if so, I wonder if their teenage scorn has given way to middle-aged envy.

The passing years have brought me into contact, on more than one occasion, with the growing and deeply perplexing problem of alcoholism in human lives. Mary, a member of my congregation, was one of the finest, most cultured and gentle ladies that I have ever met. She was a real aristocrat of the old school. Charles, her husband, not a church member, came behind her not a whit. He was educated, refined, dignified, and commanding in appearance. Anyone would have taken him for a successful business executive, which he had once been.

One night, soon after I had moved to the parish where they lived, I received a call from Mary asking me to come to their home immediately. I was quite unprepared for what I found in their humble little apartment. Charles was sitting at the kitchen table hopelessly intoxicated, and, unfortunately, he continued drinking. That night I found that their home was so humble because practically everything of value had been pawned to secure money to feed that insatiable thirst.

His wife wanted me to come and say the magic words which would make him stop drinking, for she had learned through bitter experience to fear him when he was under the influence of alcohol. At such times he became almost a maniac and most violent.

But I had no easy solution then, nor have I found any since. One feels so helpless in attempting to reason with a man whose reasoning ability is seriously curtailed and perhaps temporarily nonexistent. I failed miserably in bettering the immediate situation and left them, but only after the wife had felt it necessary to telephone the police for protection and poor Charles was being hustled off.

Subsequently, I visited by the hour, under all sorts of circumstances, with that unfortunate man—in jail, in the prison ward, and in private rooms of hospitals; at his own kitchen table when he was sober, and at his own kitchen table as he poured drink after drink and downed them quickly; in my own study at the church, and often over the telephone. Infrequently he attended church to the evident delight of his wife, and it was always a pleasure for me to see him there.

When he was himself, he was one of the most considerate men alive; but when alcohol took over, he was changed completely. He tried many things to help him overcome his difficulty. These included frequent medical treatment, long periods spent in the hospital "drying out," Alcoholics Anonymous, and to some degree the church. But he always gave up with all of these too soon, for it was evident that he never really wanted to be free from drink enough to stay with anything that could help him. One sad day his heartbroken wife told me that Charles was dead, adding that perhaps this was the only way that he could find freedom from his slavery.

Such a story does not need to end that way, in frustration and failure. Some men have found a power in their lives which has enabled them to stand up against the pressures of society and never begin the practices which would lead to enslavement.

Every Sunday evening for seven years, in my New York City pastorate, I conducted religious meetings for the general public in Brooklyn's Academy of Music. As a result of those public meetings, over the intervening years several hundred people began to attend our weekly church services and ultimately became church members. However, before baptizing these new members I always made it a point to become personally acquainted with them as far as possible.

I shall never forget one man who indicated to me his desire for church membership. At first he seemed to be deliberately anxious not to talk about himself and would avoid answering any question regarding his family. He gave me a business address rather than his home address. I wondered what he was trying to hide, and I even came to question the genuineness of his desire to be a dedicated and committed part of the church. But one day in a visit which I had with him in the church study, the flood-gates burst and he talked. After that I understood.

He had been an outstanding realtor whose business had all but disintegrated because of his alcoholism. He had reached the bottom of the ladder.

One night he had wandered into one of our meetings in his desperation, and while there he obtained a glimmer of hope regarding what God could do for him. He decided to give it a try, and, without discussing it with anyone, he had committed his all to the service of his Maker and had prayed for  
(Turn to page 32)

SOMETIME between midnight and dawn of July 4, 1925, there occurred a tragedy in Boston so horrible that a fireman working in the ruins extricating bodies went berserk and it took eight men to subdue him and put him into an ambulance.

The Pickwick Club occupied the second floor of a dilapidated five-story brick former hotel. It was one of the old landmarks of Boston's colorful Chinatown. The club's all-night dance on the night before the Fourth was to have continued until 4 a.m. Shortly after 3 o'clock the whole building collapsed, carrying forty-four people to their deaths.

As the grand jury investigation brought out later, there were flagrant violations of the city's safety codes and more than a suspicion of corruption. Under normal conditions the estimated crowd of 120 people could easily have filed down the one flight of stairs to safety even though one of the exits opened in. To those who were killed, though, it hardly mattered where doors were located nor how they opened.

This should have been a sane and sober Fourth. The only beverage served at the Pickwick Club was ginger ale, all the law at that time allowed. But, as witnesses testified, bootleggers moved around surreptitiously among the guests. Winks were exchanged and flasks appeared magically in men's pockets and ladies' handbags. The celebrators became increasingly jocular and noisy.

It would be impossible for sober people of today to imagine the hilarity of that night. The fire chief stated tactfully that "the rhythmic tread of the dancers" caused the building to collapse, but a curious fact was that investigators estimated the weight placed on the overcrowded dance floor to be 150 pounds per square foot. Since it would take at least two square feet per person and few people weigh 300 pounds we must assume that the dancers were leaping up into the air and coming *down* onto the floor!

First news accounts of the tragedy said the collapse came without warning. Suddenly one wall buckled inward. The front of the building leaned forward at a crazy angle, and all five floors plunged into the basement, carrying the dancers down with the dance floor and burying them under twenty feet of debris.

Later dispatches, however, showed that more than half of those on the dance floor escaped. Some climbed out a rear window onto a fire escape and some ran down a stairway in the only corner of the building left standing. These survivors reported that for some time before the collapse they felt the whole building sway and heard loud crackling noises as timbers split and beams ripped away from supports.

Then why did so many men and women remain on the dance floor? One reporter suggested that the cracking and popping of timbers may have been mistaken for firecrackers exploding out in the street. Perhaps so; but there were other signs of the impending collapse, the swaying of the building and undulation of the dance floor. They couldn't have failed to see all those people fleeing out a window. We can only conclude that whatever those remaining on the dance floor heard or felt or saw, they were in no condition to think or act.

Firemen and other rescuers who took part in the heartbreaking task of removing their horribly mutilated bodies from the ruins were amazed to find so many bottles of whiskey and other hard liquors still unbroken where human beings were crushed under tons of crumbled brick.



Pickwick's elevator goes on its last trip when standing portions of the building are razed to prevent collapse.

# grim evidence lay in the ruins

Sylvia E. Clark

Rescuers carry out one of the Pickwick Club victims as cleanup after the tragedy with its high toll goes on.

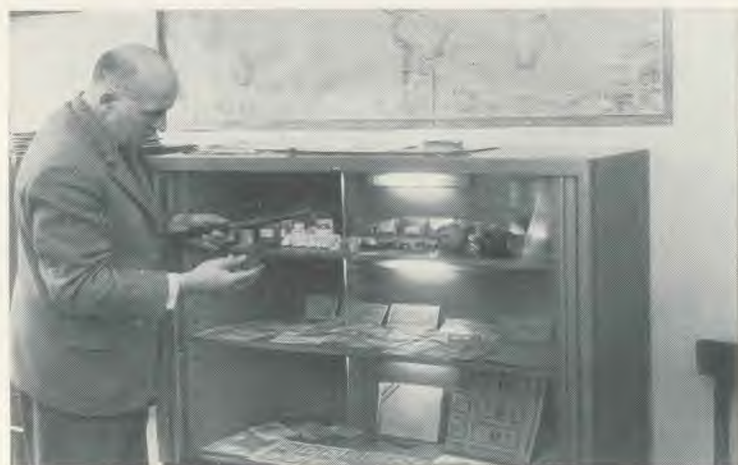


# Interpol

## Fights the Narcotics



The world headquarters of Interpol, which has a large department specializing in combating the international drug traffic, is located in Paris in a former private mansion.



Commissioner Albert Mouza, chief of the Interpol department fighting the narcotics trade, stands in front of a display case housing samples of packages that are used for the trade.

This section of a worldwide map shows principal trade routes of the international drug traffic, vigorously fought by Interpol.

FIANTS COURANTS DE CIRCULATION DIRECTION OF FLOW INTERNATIONAL DRUG TRAFFIC



FROM MODEST beginnings, interrupted since 1914 by two world wars, the International Criminal Police Organization has now emerged as a powerful, effective body for the exchange of police information, identification of wanted or suspected persons, and arrest of those wanted.

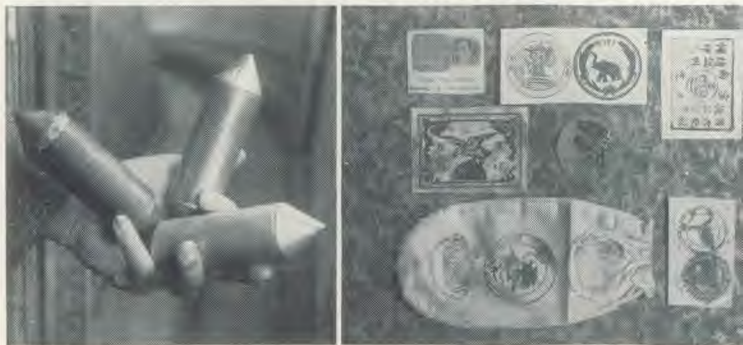
Operating from Paris headquarters since World War II, Interpol concentrates on preventing crime in general and on encouraging reciprocal cooperation between the police authorities of different countries, in order to stop activities of offenders against criminal law.

Interpol considers the central bureaus, or national police organizations of member nations, the framework on which international police cooperation is based. Individual central bureaus can at any time contact one another directly, with or without consultation with Interpol when working on a case.

In the United States, the Bureau of Narcotics is under the Treasury Department, and it enforces Federal narcotics laws and cooperates with the Department of State in discharging

Below left: These welded tubes contain drugs. They are used by smugglers in the Middle Eastern desert, who insert them in camels' backs so the caravan can cross borders undetected.

Below right: Here are some of the most famous brands often seen in the international drug trade. The trademarks are guarded by traders against either imitation or falsification.







Interpol's drug traders' picture file includes 5,100 persons.



An Interpol officer checks a report with the large file of pictures of known drug traders. The file is a check source.

# Traffic

Below left: Each day hundreds of pieces of information come to Interpol from different continents. Information is compared, so that the travel and whereabouts of drug dealers can be followed hour by hour. There are some 600,000 files.

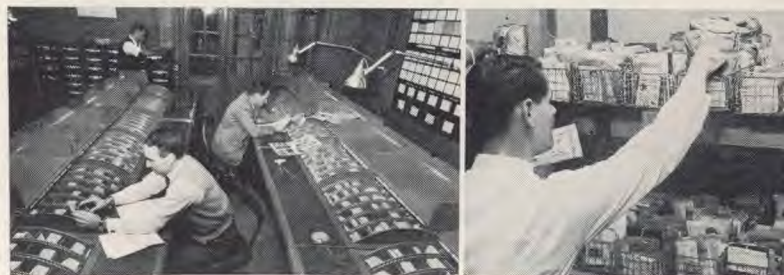
Below right: Here is the special section of the Hong Kong Police Department which fights drug traders, in one of the major international centers of such smuggling. These packages contain seized packs of narcotics obtained by officers.

this country's international obligations concerning the traffic in narcotic drugs.

The vast files of Interpol are available to the more than sixty member states for crime information. The files, while extensive, are noteworthy especially for their selectivity. They contain cross-indexed information on many different characteristics of international crimes and criminals, and have been responsible for many apprehensions not otherwise possible.

Things happen fast at Interpol. Staff members at headquarters work day and night, keeping in constant touch with the whereabouts of suspects by use of information that comes in from many sources, including the special international police radio communication established in 1929. This network will in the near future link every continent on the globe in an accurate, rapid communications system.

Any international criminal is working against stiff odds when Interpol gets on the case!



Interpol keeps meticulous records of raids on secret narcotics dens such as this one in Hong Kong. There are many others.

The drug-package display case shows a collection of forged bills; some arrested drug traders were also counterfeiters.



Guardian against deprivations by vicious international drug racketeers and other criminals, Interpol's headquarters directs a variety of services which help make the world safer.

— OIPC —  
**SECRETARIAT GÉNÉRAL**  
**INTERPOL**  
 GENERAL SECRETARIAT



# DEAD END

Gerald Meyer

ILLUSTRATED BY JAMES CONVERSE

IT WAS a cold and blustery fall afternoon. The leaden sky hung like a lingering pall over the city, and the icy, knifing fingers of autumn wind darted swiftly through the twisting maze of streets, until they clutched at the very heart of the squalid tenement district.

The man who shuffled down the littered sidewalk was tall and pitifully gaunt. His glazed and hollow eyes were set deep in a face of jagged bone, a face which had not felt a razor's stroke in many days. A battered felt hat was pulled down tightly over his forehead, and the threadbare topcoat that draped his narrow shoulders was two sizes too large. His wavering, uncertain gait threatened to pitch him headlong onto the cement at any moment.

Eric Braun did not notice the biting wind. He did not notice the cold. In fact, he noticed nothing at all, except the awful, gnawing emptiness within him. It was not a hunger for food that clawed at his vitals. Nevertheless, it was a desperate, unendurable craving. He knew that he must satisfy that craving soon, or he would go mad.

As he rounded a corner he almost col-

lided with a pudgy, beet-faced garbage collector. Cursing beneath his breath, he staggered on, stumbling down the foul, alleylike streets of the slums which were now an integral part of him. It seemed that there was no end to these blind passages that snaked their way past the wretched hovels of despair. They were almost as endless as the terrible labyrinth of torment inside his own body.

For the dozenth time he jammed a trembling hand into the pocket of his tattered trousers. Empty! Not a cent. Already he could feel the tremors beginning to shake his emaciated frame.

In a few moments he had reached home. To him home was the last of a shabby row of aged tenement houses. The drab old building was crowned by a leaky, sagging roof that seemed upon the verge of collapse. It was an ugly, decaying mass of cracked and crumbling masonry, warped boards, rotted woodwork, peeling paint, and broken gutter spouts. The dead-end sign daubed in red on a nearby blank wall was quite appropriate, he thought.

Climbing the disjointed stone steps, he entered the dwelling and painfully

dragged himself up the creaking staircase that led to his bleak attic room. He had hoped to avoid his shrewish landlady, Mrs. Quince, but as he neared the top of the stairs, he saw her on the landing looming above him.

Mrs. Quince was a coarse, hard woman—as hard and cold as the slums in which she had spent her life. She stood there with her thin arms folded, her mouth drawn in a tight line, and Eric could feel her staring at him.

"So, you're here again, are you? Got tired of sleepin' in the gutter, I suppose." The harsh, nasal voice grated on the fraying fiber of his sanity. "Well, you'd better produce two weeks' back rent if you plan to stay another night."

"I—I'm sorry, Mrs. Quince, but I haven't been able to find a job. You know I'll pay as soon as I'm able."

"Oh, you will." Her words dripped venom. "Yes, you will. I know very well that the first cent you lay hands on will be squandered on alcohol!"

"But please—"

"I've heard enough excuses! Get your belongings together and be out of here in an hour. This is a poor but respectable house, and I won't have it contaminated any longer by a filthy sot!"

There was a time when such a remark would have angered Eric Braun, for he had once been an honorable man. Not so long in the past he had also been a proud man, but now he had reached the bottom of the black pit of despondency. With head lowered, he cowered abjectly.

When her footsteps had died away, he turned and entered the damp, musty cubicle which served as his living quarters. Slumping down on a rickety wooden chair, he stared dismally at the empty bottle on the dresser.

After a few moments of silent contemplation, Eric arose and walked across the room. In the dresser's dusty mirror he studied the reflection of a pale, shivering, twenty-six-year-old specter, a shadowy phantom whose colorless face resembled a parchment-covered skull. Slowly and deliberately he picked up the bottle and smashed it.

He went to his single window, opened it, and looked down at the grinning pavement five stories below. His name was Eric Braun, born and bred of aristocracy, handsome and talented, educated at the finest schools—but trapped in a bottle.

The window ledge felt slippery beneath his feet, and the wind had grown so strong that it almost toppled him backward into the room. He steadied himself. Every whistling gust carried a mournful dirge for the buried dead—and for the living dead, not yet departed.

Every whistling gust carried a mournful dirge for the buried dead  
—and for the living dead, not yet departed.

**I**S YOUR body as smart as your mind? "Body wisdom" is your habitual choice of eating, resting, and exercise patterns which, whether you analyze them or not, work together to keep you healthy.

A noted biochemist, Professor Roger J. Williams of the University of Texas, says that no direct knowledge is available on why one person finds it easy not to overindulge in food while another finds it difficult.

In a new book, *Nutrition in a Nutshell*, Professor Williams says indica-

*Are you weak, run-down, "at loose ends"? Here are practical ideas to help you in—*

## Developing "Body Wisdom"

tions are that "body wisdom" can be trained and cultivated.

For teaching your body he recommends a curriculum of good nutrition, laid down in childhood, if possible. To help control your natural appetite, such recreational exercise as bicycling is excellent. "Exercise," he says, "stimulates the circulation of the blood and thus causes the blood to bring in better nourishment (and oxygen supply) to all the tissues, including those that are concerned in regulating appetite.

"Mental relaxation," he continues, "does things to us chemically and improves our bodily functioning."

From Professor Williams, the American Heart Association, a leading insurance company, and other sources, are the following eight physical-fitness resolutions designed to help your body cultivate its own natural wisdom:

1. *Walk at least two miles every day.* "A famous philosopher, at age eighty-eight, said that our happiness depends on our physiology more than we wish to admit and that unhappy businessmen would benefit more from walking six miles a day than by any change of philosophy," Professor Williams states.

If six miles is an unreasonable goal, at least stake out two miles for yourself—a lunch-hour errand, a

walk home from the office instead of taking the bus, a ramble through the zoo with the children. Many find this a better blues chaser than an extra dessert.

2. *Get a bicycle and ride it regularly.* Paul Dudley White, the famous heart specialist, rides a bicycle. Dean Roscoe Pound of Harvard, who between the ages of eighty-six and eighty-nine wrote a five-volume treatise on law, was a legendary walker. He covered thousands of miles over Scotland, Ireland, and France—and in his youth was a long-distance bicycle rider.

Bicycling develops a "rest-and-work" pace, since getting to the top of a hill takes pedaling, followed by a free rest as you glide down. Thus, unless you try very hard, you're not liable to work yourself into a state of exhaustion on a trip to the railroad station.

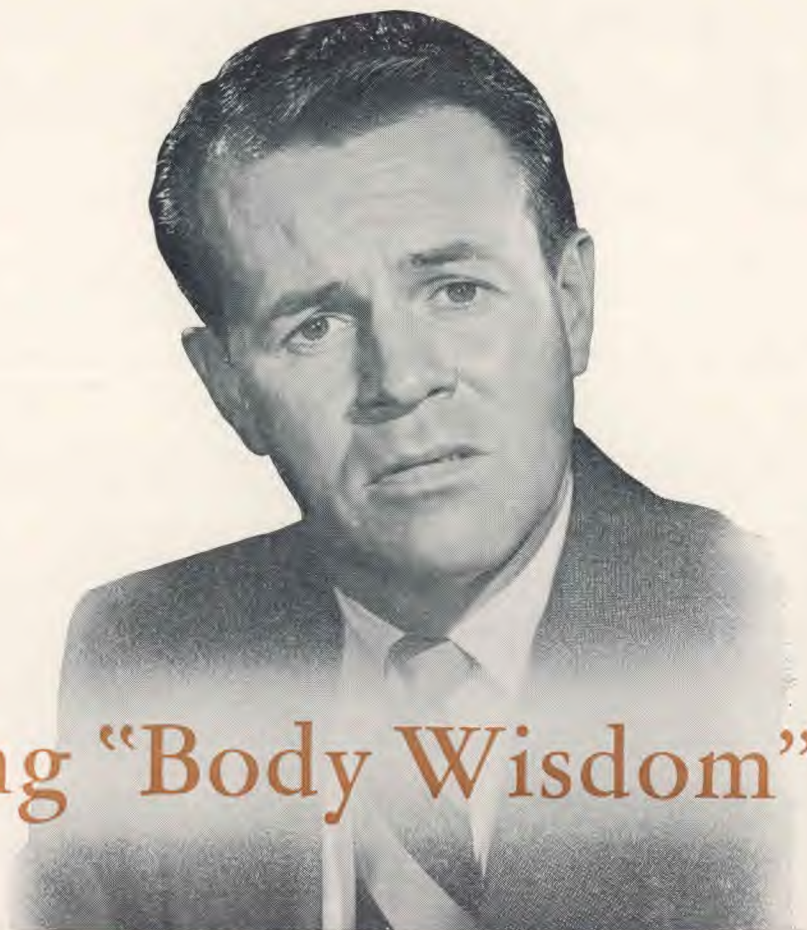
3. *Learn to breathe correctly.* Lie down on the floor so that you feel your spine is touching it. Relax. Breathe deeply. That feeling of alertness comes from the cheapest and most easily available of all pickers—oxygen. Help yourself to it

often during the day. Don't cut down your ration by walking with stooped shoulders or slumping over your desk. Bicycling and other exercises that promote deep breathing will help.

4. *Eat a variety of foods every day.* Cereals, yellow and green vegetables, oranges and other citrus fruits, cheese, dried peas, beans, and nuts—the variety of nutritious foodstuffs is endless. To stretch your food budget over the large number of items your family benefits from, here are some shopping tips:

Before you shop list items to buy, and avoid being carried away by super-abundance. Buy grades of foods according to how they'll be served. Fresh but slightly blemished vegetables can be chopped, shredded, or used in stews—unblemished ones served raw. Try skim milk—a good money extender when used in cooking.

5. *Develop rhythm and pace in your work and play.* Harriet U. Fish, physical therapist for the American Heart Association, recommends that you "set your chores to music," and do them in (Turn to page 32)





WILLIAM I. RANKIN

## The Public Image of Chester Miller

There is hardly a more average family man in all Centerville than Chester Miller. Chet owns an average-size home. The fact that it has a walk-in basement and an attractively decorated family room, is due to his industriousness in doing a good share of the work himself. Chet's salary is the usual salary paid to a printer with three years' experience on the two-color press in a small but busy printing company. And he drives a comfortable two-year-old Pontiac on which he still owes several payments.

There he is, so average that if you, a stranger, had driven into town and asked for the residence or whereabouts of one Chester A. Miller, the chances are that anyone you ask would shake his head and say, "Sorry, I never heard of the fellow." He had never been placed in leadership of a community drive nor had he ever run for any political office.

Chet Miller knew himself to be an average individual. He knew that he had never done anything to place himself in the public eye. He was not well-known even in his small hometown of fifteen thousand. That's why Chester Miller had no idea he had a public image. In fact, if you had suggested the idea of a public image to him six months ago, he probably would have tossed his head and laughed.

"Public image—me? Who knows me? I have my small circle of friends. I attend church regularly, and have taken my turn leading in the youth program, but still I doubt if all the deacons know me."

But Chet loved to play golf. He liked to go out before working hours and play nine holes, but the country club course was the only golf course in the community. This fact finally caused him to part with ten dollars to become a member and enjoy the advantages offered by the club.

In the Miller mailbox one day there appeared an invitation beautifully engraved announcing a cocktail party to be held in the club's downstairs ballroom.

Since his wife Connie worked evenings in the community hospital and his eldest child was a teen-age daughter, it was left for Chester to attend alone. Attending alone, however, was not the most bothersome problem to Chet. He had always been a nondrinker; so what would he do at a cocktail party?

He wanted to attend, so that he could meet and get better acquainted with the other members, and yet it troubled him to be going to such a party. He was a full-fledged member and had every right to attend, but an uneasy feeling annoyed him.

As he walked into the ballroom on the night of the party, suddenly from a couch nearby a familiar figure arose and turned almost directly toward Miller. It was Mr. Steinburg, his banker. He had been Miller's golfing partner more than once in the past three months, but now carried the familiar crystal cocktail glass, half empty.

"What are you doing *here*?" he inquired bluntly.

In a flash, Chet realized that in the community he was known and recognized for what he really was, a nondrinker, and it was a shock to these revelers to see him in their midst. It suddenly occurred to Chester Miller for the first time that when one goes to a cocktail party he usually goes there to drink.

Being embarrassed out of an answer to Steinburg's undiplomatic inquiry, Chet, frustrated by the implication of the remark, turned on his heel and walked out.

The blurred visages of familiar faces loomed about him as he crossed the lobby to the entrance, and he could hear voices inquiring, "Wasn't that Chester Miller?"

Chet thought over the event for days, and even more so when Connie reported that the beauty shop operator had asked, "Didn't I see your husband at the country club cocktail party? I thought he didn't drink."

Chester Miller, average citizen, now was fully aware of his public image in Centerville, and he felt determined to protect that public image at any cost.

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### IT'S YOUR CHOICE!

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(Continued from page 5)

change is not something to be feared as a catastrophe. It is rather a privilege to live in an environment in which we can continue to grow and watch our horizons expand instead of settling into dull, narrow vistas of sameness. This is an exciting, challenging era, offering more scope for initiative and responsibility than ever before.

This new world demands first of all that we think and learn. Some young people shun the acceptance of responsibility, looking upon it as a burden to be avoided. And yet, have you ever stopped to consider that, in reality, responsibility is liberty? The more decisions you make on your own, the more you are aware of your freedom to choose.

The opportunities and duties available to its citizens mark the greatness of a nation. A nation cannot rise higher than the principles by which its people live. Its only real protection comes from its spiritual strength. Without moral self-discipline, without each citizen's having strong inner discipline, national and international order is impossible.

An old Chinese poem goes:

If there is righteousness in the heart,  
There will be beauty in the character.

If there is beauty in the character,  
There will be harmony in the home.

If there is harmony in the home,  
There will be order in the nation.

If there is order in the nation,  
There will be peace in the world.

In government, business, school, and home the established standards of ethical conduct are under challenge today. What happens in the next generation is up to you—it's your choice! The survival of the human race may well depend on how each of you accepts his opportunities and duties. International morality and harmony depend upon the regard individual men and women in each nation have for the well-being of all. Democracy itself is based on the principle of the worth and dignity of the individual and a recognition of the rights of others. It is the business of every good citizen to do all he can to make it possible for everyone to develop to his fullest potential. To help do this, you must eliminate from your own life any elements which will handicap you, which will keep you from becoming less of a person than you could be.

If you are to develop to your highest

potential, you would certainly never knowingly cut off a hand or a foot, you would not embark purposely on a course of action which you know would shorten your life or make your mind fuzzy. Yet this is what you do when you choose to drink or to use narcotics. There are no benefits from drinking; it dulls your mind, impairs your physical efficiency, removes self-control, and wastes money. There is no compelling reason why anyone needs to drink. You can have as good a time socially without drinking; good fellows can get together over soft drinks, even though they haven't been celebrated in song and poetry. Life is even more fun if your feelings and reactions haven't been dulled by drink and narcotics. Nothing forces you to drink; it is your choice and yours alone.

Right now you are choosing the patterns of life which will determine how your life—and the lives of those in your community and nation—will be lived. Now is the time you must face and accept the challenge of the future—to help yourself develop to the fullest.

You need recreation for your health's sake, but be sure it is true re-creation and not "wreck-reation." The finest form of security will come from the knowledge that you are functioning at your highest capacity and helping others to do the same.

Self-control must be developed on the new terms of "I do this because it is what I think is right." Choose now what is right for you and yours on the basis of your health, happiness, and security.

It's your choice!

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## HOW TO BREAK A BAD HABIT

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(Continued from page 9)

off the road over embankments, skidding into other cars, crashing because of blown tires, and various other kinds of traffic mishaps, may happen to other motorists, but *they* are immune. Other people may drink to excess and smoke to excess, but not they! They are *different!*

What does a smoker do when he is under emotional tension? He reaches for a cigarette.

What does a drinker do when he is emotionally disturbed? He reaches for a bottle.

We have grown up with a habit-formed dependence upon artificial stimulants as a means of controlling our nerves. We have placed reliance, not upon our own normal, natural mental control of our bodies, but upon substi-

tutes to give us the "strength" to face situations in life. The more tension, the more we smoke and the more we drink.

You actually *do* in life what you want *most* to do; the strongest desire always wins out in the end. When you are convinced that you have more to gain by *not* smoking and drinking than by continuing to indulge these habits, however pleasurable you may have come to feel them to be, you will have the power to stop.

When you come to this decision, every time you are inclined to take a drink or a smoke this now more compelling desire will rise up in opposition. You will be reminded of your new and greater objectives, and you will put aside your urge to return to the old habits. Each time you are successful in turning down these urges, your new

habit patterns of nonsmoking and non-drinking will become stronger and stronger, until the day will come when you feel no more mental and physical pangs at the thought of doing without these things than one who has never indulged.

No person ever changes his conditions in life until he *changes his thinking*. There are many harmful habits besides smoking and drinking which need to be controlled or eliminated, but I mention these two because they are among the most common. In any event, the same technique of thinking can be employed in bringing different habits under control or in ridding yourself of them entirely, but eternal vigilance against lapses must be maintained to assure continued freedom from destructive or demoralizing habits.

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## Escape That Is Not an Escape

Frank Howard Richardson, M.D.

Sometimes I have wondered about a statement I have often quoted. It is that there are some people (possibly one out of nine to sixteen persons) who are destined to become alcoholics if ever they indulge in their first drink. However, I had a dramatic demonstration of the truth of this in an experience of a patient of mine last year.

Jane Saunders was spending some months in Turkey with her husband, an Air Force major, and their two teen-age boys. She was invited to a reception in Istanbul where she was offered a cup of punch. Jane, who is an ardent teetotaler, asked her hostess, "Is there anything in this?"

"No," answered her hostess whose English was not too good, "nothing but orange juice and *watter*."

Now Jane had picked up a little of the Turkish language. But unfortunately, she had for the moment forgotten that their "V" is pronounced like a "W." Had she only remembered this, it would have been easy for her to recognize that what she understood as "water" was in reality "vodka."

Nevertheless she quickly realized the truth. "Never in my whole life have I experienced such a wonderful feeling. I was simply carried away with a sensation of well-being in a wave of wonderful exhilaration such as I cannot find words to describe."

Fortunately, she had sense enough left to think to ask one of the other guests to drive her home. When she arrived, she called to one of her boys, "Steve, I'm drunk! Help me up to bed."

When Jane told me of this experience on her return to this country, she drew the obvious conclusion. "I did not need that lesson," she assured me, "but I certainly profited from it. And I passed it on to my boys. For if ever I were to be greatly depressed, I know a way to escape that depression in a marvelous sense of well-being—but I just would not dare to take that way out. For me it would be an escape into a prison from which I could not escape. I know that if I once started, I would never be able to break off. Such a glorious cure-all for my troubles could never be resisted, if once I resorted to it."

Jane was fortunate. She had her warning. But is it worth the risk involved to find out whether you are the one in nine to sixteen persons who is "alcohol prone"?

Many today are searching for a chemical substitute for character.

## PILLS or WILLPOWER?

Lucile Joy Small, R.N.

The story is told of a provocative question which arose in a certain community: "Shall we build a fence around the cliff or place an ambulance in the valley?" Strangely enough, the story reveals, the ambulance won the day because it was not the falling that produced the injuries but the jolt upon landing.

We smile because we are smarter than that.

Or are we?

Disease prevention has made great strides in recent years, because of vaccination, laws of cleanliness governing food handling, pure-food and drug laws, sanitation laws, and many other things. Plans for medical care are numerous, and the cost of such service mounts.

However, there is one area where no scientist or legislator can supply the answer. Yet this area is the largest single factor in maintaining public as well as private health. This is the area of personal desires, appetites, and habits.

In most parts of our land, comfort, plenty, and even luxury are the rule rather than the exception. "If I want it, I must have it," seems to be the law of living. Many people seem to forget that a wise Divinity has placed an inhibitory control within each of us. This control is the mind, but all too often the clamors of the palate, the stomach, and other organs have been allowed to drown out the control room instructions.

The dilemma of many might be expressed thus:

"Once I had a will,  
But a pill  
Took away my will,  
And now I can't live without the pill;  
But how I wish I had a will."

The human body is the most delicate chemical mechanism in existence, yet it is commonly cared for as if it were impervious to mistreatment. The average

patient seems to think that there is some magic in drugs and that these drugs are of first importance in recovery from disease; so he often urges his doctor to prescribe something that the doctor knows will not help the condition, except as it makes the patient feel secure.

A physician of my acquaintance saw a patient in his office, diagnosed his ailment, told him how to arrange his living program so as to eliminate the trouble, but prescribed no medicine. When the patient was leaving, the doctor asked, "Do you wish to pay me now, or shall I send a bill?"

"A bill," the patient replied, "for what?"

"For good advice," was the answer.

"But I'm not going to take it." And he never paid.

Is not the failure to take good advice the greatest barrier to improved health today?

The question that each must face is, "Do I choose to have good health, or do I want a self-indulgent way of life that is destructive to health?" Isn't it time to face reality?

A large amount of today's therapy is directed at the control of symptoms, with no claim for a cure. Why is this? Is not a more healthful way of life the only real cure for many modern illnesses? What about the tremendous waste of the doctor's time and the patient's money on such preventable occurrences as alcoholism, lung cancer, stomach ulcers, coffee nerves, drug addiction, and automobile accidents?

Isn't it time for both physician and patient to face the question, "Why seek for a new drug or surgical procedure to control the symptoms of that which might be avoided by living more healthfully?"

We must make healthy habits fashionable and popular, placing more emphasis on character instead of chemical substitutes.

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### ALCOHOL FACTS FOR LAYMEN

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(Continued from page 7)

National Committee Against Alcoholism, and beginning in 1955 this group went to work.

Sound trucks tour the country showing movies. There are programs on radio and television. There is education in the schools, and a tremendous alcohol program throughout the nation. The interesting part of the program is that year by year, as it has progressed, the program has become more specific in what it has taught, so that in 1962 all over France the warning appeared that mothers should not drink, pregnant women should never drink, youth should not drink, those who drive should not drink. The committee went down the line teaching total abstinence to large segments of the society.

In 1962 there was passed the most fantastic set of laws for France: Wine

could no longer be advertised in a sports palace. Nor could it be served within 300 feet of the stadium. There are fifteen other regulations. As a result of this kind of attack by a total society—a wine society, if you please—it begins to appear that in France alcoholism has been checked and may actually be declining.

**Granted that alcoholism is a serious public-health problem, how does this situation affect me?**

If in the United States there were 110,000,000 adults, and 8,000,000 adults were in trouble with alcohol, it means that about one in every thirteen adults is an alcoholic or a near alcoholic. If each alcoholic affects seven or eight people directly, and this is a conservative estimate, then 50 percent of the adults in the United States are directly affected by alcoholics. This means that your family, if we are thinking of two generations, has a fifty-fifty chance of having an alcoholic problem today.

**What will eventually happen if these problems caused by alcohol are not successfully met and dealt with?**

It is difficult to study the problems of alcohol on our society without becoming pessimistic. A study of the downfall of preceding generations indicates that alcoholism was involved in the destruction of every civilization to date. Edward Gibbon's famous work, *The History of the Decline and Fall of the Roman Empire*, provides a graphic illustration. Historically, society is destroyed by decay from within, not from without. A well-known World Health Organization film prepared by Dr. Jellinek, entitled "To Your Health," concludes with a line to this effect: We will conquer the problems of alcohol or they will conquer us. This is, in my judgment, a fair statement of the situation.

**What is the solution to these problems?**

No one will ever understand the problems of alcohol until he is willing

to accept the following two premises:

First, alcohol is a habit-forming and potentially addiction-producing drug. No one ever set out to become an alcoholic. Each one began as an occasional drinker. But alcohol can produce an addiction, and this fact must be accepted.

Second, it is a fact that alcohol is a depressant drug and is often taken by those who seek escape. It is quite possible to be a moderate drinker for years and then under stress become an alcoholic. There is no known guaranteed scientific method of avoiding alcoholism except by avoiding alcohol.

Solutions to these problems will need to be as many and as complex as the causes of the problems. There is no easy approach. We need greatly increased and improved education in our schools and our churches to bring about a better understanding of ourselves and our society, as well as of alcohol.

We need positive mental health training which will teach us to find healthier escapes from our tensions. We need a much more intelligent legal code to deal with alcohol in our society in such matters as care and treatment of alcoholism, the drinking driver, and the juvenile delinquent. We need consistent deglamorization of the drinking act and the part alcohol plays in our social patterns. We need more stringent law enforcement.

We probably need a decrease in or the abolition of beverage-alcohol advertising and promotion, with much more rigorous control of sale and distribution. The thing to remember is that laws will not solve problems—people solve problems.

Our society must be brought face to face with the problem itself, its size and magnitude, and then be brought to seek solutions because of these needs. Legislation and control must be the outgrowth of this understanding.

If we continue to live in a society which goes on ignoring the problem and which continues to promote the incidence of the problem by every propaganda means known to man, the medical profession and psychiatry and public health are never going to touch even the fringes of the job of curing the victims. There simply is no other conclusion a person can reach.

If you are a mother or father, or if you are a teen-ager, this is something you ought to look at: The average life of an alcoholic is fifty-one years in the United States. The average longevity of the remainder of the population is close to seventy. This is the price you may have to pay if you take that first drink.



## 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.*

*Give me three good reasons why I should not smoke. I am fourteen years old and have smoked for two years.*

Your first ambition is to become, and to be recognized as, a man (or woman) in your own right. You want to be strong and virile (or dainty and attractive).

A mature man or a mature woman must have a good reason for changing his or her habits. If you have smoked, and you would prove yourself to be an adult, then you must have at least one good reason for discarding this habit! And you have asked for three! I hope that at least one of the reasons I give you will appeal especially to you; for I, a physician who has observed the effects of smoking upon my patients for twice the years of your lifetime, am convinced that this is one habit that fails to pay for itself in added years of health, happiness, and fun.

My first reason would be that it takes a man or a woman with a mind and will of his own to choose *not* to smoke.

It takes an adequate supply of oxygen in order for the mind and body to function at top efficiency. Smoke of any kind, when inhaled, displaces some of the oxygen in the air taken into the lungs. Consequently, a smoker cannot think as clearly as if he were a non-smoker. Smoking weakens his will-power (and his won't power!). Otherwise, why would there be so many smokers who want to quit smoking?

My second reason is that it is a wasteful habit. First, it wastes your money by burning it up. And if you fail in being careful, it may burn up other people's money and property as well. It wastes your money and it wastes your

health, for by smoking you take into your body, in greater or smaller amounts, at least nineteen kinds of poison! And it takes energy and strength for your body to neutralize and detoxify and excrete these poisons. This energy could well be used to help accomplish some of the feats which you have planned should make your life enjoyable.

My third reason is that it may make life less enjoyable and pleasant. How? First, by robbing you of some of your five senses. Ask any man or woman who has quit smoking and he, or she, will tell you that it is good again to be able to taste and smell to one's full capacity. Second, on becoming "hooked" by the nicotine habit you find it necessary to spend a portion of your earnings which could well be used in a more pleasurable manner. Third, smoking robs you of the best years of life, your final years. Research with human beings has proved beyond a shadow of doubt that smoking, especially of cigarettes, is a major contributing factor in developing coronary thrombosis which so often causes sudden death. And even worse is the slow and painful death by cancer of the lung now becoming so common. Yet more tragic is the creeping death of emphysema, when the lungs refuse to contract and therefore cannot expand sufficiently to take in an adequate amount of air. Emphysema is indeed a disease of slow air starvation in the face of plenty—and this largely because of the abuse of the lungs in earlier years. These are only a few of the end results of smoking!

If I were a smoker at fourteen years of age, and had the benefit of the knowledge I now have as a physician, I would immediately resolve to be a man. I'd quit smoking!



James E. Aaron, Ed.D. and Albert J. Shafter, Ph.D., **THE POLICE OFFICER AND ALCOHOLISM**, Springfield, Illinois: Charles C. Thomas, publisher, 1963, 70 pages. \$4.50.

Though designed for professional reference by law-enforcement personnel, this brief, to-the-point book is profitable reading for the average layman.

The police, more than any other group, have direct touch with the effects of drinking. A policeman's lot is not a happy one, as Gilbert and Sullivan wrote, and much of his unhappiness is caused by those persons who use beverage alcohol.

This book contains material presented at a professional conference on alcoholism and police problems held at the Southern Illinois University. Among the areas covered are the basic concepts of alcoholism, how the law relates to alcohol use, rousing the community to action, what the public should know about the work of its police, and alcoholism and public aid.

J. Robert Regan, Jr., **WHAT ABOUT ALCOHOL?** New York City, National Council of the Churches of Christ in the U.S.A., 1962, 80 pages. 75 cents.

Increased interest and concern about the problems of alcoholism by the National Council led to the request that this booklet be prepared.

Essentially it is a review of well-known factual material about the nature and effects of alcohol, the treatment of alcoholism, and the need for accurate education about alcohol. Added are valuable suggestions as to the contribution that Christian persons and groups can make in helping to deal with the problems arising out of the use of beverage alcohol.

Written to please the divergent be-

liefs about alcohol held by the various member bodies of the National Council, this book tends to be nonspecific, particularly in the area of the prevention of alcoholism.

**TEACHING GUIDE**

TEACHER'S EDITION OF

**LISTEN**

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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.

## DEVELOPING "BODY WISDOM"

(Continued from page 27)

laxed method, guiding your tools instead of jerking them. Use your own natural speed. Work out satisfactory time-savers to do chores without waste motion.

6. *Develop your body's "space wisdom."* Do you pick your way through crowded streets and sidewalks day after day? Do you shop through crowded stores and supermarkets? A little "space wisdom" can help you avoid irritation and nervous fatigue.

Before stopping suddenly, glance over your shoulder to see if someone is directly behind you, and thus avoid getting bumped into. Develop the "side-ways crawl" maneuver—a half-turning swing forward while edging through a crowd—to make your way as smoothly and quickly as possible.

If confronted head on by a group of people walking abreast on a crowded sidewalk, slow down and stop, until, herdlike, they realize that there is an obstacle and file around you.

7. *Build your "body mechanics."*

Body mechanics "is the art of distributing your work over several sets of muscles, and using the stronger ones." Lift, if you must, so that the weight is distributed over your leg muscles, by using your knee as a brace on the object you are lifting. In this way you spare your back. Go up and down stairs with your body erect.

8. *Learn what the correct amount of sleep for you is—and get it.* A few individuals need more than eight hours of sleep, and some need a little less. Only a feeling of well-being the next day, or the lack of it, tells you what your individual sleep needs are.

Bicycling, relaxation, rest, diet, good mechanics, and good space sense, add up to a smart body. Using a smart mind, why not make your eight physical fitness resolutions today?

## POWER FOR LIVING

(Continued from page 22)

sustaining grace in order that he might overcome. He had found the help which he sought, as does every honest-hearted seeker.

I became convinced that he sincerely meant business, and a few weeks later I baptized him. The subsequent years proved that his experience was genuine, for he never slipped back into the old ways. Ultimately his wife, impressed by the change which had taken place, joined him in the church. Some years



## *View From My Window*

Beatrice Munro Wilson

Gently the Lady Evening  
Trails her shawl of mist  
To drape the mountain's shoulder  
With silvered amethyst,  
And pin all snug with a jeweled clip—  
First sweet star at the mountain's tip.



## *Mistakes*

E. J. Ritter

Don't be concerned, nor be surprised  
If what you do is criticized;  
There are always some who usually can  
Find fault with every different plan;  
Mistakes are made, we can't deny,  
But only made by folks who try.

## *Offshoots*

Kay Cammer

The last one's home  
Asleep in bed;  
My hasty kiss  
Just brushed his head.

A parent knows  
They have to roam,  
But thanks, dear Lord,  
They're safely home.

Now I can rest  
Until daylight brings  
More love knots pruned  
From my apron strings.

## *Happiness*

Lillie D. Chaffin

I found happiness today,  
Found it in the usual way,  
Found its fragrance in a rose,  
Found it where the lilac grows,  
Saw it in a rippling brook,  
Saw it in a lingering look,  
Heard it in a bobolink,  
Heard it in the dishes' clink,  
Felt it in the warm sunshine,  
Felt it in a hand on mine,  
Knew it when I knelt to pray:  
I found happiness today.

## *Nature's Canvas*

Constance Q. Mills

Nature paints a vivid picture  
No artist's brush can duplicate,  
On blue-green canvas in the sky  
That none can ever fabricate.

From dawn's rosy tints to sunset  
There's an ever-changing hue,  
Purple shadows on the mountains,  
And the ocean's sapphire blue.

With a sailboat in the distance,  
And the breakers' foam close by,  
And a flock of sea gulls wheeling  
From the surf into the sky.

I shall find my art in nature,  
There I'll find religion, too,  
For God is in all earthy things  
And in every lovely view.

**poems with a purpose**

later he died, beloved by and enjoying the confidence of everyone.

Why had the one man so gloriously succeeded, when at the same time in the same city and under the influence of the same church the other had so completely failed? The answer is clear. The one had found an experience which the other had failed to grasp. The Bible thus clearly expresses it: "But as many as received Him, to them gave He power to become the sons of God, even to them that believe on His name." John 1:12. Many a man or woman has found that religious faith does indeed bring with it restoring and sustaining power. They have proved the truth of the Biblical assertion that God "is able to keep you from falling." Jude 24.

How does a conversion experience help? Conversion is a miracle of God's grace. It changes men completely! The Bible makes this claim for it: "Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new." 2 Corinthians 5:17. While I cannot explain the miraculous change that takes place in the human heart, I know its reality.

The changed outlook which accompanies the finding of a religious experience eliminates the need for escape through alcohol by providing a daily solution to life's problems. When a man can take his problems to God in prayer and leave them there, knowing that a greater power has taken over from him, he can face his future with a confidence which removes life-shattering fears and the need for the dulling power of alcohol. The need to run away is gone.

Not many weeks ago in a rather dismal room in a poorer section of town, I visited for some time with four narcotics addicts. I would like to call them former addicts but they would object to that. They are not taking drugs now, but they never want to become overly confident and let down their guard. They will always consider themselves



## Glass Garden

Parishioners attending the Bethany Community Church just west of Portland, Oregon, saw graphic proof recently that too many people drink while driving.

The pastor, Rev. Paul W. Sweet, spent two days picking up empty bottles along a two-mile stretch of road near the church and displayed the results at Sunday morning services.

Stacked on a table behind the pulpit were 1,472 empty bottles.

"There were 17½ gallons of liquor and wine and 54 gallons of beer in this collection," Mr. Sweet said. "It is a dramatic illustration of the constant violation of the law regarding drinking while driving.

"I don't want to have to stand there with a guilty conscience in the home of one of my parishioners after an accident," he said. "Perhaps this glass garden will give impact to the problem."

drug addicts and recognize the possibility of slipping back.

One of these individuals had taken drugs steadily for nineteen years, the others for twelve, nine, and seven years. Fewer than 1 percent of addicts become permanently free!

The secret? Each talked earnestly of an experience which he had come to call his own "spiritual awakening." At my request, each told me his own story, a story of repeated attempts to "kick the habit," always followed by dismal failure. But now it was different.

Let me emphasize, this thing is real. There is *preventive power* in a vital religious experience. I discovered it one Halloween night in my teens. Many a young man and woman has discovered it since under differing circumstances.

There is also a *saving power* in a religious faith which alcoholics, narcotics addicts, and others with various problems of life have discovered.

And there is a *keeping power* which

can sustain you and "present you faultless," one day at a time, if you accept it into your life. With all the conviction born of the experiences which have come to me, I heartily recommend the power of a vital religious experience to you.

### NO ESCAPE

(Continued from page 15)

"I haven't been able to work in the last two years. I could have been somebody if it hadn't been for the junk. Now even a nobody would be better off than I am. I'm going to try to kick it again. I'm really going to try."

This soliloquy, coming from one who has probed the tragic length and breadth of the vice of addiction, shows the virtual impossibility of escaping from the whirlpool of drug use. Anyone invited to dabble in these dangerous waters should know that he could easily slip irrevocably into their deadly depths.

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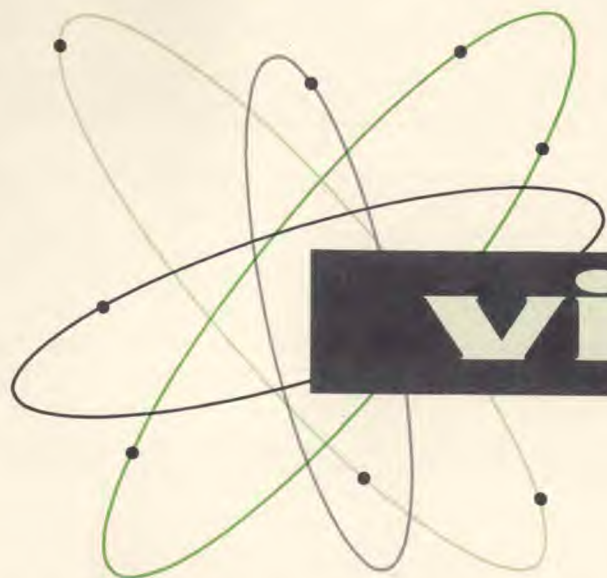
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# views

✦ **HE'S RIGHT.** "Drinking patterns of our young people are established in the home and not by legislative order."—Rocco B. Bubino, sales vice-president, Pabst Brewing Company, Milwaukee.

✦ **DRINKING AMERICANS.** "United States consumers spent somewhere around \$12,000,000,000 for alcoholic beverages (in 1962)."—Harry Dole, publisher, "Spirits."

✦ **FILTER TIPS.** "Filter cigarettes will eventually equal 75 percent of all domestic sales."—A prediction by Morgan Cramer, chief executive officer, P. Lorillard Tobacco Company.

✦ **IS IT TRUE THAT YOU CAN BECOME AN ALCOHOLIC WITHOUT EVER DRINKING ALONE OR TOUCHING HARD LIQUOR?** "Yes. Studies conducted by Dr. Jackson A. Smith of the Nebraska Psychiatric Institute show that drinking only beer or never drinking alone is no insurance against becoming an alcoholic.

"As a matter of fact, his investigations showed that a man can be an alcoholic without even becoming obviously intoxicated. Dr. Smith defines an alcoholic as any individual 'who relies on alcohol to meet the ordinary demands of living and who continues to drink excessively after alcohol has caused him marital or occupational difficulty.' It makes no difference whether he has never taken a drink when alone, or whether he never touches anything stronger than beer."—John E. Gibson, "Today's Health."

✦ **DECLARATION OF TOTAL WAR.** "The right to freedom of consumption, a right guaranteed to all Americans who have attained their majority, excepting those in institutions, is not absolute. That right ends where it interferes with the right of others to the enjoyment of life and safety.

"Let us declare war on the drinking driver—total war. . . . Time is running out. Facts are mounting. Control of these problems must be achieved or the consequences could be serious curtailment."—Governor Albert D. Rosellini, State of Washington.

✦ **STRENGTH OF A NATION?** "It's not possible for a nation of 185,000,000 people to drink 361,360 gallons of alcoholic beverages an hour and remain strong."—Mrs. Fred J. Tooze, president, Woman's Christian Temperance Union.

## ✦ **WHAT TEEN-AGERS SHOULD KNOW ABOUT ALCOHOL.**

"Teen-agers should be made to understand that when liquor induces a feeling of superiority, it is the power of the alcohol at work, not the power of the person himself. And when a person drinks only to get this power, there is real danger.

"Parents should impress upon young people that they must learn to live realistically in a real world. They are taking refuge in an unreal world when they drink to get a lift, to enjoy the envy of their friends, or to acquire a sense of grandeur.

"True enough, it is much more pleasant to push aside drab reality and enjoy an artificial feeling of well-being, an artificial sense of power, without care or responsibility. But it is no way to prepare for a future living, and there is a terrific letdown when the make-believe wears off.

"Basic values count as much today as they ever did, and they must be taught. Teen-agers are not too young to learn that with every act there is an accompanying responsibility. It is an equation that cannot be changed.

"So what it comes down to is this:

"While the school and the church can help, the responsibility lies primarily in the home. Give your children plenty of warm love and security. Make them feel good and feel wanted. Provide them with a sound religious upbringing and a respect for high moral standards."—Dr. Joyce Brothers, consultant and writer on human behavior.

# WORLD Decathlon Champion



World decathlon champion C. K. Yang checks his running, throwing, and jumping equipment with U.C.L.A. head track coach Elvin C. "Ducky" Drake (right) and assistant Don Vick (left).

Well-deserved indeed is the informal title, "greatest all-round track and field athlete in history," now conferred on Chuan Kwang Yang of the University of California in Los Angeles.

Smashing the world's decathlon record in an April track meet, "C. K.," as he is known to friends, bettered the so-called magic number of 9,000 points in this grueling competition, the most demanding of sports events requiring speed, endurance, timing, and physical ability.

In the modern decathlon, ten events must be completed within forty-eight hours, including on the first day the 100-meter dash, the broad jump, the shot put, the high jump, and the 400-meter flat race. On the second day come the 100-meter hurdles, the discus and javelin throws, the pole vault, and the 1,500-meter flat race.

This Nationalist China athlete bettered the old record set by Rafer Johnson, also formerly of U.C.L.A. and close friend of Yang's. They were fellow competitors at the 1960 Olympics in Rome, and at the national A.A.U. meet that same year in Eugene, Oregon, where Johnson set his record of 8,683 points. C. K. has his eyes on the Tokyo Olympics next year, hoping to make his best performance yet in the decathlon.

Under Coach Elvin "Ducky" Drake, maker of champions, Yang's training is obviously of the best. Nothing second rate can be tolerated. Adequate sleep, regular meals of nourishing food, and intensive practice sessions—all these may sound rather routine, but they are essential. Also important is his nonuse of those things which detract from championship performance, such as alcohol and tobacco. He wants not only to achieve the highest number of points on the track field but also to live the most productive and vigorous life every day.

