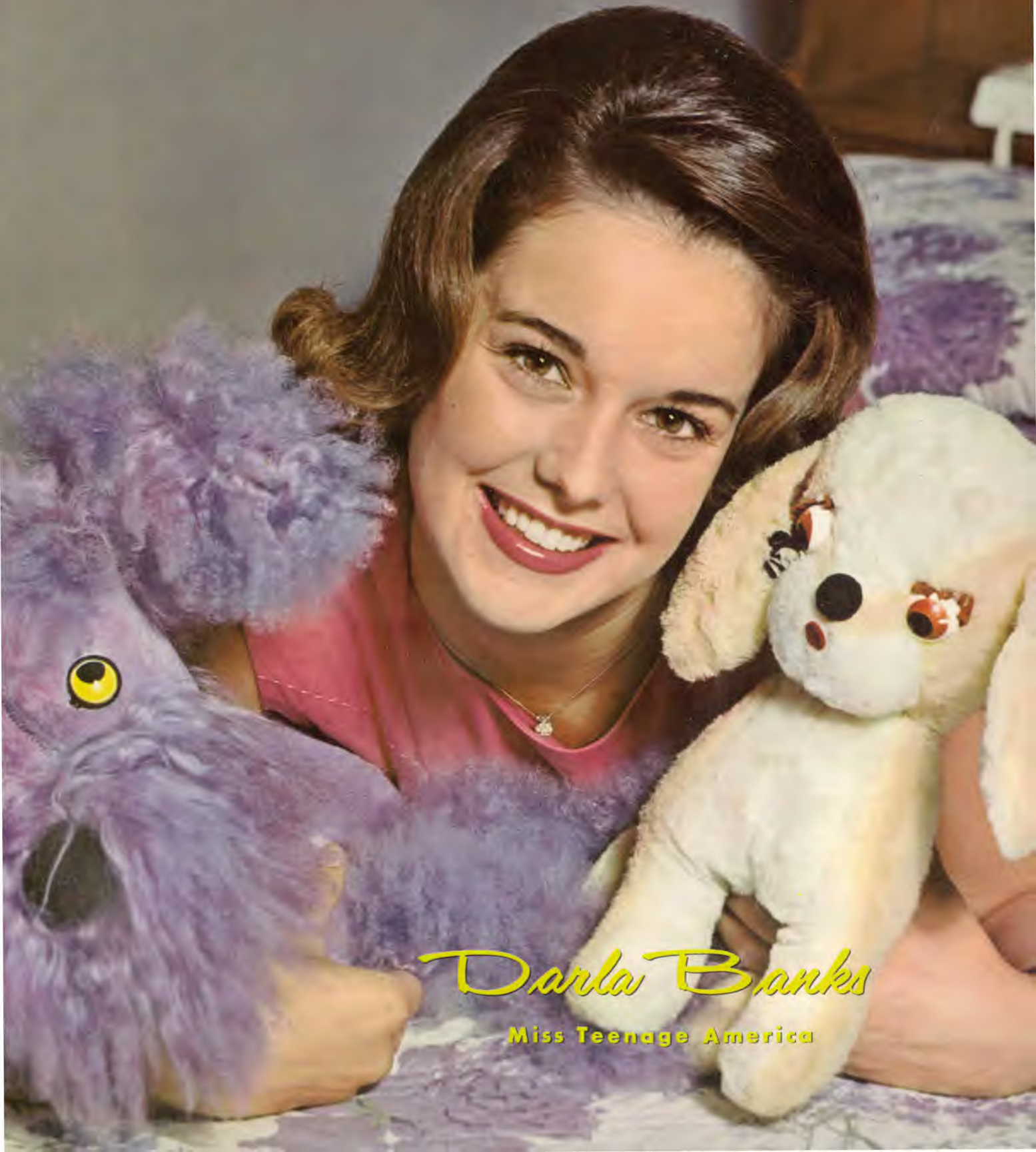


LISTEN

A
JOURNAL
OF
BETTER
LIVING



Darla Banks

Miss Teenage America



❖ **ACHES AND PAINS.** A form of neuritis is observed commonly in chronic alcoholics. Persistent burning pain is felt in the extremities, and various degrees of paralysis may develop, according to the Los Angeles County Medical Association.

❖ **SPIRIT CONSUMPTION DOWN.** Per capita consumption of spirits by adults in the United States has decreased from 5.57 gallons annually in 1850 to less than two gallons per year at the present time.

❖ **PANCREAS TROUBLES.** Alcoholics frequently develop pancreatitis, say three Seattle surgeons, Thomas T. White, Lloyd M. Nyhus, and Donald F. Magee of the University of Washington School of Medicine. Their studies show that among 59 patients who had developed pancreatic calcification, 50 were alcoholics.

❖ **DRINKING BET.** Antonio da Silva, fifty, Portuguese farm worker, wagered friends that he could drink two gallons of wine and a quart of brandy at a sitting. He won the bet, but a few hours later his children were orphans.

❖ **COMRADE "PUNKOVSKY."** Following the execution of Oleg Penkovsky for slipping secret information to foreign nations, Russians were particularly warned against Moscow's diplomatic cocktail circuit, where, warned "Pravda," "That was how they got hold of Penkovsky." Dubbing him "Punkovsky" for "punk," "Izvestia" reported that this unsavory type cherishes a never-ending stream of gold-embossed invitations to diplomatic receptions, where he can be spotted by his "empty phrases and full glass."

❖ **DRY SKY.** Among the complaints the nation's airline stewardesses have taken to Federal Aviation Administrator Najeeb Halaby is drinking passengers. Suggested remedy: Ban all alcoholic beverages in the sky. The FAA currently permits two drinks per passenger.

❖ **ALCOHOLISM IN AFRICA.** "Alcoholism has become the largest and most dangerous disease among the African peoples," according to Dr. Hans Schaffner, president of the World Christian Temperance Federation.

❖ **MORE MOONSHINE.** In 1961 forty million gallons of bootleg liquor were produced. According to the National Council Against Illegal Liquor, one out of every eight gallons of liquor produced in the United States is moonshine. Moonshine flavored with lye, paint thinner, antifreeze, dead rats, snakes, dogs, fertilizer, and swamp water is on the upsurge in the South and is spreading rapidly into the Great Plains, declared the Council.

❖ **DRINKING AND WOMEN.** Although FBI statistics show that women run afoul of the law only one eighth as often as men, drunkenness gets more women in trouble than anything else. About 112,000 of them are arrested for such a condition each year.

❖ **THE WOMEN BUY IT, TOO.** Recent studies on who is the decision-maker in beverage purchases at package stores show that 10.9 percent of married women say they themselves determine the brand; 28.3 percent say their husbands decide, and 54 percent say the decision is made jointly.

❖ **WHO GETS THE CREDIT?** "Brew," the Hamm's magazine for tavern owners, recently extolled the brewery Hamm's purchased in San Francisco in 1953. The article goes on to say, "There immediately followed a multimillion-dollar modernization program to increase the brewing capacity from 600,000 barrels to more than a million barrels."

San Francisco now has the highest rate of alcoholism of any city in the nation. Statistically speaking, one in six of the adult citizens of this community is a person seriously in trouble with drinking. Credit? If it can be called such, it should go to such city landmarks as the modern Hamm's brewery.



❖ **CHRISTMAS DRINKING DRIVING.** Traffic accidents during the three-day 1961 Christmas weekend killed 523 and caused disabling injuries to more than 24,000. Cost of it all? About \$130 million. On a comparable nonholiday weekend 342 are killed and 16,000 disabled, with a cost of \$85 million. Especially at the Christmas season careful driving is imperative.

OUR COVER With a good home background, and careful training by their parents and teachers, young people can make sensible choices for themselves and wise plans for the future.

Darla Banks, Miss Teenage America for 1963, represents admirably that major segment of American youth dedicated to high ideals of living for today and productive service in the days to come.

Listen's cover is by Tony Mazmanian of Laval Studios in Fresno, California.



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People don't keep the law, so change the law to conform to what the people are doing—this seems to be the philosophy of the Rocky Mountain Club of the American Automobile Association in urging a new twist to the old safety slogan, "If you drink, don't drive." Let's change it, urges this AAA club, to "If you drink any, don't drive in your usual manner."

Why change? It is claimed that the old slogan is widely ignored and drinkers are going to drive anyway—in fact, many of them have to drive in order to get home—so why not tell these drivers to exercise extra caution, and compensate for their handicap in these ways:

1. Tell yourself you're not as good as you usually are.
2. Concentrate entirely on your driving; don't drive by instinct.
3. Repeat to yourself the stern consequences in case of an accident.
4. Keep the car windows open; breathe fresh air.
5. Don't drive far.

It is difficult to see how knowledgeable persons, especially in the field of traffic problems, could come up with such illogical and downright dangerous suggestions. It is true that the old slogan has loopholes in it now—too many. Loosen it any more, and it won't catch any of the menaces on our highways. Because some people aren't living up to it now is no sign it should be weakened or discarded. Some people commit murder, too, so why not do away with restrictions against murder!

It is well known by all who can evaluate facts that a driver must be at the peak of his efficiency to avoid trouble in today's faster and more hazardous traffic.

Also, it is well known that drinking causes impairment of efficiency. Authoritative evidence shows that two beers or only two ounces of 100-proof whiskey produce a detectable impairment in two out of every three persons. And for driving, significant impairment is done before any is detectable.

Legislators and law-enforcement officials who face the situation realistically are lowering the legally recognized blood-alcohol level below which one is presumed not to be under the influence. Scandinavian countries place this level at less than one third of what it is generally in the United States. Some 60 percent of fatal crashes in America are alcohol-related.

The social drinker "appears normal until his wits fail him in an emergency. The effects of alcohol begin with the first drink. All driving skills, senses, and capabilities are lowered with each additional drink. The quality of timing and actions are impaired." This is the stand taken

by the National Safety Council, and often re-emphasized. (See, for example, the article on page 5 of this *Listen*.)

Furthermore, the AAA suggestion that the drinker "compensate" for his handicap would be ludicrous if it were not so irresponsible. It just won't work, for no one who drinks is in a position to judge his own condition or actions. He simply can't compensate for his condition while driving. Drinking often releases one into a more expansive mood, making him more careless than careful. Imagine trying to urge him to tell himself that he isn't as good as he usually is! Moreover, drinks

affect different persons in different ways, and often the same person in different ways on various occasions.

Much better it would have been had the AAA club made positive suggestions that would have contributed to the cause of traffic safety, rather than drifting with the tide of popular disregard of even elementary safety precautions.

Some such suggestions could well include the following:

1. Zone all major highways so as to eliminate roadhouses, taverns, and other vendors of intoxicants along these main lines of travel.
2. In case of accident, hold the seller of the liquor as liable legally as the driver.
3. Hold the driver himself responsible for the results of his actions while under the influence. He was not forced to drink; it was his deliberate choice.
4. Adopt and enforce prison sentences for every drinking driver, whether caught in an accident or not. In the areas where prison sentences are now enforced the toll from drinking-driver accidents has dropped.
5. Require full and accurate news reports of every drinking-driver accident. The prospect of such publicity would cause many to think twice before mixing alcohol and gasoline.

Regardless of how safe the highway, or how perfect the automobile, or how adequate the background training of the driver, the ultimate solution of the highway safety problem lies in the condition of the driver when operating his car.

Francis A. Soper

**DRIFTING
WITH THE TIDE**

Christmas catastrophe may lurk in the sparkling cup of good cheer.

Holiday Spirits-- or Spirit?



JAMES CONVERSE
ARTIST

Howard Pyle President, National Safety Council

The gap that separates the drinker from the drunkard is a wide one, but on the highway the drinker may do more damage.

Totally intoxicated, an individual may be wary about driving, if, indeed, he can manage to get himself to the automobile. The chap with one or two drinks under his belt, however, is usually under the impression that he can manage just beautifully, thank you.

Potentially one of the most dangerous of drivers, at holiday time his number is legion.

Not a swerving, obviously-out-of-control maniac behind the wheel, the drinking driver is a sneak. You don't know there is anything wrong with him until that wicked, sometimes fatal moment when his reflexes don't respond or his blurred judgment tells him to make the wrong move.

One needn't severely diminish a fifth of whiskey to reach this state. Only one or two cocktails before driving will put a man in unfit condition. That's one of the great dangers of the office party at Christmastime. Those who stay only for the "social" drink or two become menaces to other drivers and to themselves.

It is the office party with its flowing bowl that kicks off the most dangerous season of the year. For this reason, the National Safety Council and its Committee of Religious Leaders is carrying on its sixth consecutive campaign to dry up the office party.

Success in this effort has been splendid to date, and increased cooperation is expected from business and industry this year.

While on the subject of the "wet" office party, one might also point out that the drinking driver is only

part of the problem. Another hazardous by-product of this annual affair is the drinking pedestrian.

The chap on foot—perhaps he's not driving because he's already had too much to drink—is in great danger. About one quarter of all Christmas-holiday traffic accidents involve pedestrians. When you add to this the fact that studies in some states show that half the fatal holiday accidents involved drinking drivers *or* pedestrians, you have not only a harrowing portrait of the drinking hazard on our streets and highways, but you have the solid reasoning behind industry's efforts to abolish the alcoholic party.

Further, the most dangerous holiday hours are between six and nine p.m. Those are the hours immediately after business closings, and the hours families usually start off on their holiday trips, both of which add to congestion on the streets and highways.

Alcohol is the most dangerous possible additive to this combination.

The problem of the drinking driver and drinking pedestrian has long been with us. It's apt to be with us for a good long time to come, especially during the holiday season.

We give it particular attention at this time, of course, because of the prevalence of drinking during the Christmas-New Year period. Who among us has not been struck by the particularly bitter irony of the Christmas-holiday accident toll? And by the even grimmer irony of the cup of "cheer" or "good spirits" turning into the lethal factor in so many of these tragic deaths and injuries?

But this problem, however obvious during the holi-



Howard Pyle, a former White House aide and governor of Arizona, came to the National Safety Council after a thirty-four-year career in public service and in the communications industry.

Twenty-five of those years were spent as a radio correspondent and broadcasting executive in Phoenix, Arizona. During these years he personally covered the Pacific combat zones of World War II, including the Japanese surrender aboard the battleship *Missouri*, as well as the World Security Conference in San Francisco.

He was elected governor of Arizona in 1951, and was reelected to a second term in 1953. During these terms he twice served as chairman of the Western Governors' Conference.

In 1955 he was named deputy assistant to the President of the United States for Federal-State Relations, the first man ever assigned this responsibility in the office of the President. Among his other duties in the White House was that of planning contact for the President's Committee for Traffic Safety. This, coupled with his previous gubernatorial interest in safety, gave him a deep concern for, and a comprehensive understanding of, the nation's accident-prevention problems.

He was elected president of the National Safety Council and chairman of its trustees in January, 1959, resigning his White House post to accept.

days, is one that must be confronted on a year-round basis. A person's habits and patterns of living will not be severely altered simply because the calendar says it is December 25 or January 1. If anything, there is likely to be a loosening of self-discipline because of this once-a-year period of joy and merrymaking. An individual who normally does not have a before-dinner drink is tempted or cajoled into lifting the glass in celebration of the season.

Progress is being made in the overall control of drinking and driving. Years of research have documented the many facets of the problem, and have shown the dangers of even small quantities of liquor.

Based on this research, standards in the Uniform Vehicle Code have been tightened. The code, which contains models of the most authoritative, up-to-date traffic laws recommended for our states, formerly stated that a chemical test showing .15 percent or more blood alcohol is proof that a driver is unable to drive safely, and that a showing of .10 percent means the driver is probably under the influence. In 1962, the code was updated to state definitely that a .10 percent concentration of blood alcohol is *evidence* of being under the influence.

In connection with this, many states have moved toward the use of chemical tests to determine blood-alcohol content, and have strengthened this with an "implied consent" law. The law makes it mandatory for a person believed to be driving under the influence to take a chemical test. If he refuses, he loses his driver's license.

Thought by some to be an infringement of citizen rights, the implied-consent law actually is not. The courts have long since ruled that driving is not a "right"—it is a privilege granted by the state.

An added benefit of this law is that it spells out and drives home the fact that driving is a privilege. Many of the unsafe attitudes held by the public—in addition to the drinking problem—are based on the fallacy that a driver's license is an inalienable right.

These controls, supported by stringent law enforce-

ment and swift, strong action in the courts, will play an increasingly important role in abatement of the serious drinking-driving safety problem.

However, they do not and will not relieve the citizen, be he driver or pedestrian, of his ultimate moral responsibility for his safety and the safety of others.

Voluntary compliance with that aspect of our national safety plan can be achieved. This has been demonstrated in countries such as Sweden where self-discipline in these matters has been recognized as morally necessary and is adopted as part of the social code. While drinking is by no means eliminated, whenever a carload of persons attends a social gathering where drinking goes on, the driver customarily abstains. If there is not a large group, and persons attending the gathering intend to drink, they will habitually take taxicabs or avail themselves of a chauffeur service.

These practices, now almost habitual, evolved out of a combination of acceptance of moral responsibility, helped along by extremely strict enforcement of Sweden's laws—laws with harsh penalties given out by an aware judiciary.

The Scandinavian people have come to grips with the problem. It is imperative that we, too, find a similar operational solution. Whether we do so by following the specific model of behavior established in Sweden, or whether we find a unique means of our own, it is evident that the drinking-driving syndrome must be broken.

Traffic accidents cost this nation 40,000 lives each year, more than 500 of which are lost during a long Christmas weekend. Drinking plays a significant role in many of these tragedies. Studies in some states show that nearly half the fatal holiday-time accidents involved a drinking driver or a pedestrian.

Thus, while we concentrate on the issue because of its prevalence at holiday time, our emphasis must still be on the long-term, 365-days-a-year program of drink-induced highway tragedy.



ACCIDENTS

THEIR IMPORT for YOUNG PEOPLE

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DISABILITY and loss of life from accidents currently are greater than from any disease. Particularly tragic is the fact that accidents are the leading cause of death among young people.

Today accidents rank as the first cause of death up to age thirty-five, and the second cause of death from thirty-five to forty-four years of age. Each year in this country some 100,000 individuals are killed by accidents, and 47,000,000 are injured sufficiently to be disabled one day or more.

Consider for a moment the enormous cost of accidents in lives lost and productive resources lost to this country. Then reflect upon the anguish suffered by countless parents, families, and friends of our young people killed or disabled by accidents.

The four places where most of the accidents occur are on the highways, in our homes, in recreation areas, and at places of work. Motor-vehicle accidents are the leading cause of accidental deaths; they account for 40 percent of all such deaths. Second come falls, which cause 20 percent of accidental deaths. Fires and explosions, dramatic as they may be, account for only 8 percent of accidental deaths, while drownings cause only 6 percent of such deaths.

It is clearly evident that accidents constitute the greatest hazard to life, well-being, and happiness that faces the young people of this country today.

This being so, it behooves us to inquire into and examine this problem with discerning care. How and why do accidents happen? First of all, accidents occur because of human failures; largely these are errors in judgment. Mechanical failures, although the second cause, rate far below errors in judgment as a basic cause of accidents.

Accidents, upon analysis, are like diseases. They occur at different rates among different groups of the popula-

tion, and further differ in regard to agents and circumstances. The peak nonfatal accident rate is highest for ages fifteen to twenty-four, where the nonfatal accident rate is 50 percent higher than at twenty-five years of age or over. However, the accidental death rate per 100,000 is highest for the age group sixty-five and older. Statistics indicate that it is the youth and the elderly who are most susceptible to accidents.

Here are a few more facts about accidents. First, about 15,000 children are killed in accidents each year. Second, more than 16,500,000 children are injured in accidents each year. It is interesting that two boys out of every five sustain an accident of some type each year, while only one girl out of every four sustains an accident. Third, individuals sixty-five or over comprise only 9 percent of the population, yet they sustain 74 percent of all fatal falls, and 33 percent of all pedestrian deaths occur in this age group. So there are many variables in the accident problem.

Dr. Ross McFarland, professor of environmental health, Harvard University, has pointed out that accidental injuries arise in the presence of a susceptible host, a predisposing environment, and an inciting agent. For motor-vehicle highway accidents, he states that man is the susceptible host, the highway constitutes the susceptible environment, while the vehicle is the inciting and, too frequently, the lethal agent.

Motor-vehicle-accident fatality rates for those under age fifteen are the same for females and males; however, over age fifteen more males than females are killed in motor-vehicle accidents. From ages fifteen to twenty-four the motor-vehicle-accident death rate for males is 50 per 100,000, while for females the rate is 15 per 100,000. Of the 38,000 to 40,000 individuals killed each year in highway motor-vehicle accidents, one in five is a young man fifteen to twenty-four years old. Yet in pedestrian deaths, one in four is a man sixty-five years or over. Highway accidents cause roughly 40 percent of the accidental deaths and 20 percent of the accidental injuries. Since today highway accidents are the single greatest health problem facing the youth of this country, let us concentrate on the known facts concerning highway accidents.

In the Armed Services currently in this country more death and disability result from motor-vehicle accidents than from disease. Accidents now have exceeded upper respiratory infections as the leading cause of man-days lost from duty in the Armed Forces.

Servicemen have most of their motor-vehicle accidents while off duty and off the military station. This constitutes a most vexing problem to the Armed Services. Until a few years ago, it was believed that such accidents were caused primarily by servicemen driving excessively long distances in a hurry, particularly while on short week-end passes. Therefore, most safety efforts were centered upon long-distance driving. However, when a detailed study was made of servicemen's highway accidents, it was found that weekend and long trips were not the big problem. About 70 percent of the off-duty motor-vehicle accidents occurred within ten miles of the military base, and over 90 percent were within fifty miles of the man's duty station.

The accidents chiefly involved young, single enlisted men. Those accidents occurred mainly during late night and early morning hours in connection with recreational activities, particularly tavern-hopping. This study simply reinforces the well-established fact that *drinking alcoholic beverages is the single greatest cause of highway motor-vehicle accidental deaths and disabilities*. This being the stark truth, it behooves young people to understand the facts about the action of alcohol on the human organism.

Ethyl alcohol or grain alcohol has the chemical formula C_2H_5OH . It is a central nervous system depressant, even though many uninformed people believe it is a stimulant. Its effect on human beings in all phases and stages is that of a depressant. While many individuals appear to be stimulated and exhilarated after consuming

alcohol, this appearance is not due to stimulation, but to a depression of the individual's inhibitory reasoning and judgment mechanism.

Man's more recently acquired civilized inhibitions and judgment, both functions of the higher levels of the brain, are the first to be affected by alcohol. Studies have consistently revealed that test subjects after consumption of alcohol almost unanimously believe that their performance is unimpaired, or they may even believe they perform better than usual, whereas objective testing of such individuals always has demonstrated that their skill, judgment, and performance are impaired. This is the direct result of the depressant action of alcohol upon the brain, for alcohol is a depressant of the critical senses, skill, and judgment of the individual.

The depressant action of even small amounts of alcohol is of extreme importance in the operation of motor vehicles, for driving is an exacting task requiring precision performance. This is substantiated by the well-documented fact that in more than 50 percent of highway accidents involving a fatality, one of the drivers involved has been drinking!

In 1950 the definitive study of Bjerver and Goldberg confirmed once again that "the role that alcohol plays in causing traffic accidents is probably considerably greater than appears from official statistics." They ascertained the average threshold of impairment of driving ability in expert drivers, accustomed to consuming moderate amounts of alcohol, as .035 to .040 percent alcohol in the blood.

Further, studies by Smith and Popham of the drivers involved in personal-injury motor-vehicle accidents indicated that driving impairment begins at a blood-alcohol level of .035 percent. Loomis and (Turn to page 28)

William M. Hall

"And Now the Puppy--"



Maybe all dogs are like Rover—when they die, they die all over. He was playing joyfully that bright, sunny morning with three grown-up dogs. The scattered patches of black on his face and tail and the woolly white of his legs and body caught my eye as he romped with the other dogs. He barked playfully as the older dogs rolled him over.

As they rounded the corner and darted into the street, I could visualize some curly-haired, blue-eyed lad at school counting the hours until he could be back home playing with the pup.

A never-ending stream of cars sped by them in each direction. Unmindful of the dizzy whirl, the dogs continued to play, until a few near-misses seemed to awaken them to their peril. Then one by one the older dogs found their way to safety.

But the puppy never made it. Finding himself alone, he seemed puzzled, then frightened, and at last frozen with terror.

It must have been terror as the big black sedan bore down on the helpless pup. It was over in an instant. The driver never looked back as he tossed an empty bottle toward the curb. The puppy lay kicking in the street, not making a sound. Soon the other dogs were by his side, wondering, perhaps, what had happened to their playful companion.

With the first letup in traffic I dashed into the street and picked up the lifeless form. As I walked back, a woman came running toward me. It was obvious that she knew something about the puppy.

When she saw the still body of the pup, her sorrow was so intense I found it difficult to tell her how it happened. Finally she regained her composure sufficiently to speak.

"I hope you will forgive me," she said, her voice heavy with anguish. "You see, he belonged to my son, Bobby. They were such good pals until—until Bobby was taken away. He, too, was playing in the street when a speeding car ran over him. And now the puppy—"

JACK LORD--Cowboy Hall of Fame

Interview by
DUANE VALENTY

"STONEY BURKE" stepped out of the saddle, patted his horse, and came through the fence heading, like they say, for the next roundup, his year-long television series of the bronc-busting cowboy behind him.

"Sure, I was hoping for three years of 'Stoney Burke,' but I'm not going to lose any sleep over being canceled at the end of one," he said good-naturedly. "My old man used to say to me that you could look at a glass as either half empty or half full. Well, I see mine right now as half full."

That glass, by the way, in Jack Lord's hand will be half full of cold water or a soft drink, nothing stronger. Although he gained tremendous personal popularity and prestige from the series and can about write his own ticket in the entertainment business as a result, any resemblance between this clean-cut star and the usual image of either a hard-drinking cowhand or a hard-drinking leading man is nonexistent.

Jack Lord is his own man in a lot of ways. For one reason or another, he turned down twenty-two series offered him, until "Stoney Burke" came along and caught his fancy.

The series had hardly begun when the letters poured into the network, averaging a thousand a week and making Jack Lord an overnight star.



Many of these letters came from children, teenagers, and parents. The latter wrote their gratitude, he says, that "Stoney" taught their children "that integrity still pays off in this day of expediency."

Teen-agers want Jack's advice on many subjects, and he minces no words giving it out, especially on the subject of drinking. Will it make them unpopular if they say No to drinking, like Stoney does? they ask him.

"No, I do not feel it does. In the company of intelligent people who respect and appreciate the exercise of freedom of choice, I think abstinence actually enhances and distinguishes an individual; in other words, it makes you a real standout that people can look to as not being afraid."

But maybe it's embarrassing not to drink when other people do, the kids persist. "Absolutely not," Jack answers them from long experience. "No intelligent boy or girl should feel embarrassed to say he does not drink. He should feel proud and secure for the courage he expresses every time he turns down a drink. Any unbiased doctor or psychiatrist will tell you that alcohol, even in small quantities, makes one vulnerable, and it is especially dangerous in youth."

Evidently a subject close to Lord's heart, this is something he's not only thought about seriously but done considerable research on over the years.

"Police estimate a third of all teen-age crimes are committed by youngsters whose inhibitions are lowered and judgment blunted by alcohol," he told this reporter. "Drunken teen-agers are behind the wheel in many fatal accidents on city streets, and, nationally, drunken teen-agers cause millions of dollars' worth of property damage. Alcohol is considered a significant contributing factor in the growing incidence of premarital sexual experiences and the havoc caused both sides when illegitimate birth follows."

With a broad background seldom found in show business, this tall, good-looking man packs plenty of authority into his words. Not for him the timorous "I'd rather not say—" that so many resort to when asked why they don't drink.

"I did drink socially for several years, when I was in the merchant marine, but then stopped completely," says Jack Lord. "My (Turn to page 34)

DON'T BE A DOPE!

Lois L. Higgins, M.S.W., LL.D.

Director, Illinois Crime Prevention Bureau;
President, International Association of Women Police

One of the peculiarities of our human nature is our tendency to be attracted to something that is forbidden, unlawful, or dangerous.

Apparently we inherited this trait from our first parents, Adam and Eve. It's the oldest story in the history of society, and yet it is repeated many thousands of times each year in every city and town in the world.

It is a weakness that is often tragic in its effects, but a weakness we could overcome if we wanted to. We all know this story of the forbidden fruit, but somehow the terrible lesson it should teach us has never quite taken hold. We are more intrigued by the details of the temptation than we are by the outcome of the story.

Those two were the first gamblers in history. They took a chance on something they knew to be forbidden, unlawful, and dangerous. They lost everything. Theirs was the most disastrous loss of all time. But how many of us, down through the years, have been impressed by the moral of the story?

Considering the consequences, the disobedience of Adam and Eve to the command of God was a foolish, incredible thing. But today we are as gullible and prone to follow our fancy as they were, and as impulsive in letting temptations get the better of our good judgment and the advice of parents and friends.

We are concerned here with only one of the many human weaknesses prevalent in our modern world, but we think it is the most terrible of all in its physical effects and its tragic consequences involving our families and loved ones. It is also the most inexcusable of major weaknesses because it can only lead to agony, misery, and disgrace.

You may already have been tempted, or you may yet be approached by those who would lure you into this terrible trap. You, the youth of today, are the targets of unscrupulous and inhuman persons who hope to make you slaves to the habit of narcotics, a habit that can ruin your lives and cannot possibly bring you anything but pain and shame and complete physical, mental, and moral deterioration.

The "dope" habit is practically incurable!

It is a "thrill" for a very short while, but then it becomes a necessity unless the victim is willing to undergo the most excruciating tortures of ridding his system of its effects. Even then, in its very earliest stage, it is more than likely that the habit *cannot be permanently broken*. Thus your first indulgence in the false thrill of taking "dope" usually makes you a permanent, incurable victim!

As the kids say, "Only a dope would go for a deal like that!" But so many, many kids have done it before you, and others are doing it right now and suffering the con-

sequences. So it is our hope that we may persuade you to ignore and avoid any temptation to "puff a reefer" or "try anything else in the form of narcotics.

The trouble is, kids are always impatient to throw off the restraints imposed on them by adults, and overly anxious to "grow up" and be independent. The lure of temptation can be irresistible, because in our childhood we used to pout and show our resentment at being told we "mustn't do this" and "mustn't do that," and now we think we are "too grown-up" to be dictated to when something sounds exciting to try.

Our urge to get out of the "kid stuff" stage and act like adults is manifested in other ways, of course—smoking cigarettes, and driving cars, and all the other modern activities available to us. But, sooner or later, somebody's going to try to plant the idea that we "ain't living yet" till we've tried marijuana, or glue, or some other dangerous thing.

You hate to be called "chicken." That's a selling point the dope sellers will use on you. They'll describe the "feeling" it gives you, the "lift," and all the other "delights" they ascribe to the use of marijuana or whatever other drug they may have for sale. They're good at the loathsome business of impressing youngsters like you. They can make it sound like something you simply *must* experience. They do not, of course, mention the facts about what will happen to your body and mind once you give in to the sales talk.

And that's one temptation we are particularly anxious to help you avoid. We feel the same way you would if you saw someone who was about to drink a bottle of deadly poison. You'd want to do everything in your power to prevent this act. You'd never forgive yourself if you didn't. If it's within your power to prevent a suicide or any other tragedy, you act instantly and automatically.

That's the way it is here and now. We know that many boys and girls, every day, are being "introduced" to the practice of trying dope for a "new thrill." And we know it is the same as though they were being asked to drink of poison with some exciting label to disguise its true contents.

At the Darwin School in Chicago Dr. Higgins demonstrates the addict's paraphernalia and warns against dangerous drugs.



We have every reason to believe the boys and girls of today are better educated and farther advanced in knowledge and maturity when they reach their teens than we were at that stage in our own lives. They have the advantages of modern science and developments, and their opportunities for learning are better and more advanced than ever.

But they're still human, and it's human to be intrigued by imaginative descriptions that appeal to the love of excitement and the urge for "different" experiences. Adam and Eve fell for a fast-talking "salesman's" fancy "pitch" about having things even better for themselves if they'd go along with him and disregard divine instructions. They were going to be real "big shots," and take over Paradise. It sounded good to them and they were easy victims.

Did it ever occur to you that they were stupid, as well as weak? They took the word of the first hoodlum who approached them, instead of the word of the Creator. They were given everything they could ask, and had a lifetime of perfect happiness ahead of them. But ambition was stronger than gratitude, and that was that. God had proved His love for them and His infinite power and goodness, but they teamed up instead with a disreputable character who had already been expelled from Paradise.

Had they stopped to inquire: "Who is this fellow, and how can he make good on his promise to us?" they might have saved themselves. But they were more concerned with "what's in it for us," a disease which is still prevalent in the world, by the way. They took a chance on this criminal and his wonderful promises, against the command of the God who created them and asked only their love and obedience.

That's something to remember, if anyone ever approaches you with a sales talk about narcotics, or you hear of any of your pals who have been listening to that kind of talk.

Remember this: Satan had the idea first. He wanted only to ruin our first parents to satisfy his own evil purpose. In the same way—the *very same way*—the people who try to influence others to take dope have only one thing in mind, and that's to make money for themselves. The way they can do it is to sell it to others—you or anybody.

And, nearly always, these "salesmen" are themselves victims of the vicious habit. Someone sold them on the false thrills first, and now they are addicted (Turn to page 28)

For years a police officer, Dr. Higgins meets with Chicago Youth Commission to plan against the narcotics problem.



As an international authority on narcotics, Dr. Higgins has few if any peers. Experienced in police work, diligent in teenage education, proficient in public address, she has for many years brought the full weight of her talents to bear against the narcotics problem, from the standpoint of both law enforcement and youth education for prevention.

"Don't Be a Dope!" is her most recent effort in producing persuasive material on this vital subject, to be used in the schools, particularly high schools.



Ask Yourself

If anyone ever tries to sell you on the idea of trying "the stuff," no matter how wonderful his sales talk may sound, ask yourself if these facts do not sound more logical:

1. He's selling it to you or giving it to you, because he wants money, and if he sells it to you just once, you will be a "steady customer" unless some miracle saves you in time.

2. He's probably an addict himself—nearly all of them are! Now he's turning around to find as many others as he can, to start them on the same path, for his own profit, because he desperately needs more money to buy more for himself every day or go crazy.

3. Why should you take his word for anything? Can he prove any of his claims? What do you know about him, and is his word better than that of your parents or others whom you know and trust? Ask them first.

4. Most important of all—is it worth the terrible risk you'd be taking? What benefit does this all-too-brief thrill bring you, when you consider the torture it will eventually inflict on your body, mind, and soul, the problems you will face in getting more money to buy still more dope, and the disgrace and anguish it will cause all your loved ones? *Can a few short hours of any kind of excitement be worth all that?*

The nation's most populous—and most alcoholic—state takes a new look at its drinking problem, and the money it is throwing "down a rathole."



California Counts the

Is alcoholism now an epidemic in California? A study made last year by a state assembly interim committee found that the state's ratio of alcoholics to its population was almost double that of the remainder of the nation. This seems to indicate that the alcoholic situation in California is in an acute, epidemic stage and that more than halfway measures are needed to combat the growth of alcohol addiction.

"If alcoholism is considered to be a mental disease, it can be classified with mental disease as our No. 1 health problem. We currently estimate there are between 650,000 and 700,000 alcoholics in the State of California."

The usually jovial face of Governor Edmund G. Brown became grave as he discussed his state's growing alcoholic population, which is filling not only state mental hospitals but also California prisons.

"No one knows the cost," he said, adding, however, that everyone knows it is enormous, considering the cost in broken homes, wasted lives, traffic accidents, neglected children, and the extra burden imposed on the state in jail and hospital maintenance.

"Segments of the cost can be put together," the governor explained, "such as the costs of hospitalization, the costs of operating outpatient treatment clinics, and to some extent the costs in prisons. However, when one gets into such matters as the relationship of drinking and alcoholism to accidents, broken homes, child neglect, and other aspects of living, all we have is opinion, but no solid facts upon which to base any reliable cost estimates.

"In terms of hospital treatment and costs, we know that commitments for alcoholism to the state mental hospitals constitute approximately 25 percent of the admissions. The average length of stay of alcoholics in state hospitals is 2.9 months. The studies we have done with the Department of Corrections, in which we analyzed the alcohol or drinking involvement of approximately 2,500 prisoners being processed into the state prison system, indicate that roughly 30 percent of these prisoners were intoxicated at the time the crime was committed or had a well-documented alcohol problem."

Governor Brown is convinced that more research is

needed to establish why some persons are much more susceptible than others to the drink habit, also the relationship of alcohol to various forms of antisocial or abnormal behavior.

"There are no studies or data in California," he continued, "concerning the relationship of alcohol drinking and alcoholism to such things as broken homes and child neglect."

While specific cost figures are lacking, California police blotters are filled with reports by officers and social workers that provide an abundance of proof of such relationships. Frequently officers and social welfare investigators have found neglected, often starving, children in filthy homes, while the mother was drunk in a neighborhood bar. Many such reports have been published in California newspapers, but for some reason no official and complete data have been compiled on this on an alcoholic-cost basis, according to the governor.

Governor Brown knows about these sordid aspects of life from personal observation. He knew San Francisco in the unsettled days following the Big Quake. Born April 21, 1905, in San Francisco's "Western Addition," then a middle-class section of narrow frame houses with stained-glass windows and Victorian gingerbread ornaments, he was not quite a year old when the earthquake hit. Growing up as the eldest of four children, he earned extra money for himself and his family by carrying newspapers. And newspaperboys soon learn about alcoholics, neglected children, and other facts of life.

Responsibility also came to him early. His father, Edmund Joseph Brown, who prospered for a short time as proprietor of a Fillmore Street nickelodeon and shooting gallery, later lost his money gambling. Brown's life during this period was alternately happy and miserable. One happy episode was a grade-school debate, when he closed his speech with the immortal words of Patrick Henry: "Give me liberty or give me death." This caused him to be dubbed "Pat," a name that has clung to him ever since. Winning that grade-school oratorical contest was even more significant in another way. It sparked his ambition to become a political leader and gave direction to his life.



Interview with
Governor Edmund (Pat) Brown
by William L. Roper

Cost

After graduating from San Francisco's Lowell High School, he worked at various jobs, one of them tending counter in his father's store for some time. By attending night classes at San Francisco Law School, he obtained a legal education, and in 1927 was admitted to the bar. His first political office was as district attorney of San Francisco County, to which he was elected in 1943. In 1946 and again in 1950 he was elected attorney general of California. From that post he was elected governor in 1958 by a record one-million majority.

Although few political analysts have ever emphasized it, a seething liquor scandal involving some of California's outstanding Republican politicians materially assisted Brown, a Republican-turned-Democrat, to win the governorship. As attorney general, Brown had pressed his attack on racketeering in liquor licenses and other shady practices involving alcoholic beverage control, with the result that William G. Bonelli, long a power in Republican politics, fled to Mexico City, and two other prominent Republicans, State Assemblymen G. Delbert Morris and Charles W. Lyon, were sent to prison.

Because of these political triumphs, Brown became known as an honest administrator and a crusader against liquor-license racketeering. This popular image was a factor in his victory over former Vice-President Richard M. Nixon in November, 1962.

These facts, especially Brown's reputation as a crusader against liquor racketeering, explain why so many Californians are now looking to him for a solution of the state's acute alcoholism problem. And since California has grown to be probably the nation's most populous state, with an estimated 17,400,000 population on December 31, 1962, citizens of other states as well are watching with interest to see how California proposes to attack the explosive situation created by nearly 700,000 alcoholics.

So we asked Governor Brown: "How do you propose to attack the problem of alcoholism?"

"Alcoholism needs to be attacked in a number of ways," he replied. "Stages or steps which have been undertaken in California are briefly:

"1. To establish treatment and rehabilitation services initially on a trial-and-demonstration basis.

"2. To evaluate thoroughly and assess these treatment and rehabilitation services to determine how much the people can be helped and what the state is getting for its rehabilitation dollar.

"3. To invest in that type of research which will improve treatment methods and techniques and bring about better utilization of treatment methods.

"4. To undertake comprehensive community planning so that the present knowledge concerning the treatment and rehabilitation of alcoholics can be applied in a comprehensive manner in an integrated community plan.

"5. To invest in or encourage that type of research which will develop an understanding as to how alcoholism is caused both within the individual and in society."

Governor Brown claims that an alcoholic is simply sick and is not a criminal, but municipalities throughout the state are continuing to arrest drunken persons as "drunks" and jailing them for drunken behavior. Los Angeles Police Department statisticians estimate that a third of all teen-age crimes in that community are committed by youngsters whose inhibitions are lowered and judgment blunted by alcohol. Alcohol, their records show, figured in a large percentage of the seventeen juvenile homicides recorded in that city in 1962. In Pomona and in other communities, the validity of ordinances permitting the jailing of persons merely on the charge of drunkenness has been under attack, but has been sustained by the courts.

Consequently, the governor's reasoning that alcoholics are actually only sick persons and that punishing them is useless will meet considerable opposition from law-enforcement officials, who still operate on the thesis of personal responsibility.

Being drunk when an offense is committed is no defense under the law, but if a defendant can establish by the testimony of psychiatrists that he did not know right from wrong when the offense was committed, he may win a verdict of not guilty by reason of insanity. Alcoholics have escaped punishment in that way.

The main criticism of the governor's program for attacking California's gigantic alcoholism problem, however, is that it is confined almost exclusively to trying to cure or rehabilitate those already addicted, and that it does not concern itself with what many students of the problem regard as the prime need—prevention. Two preventive techniques, which are being ignored officially, are (1) education as to the dangers of alcohol, and (2) more restriction of liquor outlets.

"Do you plan to propose restrictive legislation on the number of liquor outlets?" we asked the governor.

His answer was negative. He said that California law at present limits numbers of on-sale general (bar and restaurant) licenses to one for each 2,000 inhabitants of the county. This same ratio applied to off-sale general licenses (package stores) until July 1, 1963, at which time the ratio became one such license in each county for each 2,500 inhabitants of the county. These limitations apply to issuance of new licenses and do not apply to renewal or transfer of existing licenses.

"In addition," the governor points out, "pursuant to rule-making power delegated to it by statutes, the Department of Alcoholic Beverage Control has limited on-sale beer and wine licenses to one (Turn to page 29)



Crewmen constantly alert for trouble stand anchor watches on ships in the bay at Guantánamo. Photo: Heinemann.



UNITED STATES NAVY PHOTO

Outwardly all is serene at Guantánamo. Enlisted men's housing consists of pastel-colored cinder-block houses.

Teen-agers keep their feet on the ground while in the middle of the up-in-air situation at Guantánamo behind-

Castro's

Two Marine guards dressed in green fatigues, heavy boots, and businesslike helmets stopped our official United States Navy car. Lowering their M-1 rifles, they proceeded to telephone headquarters from the field instrument beside the road. From my seat inside the car I heard, "Hey, Murphy, you'd best get on the stick!"

A moment later, "OK for these V.I.P.'s?"

I sighed with relief as we were waved on. It was nearing noon and the sun was beating down hotly. The road was narrow, dusty, and bumpy. To the left of us, barbed wire was strung in grotesque patterns, and on it were mounted tin cans containing pebbles which would rattle. To the right of us beyond the patches of tiny yellow flowers was the ten-foot-high link fence, topped by barbed wire.

We were on the United States Naval Base, Guantánamo, Cuba.

It was easy to see why this fence has come to be known as Castro's Cactus Curtain, for lining the fence on the other side is the mira cactus with its multitude of deadly spines on upward-shooting arms. As further deterrents to Cubans who

may want to make a run for it and jump the fence, Castro's bulldozers have cleared an area of 100 to 300 yards beyond the cactus. Impossible as it may seem, I learned that some Cubans had succeeded in escaping, usually by swimming from point to point or by slipping off boats that were going through the international waterway.

We began our tour at Kittery Beach, a beautiful bay where sunlight sparkles on turquoise water, and high, rocky headlands topped by scrub and cactus enclose it protectively. Gentle waves splash against the black boulders close to shore.

Kittery Beach seemed idyllic until I turned and saw them—two Cuban sentries just up the hill from me. There was nothing but a bit of stone, water, and barbed wire to separate us. It was chilling to realize how close we were to one another. Their green fatigues were clearly visible, as were their Czech army helmets and burp guns.

I aimed my camera and waved. Through the lens I could see a halting arm come up in response. They posed silhouetted against the sky in typical G.I. fashion with chest puffed out and guns at the ready. Later we came upon a less cordial



"An old Marine trick," tin cans are filled with pebbles that will rattle and are attached to barbed wire to keep everyone out of mind-eyes. The rubber mounds



Lance Corporal Tom Keyes of Hamsing, New York, shows Penny and Patty Bowman the white line separating Guantánamo Naval Base from Cuban Territory. United



Cuban guards are on the other side of Castro's Cactus Curtain that separates the United States Naval Base from communist Cuba. United States Navy Photo.



ELOISE ENGLE

Some 3,800 Cubans arrive at the base each morning. They are carefully checked by United States Marines before going through the gates to work.

Eloise Engle

Cactus Curtain

reception. Insults were shouted in Spanish which I could not understand, and I was glad for the fence looming between us.

I was relieved, too, as the helicopter swung into view on its patrol mission. Choppers, jeeps, and fierce sentry dogs keep close tab on the fence at all times. At sandbagged outposts dug into hills overlooking the eastern boundary, Marine sentries scan the beige, scrub-covered slopes with powerful binoculars. On ships in the bay, armed crewmen stand anchor watches.

Although the missile crisis is history now, there are many problems yet to be solved in Cuba. The tenseness and pressures are still there. As one Navy authority put it: "We've settled nothing even though we have weathered the storm."

Concrete and steel seem to be everywhere, in the form of pillboxes, foxholes, storage dumps, and other fortifications in Guantánamo. They are found at the golf course, the beaches, and even in residential areas. Although the Seabees and the Fleet Marines are gone, these combat men could return in twenty-four to forty-eight hours if needed.

It has been said that Guantánamo is a kind of comfortable

claustrophobia because it is self-contained. All Cuba is off-limits to military personnel and dependents since the 1958 incident when rebels kidnapped two busloads of servicemen. Yet, at the same time, about 3,800 Cubans arrive at the base each morning to be frisked by the Marines before going through the gates to work.

Some workers are domestics. Others are skilled Civil Service old-timers who enjoy the traditional compensations of sick leave and annual leave along with retirement benefits. When they cross the line at the end of the day, Castro's *barbudos* (bearded ones) and militiamen in berets search them. On payday they are urged (not too gently) to exchange their dollars for pesos. It is a kind of tug-of-war existence for these Cubans, who are called *gusanos* (worms), or Yankee lovers, by their neighbors. Yet Castro would have serious trouble on his hands if this large working force were suddenly thrown into the local economy.

Guantánamo life offers many pleasures in the abundant sunshine and complete absence of travel about the country. The Navy has provided seventeen softball fields, six baseball diamonds, sixteen tennis courts, twenty-four (Turn to page 30)



Lieutenant James Vaught.



Sandbagged outposts and armed patrols characterize Guantánamo.

These true tragedies show
literally that—

DRINKING MAY GET YOU “IN THE NECK”

Don Perryman

Finally the day had come, after three months in bed, that I would be allowed up in a wheelchair. This wheelchair will be my legs for the rest of my life, or as I call it, my four wheels to freedom.

I looked around me. Everyone in the ward had the same type of injury, a broken back—or, worse, a broken neck. This type of injury damages the spinal cord, which in turn causes permanent paralysis, affecting both legs, and in many cases the arms, depending on the level of

injury to the spinal cord. The higher the injury is, the greater the degree of paralysis.

I was anxious to talk to my fellow patients. There were about forty patients in my ward at that time.

I wondered how many of these patients had suffered their injury as the result of an automobile crash, a swimming mishap, or in some other way. Mine was an automobile accident on a hot, dry Sunday afternoon. Hitting a dip in the road, I lost control of my small foreign car. Rolling over about three times, the car finally came to rest right side up, but I had been thrown out and suffered a broken neck, having landed on my back.

Talking with the other patients, I found that in most cases drinking was involved.

One patient, a young lad of twenty, had been injured about a year before. He had been in the Army at the time and was driving home on a ten-day leave. Anxious to celebrate, he stopped at several taverns en route. Unfortunately he never reached home. Driving recklessly at high speed, he lost control of the car and it rolled over several times. He was thrown out and landed with enough impact to break his back and, of course, his spinal cord was severed. He will never walk again. He will spend the rest of his life in a wheelchair. He at least was fortunate in one respect—his injury was a low-level injury to the spine, so his arms and hands were not affected.

The next case was not so fortunate. Bill was attending a beach party at a friend's cottage. Drinking became heavy toward the wee hours, and someone suggested a moonlight swim. Bill jumped first off the side of the dock, too intoxicated to realize that the water was not deep enough for diving. Into a foot of water he went, hitting the bottom headfirst. Bill snapped his neck and is now completely paralyzed, with only partial use of his hands.

Now, Art was not drinking at all. While hitchhiking, he was picked up by a couple returning from a party. Anxious for a ride, he accepted what turned out to be his last for some time. The car hit an embankment. Art, who was riding in the back seat, was thrown with such force to the floor of the car that he broke his neck. He has the use of neither his legs nor his arms for the rest of his life.

Painting his house on a warm day, the next patient, Sidney, decided it was hot work. Climbing down the ladder, he felt that a cold beer would “hit the spot.” After about four beers, he went back to work. Climbing up the ladder, he felt rather dizzy—after all, four beers and that hot sun—and shortly he was his way back down again, but not the way he planned. Sid had lost his footing and fallen about twenty feet. A broken neck will keep him confined to a wheelchair permanently. He will never climb another ladder.

I could tell other stories from that ward—true personal stories of those about me—but this is sufficient to show conclusively that drinking may get you “in the neck.”





School chums in her prize Mercury Comet.



Singing with the Madrigals.



With pet Cindy.



Darla—ardent aviatrix.



In chem class.



During study break.



On the mall of Bullard High School.



Relaxing at the piano.



Baby-sitting for pin money.



Washing her prize Mercury.

DARLA BANKS



wins a coveted prize



TEEN-AGERS Fast-Changing

DARLA BA
Miss Teenage America

Now in its second year, the largest of its kind in the world competition last year in all pageant finalists in Dallas for the winner, Fresno, California, won as Miss Teenage America.

This pageant is not a beauty pageant. It is a test of personality, intelligence, and appearance and mental acuity. The panel of judges is made up of experts in business, sports, and public relations.

"Be yourself," is Darla's motto. She lives a life of greater achievements. She lives a life of homemaking instead of a life of...



today about their lack of friends. They have nothing to talk about. Actually, they used to. This is a fast-changing world with more opportunities, more activities, more fun, more excitement about us, and so much is going on around us.

Ours is a more complex world than ever before. Our neighbor is a few miles away, but our friends are hundreds of miles to a distant city. Travel is easier than ever.

Another thing that has shrunk the world is brought right to our doorstep. The world about most recent movies is the world that teens are so aware of sex. They think that sex was the only concern. Not only that, but it is presented in a way that is...

Certainly teens are interested in sex. Our bodies are maturing, and we are in our homes. Unfortunately for us, the screen harms us more than it helps us.

Our schools give us open air, but they are unable to give us the things we need. This again is the great service of our schools.

Teens are also interested in fashion. We are interested in what they wear. We are especially sensitive to this.



WE TEEN-AGERS these days live in a fast-changing world. On top of this we find ourselves rapidly changing from adolescence to adulthood. This makes our change doubly fast.

As I see it, one of the greatest problems we teen-agers have today is our desire to be thought of and treated like adults without having yet learned the responsibility of an adult. We especially want to make up our own minds. We want to make our own decisions.

Having had little experience in life, we therefore need some rules to guide us in this time of entering into the adult world. I believe a girl would feel insecure and somewhat confused without some guidance from her parents, some rules as to what she can or cannot do. Of course, some of us may rebel against too much restriction or too many rules, but this doesn't detract from the fact that we do need some help. We need to share our problems with someone who has had similar problems. We must learn to respect the judgment of those who love us and have had more experience in life than we have had. Really, when teen-agers have complaints

in a World



Anyway we kids like to do the thing done by the crowd. Smoking and drinking seem to be among the increasing temptations of teens today. A boy often learns to smoke in his early teens, perhaps taking up drinking a few years later. Then at sixteen or so he is able to drive a car and often mixes driving with drinking. Girls who date such boys not only expose themselves to the same temptations, they also are risking their lives while riding in a car driven by anyone who's been drinking.

I'm convinced that the drinking driver is as dangerous as a loaded gun in the hands of a child.

Personally, I have never knowingly dated a boy who drinks. It is my conviction that drinking is a sign of immaturity, an indication that a person is trying to be something he isn't.

They say teens are drinking more these days. Aren't adults, too? We tend to do what adults do. A boy or girl who turns out to be a drunk usually does so because he has followed the example set by his parents.

As for smoking, it used to be merely a habit, but now it has been proved to most of us that it is a killing habit. I suppose one of the reasons so many teen-agers smoke in spite of this is that we are so concerned with only today and tomorrow, and don't worry much about the distant future. It would be great if we could understand that smoking doesn't add anything to our lives now.

Living today holds so many things that are thrilling and so much better than these habits. Reading, for instance, opens up a whole world of adventure and interest and brings news of what people are doing and have done the whole world over. I get a thrill out of such things as caroling on Christmas Eve, visiting children's hospitals, singing in old folks' homes. These things help me to feel that I'm helping someone else enjoy life a little more—someone who has it a little tougher than I. Sports, sewing, art, styling, outdoor recreation, are rewarding activities, too.

If I were to sum up some of the principles that I believe could guide teen-agers today to happier and more productive lives, it would go something like this:

1. *Know yourself.* Find out what talents, what personality qualities, you have. Learn also your limitations and then try to live within the bounds of the two.

2. *Develop goals and specific ideals.* No one can accomplish much that is worthwhile in life unless he knows what he's aiming for.

3. *Get as much education as you can.* Both boys and girls need a college education to be at home in today's world. Personally, I want four years of college, but not just to be a career girl. I want to be a homemaker and a mother. I feel that this is the highest calling a girl can fill in these or any other times. A boy really needs a college education more than a girl, because he will soon become the head of a family and have the primary responsibility of supporting it throughout a lifetime.

4. Another thing: *Obey your parents.* This may sound surprising coming from a teen-ager, but teens need to know the best road to take, and our parents have been over the road, and they know us better than anyone else. They are also more interested in our happiness and success than anyone else. It's safe to trust them.

5. Last but not least: *Have faith in God.* Even our parents are not able to handle all the problems of life and death. Only God can. This faith, as it grows in our lives, will help us to develop a security and a sense of living that can be gotten from no other source. In my short life I can see many of its blessings already, and I eagerly look forward to those years that lie ahead as the time of growing in faith and in the knowledge of our Lord.





Some 115,000 Pioneers assemble in Croke Park Stadium, Dublin, for the world's largest total-abstinence rally.

In Ireland the badge worn by Pioneers is so much in evidence that strangers sometimes take it to be a national or party emblem. But the Association it denotes has spread far beyond the shores of the Emerald Isle, and more than fifteen thousand Americans now wear the Pioneer pin.

MARY PURCELL
Dublin, Ireland

Unlikely as it may seem to some, Ireland can boast of the largest total-abstinence association in the world. The Pioneers have been solidly established there for more than sixty years and now number one sixth of the total population.

The story of Ireland's Pioneers begins at the end of last century when the country had an unenviable reputation for drunkenness. Poverty, unemployment, lack of education, were common. To forget their misery, people drank themselves into a stupor. All classes were prone to the vice, and every occasion gave an excuse for drinking. On St. Patrick's Day Irishmen drank to "drown the shamrock." At funerals the mourners drank to the memory of the dead; at weddings, to the health of bride and groom. At "American wakes"—gatherings of kinsmen to bid Godspeed to a boy or girl leaving for the United States—everyone drank together, toasting the past and the future. At fairs and markets when a farmer sold livestock, or at Christmas when a woman got a gift of dollars from her children in Boston, New York, or Philadelphia, neighbors expected to be treated to generous potations of beer, porter, stout, whiskey, and gin. Infants in arms were given "a drop o' the craythur" to quiet them. Little boys were encouraged to "drink up like your father." In remote mountain glens *potheen*, or raw spirits, was distilled surreptitiously, then stealthily conveyed to *shebeens* (shops with no liquor licenses) and sold under innocent-sounding names.

Various attempts to curb the evil failed. One of those who worked for the spread of temperance was a priest, Father James Cullen. When he succeeded in sobering up a heavy drinker he tried to convert him to teetotalism. Again and again he induced drunkards, in their better moments, to take a pledge. Again and again they returned within a few months, or a few weeks, maybe a few days, the promise gone the way of previous promises. Prolonged self-indulgence had so sapped their willpower that they were incapable of keeping a pledge. Besides, the temptation was everywhere. Despite repeated disappointments and disillusionment Father Cullen kept on trying; he tried new methods of dealing with what had become a national menace; and all the time he prayed.

The more he had to do with the problem the more con-

vinced he became that the drink habit has the peculiar mental and moral effect of paralyzing, as it were, a person's impulses for good, not unlike a certain species of spider that cuts the nerve centers of insects enmeshed in its web. The compulsive drinker is so demoralized and ensnared by his craving that he can neither work himself free from the web of alcoholism in which he is entrapped, nor pray to be helped to extricate himself. And so, irresolute, flabby-willed, mentally confused, he is a soul in dire need of compassion and aid. He needs, Father Cullen argued, others to pray for him. On the basis of Catholic belief, this priest felt that, as the accident victim needs volunteers to donate the blood that will save his life, so the drink victim needs volunteers who will donate the prayer and fasting that are essential if his demon is to be cast out. On this basis Father Cullen began to work.

In a small, scantily furnished room on a December evening in 1898, four Dublin ladies, dressed in the bonnets, sweeping skirts, beaded capes, and elastic-sided boots of the Victorian age, waited on Father Cullen, wondering why he had asked them to meet him. They belonged to different strata of society but they were all known to the priest. He had often seen them praying in his church, and he knew enough about them to be certain that if they approved of his plan they would not only volunteer to be Pioneers themselves but would induce others to join.

The program he outlined to his potential recruits was a stiff one. Their pledge, unusually strict even for teetotalers,

Frank O'Sullivan, holder of many Irish cycling trophies, and Michael Twomney, with McArdle cycling award.



The World's Largest Abstinence Society

Each wearing his Sacred Heart pin, Pioneer Association members represent many interests, professions.



B. J. Langford, champion jockey.

Irish Senator C. B. McDonald on the day of his wedding.

was to be taken for life and would not be given until a two-year qualifying period had been completed. In accordance with Catholic theology, they were to pledge themselves to make lifelong atonement to God for sins of drunkenness and for sins committed by those under the influence. They were to wear a special religious emblem, signifying their membership in the Association, and they were to promise to recite daily certain prayers for the conversion of those addicted to drink.

The idea of a spiritual crusade against drunkenness caught on rapidly, and the membership of the new society grew. A few months later some young men approached Father Cullen and asked him if it was his intention to enroll only women and girls; they suggested that the work was man-size, and the deputation of a dozen men and youths enrolled on the spot.

From such small beginnings has grown one of the largest Catholic and temperance associations in the world. Now, in 1963, it numbers almost 600,000 adults and has taken root in Britain, the United States, Australia, New Zealand, Africa, the Netherlands, and several other countries. Besides the main organization, which rates approximately 47 percent men and 53 percent women members, there is the juvenile association which works through the schools, giving youngsters an early slant toward temperance. There is also a temporary pledge section for the many who need the help and safeguard of a pledge but who do not feel up to making the life promise which full Pioneer membership entails.

Within six decades the Pioneer movement has literally changed the face of Ireland. Though some Irish writers widely publicized abroad like to describe their native land as the home of toppers, visitors to those shores find that the reality is different. In fact, many of the politicians, businessmen, and union leaders behind the present industrial drive, which has resulted in a more balanced economy and a steady rise in standards of living and national prosperity, are Pioneers. It is not widely known that the patriots who led Ireland's fight for freedom in 1916 and helped her to emerge as "a nation once again" were practically all Pioneers. Most of them sealed their patriotism with their lifeblood.

Changes in drinking habits and in the public attitude to drinking have come about through the example of Pioneers. The silly convention that requires guests at social get-togethers to accept alcoholic drinks, whether they want them or not, got a body blow some years ago from the then Lord Mayor of Dublin. He was the chief guest at an important public function and when the drinks were proffered he shook his head. "I am a Pioneer," he said, indicating the pin he wore even on his robes of office. "May I have a mineral or a fruit squash, please?" His stand and that of other Pioneers in public life have been responsible for the present fashion at state and civic and embassy receptions, as well as at weddings and family occasions, and college "hops" and "dos," of soft drinks finding a place on the waiters' trays.

The Pioneer Association's main worry at the moment is the screening of applicants for membership. Pioneer outings,



Anna May Brennan, girls' farm plowing champion.



Monica Bonnia, a star xylophonist.

Donie Nealon, 1962 Sports Star of the Year.





Rev. D. Dargan, S.J., is director of the Pioneer Association.

parties, sporting and dramatic clubs, and the several sporting and cultural activities engaged in by Pioneer centers, are restricted to members. Once youth finish school or college there is a rush to join the local center. Most grade schools and the lower classes in high schools have juvenile centers; the high schools continue the work, encouraging their students to enroll for the two-year probationary period and to proceed to full Pioneer status.

Quite a large percentage of those leaving school are already Pioneers and transfer to the local adult center. Those who did not enroll in their teens find that they are missing a lot of fun, as Pioneer centers are lively and organize all kinds of activities and socials. Some of these young people hasten to join, only to find that admission is not a matter of days but of years and that the very fact that they held back in the generous years of their early teens makes them slightly suspect. Those charged with interviewing candi-

dates for membership wonder if they really have what it takes—and to be a true Pioneer *does* take a good deal of generosity, constancy, and ability to counter jeers when they come. Incidentally, the association has blown sky-high the idea that a temperance fan must be a sourpuss or a killjoy.

Perhaps the best compliment paid to the integrity of the average Pioneer in Ireland today is that few will offer him intoxicants; in company it is taken for granted that he has a pledge that should not be broken.

It is the custom for Irish children at confirmation (which is generally conferred at ages from ten to fourteen, according to the diocese) to take a pledge from the bishop to avoid intoxicating drinks until they are twenty-one. The Pioneer Association concentrates on the youngsters who have taken this pledge. The directors visit the schools regularly, giving pep talks and encouraging young teen-agers to continue in the sober habits they are forming. The Pioneer ideal of prayer and self-denial is attractively put before them. Many of the teachers are Pioneers; and stars of stage, TV, sports, and fashion who are Pioneers are sometimes brought along to tell how they got to the top without alcohol.

A well-known Irishman visiting New York in 1957 remarked to a friend, "When I was here twenty years ago I did not notice a single Pioneer pin, and now, look!" and he pointed to a company of Pioneers, 800 strong, parading on a Sunday morning from a city church to breakfast in a hotel. About

1948, a group of Irish friends, all Pioneers, who had left Ireland for posts in New York, decided to form a center of the Association there. Since then the movement has spread widely in the United States. One young American soldier who joined was soon after drafted for service in Korea and fought for two years there under the grimmest conditions. He was badly injured and was decorated for valor, yet throughout his trials and his triumphs he kept faithful to his pledge and returned home with his Pioneer pin still "up."

At the end of 1962 there were thirty-seven American centers scattered through fourteen states, from Massachusetts to California. Incidentally, President Kennedy's Irish forebears emigrated from New Ross, the town where Father Cullen, founder of the Pioneer Association, was born. New York State heads the roster with ten centers, one center having some 600 members. A Boston center, however, has 700 members.

Today, as in Father Cullen's time, and in America and other countries as in Ireland, the true Pioneer has to keep his gaze not only on the immediate passing scene, on the human wreckage caused by drinking, but on that—

green hill far away,
Without a city wall,
Where the dear Lord was crucified,
Who died to save us all.

The real tragedy of drunkenness lies in its sinfulness, and the only explanation of the success and spread of the Pioneer Association is that it set out from the start with spiritual weapons.

CATHOLIC AUTHORITIES SPEAK ON LIQUOR

The following statements and quotations from Catholic authorities are included in promotional material used in Boston and other centers to encourage more Catholics to join the Pioneer Association.

Medical science has demonstrated that intoxicating drink is a narcotic and a poisonous drug. Like other forms of narcotics, it creates an appetite for itself.

St. Clement of Alexandria in A.D. 195 said: "I praise and admire those who have chosen an austere life and who only take water as a preserver of moderation and see wine like a threatening fire."

St. Jerome, writing in A.D. 384, said: "This is my chief advice to you: Fly wine like poison. This is the first weapon of the devil against youth."

Cardinal Manning of London had this to say: "I have learned some lessons, and the first thing is this: The chief bar to the working of the Holy Spirit of God in the souls of men and women is intoxicating drink. I know no antagonist to that Holy Spirit more direct, more subtle, more stealthy, more ubiquitous, than intoxicating drink."

Most Rev. John J. Keane, D.D., former president of the Catholic University, Washington, had this to say on the liquor problem: "How any Catholic could feel indifferent to this desolating and soul-destroying evil, I cannot understand. How any Catholic could fail to use any opportunity that God gave him to check this flood of destruction I can still less

comprehend. And the greater the influence anyone may possess toward hindering the evil, the more do I wonder by what logic he can possibly excuse himself from exerting it."

The late Father Gillis in an article in "The Pilot" had this comment: "But any effort to deal vigorously and radically with the drink evil is frowned upon as fanatical and by certain Catholics as heretical. Their ignorance of our moral theology, and incidentally of the expressed approval of total abstinence by the Church, is perhaps the cause of their opposition to the total-abstinence movement."

Our late Holy Father Pius XII, speaking to a pilgrimage of Irish Pioneers in 1956, said: "Our anxiety indeed goes beyond Ireland. In more than one country intemperance in drink has become today a harrowing menace, and an actual spiritual tragedy for thousands of souls redeemed by the passion and death of Jesus Christ. Who will number the homes broken by this sin? We bless those who by word and especially example set themselves to remove the cause of the evil."

Prevention is better than cure. The liquor problem is one of education. Its danger and evil effects should be pointed out to our high school students, who today feel drink is a "must" in their lives.

In the words of the late Bishop Spalding of Peoria, "We are criminally negligent when we fail to point out to our youth the danger that lies in a glass of intoxicating liquor."

Dick Eckert

No. 1 Cadet

by Marie Layne



Cadet Richard Eckert.

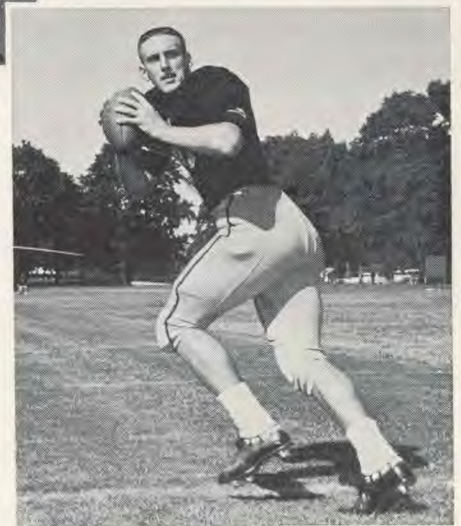


Cadet Eckert instructs the guards about their duties.



Staff of the Brigade included Second Regimental Commander Cadet Lloyd T. Asbury, First Captain Cadet Richard Eckert, and First Regimental Commander Lindel L. Cook. The cadet chapel is outlined in the background.

Cadet Eckert became the varsity quarterback for Army's internationally known football team.



Dick Eckert is tough. He is tough-minded without being stubborn and self-willed. He is also tough physically, but not overbearing.

Dick Eckert is tough, and every thinking American will be glad he is. For as a recent graduate of the Military Academy of West Point, Dick is one of the keys to the peace and national security this nation will have or will not have in the near future.

Before his graduation this past spring, Dick held the highest rank a cadet can hold at the Military Academy. He was first captain of his class. Back in 1903 a now-famous West Point graduate was also first captain. General Douglas MacArthur once wore the same shoes Dick Eckert so recently filled.

As first captain, he said he spent "about 10 percent of my time drafting a new policy. The other 90 percent was spent seeing that it was followed."

"I've been told I won't get into another position like this, being in charge of this many men, for another twenty years in the Army," he declared. Two decades from now, unless his present plans are drastically altered, Dick will still be proudly wearing the uniform of

the United States Army. His goal? "To be a general officer."

A typical day in the life of Captain Eckert at West Point began at 6 a.m. At 6:25 he had breakfast and immediately after met with his executive officer to discuss new problems. Dick's policies were then presented. He had classes until nine and then it was time for a meeting with the commandant of cadets, Brigadier General Richard G. Stillwell. When this part of his morning was ended, he returned to classes once more until just before noon, at which time the mimeographed copies of his new directives were distributed.

Classes continued through 3:30 in the afternoon. Then Dick donned shoulder pads and other football togs for football practice. He was one of last year's star varsity quarterbacks.

Without a doubt, this young man worked harder than he would have at any other school. Yet he firmly believes that "a busy man is a happy man," for he has been and is extremely happy in his chosen career.

His enthusiasm is apparent as he notes: "You are associated with a fine group of individuals. The military training is good and the regimentation

excellent for providing self-discipline. To lead you must learn to follow," he adds, "or how else can you expect those you are leading to do so?"

As first captain, Dick was an ex officio member of the Cadet Honor Committee, the board of cadets which ensures that the famed West Point honor system is upheld.

Dick says he likes many things about West Point. He notes the high standards of appearance maintained by the Corps, the stress (Turn to page 31)

**A little human kindness
made this Christmas indeed
memorable.**

Apartment 806 had been rented for five years by Mrs. Denning. It was the darkest one in the entire hotel, and when we first saw her we wondered why anyone of her type would be interested in such a dismal place.

We soon discovered, however, that she hadn't rented it for living. The first year she had the place she was only in it three times. But her rent was paid promptly each month, and her stays were of no consequence except that for three or four days out of the visits the "Do Not Disturb" sign would hang on the door. She accepted no maid service, no calls were ever put through for room service, and we never heard any sound in the apartment.

During her first two or three visits we were consumed with curiosity. After the third trip when we found the empty liquor bottles in the kitchenette, we were no longer curious. We knew what she did behind the sign.

Not that she showed the effects of heavy drinking at that time, but the bottles proved that she had taken more than a normal person could drink.

The next time she appeared she was beautifully dressed, and her suitcase was so heavy that the bellboy couldn't carry it. She went to her apartment, waited for the porter to bring up her case, hung up the sign, and stayed until the bottles in her case were empty. Then she must have slept for thirty-six hours, after which she called a masseuse, had the beauty shop send up an operator, and then left with an empty bag.

As the years passed she came to her apartment more and more often, and her stays were longer.

I had talked it over with Mr. Leonard, our manager, who agreed that she needed help. But he felt that some of her family must have tried various methods of curing her and that it wasn't our business in any event. He was a very gracious person, so finally I was able to get his consent to act on my own.

This time she arrived on a very cold day during the first week of December. It was snowing heavily and she came in late in the afternoon.

I took the elevator and hurried down the hall in an effort to arrive before the sign went up. I was lucky, so I knocked. She opened the door and I was surprised to see how really beautiful she was, but I had never seen such sad eyes. "May I come in?" I asked.



by
Kathleen
Stilwell
Edwards

806

JAMES CONVERSE, ARTIST

"By all means," she said graciously. An opened bottle and a water glass stood on the table. "I was just going to have a drink. Will you join me and have one, too?"

"No, thank you. I'm still on duty." "Do you mind if I have a short one? It's such a miserable day."

"Not at all. It's the kind of day that makes one want to drink, isn't it?"

She poured half a glass and drank it in a gulp. "Now, Mrs. Edwards, what was it that brought you to my apartment? I don't usually have visitors when I'm here."

"I know, but I'm going away for Christmas and just wanted to wish you a happy one before I left."

"Happy Christmas!" She seemed to be thinking about something. "Ah, yes, I suppose it will soon be the season for such greetings, won't it?"

"I believe so," I answered as I watched her.

She made no reply, but reached for her bottle, looked at me, then set the bottle back on the table. Since nothing was coming from her, I decided to barge ahead in our conversation.

"You know, Mrs. Denning, I suppose it is none of our business what you do to yourself in this apartment, but we are all interested in you and would like to help you."

"Help me? There is nothing wrong with me. Absolutely nothing!"

"I'm sure you don't mean that, my dear. Don't you remember the last time you were here, and what happened?"

She shook her head. "No, I don't remember anything of importance."

"Well, I hate to have to tell you, but I found you walking down the corridor with nothing on but your mink coat. You were going to get another bottle, you said, and you could hardly stand."

She was startled for a moment and again reached for the bottle and took another drink. "Was anyone with you when you found me that way?"

"No one. I got you back to your apartment and called the house physician. The next evening you seemed to have gotten over your desire for the stuff, and in two days you left. I might add, however, that I spent the rest of that day and night in your apartment with you."

She looked at me for a moment, then burst into tears. "Oh, I'm so sorry, so sorry. I didn't know that I was that far down the ladder."

I let her cry herself out and then asked, "Do you feel that you *have* gone down the ladder?"

She nodded.

"Why, Mrs. Denning? Why do you

do this to yourself? You have everything a woman might want—beauty, position, social standing, and a talented husband. Is there something that bothers you?"

"You wouldn't understand."

"I might. My husband was an alcoholic, and that is the reason that I'm working today. I just might understand."

"He was an alcoholic? Well, I have to admit that I am, too. I started to take a few drinks after I lost my baby. I had wanted a baby for so long and I needed one so badly. Before I knew it, there would be times when I'd just have to get away and drink until I couldn't think." She buried her face in her hands and cried.

I sat and waited until she had regained some control, and when she dried her eyes I again spoke to her: "Well, you know, I'm sure that these conditions are sometimes hard to cure."

"Oh, I know. I've been in many sanitariums. But I always start again somehow. Was your husband like this?"

"Yes," I replied, "exactly. Sanitariums and all. He needed help badly, but he always said that he could control his drinking. He didn't feel that he needed anything or anybody to help him. Do you feel that way, Mrs. Denning?"

She looked at me for some time before speaking. "I did, but after what you've just told me, I guess I am no longer captain of my soul."

"Then you admit that you need help?"

"I'm afraid I do, Mrs. Edwards. You can't imagine how I feel after one of these binges, not only physically, but mentally. Could you help me?"

"I'll do what I can, but I'm not an alcoholic. I think you should call A.A."

"You mean Alcoholics Anonymous?" I nodded.

"Oh, I couldn't do that. I couldn't get up before a lot of people and tell them the whole sordid story."

"But you don't have to. They don't require you to do anything except to admit that your drinking is bigger than you can handle and that you need help."

"Are you sure?"

"Positive. What do you say? Suppose I call right now and have them send someone over to spend some time with you this evening?"

"Whom would they send? I wouldn't want any of my friends to know about my weakness."

"I don't know who will be sent, but I can guarantee that no one will know of the visit. They have been through all this themselves, you know. They understand."

She took another drink, looked in the mirror and shook her head.

I decided to try another approach. "Very well, but how about going to a movie with me?"

She agreed and went with me to my apartment while I put on my coat.

When we stepped out into the cold evening, I was pleased that I hadn't been knocked out in the first round. She had one drink before our dinner, and then we went to the movie. It was "Lost Weekend," and while she was extremely nervous all evening, she didn't take her eyes off the picture on the screen.

She said nothing as we left the theater nor as we drove back to the hotel in a cab, but as I was about to leave and go to my own apartment she broke down. "You thought that I should see that picture, didn't you?"

I assured her that I hadn't known what was playing until we arrived.

"Well, regardless of whether you did or not, I've decided. Could you contact those people and ask for help?"

"Let me go to your apartment, Mrs. Denning," I suggested.

Once inside her door, I offered her the hot drink I had ordered to be sent up in a thermos before I left. "I'll be glad to call, but don't you think it would be better if you made the call yourself? Just dial RH 4-8998 and tell them to send someone over. That's all you need do."

She made the call and we waited. Finally she said, "Mrs. Edwards, I have a suitcase full of liquor. Would you be good enough to take the stuff to your apartment?"

"If you wish."

"I do."

"I'm sure you'll never be sorry, my dear."

At this moment the telephone rang, and it was a Miss Nester in the lobby to see Mrs. Denning.

"This is Mrs. Denning," I said, as I introduced her. "I'm sure that you two can get along without me."

"Thank you, Mrs. Edwards," I heard our guest say as I left.

I don't know how long Miss Nester stayed. I don't know how many times, if any, Mrs. Denning fell by the wayside. I do know that each year I receive a card from her which says: "Happy Christmas, my dear, and may you know how happy you have made each day of my life. Affectionately, Elizabeth Denning."





Wonderful World of Nature

Raymond Schaefer

Men often go back to nature for the answer to their problems.

Take, for example, the problem solved by atomic engineers in Canada a few years ago—a leak in an atomic-energy water-storage dam built on the Chalk River. Unable to find the leak, they brought in a pair of beavers.

In a few days the beavers found the leak and repaired it. Their natural abilities at hydraulic engineering filled a gap our best minds couldn't handle.

In nature's workshop thousands of creatures, uncommissioned by humans, build, dig, repair, and keep everything in order. Man-made projects are often patterned on their example. This is a world of interlocking dependencies.

Ever see a fellow at an orange-drink stand swat bees that annoy his customers? Where is one to draw the line when his business depends on the bees? If bees didn't pollinate plants, our orchards couldn't bear fruit. Olive groves in Sardinia

were once sterile for a whole season when insecticides, spread to exterminate malaria mosquitoes, destroyed the bees.

A field of red clover, beautiful to see, thrives until its nectar-gathering bumblebees fall prey to field mice. Mousing foxes kill off the mice, bring back the clover. Nothing is useless, nothing independent.

Consider the lowly earthworms. There are 50,000 of them wiggling through any acre of good soil, and fortunately no one needs that many to go fishing. The worms aerate the soil. In twenty years they carry from the subsoil to the surface a layer of rich earth three inches deep. This animal plowing improves the farmer's chances of raising crops.

The flow of a river can change the sheen of a fox's fur. Migrating birds may follow the curve of a river, feeding on insects along its banks. Bird life influences the vegetation of an area. Rabbits will come to feed on luxuriant clumps of grass, and a diet of plump young

rabbits is guaranteed to give the fox a healthier fur coat.

For preserving the excellent balance that exists in nature, and protecting natural resources as a valuable economic force, an International Union for the Conservation of Nature has sponsored study programs in different parts of the world since 1952.

In Canada and the United States the Audubon Camps perform a service to nature and to the nation. Throughout the year, parents, teachers, youth leaders, anyone interested in nature, is invited to share a wealth of rich experiences in the outdoors through these camps, learning new teaching methods and program aids and having an opportunity to observe living animals and plants in a great variety of natural

The Audubon Camps are conducted by the National Audubon Society, an organization dedicated to the advancement of public understanding of the value of and need habitats.

Consider My Inheritance!

Anonymous

for conservation of soil, water, plants, and wildlife, and the relation of their intelligent treatment and wise use to human progress.

Did you know that forest and range conservation measures may be responsible for that succulent meal on your dinner table?

Healthy trees hold topsoil in place, protecting uplands against erosion from rainfall and wind-storm. These protected uplands sponge up the rainfall, and "feed" it gradually to the lowlands, preventing flood and drought. Farmers depend on this even flow to keep crops and livestock well fed and you eat better because of it.

Life on earth, as we know it, couldn't exist without trees. Forests help stabilize the water supply of the world. Fallen leaves absorb rainwater, filter it slowly through the soil to replenish underground water supplies. Purified by passage through humus and soil, rain and snow will rise again in a crystal-clear flow from underground streams. And the water keeps men and animals alive in a continuing cycle of interdependency.

Who would think of linking hippopotamuses with fish farming? In East African lakes the animals fertilize a plant which feeds a fish used by fish-farming enterprises.

Plants are the first link in every "food chain." Insects eat plants, but other insects and many animals help control insect pests. They do it better and cheaper than man can do it with insecticides. More and more, scientists are urging that we let nature do as much of the job of controlling pests as possible.

Every plant and animal plays a role in regulating nature's world. Man is left to regulate himself. Since his actions could deplete the natural world of its riches, he has to think of future generations and leave enough for the millions of men to follow.



This daughter has a legacy of insecurity because her mother made unwise investments.

WE HEAR a lot these days about planning for the future. We are deluged with advertising urging us to make the future "secure" for our children. Yet all our insurance policies, bank accounts, and frenzied planning may be worthless to ensure a happy future for our children if we make unwise investments now.

I ought to know. My mother's investments willed me a legacy of insecurity. Today I am not really sure what love is, even though I have been married seven years. So unsure am I of my capacity to love that I have not dared to bring a child into the world. I feel certain that if my mother had given me the guidance a child needs instead of rejecting me for a fifth of whiskey, I would have inherited the capacity to love instead of a legacy of insecurity.

I can never remember a time when my mother did not drink, either steadily or spasmodically. Her "dry" days were significant enough for me to mark on the calendar. On the other days I greeted my hardworking father with, "Daddy, mamma's drunk again. Will you fix our supper?"

When I was in the second grade, I silently hoped that my mother would be like the other room mothers at a birthday party. She wasn't, though. Her face was flushed and her voice wasn't quite right. I was ashamed to call her mother.

During my childhood years, when mealtime rolled around, mother never sat down at the table with us. "I'll eat later," she always said, and hurried off to another room to enjoy an evening drink, leaving the family to eat alone.

On birthdays and holidays mother always took more delight in the bottle than in the occasion. Several times my promised birthday dinner never was made. One Christmas when relatives had been invited to supper mother disappeared with her bottle, leaving me to prepare the festive meal. Relatives still remind me of this humiliating occasion.

There was always another man. My father wasn't exciting enough. Usually mother met men as drinking partners in bars. She finally decided to divorce my father to marry one of these drinking companions.

There were attempts at cures throughout the years. But soon after returning home, mother would resume her old pattern. I will remember forever my shock at her vow as she left one sanitarium: "This cure won't do any good. You'll see." And we did see, for she soon went back to drinking.

So insecurity caused by my mother's preference for liquor to her child has left me confused. I do not know what love is. How can I, when I have never seen love in action? "Have I the capacity to love?" I ask myself.

I don't know for sure how I would feel if my mother were found dead on a San Francisco street or if she died in a state hospital from acute alcoholism. These bleak alternatives are very real possibilities. Recently she was living in San Francisco, where she moved from apartment to apartment and job to job. My last information was that she was being treated for alcoholism in a state hospital.

So I wonder, what can I give a child? My husband wants a family, but I simply cannot seriously consider children. Perhaps someday, with an understanding husband and professional help, I will discover a real capacity for love.

Because my mother invested in alcohol, I have inherited a legacy of insecurity.

ACCIDENTS

(Continued from page 8)

West reported in 1959 that "some impairment of ability to perform a simulated driving test could be detected in some individuals when the blood-alcohol concentration was as low as .03 percent. Even at this blood-alcohol level driving ability is impaired because of faulty judgment and observation, loss of a sense of caution, and decreased tolerance to glare, even though muscular coordination was not demonstrably affected at this level of blood alcohol.

Moreover, numerous studies, using individuals accustomed to drinking, all are in full agreement that two twelve-ounce bottles of 3.2 percent beer or two ounces of 100-proof whiskey consumed within one hour will put the average moderate drinker in the zone of impaired driving ability, i.e., with over .035 percent alcohol in the blood. Three twelve-ounce bottles of beer or three ounces of whiskey will result in more than .05 percent alcohol in the blood of the same individual.

As the drinker is adding alcohol, the organism is oxidizing it in the liver and eliminating it through the kidneys and the lungs. The concentration of alcohol in the exhaled breath is proportional to the concentration of alcohol in the blood that is circulating through the lungs in a ratio of 2,100:1. The average person of 150 pounds can oxidize and eliminate one-third fluid ounce of alcohol per hour, decreasing the concentration of alcohol in his blood by approximately .015 percent each hour. Two hours will reduce the blood-alcohol concentration about .03 percent, if the individual does not consume more alcohol.

It is not important whether the blood-alcohol level is determined on an ascending or descending curve of intoxication, nor the kind of alcoholic beverage consumed. The rapidity of its consumption, or whether it was consumed on a full or fasting stomach, is not of material significance. These factors only influence the rapidity of the absorption of alcohol. Whether the individual is an experienced drinker with a high degree of tolerance, or one who seldom drinks, also is not the important point. The significant fact is the amount of alcohol in the individual's blood and the consequent impairment of his driving ability.

In summation, then, we note that accidents are the greatest health problem facing the youth of this country. Motor-vehicle highway accidents are of far greater import for young people than any other type of accident. Most high-

A Three Thousand

Charles E. Weniger

It is predicted for A.D. 3000.

Will the prediction be fulfilled?

That venerable journal, "Harper's Magazine," in the issue of January, 1856, carried a lead story on the state of affairs on this planet as they might be in A.D. 3000. The story is told by an anonymous author and is rich in imagination and insight.

In the story the author portrays himself as a tourist-guest being conducted about Peerless City, the capital of the world, by a citizen of the metropolis. During the tour the guest, observing the sign of a hotel, suggests that they might as well go and have a drink. His guide agrees, and they enter the Hotel of Paradise. A servant asks what they wish to have, and the author inquires of his friend whether he would enjoy a glass of champagne. The citizen of Peerless City is astonished and in a whisper says:

"Why, are you not aware that the manufacture of liquors of every description has been forbidden by law? Hush! There is a fine of five dollars imposed on the mere mention of the name of any of the old poisonous compounds."

The tourist apologizes for his ignorance and says that he would be glad for a glass of water. A bill of fare is produced listing sixty-seven kinds of water: spring water, rain water, well water, river water, et cetera. The pair order spring water, the bill is paid, and they continue their journey.

After walking a short distance, the guest inquires of his guide where cigars can be bought.

"Bless me!" is the reply. "The last cigars were destroyed 400-odd years ago. Had you never heard of it? It was discovered by the government chemists that smoking was, on the whole, injurious to the human frame, and a law was accordingly passed to prohibit the use of tobacco in this shape."

The prediction is for A.D. 3000.

Must we wait that long?

way accidents are the result of human failures—errors in judgment.

Alcohol impairs the judgment and sense of caution long before muscular incoordination becomes evident. It has been established that more than half of the highway accidents in which a fatality occurs are caused, basically, by alcohol. The impairment of driving ability by alcohol is self-evident. The quip that alcohol and gasoline don't mix and are lethal is quite true. Therefore, it behooves every individual to make a firm rule—never to drive after taking a drink, and never to ride with anyone who has taken a drink.

In fact, the youth who, in order to keep a clear head and achieve good physical and mental development, resolves never under any circumstances to

consume an alcoholic beverage, has taken a most important step in safeguarding his future. In addition, he has enhanced greatly his chances of full enjoyment of life and a long, productive career in this world.

DON'T BE A DOPE

(Continued from page 11)

to drugs, and desperately need more and more money to purchase it for themselves, so they have to look for new victims like you and your young friends.

Oftentimes a "ring" of these dope peddlers offers the drugs to high school and grammar-school children. If necessary, they give "free samples." That's all they need, because once the kids

ever "sample" this terrible thing, it affects them so that they have to have some more. But the second time they have to pay for it, and if they go back once, they go back often, and it costs more money every time.

Every "sample," every puff, every new purchase, puts them deeper and deeper into trouble. Obviously, it becomes a problem to keep on getting money, and in most cases they have to go out and steal it, or commit burglaries or robberies, unless they become salesmen themselves and get enough money by peddling dope to others.

The point we want to emphasize is that, once you try it, the taking of narcotics in any form has immediately placed you in its clutches. The first thrill soon wears off, and leaves you feeling sick or let down. Then you feel you "need" more of it because it made you feel "real dreamy" the first time. You may not know it, but you are "hooked" now, and it's going to take a miracle to save you from becoming a dope addict!

You are on the way to becoming a trembling, miserable, and very sick person. Soon you will need to take narcotics in stronger doses, by injecting it into your skin with a hypodermic needle, and you will need more and more money (and where will you get it?), and your sickness and agony will continue to increase.

And all for what? How did you get involved in such a horrible situation? Somebody told you it would be a wonderful experience, and you would be a "chicken" if you did not try it. Surely, your parents and others did not know you were going to do it. You did not tell them, because you were sure they'd forbid you to do it, and you *wanted* to try it, so you did.

It is not the same as "sneaking a cigarette," or "skipping school," or any of the other forbidden thrills in which some have indulged. This time you cannot fool anybody, and you don't get away with anything, because soon your addiction to narcotics will be written right on your face.

It's a game you can't beat, and there's no payoff for you. The only ones who win are the vicious peddlers who sold you or gave you that first bit of dope. You took it because you believed what they told you, instead of asking your parents or other adults you love and trust. Each peddler was either unfortunate or stupid enough to become a dope fiend himself, before he had to sell narcotics to others, so he wants to ruin you and your pals, disgrace you and your parents, so that he can get enough money to buy more dope for himself.

CALIFORNIA COUNTS THE COST

(Continued from page 13)

for each 1,000 inhabitants of each county.

Existing law prohibits limitations on beer-only licenses and off-sale beer and wine licenses.

"However, it appears doubtful that limitation on numbers of licensed premises would be a cure-all to the alcoholism problem. Between 1945 and 1961, only a comparatively few new general (so-called hard-liquor) licenses were issued, and such issuance was confined to counties of heaviest population growth. In most of the counties, no new licenses were issued. Yet, in spite of this freeze on new licenses, the rate of alcoholism increase apparently continued.

"Consequently, as limitation on numbers of licenses does not seem to be the panacea to the alcoholism problem, I do not propose legislation at this time to further restrict numbers of liquor outlets." California's chief executive was definite on this point.

"Do you plan to propose any legislative amendments that would give greater protection for universities and other educational institutions from the encroachment of bars or restaurants serving alcoholic beverages?" we asked the governor.

He replied:

"The legislature is presently considering a proposal that would furnish greater protection for our expanding university and state-college system. In effect, this bill (AB 395) would establish a one-and-one-half-mile dry zone ten years before new state colleges and branches of the University of California reach the presently defined status of "universities," (i.e., enrollment of more than 1,000 students, more than 500 of whom reside on campus). This measure would afford immediate protection for four new state colleges and three

WORDS OF WISDOM

THE CYNIC

A cynic is a man who knows the price of everything and the value of nothing.

—Oscar Wilde

EFFORT

If you cannot win, make the one ahead break the previous record.

—Sunshine Magazine

YOUTH

In youth we learn; in age we understand.

—Marie Ebner-Eschenbach

new branches of the University of California, which otherwise would have to wait until they reach an enrollment of 1,000 students, more than 500 of whom reside on campus, before the one-and-one-half-mile provision would apply. On March 20, this bill passed the Assembly 70-0.

"I have always been concerned regarding the protection of welfare and morals of students attending our universities. The state has been extremely cautious in issuing licenses to restaurants under existing law, and issuance has been restricted to places that are not student hangouts and are not likely to become such. Our future depends on today's students and we will make every reasonable effort to protect them."

(What California has been doing in regard to protecting students from bars permitted to operate near and adjacent to schools and college campuses was told in "Traps at the College Gate" in the September-October issue of *Listen*.)

We asked the governor if he proposes to place greater emphasis on a solution through rehabilitation."

"I think it is important to put great emphasis on treatment and on rehabilitation," he said. "This does not mean that there should not also be common-sense programs of education, factually based and objectively presented, as well as the support of that type of research which would fill in the major gaps of our knowledge in this field.

"Some people feel that we know all there is to know about alcohol and alcoholic beverages. Unfortunately, this is not true.

"However, we do know something about treatment and rehabilitation. We do have positive proof of treatment and rehabilitation results well documented both by personal testimony and by scientific follow-up studies. Therefore, emphasis on treatment and rehabilitation will obviously pay off in terms of increased productivity of citizens and the decreased strain on the taxpayers' pocket by returning to society formerly alcoholic persons who can be rehabilitated to the extent of maintaining self-sufficiency and self-respect."

The governor's implicit trust in the effectiveness of rehabilitation may not be in entire accord with careful studies in that area. In Chicago, researcher L.B. McGladrey found that during any given year only 1 percent of the alcoholics of that city "might have been helped." The National Council on Alcoholism generously reports that there are in the United States approximately 500,000 men and women who are recovered alcoholics, living useful, normal lives. (Turn to page 32)

Johnny's Teacher Needs Your Help

William Folprecht

I am a high school teacher, desperately in need of assistance. I am trying to teach America's teen-agers so that they can go out and face this critical age in which we are living. I am trying to impress certain basic facts on young minds.

I need the help of their parents. Without them I am unable to do what is expected of me. It's a tough job dealing with young people today. They live in a world of tension, suspicion, speed, and astounding discoveries. I am trying my best to help them. I cannot do it alone.

I kept in all my students who had recently failed a unit test. They had to come in after school. One lad, a healthy specimen who was on the junior varsity football team, cried like a baby when asked to stay.

"I'll miss practice," he told me as he tried to beg off.

"I'll make a bargain with you," I told him. "Stay for half the period today, then go to the practice. You'll miss only half of it. Then next week stay for another half of the extra-help class and you'll miss only half the practice that day."

He bleated like a lamb, and bemoaned the fact that he would miss the bus which took the team three fourths of a mile away to the football field. He would have to walk that distance if he stayed half a period.

A football hero should put himself in shape by such walking, I told him.

Parents, we teachers need your help today. We can't make men out of your boys and women out of your girls without your help.

This boy I'm talking about felt I was demanding too much of him when I asked him to walk less than a mile to the football field. You and we both, as parents and teachers, have to impress upon our youngsters today that life is far from a push-button existence, that walking is good for the human body.

It is still necessary to take care of these bodies of ours, and it is still a good thing to challenge youth to greater heights instead of coddling them. Football players who don't want to walk to play their game!

Or take the matter of demanding that students do homework properly.

Our school not only sends out report cards four times a year but also keeps parents informed of both good and dangerous periods in their children's scholastic lives by mailing home "interim reports," between report cards. There is a place for parents to comment on how their child is doing.

I welcome such comments as parents make in this spot on the interim report, but far too often nothing is recorded there, save the signature of the parent indicating that he or she has noted that Johnny has been failing to do his homework, prepare for tests, or show an interest in passing the course.

Parents: We teachers need your help. We need you, to augment our words of challenge to your boy or girl. Impress upon your children the need to face up to the challenge of this competitive world in which we live today.

One girl who was failing my course some time ago failed to have her parent sign a test she had recently taken. (Often I send home such examinations, to let the parents see the type of work the student is doing.) When I asked the girl why, she said her mother was "just too busy."

On occasion the point has been reached when notes home fail to bring the results hoped for. Then I call in one or both of the parents for a consultation.

On occasion the confronting of the parent face to face is more than successful. So the teacher gets the help he needs from the home. "We'll see that he just puts in more time on his home work, that he studies longer," they promise.

But far too often the parent tries to defend the youngster. This may be justified. But too many times the parent is afraid to challenge the boy or girl to meet his responsibilities. That's when we find boys like the football player who didn't feel he should be made to walk less than a mile to football practice.

When the parents fail to back up the requests we teachers make, they are weakening our attempt in the school to turn out the kind of young Americans our country needs right now.

Parents: Johnny's teacher (and I think I speak for many more) needs your support. It isn't easy to be a teen-ager in any period, but it is harder now than ever before. Your boy or girl needs all the help we older folk can give him or her. Help us do the job the Lord expects of us.

CASTRO'S CACTUS CURTAIN

(Continued from page 15)

bowling alleys, nine basketball courts, eight volleyball courts, nine swimming pools, two excellent beaches, four hobby shops, a photographic darkroom, a rollerskating rink, a twenty-seven-hole golf course, and bicycles, sailboats, motorboats, and fishing tackle to rent.

Trips to Haiti, Jamaica, Puerto Rico, and the Canal Zone are available on warships or space-available flights. Families live in neat, pastel-colored cinder-block houses put up by the Seabees, and regular bus service is available, free.

As *Listen's* correspondent, my interest in Guantánamo naturally centered on the young people living in this hot spot in world politics with its tropical pleasures. I talked with many teen-agers and found them typically full of fun but much aware of the events swirling around them.

For example, Penny and Patty Bowman, pretty, peppy, fifteen-year-old twin daughters of Navy dentist Captain Bowman, were eager to share their experiences. Said Penny, "This is the most wonderful life you could possibly imagine. There is so much to do all year round. I think we are closer to our families here. Fathers instruct in sailing and work at the teen club, and mothers are active in special programs."

Both girls are cheer leaders for their high school, where 300 students attend classes. "Everybody knows everybody else," they say. A gray Navy bus picks them up in the morning and delivers them to school. There are many thriving clubs, including Future Teachers of America, Future Nurses, Girl Scouts, and Mariners. There is no end to sports from which to choose. The Bowman girls often ride horseback, sail, swim, and participate in teen-club activities.

Neither Penny nor Patty has any desire to smoke or drink: "There are strict regulations about drinking," they say. "If any boy decided to try to drink around our teen club he would be automatically expelled. We teen-agers frown on it here."

"You mean the 'in' group?" I asked.

"Oh, definitely. The thing is, there is so much to do here that nobody thinks much about the subject. We're glad we don't have to put up with toughies who get themselves and other teen-agers into trouble because of drinking."

When I talked with James Vaught, a Navy dentist serving at the dental clinic at the Leeward Point dispensary, he told me: "Neither my wife, Connie, nor I smoke or drink. And we don't serve liquor at our house," he said.

I asked whether their being total

abstainers made him and his wife somewhat in the minority at parties. What response was there among fellow officers?

"I would say that everyone respects the fact that we don't drink. We never have a bit of trouble in social life," said Lieutenant Vaught. "Our friends know they will be served ginger-ale or sherbet mixes. It is all very simple."

It was heartening to talk with youth like the Bowman teen-age twins who have their feet on the ground while living in an up-in-the-air situation. It was equally good to know that officers such as Lieutenant Vaught are actively engaged not only in serving their country, but also in maintaining their ideals and principles of better living.

DICK ECKERT

(Continued from page 23)

on caring for your clothing and physical well-being, the high degree of self-discipline instilled into each cadet, and the stimulating academic program. "Not only do they teach you such subjects as chemistry, mathematics, physics, English, they also teach you to examine facts and draw logical conclusions."

Dick Eckert, it is evident, is a well-grounded young man who expresses himself candidly. Asked his convictions on drinking and smoking, he answered:

"I firmly believe that no person should ever smoke or drink. These things can serve only as a detriment.

"There is too much good to be obtained from a clean life—athletics, clubs, and other activities. All one has to do is ask someone who smokes or drinks why he does it, and he always replies with: 'I don't know. I just got the habit.' Ask him what fun he derives from it, and he always replies, 'Never get started. You'll get nothing from it.'"

A natural leader, he captained his football, basketball, and baseball teams in high school and earned a name for himself as the best back in the Harrisburg, Pennsylvania, area. In the Academy, he has been at the head of the class and always on the dean's list.

Dick very emphatically says: "I decided on an Army career for several reasons. I like to work with people. It's not a static profession. Your assignments are varied and life is always in a constant, yet interesting, state of flux."

Currently, Dick is at the Fort Benning, Georgia, Infantry-Ranger-Airborne training center. He hopes to be assigned to Okinawa.

Dick Eckert is tough. And it is men like him who have made the United States Military Academy an institution of which all Americans can be proud.



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, D.C. 20012.

What is an alcoholic?

An alcoholic is an individual who makes alcohol of first importance in his life. In other words, alcohol means more to him than his job, his family, or even his health. He comes to think that he cannot live without alcohol. He becomes the slave of his habit!

If cigarette smoking causes cancer of the lung, why do so many doctors smoke?

Doctors smoke for the same reason that most people do. They learned to smoke before they knew there was so much danger from smoking. And they are hooked!

Most people find that it is hard to change their habits, be they good, bad, or indifferent. But smoking causes addiction. The drugs contained in tobacco are deceptive. These drugs poison the nervous system until the body comes to crave that which is harmful to it.

Doctors who smoke, as well as those who don't, are now urging school authorities (and parents) to teach their students and/or children the truth about tobacco and its harmful effects before the youth have started to form the habit. If the young people can come to understand the danger, and the real reasons for this danger, then smoking can be deglamorized.

As a co-ed at a large state university, I find that the girls who smoke seem to be more popular than nonsmokers with the single men on campus. Would I increase my popularity by smoking?

Is it popularity which you are seeking, or is it a husband and home which

you are really searching for? If you smoke would you expect your future husband and later your children to smoke?

As far as smoking is concerned, would such a habit increase your value to your future husband and his children? And would your children have better health or would they have less chance of survival?

Few young women would choose to smoke if they knew the devastating findings in regard to smoking and babies.

The Baltimore City Health Department, in a study of 2,735 pregnant women, found that among nonsmokers 11.2 percent of the babies were born before term, while among heavy smokers prematurity increased to 22.9 percent for those who smoked more than a pack of cigarettes daily. Death before birth in this group was 15.5 per 1,000 births, against 6.4 among nonsmokers. Another study of 7,499 mothers, over a three-year period, showed that prematurity was greatly increased by smoking. Animal experiments by the same investigator showed that the offspring were 17 percent smaller than with the control group who had not been exposed to cigarette smoke. A study in six Birmingham, England, hospitals has demonstrated that smoking during pregnancy retards fetal growth.

You, as an educated woman, will influence your friends and their health. You, as a future mother, have your health and the health of your children and their father in your hands. If you choose to smoke, undoubtedly they will, too. Which will you choose, present popularity or future good health for you and your family?



(Continued from page 29)

"That is only 10 percent of the total victims, and far from enough," the Council concludes.

Commenting on the possible solution to this problem not long ago, Dr. John L. C. Goffin, M.D., of the health department of the Los Angeles city public schools, said: "The only solution that I can see is a widespread, persistent, and enlightened program of education directed at our school children and the general public. It must be factual and motivated with the eventual goal; individual total abstinence. There can be no halfway measures with such a potent, habit-forming drug as alcohol."

Governor Brown, who himself takes an occasional highball, does not go along with this.

The only kind of an educational campaign he seems to approve would be an "objective" campaign. This would rule out a type of poster used in France to combat growing alcoholism. The French poster shows a boy crying and saying, "Father, do not drink; think of me." That poster is not objective. It is emotional, in the opinion of the governor.

Yet Governor Brown did make a dramatic public impression when he announced that his inauguration party celebrating his reelection was to be "as dry as a temperance workers' tea party." Brown's predecessor, Goodwin J. Knight, had served champagne at a victory celebration. Incidents such as this seem to indicate Californians are becoming more alcohol conscious.

Still the state's traffic toll, in which drunk driving plays a major role, leads the nation. So we asked the governor: "Do you favor a 'get tough' policy in handling drunk drivers?"

"I am very much in favor of rigid enforcement of our present laws dealing with drunk drivers," said the governor. "I don't think we need new legislation with the exception of that which I have recommended in my highway safety message calling for chemical testing for intoxication of every person arrested for drinking driving."

Does the governor's plan for curbing the state's rising tide of alcoholism promise to be effective, or is it top-heavy with emphasis on "curing" the state's army of 700,000 addicts while ignoring a strong educational program and other preventive measures? Certainly the governor's program will not greatly offend the state's big liquor interests, who have been important financial contributors to California political campaigns for many years.

Robert E. Popham and Wolfgang Schmidt, **A DECADE OF ALCOHOLISM RESEARCH**, Toronto, Ontario, Canada, Alcoholism and Drug Addiction Research Foundation, 1962, 64 pages.

This is a reference work valuable to students of alcohol problems, summarizing the principal features of the Foundation research during the first decade of its history.

In all, 123 projects were undertaken, representing thirteen areas of investigation. A total of 250 reports were prepared, of which 83 are published. Physiological, social, and psychological effects of drinking are subjects of specific studies, as well as the methods of treatment for alcoholism, and certain investigations into the use of other drugs.

Edwin M. Schur, **NARCOTIC ADDICTION IN BRITAIN AND AMERICA**, Bloomington, Indiana, Indiana University Press, 1962, 282 pages, \$7.50.

Billed as an objective study of the comparative systems used by Britain and America in dealing with drug addicts, this book is critical of the punitive approach, recommending that legal distribution of drugs be adopted by the United States.

Being prepared by a lawyer and sociologist, this treatise follows the line taken by the American Bar Association and the American Medical Association, with inadequate recognition given to the law-enforcement and governmental-control problems in drug addiction. This latter approach should be written by an author competent in these phases.

Henry Lee, **HOW DRY WE WERE**, Englewood Cliffs, New Jersey: Prentice Hall, 1963, 244 pages. \$4.95.

What we need today is an objective history of the prohibition era, which this book is *not*.

The author makes a deliberate effort to discredit prohibition, gleaned from biased wet sources that which gives a very one-sided picture rather than an objective presentation.

TEACHING GUIDE

TEACHER'S EDITION OF

LISTEN

MOUNTAIN VIEW, CALIFORNIA

Published in the Interest
of Scientific Education

Vol. 16, No. 6

"Listen" Teaching Guide

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

Teachers may write to Narcotics Education, Inc., P.O. Box 4390, Washington, D.C. 20012. Ask about this service, and request a free catalog of teaching materials in the fields of alcohol, tobacco, and narcotics.

A Candle in Your Heart

Mildred M. Northam

Before you light the Christmas candles in your home,
And make each window bright with wreath and bow,
Take time to light a candle in your heart,
A deeper meaning of this sacred day to show.

Oh, let this candle's light burn out all selfishness
And hatred, envy, or thought of any greed;
Then its light will reveal the spirit of Him
Who is the answer to each human need.

So keep this candle trimmed and burning brightly
Until another Christmas Day is born anew,
That tired hearts may find the way less weary
Because of this small light within the heart of you.

Wintertime

Virginia Corbin Spencer

Fencerows buried 'neath the snow,
Country roads where cars can't go,
Homes with windows all aglow,
Make a lovely wintry show.

The Best

E. J. Ritter

Take time from out your busy day
To listen to a song.
Take time to smile your cares away
And chase the blues along.

Take time to watch a setting sun
Send out its glowing rays.
Take time to pray to God each day;
Take time for song and praise.

Take time for dreaming—for your dreams
May someday all come true.
Though some may shatter, still dream on;
They bring the best in view.

Poems With a Purpose

A Poor Farmer

Janie Hollenbeck

The room is small and damp with rain
Which leaked through tiny cracks.
The room is cold; the sheets like ice.
So dark! No candlewax!

I lie awake from hour to hour—
Seek sleep, but all in vain.
Then kneel upon my muddy floor
And thank my God for rain.



JACK LORD

(Continued from page 9)

reasons for not drinking are based on a long, hard look at the problems caused by alcohol in the schools I attended, at sea, as a steelworker in Iran, on the sets of television and motion pictures in which I worked, and in the social life of my community. What I have seen, I do not like."

Born in New York, the six-foot-two-inch, 180-pound actor has top acting credits to prove he knows well the world of Broadway, having starred in such dramas as "The Traveling Lady." He has appeared in numerous motion pictures, and has also starred in seventy-five top television shows.

Yes, he's seen a good deal of drinking in show business, he admits, and repeats: "What I have seen, I do not like. There is no doubt that alcohol blunts the intelligence and the conscience. It makes people easy prey to all kinds of excesses. As I stated before, it is a contributing factor in accidents, wrecked homes and lives, and the loss of millions of man-hours."

He walks to the window to look out at the panorama of the blue Pacific Ocean. "By totally abstaining, I feel I save myself all of these pitfalls. I don't feel I am missing anything. I feel I am gaining something—peace of mind, freedom from this crutch, and a happy and harmonious home and marriage."

It goes without saying that Lord and his attractive wife won't be found among those frequenting nightclubs. This happily married couple would rather round up friends and entertain quietly at home.

So well did Jack play the part of Stoney Burke that many took it for granted he was a born-to-the-saddle bronc-buster, but nothing could be farther from the truth. Born in Manhattan, in a tough Irish neighborhood on Halsey Street in Brooklyn, he was the only student in the history of New



"That's where they can solve every problem in the world but their own."

York University to enter on an athletic scholarship and major in fine arts.

An excellent artist, Jack spent a few years trying to make his living at painting, but finally gave up. Five of his pictures hang in the permanent collection of the Metropolitan Museum and he has exhibited in Washington and New York.

"I know a hundred talented artists who make no more than \$2,000 a year, and some do marvelous work. In art, as in acting, value is judged by names. If an artist doesn't have someone to push and publicize him, he can't make it."

Seascapes are his favorite subject, and he still paints for pleasure and relaxation every chance he gets. A man of many talents, he also writes, and has sold several television scripts including one on his experiences at sea, called "Tramp Ship."

Looking back on his varied experiences as college student, sailor, steelworker, artist, and actor—and especially the last-named—can he honestly say that *not drinking* has handicapped him in any way? was this reporter's last question.

Characteristically he gave this a straight answer, since he is a quick thinker and a quick talker as well as a man who knows his own mind. He is candid in expressing his convictions.

"I think it has given me a very distinct advantage, *especially* in my line of work. An actor must be reliable, must always be on time, must be prepared for the day's work and perform with as much energy and control as possible. Nobody can drink, stay up late, come in with a hangover, and expect to do his job properly."

As Stoney Burke, national television idol, he was of course approached to lend his name to liquor and cigarette ads.

But Jack Lord doesn't need that kind of money.

"I *detest* the insidious advertising campaigns directed at youth in which drinking and smoking are equated with worldliness and virility in the male and daintiness and sophistication in the female," he says emphatically. "It grieves me to see athletes and other national figures, heroes in the eyes of many boys and girls, endorsing cigarettes and liquor."

They've got Jack Lord, athlete, scholar, artist, and man's man, in the National Cowboy Hall of Fame. To many he belongs in still another Hall of Fame for his readiness to stand up and be counted.

Dubious Record

With obvious satisfaction, the Distilled Spirits Institute reports that during 1962 liquor sales reached an all-time high again in the United States. Consumption hit 252,400,000 gallons, an increase of 11,000,000 gallons over the previous year.

Sales of intoxicants in Washington, D.C., nation's capital, climbed 20 percent over 1961, to 5,136,932 gallons. This is more than four times the national per capita average.

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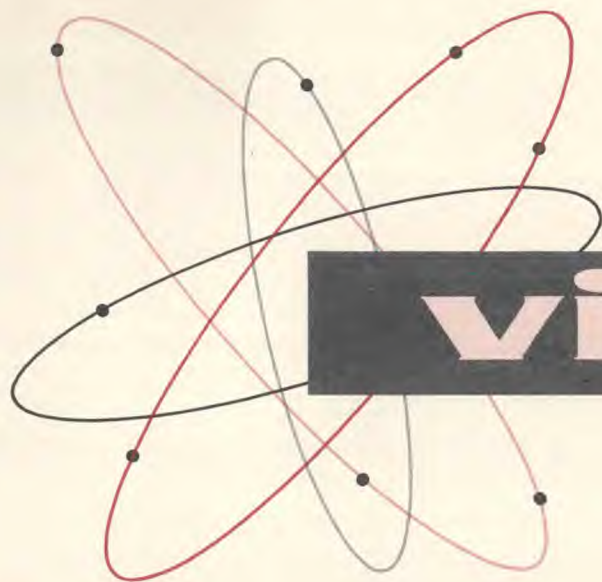
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views

- ❖ **WHITEY QUILTS.** "I haven't smoked since the World Series" in 1962, said New York Yankee Prize Pitcher Whitey Ford during the past baseball season. "I don't know whether it's made me stronger and helped my pitching or not. But food never tasted so good, and I haven't put on any weight, either."
- ❖ **SNIFFING INTO ALCOHOLISM.** Glue sniffing, adolescent fad in many parts of the country, may lead to teen-age alcoholism. So says Dr. Oliver Massengale, a member of the University of Colorado's medical center staff, who states his view is based on a study he and other staff physicians made on thirty young glue sniffers.

In a statement before a Colorado house committee studying a bill to make glue sniffing a misdemeanor, Dr. Massengale declared: "Legislative action, as well as efforts toward overall management, is needed if this delinquent practice is to be curbed."
- ❖ **NO WAY TO DIET.** "A drink of straight whiskey can mean 100 or more calories. Cocktails and highballs can be higher, and some of the fancy drinks with sweet mixes can be even more. That's why some people keep gaining on reducing diets. They forget to keep track of their drinks."—J. G. Molner, M.D.
- ❖ **THE DISEASE.** "An intimate connection exists between the words 'alcoholism' and 'disease.' Disease exists when any function of the body is impaired. Alcoholism is a self-imposed disease, like addiction to other drugs. It occurs only because the victim, not knowing his or her susceptibility in advance, chooses to take a chance to develop the acute and then the chronic state of alcoholism. The continuous use of alcohol as a drug will in time produce even in strong-willed persons a habit and state of mind extremely difficult to correct."—Andrew C. Ivy, M.D., Ph.D., president, National Committee for the Prevention of Alcoholism.
- ❖ **CORPORATION ALCOHOLICS.** About thirty large corporations in the country are helping alcoholic employees to recover in 60 to 90 percent of the cases, according to Dr. Joseph Chambers of Washington, D.C.'s, General Hospital's Psychiatry Department. Chambers specializes in alcoholic cases at the hospital. He said he considers it good luck when he gets a 10 percent recovery rate.

But working through a company is different. "At the corporations, the man has a job, perhaps money in the bank. He may be in a union. He has status in the community. You expect to get results," he stated.
- ❖ **HOW DO TEEN-AGERS FEEL ABOUT SMOKING?** A nationwide survey of representative young people shows that more than three quarters of the nation's teen-agers disapprove of high school students' smoking. However, almost 40 percent of them admit to smoking.

The survey also showed that though nearly all teen-agers disapprove of drinking, one quarter of them admit they drink. Said one girl: "It's hard to say, 'I don't care to,' when all the rest of the gang are saying, 'Aw, come on.'"—John E. Gibson.
- ❖ **ON BAR OWNERS.** "There are a number of individuals holding licenses who have no moral, social, mental, or economic ability to do so."—J. H. Clarke, manager, "Beverage Alcohol Reporter."
- ❖ **THE COCKTAIL PARTY.** "No dry is talking when I say that the cocktail party, not the atom, will eventually do us in."—Columnist Robert Ruark.
- ❖ **SOBER FLYING CANADIANS.** Neither of Canada's two major airlines serves alcoholic beverage on its domestic flights.
- ❖ **BUT HOW MANY RECOVER?** Firing an alcoholic employee is not the solution to his alcoholism, nor is it good business, according to George Moon, a retired oil-company executive. He says industry should try to cure the drunk "in view of the fact that the recovered alcoholic makes a better worker, better businessman, better parent, and better citizen."

TRUE LEADERS

GOVERNOR GEORGE DEWEY CLYDE
State of Utah

"A great need in our society today is more individualism and less tendency merely to follow the leader. The herd instinct is too much with us. In habits of personal life and principle all persons, particularly young people, should be themselves, not just copies of others around them. True leaders are those who act on their own initiative, standing out from the crowd. The more such leaders we have, the more assured will be the future of our state and of our nation."



An experienced specialist in conservation and reclamation, Governor George D. Clyde of the State of Utah, could not have chosen a profession that would have made a greater contribution to his state. For some twenty-three years he taught these subjects in Utah State University, also serving for ten years of that time as dean of the School of Engineering. For eight years he was chief of the division of irrigation engineering and water conservation in the Soil Conservation Service in the United States Department of Agriculture. In 1956 he was elected governor of Utah and has since that time pushed programs to make the most productive use of the natural resources in his state.

Governor Clyde is a man of strong convictions relative to good personal habits, encouraging through his own example and other informal means the nonuse of both alcoholic beverages and tobacco. He was first elected governor in November, 1956, and took office in January, 1957. He was re-elected in 1960 for a second four-year term.

