

MAY 1982

the

PLAIN TRUTH

a magazine of understanding

Soviet President Brezhnev

**NEW WARNING ON
NUCLEAR
WEAPONS IN
EUROPE**

PAUL KRATZER



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a magazine of understanding

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Personal from...

Robert J. Armstrong

What Is the Worst Sin?

What is the greatest possible sin anyone could commit?

Certainly a lack of gratitude is one of the most prevalent of sins.

Few have learned to really appreciate what they have.

But what is the *worst* of all sins? The most awful sin that can be committed is, perhaps, one of the very *last* that most people would name.

Think! Every good thing comes from GOD! He is Creator, Sustainer, Ruler. His Glory is beyond human imagination. His is the perfect holy and righteous character. He *is*, and is the very source of, love, wisdom, goodness, might and power.

And yet, he, so great, so mighty, so glorious, is extremely mindful of each one of us! He loves us so very much he *gave* his only begotten Son to pay the penalty in our stead of our folly—our sins. He raised his begotten Son Jesus Christ from the dead, *born* very GOD by his resurrection, and gave to him all the **POWER** and the **GLORY** of the entire universe, making him, the risen ever-living **CHRIST**, the Administrator and Chief Executive over the supreme government of the limitless **UNIVERSE**!

More than that, through Jesus Christ, God has made it possible for us to receive the very Spirit—the **LIFE**—the divine **NATURE** of GOD! Thus we become coheirs *with* Christ, that we, too, may be **BORN** by a resurrection as very **SONS** of GOD. Jesus Christ was made the firstborn of many brethren! He, Christ, already has *inherited*—and we through him may become joint *heirs* to later inherit all that is God's—the **UNIVERSE ENTIRELY**!

Can your mind grasp it? *All that is God's, we may share!*

A portion of this we may imbibe, drink in, be filled with and enjoy *here and now*, even in this temporary life! Every good thing *comes from* GOD!

Now consider what this contact with the living God means.

Even now, in this frail human life, we may

receive from him guidance and wisdom, protection from physical harm, healing when ill, peace of mind, deliverance from trouble and all the attributes of his character—his divine love, faith, patience, assurance, goodness, power to overcome.

From him and from him alone, we may drink in real happiness and joy! From him we may receive the knowledge of the **TRUE VALUES**—we may know the **PURPOSE** of life—the **WAY** to every good thing. We may receive every good and perfect gift that comes down from above!

Now what would be the worst, the most terrible sin one could possibly commit? It is self evident. It is to have another god before the true living GOD!

Whatever occupies your interest more than God and his Word is the idol you are putting before him. None can be truly converted—actually *begotten* of God—until whatever is his **IDOL** has been smashed, and torn root and branch from his affection and mind and heart.

What is it that *you just can't give up*? You'll *have* to give it up, you know—or *you are committing the most awful sin it is possible to commit!* It is the sin that shuts you off from that personal *contact* with GOD!

God tells us that his ear is not deaf that he cannot hear our petitions. His arm is not short that it cannot respond—but **OUR SINS** have separated between him and us, that he *will not* hear!

The greatest possible sin is that which shuts you out from the greatest possible acquirement!

The most terrible possible **PUNISHMENT** that could be sentenced and carried out on any human would be to permanently and irrevocably cut one off from all possible access to GOD!

This world *is* cut off from God—it has cut itself off! Yet, *not* irrevocably. **YOU** may have *free access* to the Great God—through Jesus Christ our Lord! The **WAY** is unconditional surrender of your rebellious will to **HIS**—to **HIS WAY**—his right and perfect laws. The **WAY**, then, is by faith in Jesus Christ as personal Savior. □

Behind the Call for a “NUCLEAR FREEZE” in Europe

by Gene H. Hogberg

The Soviet Union faces a grim paradox: the more its worldwide nuclear advantage grows, the greater is its future insecurity close to home in Europe.

ON MARCH 16 Soviet President Leonid I. Brezhnev announced a unilateral moratorium on deployment of intermediate range nuclear missiles in the European part of the Soviet Union.

The 75-year-old Soviet leader further pledged that some missiles now in place would be removed later this year. And that some older single-warhead SS-4 and SS-5 missiles would not be replaced with the newer, more powerful, triple-warheaded SS-20s.

The Soviet Union is already believed to possess 300 SS-20s, two thirds of which are targeted upon key population and strategic centers in Western Europe.

Western Officials Discount Nuclear Freeze

Some significant strings were attached to the Soviet “nuclear



SOVIET PRESIDENT Leonid Brezhnev visited West German Chancellor Helmut Schmidt (right) in Bonn last November. Soviet leadership is intensifying its opposition to NATO plan for new missiles.

freeze” proposal. Mr. Brezhnev said that the moratorium would remain in effect until an arms control agreement was reached with the United States regarding nuclear weapons based in Europe—or until the United States begins “practical measures to deploy” new generation Pershing

II and cruise missiles in Western Europe.

The North Atlantic Treaty Organization decided in 1979 to deploy 572 such advanced nuclear weapons on European soil—targeted on Soviet sites—by late 1983.

Reaction throughout the Western world to the nuclear moratorium offer generally was negative. While spokesmen for the many antinuclear movements responded favorably to what they called

a breakthrough in the arms race, official reaction ranged from cool to ice cold.

Prime Minister Margaret Thatcher of Great Britain quickly dismissed the offer, saying it “freezes the total superiority of the Soviet Union in these particular theater nuclear weapons.”

The West German government was more guarded in its response. Nevertheless, a Bonn spokesman rejected the Soviet contention that a rough East-West parity of nuclear weapons existed in Europe

The PLAIN TRUTH

proper. (The Soviets in their calculations include British and French nuclear forces; the Americans do not.)

President Ronald Reagan dismissed the Brezhnev pronouncement out of hand as a mere propaganda gesture. He further observed that the moratorium is limited to the European part of the Soviet Union, thus leaving the U.S.S.R. free to continue its Euro-missile buildup east of the Ural Mountains—still well within the SS-20s' 3,000-mile range of Western Europe.

What Soviets Fear

What is plainly obvious is that the Soviet leadership is doing all in its persuasive power to sidetrack the NATO plan to deploy new mid-range nuclear missiles.

The reason is simple. The several thousand NATO nuclear-tipped missiles presently in place in Western Europe are all of the tactical or battlefield variety, with a maximum range of only 400 miles. They represent no threat to the Soviet Union itself.

This is not the case with the proposed 572 Pershing II and cruise missiles. These weapons make possible for the first time (with the exception of elements of the independent French nuclear force), a nuclear counterattack upon the Soviet heartland from bases in *Western Europe*.

Soviet authorities are mindful of American national character. They know that the U.S. represents no direct offensive threat to their country. U.S. officials have repeatedly maintained that America's formidable array of intercontinental ballistic missiles (ICBMs) based in submarines or on land in the *United States* will never be used in a first strike against the Soviet Union.

To the wary Soviets, these strategic weapons are kept at a safe distance and, more important, in complete control of an adversary whose actions they believe they can safely predict.

Moscow is convinced, however, that American-controlled medium-range nuclear weapons based in *Europe* and targeted on the Soviet Union could somehow, at some

future time, fall into "the wrong hands."

This is the Kremlin's nightmare!

Threats to the Russian realm have always come from one principal quarter—Western and Central Europe. The collective historic memory of Napoleon's thrust to Moscow and Hitler's Operation Barbarossa is as alive today in the Soviet Union as it ever was.

Soviet Plan Could Backfire

The Soviet's offer of a nuclear moratorium is thus primarily aimed at Western public opinion, specifically the so-called peace movements in Western Europe and the United States. The Soviets increasingly rely upon these movements to generate such opposition to the NATO plan that the new missiles will not be deployed.

But the Soviet obsession with national security in the form of nuclear weaponry could backfire. Should the Russians succeed in having the antinuclear movements block the NATO plan, the Western alliance itself—which along with the Warsaw Pact has preserved Europe's nervous postwar peace—might be shattered beyond repair.

As a result the mood to pull American troops out of Europe, slowly gaining headway in influential circles in the United States, might be unstoppable.

Without Americans on the scene in Europe, to anchor NATO on the front line, key European powers would ultimately have to resort to their own defense—complete with nuclear weapons—to withstand Soviet might.

Few people today realize that NATO is as much a device to stabilize Western European—specifically German—energies and interests as it is to provide a common Western defensive posture toward the Soviet Union.

Moscow's moves, therefore, might unknowingly unlock the door to a far greater challenge to the Communist East bloc than the leaders of the Soviet Union realize. Bible prophecy, as this magazine repeatedly emphasizes, predicts the emergence of just such an end-time European Third Force. □



Will Mankind Survive

...THE NEXT DECADE?

First take a look at the facts:

1. Nuclear weaponry brandished even by small unstable nations.
2. Tempers grow short; reason gives way to desperation in international affairs.
3. Economic strangulation, perhaps total collapse.
4. Shrinking resources—too little food, oil, fertilizer, etc.
5. World population doubling in 30 years—14 billion people on the planet by 2035.

Nobody likes bad news. But if present trends continue, mankind is headed for grave danger. World leaders are alarmed. Terms like "Armageddon" and "Apocalypse" are commonly used. Is doomsday at our door?

The handwriting is on the wall, but there is an alternative to global holocaust.

For the surprising answer, write for our free booklet. It's titled *The Book of Revelation Unveiled at Last!*

The Book of
Revelation
Unveiled at last!

GOD HATES DIVORCE

Yet He Divorced His Own Wife!

WHY?

by Herbert W. Armstrong

Today—one divorce for every two marriages! Is marriage on the way out? Why did even God divorce his wife? Here's truth *new* to you!

THE world's number one evil is the fact people can't live happily at peace with other people. This one fact fore-shadows THE END of the world's very civilization. But WHY?

In the single year ending October 31, 1980, there were 1,182,000 divorces in the United States compared with 2,414,000 marriages! Half as many divorces as marriages! In 1979 divorces were nearly two-and-a-half times the rate of only 20 years earlier—1959! European divorce statistics are almost as bad.

Why?

But the important fact is the reason—what has CAUSED this super cancer bringing this world to its death?

A Case History

Usually, in fact, both partners are to blame where marriage ends in divorce. But even where only one partner is at fault, it can put both through this tragic wringer of human anguish. I quote a specific case history in point.

It's a case of an aged personage

who loved a beautiful young woman and proposed marriage. He offered her a considerably increased life-style and many advantages—even to make her the FIRST LADY of all the earth—for this aged personage was GOD. And all the earth was his! I quote from this biblical story because it illustrates human nature and the CAUSE of divorces and broken marriages today. And these biblical experiences “happened to them as a warning, but they were written down for our instruction, upon whom the end of the ages has come” (I Cor. 10:11, RSV). Much of this romance and its outcome is found in the 16th chapter of Ezekiel, some in Jeremiah 3, some in Malachi 2 and elsewhere. But the proposal of marriage is found in Exodus 19:5. The acceptance is in verse 8. The marriage ceremony in Exodus 24:3-8.

This marriage and the fascinating story concerning it in many ways is typical of many marriage experiences even today. The CAUSES of its historic outcome are precisely the same causes that dissolve many marriages today. In it lies the real reason for so many unhappy marriages, and the agony of divorce. Its ultimate future outcome reveals to us the way to a HAPPY marriage today and the ulti-

mate incredible potential for humanity.

This aged personage's wife to be was in the bondage of slavery in Egypt—just as many young brides today are in the bondage of sin. She was promised enjoyable living in a most desired home—the promised land flowing with milk and honey. This national wife promised to be subject to her husband in everything, and to respect him, in the marriage ceremony. Moses officiated at that ceremony. “And he took the book of the covenant, and read in the audience of the people: and they said, All that the Lord hath said will we do, and be obedient” (Ex. 24:7).

This husband, God, took his wife to her very choice new home, the “glory of all lands” (Ezek. 20:15). But his wife was unfaithful and refused to live with him in peace, for two cannot “walk together, except they be agreed” (Amos 3:3). You will read the whole account in story form in the 16th chapter of Ezekiel, where it paints the story of an interesting romance and unsuccessful marriage.

God said, “I will judge thee, as women that break wedlock and shed blood are judged; and I will give thee blood in fury . . .”—the

(Continued on page 44)

The PLAIN TRUTH

THE WORLDWIDE EPIDEMIC OF DRUG AND ALCOHOL ABUSE

In this issue we unveil the real causes and the solution to the most harmful social and health crisis facing the world today.

by Donald D. Schroeder

EACH YEAR millions slide down the slippery slope of alcohol and drug abuse into addiction, illness, crime and death.

In the United States alone, 10 to 12 million men and women—and their loved ones and families—are crippled by the ravages of alcoholism. Additional millions abuse alcohol at immense cost in health and in lost productivity.

In Canada, it is said, "Alcohol increases business—for hospitals, ambulance drivers, doctors, nurses, undertakers and grave diggers" (E.C. McKenzie).

Alcohol abuse, heroin and other dangerous drugs have swept through Europe like a brushfire. Soviet culture, too, is paying enormous social and economic costs.

Developing nations are plagued with drug problems—both ancient and modern. In this part of the world hundreds of millions crave addicting agents to ease their miseries and problems in life.

These methods of coping are unhealthy solutions! It is time we understood why—and found the way out of today's greatest social plague besetting this supposedly enlightened 20th century.

Worldwide Failure

Why this worldwide failure? Why do millions around the world not possess the emotional and physical resources to cope with human problems and difficulties?

Why do so many turn to drugs or alcohol as solutions to life's problems? Why do so many experiment with potent pills, powders or chemicals to cope with boredom or to find excitement in life?

It doesn't matter whether nations are materially prosperous or poverty stricken. It doesn't matter what their economic system or political ideology. Or their religion—or lack of it. The fact is, governments East and West, educational systems primitive and modern, and major religions have all failed to stem the tide of drug and alcohol abuse! Isn't it time we understood why?

Something is missing in the cultures, values and knowledge of all nations today. Instead of being taught to look for and deal with true causes of human problems, millions have been educated—literally conditioned by their cultures—to look to drugs and chemicals to solve almost every problem.

Drugs and alcohol are never real or lasting solutions to human emotional problems. Certain medical

drugs and painkillers may serve at times to save human lives, but they are not the solution to most personal and emotional problems.

Chemical shortcuts to cope with personal anxieties and difficulties may seem to give temporary relief from suffering or distress. But if persisted in, their side effects result in serious—sometimes irreversible—physical, mental or emotional penalties. Many drugs temporarily allow one to avoid facing and dealing with the true causes of problems. The drug-taking, in turn, only creates additional serious problems.

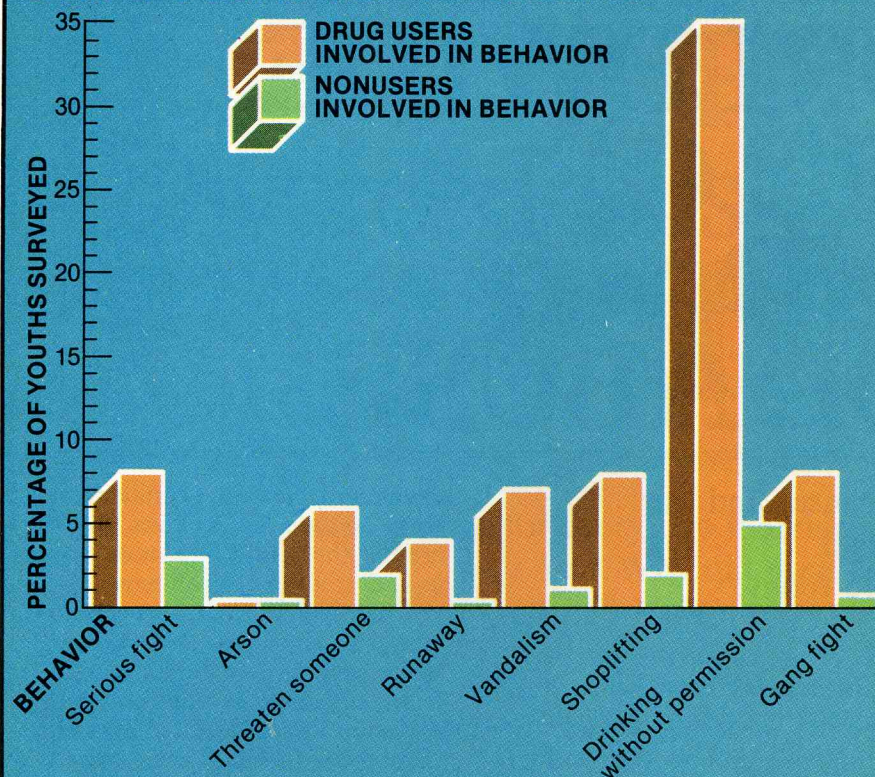
The Real Drug Connections

Drugs made from vegetative sources have been with man from earliest recorded history. But with the 20th century, revolutionary human developments opened the way for the modern drug abuse explosion.

The modern drug explosion was fueled by the rapid development of the pharmaceutical industry, by international communications and travel, by growing prosperity in many nations. And by massive population migrations to cities. Cultural constraints that once limited traditional drug usage in developing nations have dramatically broken down under the impact of more permissive Western influences.

After World War II, fiercely competitive pharmaceutical companies spent heavily to develop and promote new "wonder" drugs to

ANTISOCIAL BEHAVIORS DRUG USERS VS. NONUSERS



Source: Santana, et al. Social and Familial Influences on Substance Use Among Youth. Paper presented at the National Meeting of the American Psychological Association, New York, September 1979.

capture world markets. Drug industry advertising taught millions to equate feeling well and healthy with the taking of pills and drugs. Alcohol industry advertising equates drinking with success for both men and women. Unfortunately these advertisements tell only the temporary "benefits," not the ugly side effects that can occur with many drugs, or with misuse of alcohol. Usually it is only doctors who (sometimes) have advance knowledge of these.

Harried doctors, however, often allow themselves to fall into the habit of prescribing potent drugs as an easy way to treat patients. With mounting case loads of (in reality, largely emotionally induced) illnesses, many physicians spend only a few minutes with each patient. Medical men admit it is easier and more economical to reach for the prescription pad instead of taking the time-consuming step of determining the root cause of their patients' anxieties or wrong living habits.

Patients are also culpable for modern drug abuse trends. Many are not looking for the cause of their problems. They have come to believe it is their right to receive immediate relief from whatever problems—mental or physical—plague them. They don't want to change wrong habits of thinking or living.

The Physicians' Desk Reference lists more than 2,500 medical drugs on the market. Is it any wonder modern nations are drug-inundated cultures? Each new generation growing up in this environment is more conditioned than the one before it to expect chemical solutions for whatever bothers them.

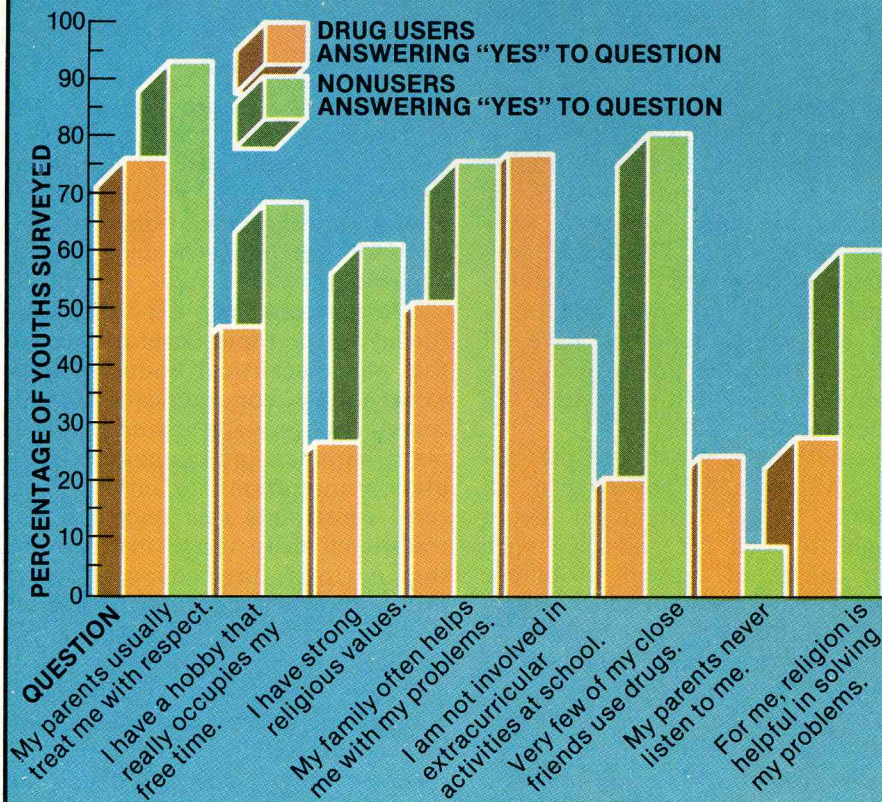
Why the Surprise?

During the 1960s and 1970s, the public and media in Western (even some developing) nations were shocked at the drug explosion in youth culture. They shouldn't have been.

What the adult establishment overlooked was the chemical explosion in their own ranks since World War II. Nobody, it seems, foresaw the consequences of Mr. and Mrs.

(Continued on page 41)

BACKGROUNDS DRUG USERS VS. NONUSERS



Source: Edward A. Bodanske, M.A., Director of St. Louis County Youth Programs, MO.

HOW DRUG USE RUINED NORTH AFRICA

by Keith W. Stump

TODAY, the waters of the Mediterranean Sea separate two vastly different worlds.

To the north of that great sea lie the comparatively affluent, industrialized nations of Europe. To the south lie the economically poor, agricultural countries of North Africa. The contrasts between the two regions are dramatic.

But many centuries ago the positions of the two areas were reversed! Why?

Arab Golden Age

The early medieval period of western European history (A.D. 500 to 1000) was a period of intellectual darkness and barbarity. It is commonly known as the Dark Ages.

But few realize that while Europe lay in darkness, the Arab world was experiencing an unprecedented *Golden Age!* Arab genius kept alight the lamp of learning and culture. And that lamp burned brightly!

This Golden Age was epitomized by the magnificence of Baghdad, the Baghdad of the well-known *Arabian Nights*. Capital of the vast Moslem world, Baghdad (in what is Iraq today) was the richest city on earth. But the wealth and culture it exemplified was not confined solely to the East. Virtually all provinces of the Moslem realm flourished, including North Africa.

The courts of North African potentates were filled with poets

and musicians, the colleges with learned men of science, mathematics, philosophy and medicine. North Africa's cities were centers of culture and learning. Some of the most beautiful monuments of Islamic art and architecture were created during this period.

What Went Wrong?

But eventually the flame died. The Golden Age of Arab culture passed into history.

Today, North Africa is but a shadow of its old self. Deserted, sand-swept cities, crumbling palaces and decaying shrines and mosques are often the only relics of the civilization of medieval times.

What went wrong? Many factors were involved in this decline: growing corruption, mediocre rulers, infight-

ings and tribal wars. Among the people at large, the early vigor had degenerated into indolence and softness.

Amid this picture of social decadence and degeneration we discover the beginnings of the widespread use of the drug hashish. In some respects, the use of this drug took a greater toll on society than any disease epidemic or war ever could have!

Way of Life

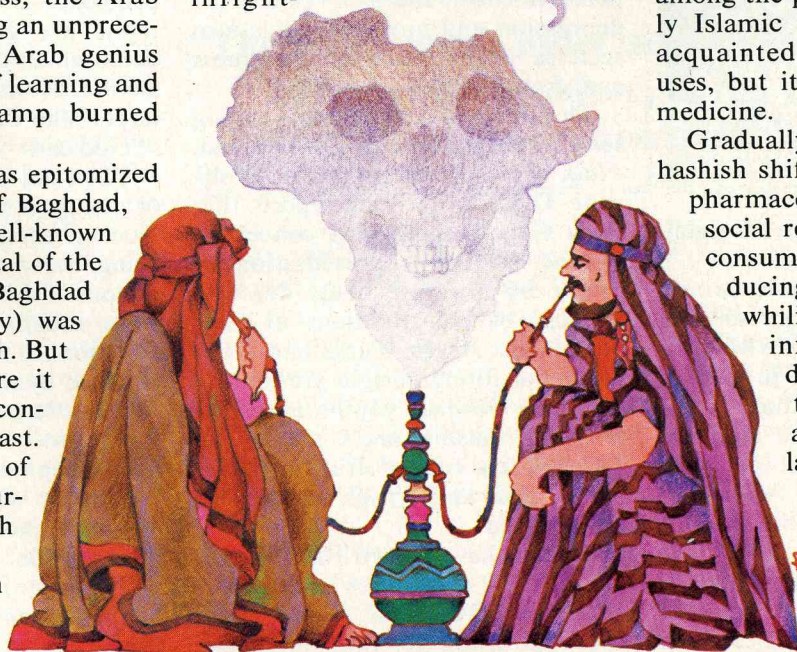
Hashish (hasheesh) is the Arabic name for various narcotic drug preparations of the true hemp plant (*Cannabis sativa*). The word means "dried herb." In Morocco and other parts of North Africa it is called *kif*.

Hashish can be smoked, chewed, eaten in a confection or drunk for its intoxicating effects.

There is no evidence in the early centuries of Islam—including the Golden Age—of the use of hashish among the population at large. Early Islamic physicians had become acquainted with its therapeutic uses, but its role was restricted to medicine.

Gradually, however, the use of hashish shifted from the sphere of pharmaceutical use to that of social recreation. It came to be consumed for its pleasure-producing effects. Many began whiling away the hours in its influence, lulled into a delightful but unproductive drowsiness. Its use achieved rapid popularity.

There is no direct mention of hashish in the Koran, Islam's holy book. This fact was often cited by users—and *still is*





BLACK STAR



ABBAS GAMMA/LIAISON

THE USE OF DRUGS OFTEN begins early in Arab North Africa, above. A young addict in Moslem Iran, left, uses drugs under the eyes of an indifferent patrol.

many areas, it remains so to this day. It has become part of the culture, with general social approval.

In Morocco, for example, *kif* is grown in large quantities as a major cash crop. It is smoked by a fairly high proportion of adult males and a significant number of females as well. It is viewed as a means of relieving everyday pressure and personal cares, and as a remedy for depression and anxiety. *Kif* is also seen as an assertion of manliness and group spirit.

This attitude toward drugs among some Arabs is also being felt abroad. *Plain Truth* correspondent Wolfgang Thomsen in Bonn reports that West German police are concerned by the positive representation of drugs by foreign drug dealers. Because of the traditions in their homelands, Arabs, Turks and other dealers of foreign origin are touting drugs to German youths as useful tools for raising one's self-worth. This positive view of drugs makes it harder for authorities to contain their spread.

Studies have shown that the use of hashish produces numerous detrimental effects, which most users attempt to ignore. These

include a negative effect on temperament and mood, memory, time and spacial perception, sleeping patterns and learning ability. It also produces euphoria and a sense of carefreeness, thus tending to sap drive and vigor.

It was these very effects that, in part, sapped the vitality of the great medieval Arab civilization—and that today keep many societies in a state of continual stagnation!

The communities of North Africa have fallen prey to widespread drug abuse possibly to a greater extent than anywhere else in the Moslem world. A deepseated way of life, hashish use will be difficult to eradicate.

Human Government Limited

North African governments have sought to control hashish production and traffic. But that is only part of the solution. Drug abuse cannot be legislated out of existence. Laws and police action simply treat the *effect*, not the root *cause* of drug abuse.

In the final analysis, human governments will not solve the problem! They simply do not have the *ability* to strike at its heart. A *permanent* solution is beyond the grasp of human agencies.

The only lasting solution must involve introducing a radically new *alternative way of life* more attractive than the present one causing the problem—a new way of life whose fruits are genuine happiness and contentment. This is the only *real* answer. Human governments cannot do it. Who will bring it about?

God can—and *will*!

The soon-coming reestablishment of the government or kingdom of God on earth by Jesus Christ will bring that new way of life to the nations of this world. All nations will come under God's rule (Rev. 11:15) and man's very *nature* will be changed by the power of God (Ezek. 11:19)! Peace, happiness and prosperity will blanket the earth as people begin living God's way of life. No longer will they feel a need for drugs or excessive alcohol to make life bearable.

That day is coming! And it may happen sooner than many might think! □

cited—as justification for indulging in it.

Reasoning from Koranic principles, however, Islamic jurists and scholars declared that a true Moslem should avoid dependence-producing substances (*khamr*) that cause clouding of the mind and interfere with rational thinking. Yet the use of hashish had become well entrenched. Most users ignore the ruling.

In some parts of North Africa, hashish became not just a substance to be used, but a total *way of life*! And in

WHAT YOU NEED TO KNOW ABOUT DRUG ABUSE

The Director of the United States National Institute on Drug Abuse speaks out!

Psychoiatrist William Pollin, director of the NIDA since 1979, was interviewed by *Plain Truth* writers Donald D. Schroeder and Michael A. Snyder in Washington, D.C.

Dr. Pollin, if you had only this one opportunity to speak to our readers, how would you describe the drug abuse situation today?

We've gone through a period of approximately 20 years during which there was dramatic increase in the use of drugs in this country.

In most health and social problem fields, if you get a 20 to 50 percent increase—that's dramatic. If you get a 100 percent increase, that's epidemic. In the area of drug abuse, we had a 3,000 percent increase.

If you go back to the early sixties, the late fifties, there were less than 1 percent of American youth of high school age who were using drugs. It was practically unknown.

By the mid-1970s, it was the exception rather than the rule for American youth not to experiment with *some* illicit drugs—10 to 15 percent of high school seniors were using marijuana daily.

In the past three years, we've seen three consecutive years of downturn in the daily use of marijuana by high school seniors. But despite the recent improvement, most knowledgeable authorities still are convinced that the level of drug use by our young people is *higher* than is the level of drug use by young people in any [other] developed country in the world.

One has also to be aware of an

underlying phenomenon—namely, the continuing, accelerating rate of discovery, development and production of ever more powerful new kinds of psychoactive substances. Many of the drugs which were our

ability that this problem will continue to be with us, and might worsen if we don't get at its roots.

There was a marked tendency in this country for 10 or 15 years, among significant parts of the society, to accept the mistaken notion that society overreacted to drugs. For a while, that really was a prevalent view. It led, in some ways, to all



MIKE SNYDER—PT

“There is a much wider acceptance . . . that drugs are a major problem . . . for young people in particular, their consequences can be tragic.”

greatest concerns in the past decade—PCP, LSD, Valium, just to name three—didn't exist 15 or 20 years ago. And the very great probability is that 10 or 20 years from now, there will be *many times* the number of drugs available. Historically, whenever a really potent new kind of psychoactive drug becomes available, some people are going to use it. There's going to be some degree of popularity.

So, we have to recognize that there's good news *and* bad news. And that there is a very real proba-

the pressures for decriminalization of marijuana and the like.

Is what you mean by “overreacted” the thought that perhaps drugs weren't that bad?

That's right. That became an increasingly prevalent point of view. And that's unfortunate. I think that has changed. There is a much wider acceptance of the fact that drugs *are* a major problem—that for young people in particular, their consequences can be tragic.

(Continued on page 38)

THE SOVIET UNION: LOSING THE BATTLE OF THE BOTTLE

by Gene H. Hogberg

ABUSE of alcohol has been rightly called "Russia's hereditary plague." It has transcended time and ideology.

Neither the czars of old nor the Communist commissars of the Soviet state have been able to dissuade their subjects from their stubborn proclivity for drink.

Drink may be "Russia's joy"—as Vladimir said in the 11th century—but the sobering—or rather unsober—facts reveal that it is also "Russia's sorrow."

Tremendous National Losses

The evil effects of alcohol abuse permeate Soviet society. Soviet statistics published in newspapers and on television blame alcohol for three fourths of all violent crimes, two thirds of serious industrial, traffic

and household accidents, one third of all sexual dysfunctions and nearly half of the country's divorces. Close to 70 percent of drownings and 45 percent of all poisonings are blamed on drinking.

Alcohol abuse, primarily in the form of hard liquor, and that mostly vodka, takes an alarming toll of the Soviet Union's hard-pressed economy. As many as 30 to 40 percent of Soviet factory workers show up Monday mornings too drunk or hung over to perform properly. "If everyone came to work sober and stayed that way," says one expert, "productivity would rise as much as 10 percent."

That figure—an enormous loss for the world's second largest economy—is significant in another respect. Western analysts, working from Soviet statistical data, estimate that Russian factory and office workers "tithe"—and then some—to the bottle. The sales of

hard liquor account for more than 10 percent—perhaps as high as 15 percent—of all consumer purchases in the Soviet Union.

Republics on a Self-destructive "Bender"

Far more serious than cold economic statistics is the impact of alcohol abuse upon the state of health of the 267 million people in the U.S.S.R.'s 15 republics.

The impact is so devastating that Western observers believe this is the reason why Soviet authorities stopped publishing statistics on alcohol consumption in 1963, and even more significantly, have not published life expectancy estimates in recent years.

By examining other available official statistics such as census figures and alcohol production, Western analysts have pieced together a grim picture of a union of nations on a self-destructive "bender."

While the Soviet population increased 9 percent in the decade of



VLADIMIR SICHOV—BLACK STAR

1970-79, the production of spirits rose 33 percent and wine 49 percent. Higher Soviet exports of quality vodka and cognac cannot account for this steep rise.

Consumption has been rising roughly 5 percent a year, compared to an average 3 percent for 14 other industrial nations.

From a pre-Revolution per-capita consumption of 7.75 liters of vodka in 1913, estimated figures for 1968 show that the total consumption was the equivalent of 9.1 liters for every man, woman and child in the Soviet Union. Only four years later, the projected figure had risen to 10.8 liters.

These figures do not include the illegally produced spirits—estimated to be half again as great.

The steady steep rise in consumption has undoubtedly played a major role in the alarming increase in death rates in the Soviet Union over the past several years.

According to an article in the *New York Post* (February 17, 1981) author Guy Hawtin, referring to research done by American census experts, writes that “death rates for [Soviet] people in their 40’s have soared by 30 percent since 1960, for those in their 50’s by 20 percent.”

These age groups, of course, comprise people in their most productive years.

Most alarming of all, the average Soviet male’s life span dropped from 66 years in 1965 to 62 years in 1975! Women’s life expectancy tailed off at 73 years in the early 1970s and appears to be dropping. Russian men are thus dying 10 years earlier than their women—the largest such longevity gap in the world, despite improved Russian health care.

The experts also believe that alcohol abuse is a primary contributor to an increase in infant mortality since 1971. Alcoholism, it is now known, has its impact upon the unborn of pregnant, drinking mothers-to-be.

Drinking “Everything Under the Sun”

Working from Soviet data, Western scholars have deduced another remarkable statistic: 40,000 Soviet

citizens died from acute alcohol poisoning in 1976, or 15.9 deaths per 100,000 population.

“This high mortality is significant,” reports Professor Vladimir G. Treml of Duke University, “since it is completely outside the range of world experience. In the same year, deaths in the U.S. from alcohol poisoning were recorded at 400, or 0.18 per 100,000. The U.S. rate is roughly representative of world rates” (*The Wall Street Journal*, November 10, 1981).

The alcohol poisoning is largely attributed to the vast quantities of inferior, if not outright toxic, homemade “bathtub” vodka and other alcohol surrogates consumed in the Soviet Union. (Price increases in alcoholic beverages have contributed to the development of this enormous underground market.)

An equally important lethal role is played by various types of industrial alcohol stolen in large quantities—as high as 200 million-250 million liters a year—from state enterprises and construction sites.

“This industrial alcohol,” notes Professor Treml, “is either drunk immediately or made into bogus vodka, bottled in standard glassware, given faked labels and sold through state retail outlets by corrupt sales clerks.”

Even this is not the whole story. “Finally it must be added,” says Dr. Treml, “that lacking funds to buy legal or illegal beverages, drinkers in the U.S.S.R. consume large quantities of alcohol surrogates, such as lotions, medicinal alcohol, shellac, varnish, brake and de-icing fluids and the like. In 1976, for instance, 200 people died from ingesting ethylene glycol (antifreeze), 1,000 from drinking various cleaning fluids and solvents, and some 5,000 from vinegar concentrate, which is considered to be a good (although a rather permanent) remedy for hangover.”

Drink—the Teenage Drug Problem

Drug abuse among the Soviet Union’s teenage and young adult population is low by Western standards. But a soaring rise in teenage drinking is a deep concern to Soviet authorities.



OVER-DRINKING, SAYS SOVIET public service poster, is responsible for 66 out of every 100 injuries.

One survey indicated that 12 percent of 14-year-old boys and 47 percent of 17-year-old youths drink regularly. “Drinking problems are occurring in younger and younger age groups,” warned the editors of one Soviet magazine.

Teenage crime and hooliganism go hand in hand with alcohol. “Most of the crimes young people commit are committed while they are drunk,” lamented the Communist Party newspaper *Pravda*. (Nearly 60 percent of all burglaries and 49 percent of all rapes in the Soviet Union are committed by youths under 20.)

Governmental decisions have only compounded the youth drinking problem. For example, the increased production of cheap beer and wine (products of lower alcohol content) has perversely brought the price of alcoholic beverages within reach of even more youths.

The Soviet economic system, with its stress on “fulfilling quotas,” further adds to the problem. Youths are permitted to purchase alcohol at age 16, but state liquor stores will generally sell to them at a younger age, since shop managers are under pressure to fill predetermined sales quotas.

Experts criticize the government for speaking out of both sides of its mouth on the entire alcohol addiction crisis. While aggressively campaigning for public sobriety on one

hand, the government, just as in czarist days, is dependent upon the sale of alcohol for more than 10 percent of all tax revenues. Taxes comprise roughly 80 percent of the price of a bottle of vodka.

Drinking Customs and Causes

The main reason alcohol abuse is such a deeply rooted problem is directly related to the *approach* to alcohol taken by the vast majority of Soviet citizens. Western Europeans, for example, generally prefer wine or beer, often as a complement to a meal. Soviet Slavic and Baltic populations relish consuming the far stronger vodka or brandy in straight shot gulps either without food or early in a meal.

The ordinary vodka glass contains 100 grams, or roughly three ounces—the equivalent to a “double” by American standards.

By Russian tradition, hard drinking is accepted, even encouraged. It is considered unmanly to sip a drink (only women do it), a manner of pride to drain a bottle. It is almost impossible not to do so anyway since domestic Soviet vodka bottles do not have corks or screw tops, only discardable foil caps. Once the bottle is opened it must, by custom and design, be finished. There is no such thing as putting it back on the shelf, a notion that amuses Russians whenever a Westerner mentions the idea. Few Russian homes have such things as liquor cabinets or wine cellars.

The overall approach to alcoholic beverages is quite simple: Drink to get drunk, or at least very high. In this regard, alcohol becomes nothing but a drug, an escape from the rigors, real or imagined, of life.

In his authoritative work *The Russians*, author Hedrick Smith writes:

“Russians drink, essentially, to *obliterate themselves*, to blot out the tedium of life, to warm themselves from the chilling winters, and they eagerly embrace the escapism it offers.”

Young and old alike abuse alcohol, treating it as though it were like one of the expensive mind-warping drugs common to the Western world.

“The drug action on Soviet campuses [does] . . . not begin to compare with the West,” continues author Smith. “Far more of a problem is alcohol—the vodka which Soviet students, like their elders, drink with the self-obliterating intensity of Western drug addicts who seek oblivion on a high.”

Communism No Cure

The late Premier Nikita Khrushchev once called drunkenness “one of the harmful remnants of the past.” He professed that he was confident that under communism it would soon wither away.

That is still the official Communist Party line. According to Soviet ideology, socialism has destroyed the “social foundation” of alcoholism, which is said to be capitalist exploitation.

But the facts are far different from the unattainable Marxist-Leninist ideal. More than 64 years after the Revolution, the authorities are forced to concede that drunkenness remains communism’s number one social problem—and that it is on the increase, particularly among the young.

Religion may no longer be the *opiate* of the people, as Lenin proclaimed in setting up the Soviet Union’s atheist society, but hard liquor certainly is. And communist ideology has not been able to remove the underlying causes for widespread addiction.

The ideal of the “new communist man” striving confidently—and soberly—toward materialistic perfection has been lost in the reality of contemporary Soviet life.

Pressures of everyday living make resorting to vodka’s seductive qualities even more tempting. Cramped living conditions in overcrowded cities, lengthening queues for consumer goods, money to spend but not enough to spend it on, a shortage of leisure-time facilities—all these are contributing factors to the rise in alcoholism.

Soviet authorities acknowledge that major factors behind the increase in drinking by young people are sheer boredom and the lack of any sense of purpose in their classless society—factors that could

describe youths in many differing societies as well.

How to Provide for “Spiritual Needs”?

Two authors of an article in the Soviet journal *Literary Gazette* recently probed the U.S.S.R.’s alcoholism crisis. To combat the problem they propose a “real system of struggle” employing the tools of education, punishment and prevention. The authors concluded:

“An extremely important role belongs to raising the population’s cultural level, increasing cultural requirements and *spiritual needs*. . . .”

Spiritual needs in an atheist society?

In another journal, this time one devoted to economics, writer Vasili Belov blamed Soviet drunkenness on “*the primitive level of spiritual life* in some people and *their lack of any clear moral ideal*, the psychological and material debasement of their jobs and the monotony of their daily life.”

Atheistic communism cannot provide the Soviet Union or any other country adopting such a philosophy with the “spiritual needs” and “moral ideals” to cope with the curse of alcoholism. Atheists deny the spiritual and have only human definitions of morality.

And so-called Christian countries in the Western world also ignore the clear instructions of the Bible with respect to dealing with such morality-debasing dilemmas. For example, Finland, the Soviet Union’s prosperous pro-Western neighbor, also suffers from serious vodka-fueled alcohol problems.

While the Bible does not forbid the temperate use of alcohol (Christ’s first miracle was to turn water into wine for a wedding celebration), it clearly counsels moderation (Phil. 4:5) and absolutely condemns drunkenness (I Cor. 6:10, I Tim. 3:3, 8, Titus 1:7).

What all people the world over need is a clear understanding of the real purpose of life, a purpose so astounding that, when comprehended, will totally eliminate the desire to drop out of life, via the use of drugs or the abuse of alcohol. □

NOW THE WEST BRINGS DRUG AND ALCOHOL ABUSE TO ASIA

by John Halford with John Curry and Pedro Melendez Jr.

ALCOHOL has always been a traditional part of Asian society. Yet in most Asian countries alcoholism has not reached the epidemic proportions seen in the West. Why?

Southeast Asians, and especially the Chinese, drink copiously, yet addiction to alcohol seems to be uncommon. There is a reason.

Most drinking is done at meal-times, and heavy drinking is associated with banquets, weddings and other celebrations. But alcohol does not play a large part in *everyday* life. The concept of the Western cocktail hour of having some friends over for a few drinks is not traditional Asian hospitality. So Asian people did not, in general, develop a dependence on alcohol, as a cure-all for loneliness, depression, stress and grief.

The Lesson of Japan

That is not to say that they can't! Post-war Japan has shown that. A recent survey showed that three million Japanese—6 percent of the adult population—can now be classified as alcoholics and problem drinkers. That is a four-fold increase since the end of World War II. And tragically, one fifth of Japanese high school students admit to needing a drink just to keep going. Many Japanese see this as further evidence of the tragic results of abandoning traditional culture for the more liberal Western way of life.

There is significant truth in this. It can be clearly seen when we look at the state of the drug problem today in Asian countries. Drugs and drug addiction are nothing new to Southeast Asia. In the past governments remained tolerant and ambivalent. If the problem were considered at all, it was considered in relation to *use* rather than *abuse*. Opiates, usually in the unrefined state, were used by the peasant population as medicine, as an aid for medication and—mixed with tobacco—for pleasure.

But look what has happened since the hippie culture added Western sophistication to the traditional Asian pattern.

Take, for example, Nepal. In

youths made a pilgrimage to this mountain kingdom, seeking a Shangri-la to live out their befuddled fantasies.

Young Nepalese began to pattern their lives after this degenerate example—and suddenly Nepal had a real drug problem! Today, the buying and selling of cannabis is legally restricted by the government.

Other Asian governments take even firmer action. Singapore's leaders are determined that Western counterculture does not infect their youth. They go to great lengths to keep it at bay. Long-haired visitors have been surprised to find that they have been asked to get a haircut before being allowed to enter the country.

Prime Minister Lee Kuan Yew



Nepal, until recently, no restriction existed on buying, selling or consuming cannabis. It was simply one of the facts of Nepalese life. Then in the 1960s came an influx of hippie culture from Europe and North America. Nonconformist Western

has made it quite clear that there is no room in Singapore society for those who effect the clothes and life-style of the drug culture. The government has been known to expel the entire families of foreign businessmen if their children



FRED WARD—BLACK STAR

where people stick mostly to one drug, the problem in the Philippines has become one of *polydrug* abuse. Marijuana is often used in conjunction with legal cough preparations, tranquilizers and alcohol, creating often dangerous, combined effects. The erosion of traditionally strong family ties, as well as growing peer-group pressure, is being cited as a major reason for the mounting problem among the youth. The government is now redoubling its efforts to eradicate the menace.

Some in the West have been critical of what they consider to be severity and harshness in these societies

alcohol abuse. Though the use of illegal drugs is increasing somewhat, by far the greatest continuing problem in that country is alcohol abuse. More than a quarter of a million Australians are alcoholics and 1.2 million (out of a population of 14 million) are personally affected in some way by alcohol abuse (family members, for example).

One in every five hospital beds is occupied by a person suffering the adverse effects of alcohol. A report by the Australian Senate has termed the growing problem "a potential national disaster." Yet, because of a tradition of heavy drinking, most Australians do not recognize alcohol as being a problem.

One notable success story, by contrast, is the People's Republic of China. Until 1949, China had the world's worst narcotic abuse problem—the sad story of the opium trade that was financed and abetted by Western commercial interests has been well documented. By the 1920s, 25 percent of China's vast population used opium.

In 1950 Chinese Premier Chou En Lai signed an order prohibiting the drug. Within a few years the opium trade was eliminated, and today the problem to all intents and purposes does not exist.

It is interesting to notice to what the Chinese ascribe their success. They are firm believers in the fact that a problem such as drug addiction cannot be simply suppressed—it must be replaced with something.

The Chinese did not only forcibly prohibit the cultivation, manufacture and sale of opium, they infused their people—particularly the young—with a sense of national purpose. By changing the purpose and direction of the life of their young people, the Chinese effectively cut off the supply of new addicts!

Needed—A Goal Higher than Self

There is a lesson here. Whether or not one agrees with the Chinese ideology, it cannot be denied that the Revolution replaced chronic drug addiction with a pride in the nation and a renewed purpose.

All over the world we see that drug and alcohol use among the
(Continued on page 38)



PAUL FUSCO—MAGNUM

YOUTH (TOP PHOTO) SNIFFS thinner in Tokyo's Shinjuku district. Lying in a trip room, above, addict in Thailand smokes opium pipe.

are caught smoking marijuana.

Other governments in the area take an equally firm line. It is quite common to see signs at Asian airports informing long-haired and scruffily dressed tourists that they *are not welcome*. In Malaysia, the Philippines, Burma and Thailand long jail sentences and sometimes execution await anyone caught trafficking in drugs.

Yet problems persist despite government efforts. In the Philippines, for example, marijuana poses a growing problem. It now accounts for more than 60 percent of drug abuse cases. Unlike other countries

where drugs have been part of the way of life for centuries.

But the Asian governments have seen that there is a great difference between the traditional use of homegrown narcotics by the old and the sick, and the ever increasing dependence upon hard drugs by the youth, on whom a nation's future depends. They have seen the correlation between drug abuse by the young, and an increasing lack of purpose in life. Whether they can succeed in stemming the tide of Western influence in the media and through commerce remains to be seen. For drug and alcohol abuse is on the increase in this part of the world, as it is nearly everywhere else.

Australia, bordering as it does on Asia, is an example of the problem of

COPING WITH STRESS— WITHOUT ALCOHOL OR DRUGS

by Norman Shoaf

LET'S FACE IT. No other single force is more responsible for the worldwide epidemic of drug and alcohol abuse than hypertension, or excessive stress.

What do we see in the world around us? Overcrowding. Interpersonal conflicts. Economic uncertainty. International strife. Uncertainty about the future. A gnawing sense of helplessness.

These factors add up to create what Alvin Toffler described as *future shock*—a vague, continuous feeling of anxiety. It's a condition that can only be described as the disease of change.

Escaping Reality

More and more, people are seeking to dull the pain of this 20th century "disease"

by using alcohol and drugs. But the supposed cure has itself created an epidemic. Organizational development consultant Karl Albrecht aptly summarizes today's state of mind in these words:

"The use of mood-altering chemicals in America, and to some extent in other developed countries, has run completely wild.

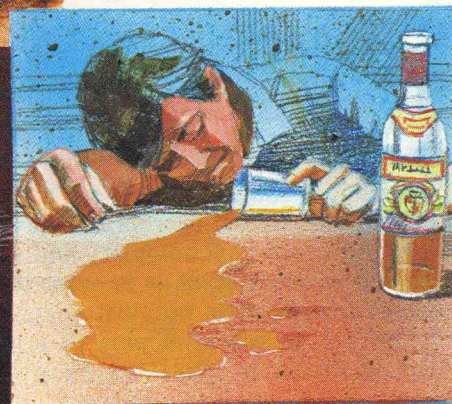
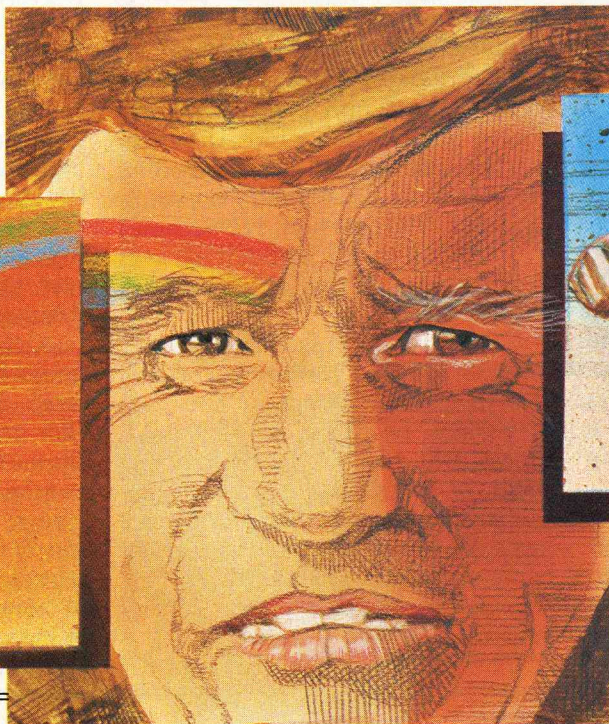
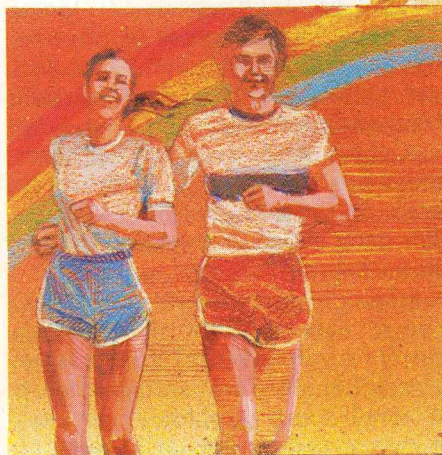
"Cultures we are pleased to label 'primitive' all without exception reserve the use of tobacco, drugs and intoxicants for special occasions such as celebration and rituals. Only in the so-called advanced cultures do we use these chemically induced altered states of awareness as routine means for escaping reality."

Stress is not necessarily a negative force. Stress is not, after all, just what happens to us, but *how we react* to what happens to us. And how we react is controlled by our mind and emotions.

The Role of Stress

To be alive is to be under a certain amount of stress. As endocrinologist Hans Selye, one of the world's foremost authorities on stress, says: "Most people who want to accomplish something, who are ambitious, live on stress. They need it." The right amount of stress can push us to perform at our very best.

Stress also serves to protect us in hazardous situations. If we are driving along in fast traffic and another car swerves into our lane in front of us, a lot of things immediately happen in our bodies—in the brain, heart, muscular system. The body marshals



S. GORMAN

inner forces and rises to meet the crisis, producing the positive effect of avoiding a collision.

But if the crises and pressures around us become so frequent and so intense that we are constantly calling upon inner resources to respond so dramatically, the stress becomes debilitating. The body simply cannot meet such demands.

Says health educator Leo R. Van Dolson: "When individuals are repeatedly forced to . . . accept con-

drugs to relax him. He is confronting his problems in the wrong way. Here is why.

Drug reliance, which can develop into addiction and cause a host of other related problems (as described by other articles in this series) spawns more stress. The drug user becomes trapped in the cycle. He uses drugs to cope with stress, and this use only creates more stress.

Relaxation should, rather, in-

hard work, for example, only reinforces the stress. Focusing on the reward obtained from the work, on the other hand, will make the work a source of satisfaction rather than tension. Developing this kind of positive attitude toward stress-producing pressures will ease inner tensions.

If we become more goal-oriented and look to the ultimate rewards for our efforts, pressures we daily undergo will not seem as difficult to bear.

• *Manage your time.* Time management is important. It involves making optimum use of the time we have available to do the things that need to be done. Giving priority to tasks to get the most important—and, potentially, most worrisome—things done first, helps.

Retreating to a drug-induced state of euphoria or forgetfulness certainly is not a wise use of time. When an individual comes down from his high, the same problems still exist. The same tasks remain undone, and may by then be even more urgent. The person may choose, then, to flee once again to his private, "safe," drugged world.

It would be far better to manage time wisely and get things done. The resulting sense of accomplishment would produce its own circle of events—this one positive—encouraging the person to accomplish more.

• *Improve general health.* A healthy, physically fit person can cope with a vast amount of pressure. He is adaptable, positive and generally hopeful. Poor health magnifies the small irritations of life and prolongs a cycle of illness. Consider, in the matter of improving general health, diet, exercise, rest, getting plenty of sunshine and developing self-control.

Alcohol and drug abuse harm good health, thus putting more stress on the body and inviting further drug abuse to try to cope with the new problems.

• *Incorporate alternatives to stress.* Life is filled with many sources of anxiety and unnecessary stimulation. We can simply choose to avoid some of these areas that induce stress unnecessarily, such as in the entertainment we pursue.

Using alcohol or drugs to cope with stress only creates further stress, contributing to a vicious and harmful cycle in a person's life.

tinual change, especially changes involving conflict and uncertainty, an adaptive reaction occurs that draws upon the hormones, causing chemical reactions throughout the body that damage its reserves of energy."

Having too much stress, which Dr. Selye refers to as *hyperstress*, can be destructive to both our physical and emotional well-being. Many turn to alcohol or drugs to anesthetize the stress produced by emotionally upsetting events or situations: marital quarrels, poverty, fear, loneliness, job tensions.

These individuals fail to realize, however, that using alcohol or drugs to cope with stress only creates further stress, contributing to a vicious and harmful cycle in a person's life. Using alcohol or drugs is not an effective measure for coping with pressures.

Right and Wrong Way to Relax

For instance, one important key to coping with stress is relaxation. More and more psychologists and physicians are coming to view occasional recreation not just as a help but as an essential part of a balanced life-style. Relaxing by a change of activity restores us.

People with drug or alcohol problems *do* attempt to relax, but only by turning to a bottle filled with either alcohol or pills. The drug abuser, rather than learning how to properly relax, relies on

involve exercise, a change of pace, momentarily getting one's mind off whatever is causing the stress (and *that* by mental choice, not with self-prescribed alcohol or drugs). A temperate use of alcohol is only safely used by one who is *already* mentally relaxed. Alcohol should never be used to regularly induce relaxation.

Since stress involves a person's mental or emotional reaction to external events, any effective program must involve, to one degree or another, a change of mind—a re-orienting of life priorities. Besides relaxation, there are other effective measures for reducing the debilitating effects stress can have:

• *Be realistic.* The drug abuser locks himself into a private world where clearly viewing the real world is difficult, if not impossible. He may mentally magnify his problems out of proportion. He becomes wrapped up in his difficulties, real or imagined, so that he cannot see anything else.

Certainly, a person's problems may be real and serious—a broken marriage, unemployment and lack of money, problems with a child, illness. But dwelling on them to the point of becoming paralyzed by them—unable to take action—does not solve them. The solutions must come through emotional maturity, seeking wise counsel and getting control of one's life.

Complaining about constant

When we stimulate our minds with an incessant barrage of loud, dissonant noise, and with themes that center on violence, crime and interpersonal tragedy, we voluntarily induce stress.

An Added Dimension

These physical techniques help ameliorate physical problems. But to completely eliminate hyperstress—and the (often) resultant alcohol and drug abuse problems hyperstress often causes—involves changing the basic way human nature functions.

The Bible, for example, provides much advice on stress, emotional maturity and mental health.

"Anxiety in a man's heart weighs him down, but a good word makes him glad" (Prov. 12:25, Revised Standard Version throughout). What makes a person "glad"—positive, optimistic, have a constructive frame of mind? Indulgence in alcohol or drugs? No!

Coping with anxiety involves developing a constant, positive attitude and approach to life. Helping and encouraging others by your thoughtful words and receiving support from others are important.

"A cheerful heart is a good medicine, but a downcast spirit dries up the bones" (Prov. 17:22). The medicine we need is not a chemical! It is this outgoing, optimistic approach to life and resultant interest in others' needs.

"A tranquil mind gives life to the flesh, but passion [King James Version: envy] makes the bones rot" (Prov. 14:30). Do drugs really produce this "tranquil" state of mind—this general, continual attitude of contentment that gives "life to the flesh"—that promotes a successful, happy life? Hardly. As Proverbs 12:25 and 17:22 showed, the Bible is not suggesting chemical solutions to human problems and stress. The answer is in one's basic approach to life.

The Bible reveals that pursuing one's own desires and creature comforts will not make one happy. Jesus Christ summed it up: "It is more blessed to give than to receive" (Acts 20:35).

There it is! Preoccupation with *self* only contributes to the hyper-

stress that has caused or compounded many of this world's problems.

Ultimately resolving hyperstress and its concomitant evils, then, is a matter of changing one's whole life-style from its general pattern of taking and selfishness to a life-style of giving, of service, of concern for others equal to or greater than concern for self!

Dr. Selye himself, as an endocrinologist, has frequently expressed that hate causes stress and love eliminates it. He asks, "If everyone loved his neighbor as himself, how could there be any war, crime, aggression or even tension among people?"

Psychologist Erich Fromm notes: "Not he who has much is rich, but he who gives much. The hoarder who is anxiously worried about losing something is, psychologically speaking, the poor, impoverished man, regardless of how much he has."

In comparing the giving, loving person to the selfish person, Dr.

Fromm continues: "The selfish person is interested only in himself, wants everything for himself, feels no pleasure in giving, but only in taking. The world outside is looked at only from the standpoint of what he can get out of it."

But what the selfish person does not realize is that his own selfishness is the root of his troubles. His selfishness "leaves him empty and frustrated. He is necessarily unhappy and anxiously concerned to snatch from life the satisfactions which he blocks himself from attaining."

In short, if we give instead of take, our own problems and tensions vanish. Strange? It shouldn't be.

As we live in this way of giving, debilitating stress *will* diminish—even disappear—from our lives. Then we can, as the apostle Paul put it: "Have no anxiety about anything. . . . And the peace of God, which passes all understanding, will keep your hearts and your minds in Christ Jesus" (Phil. 4:6-7). □

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PC11

WHAT IS AN ALCOHOLIC?

Derek Rutherford, director of Britain's National Council on Alcoholism, was interviewed by senior writer John Ross Schroeder on the abuse of alcohol.

What is the difference between a drunk and an alcoholic?

A person who is drunk has become temporarily incapacitated by his alcohol intake. In other words alcohol has become for him a depressant of the central nervous system.

If you have taken a certain amount of alcohol, you will have depressed and anesthetized the central nervous system. You first begin to lose your judgment. Then you begin to slur your speech. But remember it is judgment first—your inability to make decisions in a sober manner.

Then comes your speech and gait. If you are really drunk, you will find you have difficulty putting in your ignition key or door key. If you weren't an alcoholic and were an average person not used to taking alcohol and you have drunk a bottle of whisky, you could go into a coma—and possibly die. That is drunkenness.

On the other hand, there is the type of alcoholic who has become, slowly, over the years, physically dependent on alcohol, developing a tolerance so that he or she can take more drink than you and I can and not show drunkenness. Alcoholics pass through inebriety [the level of alcohol that would make others drunk], but he or she may never show the signs of drunkenness. The alcoholic must always have a blood alcohol level that must be topped up. Otherwise withdrawal symptoms will set in. The alcoholic has become a sick man.

What treatment is available for suffering alcoholics?

Anyone who has a severe drinking problem can get free help from the National Health Service. If you were to come to a local Council on Alcoholism, and present yourself to a general practitioner, a doctor would assess the degree to which you had a problem.

Now it might well be that you were at an early stage and all that you needed was some therapy, individual counseling or group counseling. So one would refer you to that particular type of service.

Or it might be that the doctor would like to give you a thorough examination to see if there was any damage to the liver, or whether you had any other form of damage. Or it might be that you need to be referred to one of the wards of a general hospital because you had had some damage in one of the organs of the body, and therefore you would get medical attention.

It might be that you had a very severe alcohol problem with not only a question of dependence, but perhaps underlying disorders, perhaps some psychiatric disorders. You would be referred to a consultant psychiatrist for help and support.

How many addicted to alcohol stop drinking of their own volition?

We don't know! What we do know is that there will be those few who are able to stop and to say no. But the vast majority become dependent. Those who are dependent have to be motivated to come off alcohol. It is their own motivation that will, of course, allow them to say no. But they need counseling support, other forms of social support and even legal support.

And remember, the success rate is very poor. Of those who go

through normal treatment we would say a third are able to abstain. A third, perhaps, improve their life-style. But the other third are failures.

Why does an alcoholic return to drink after the drying-out process?

This is always a difficult question. Most of us don't criticize the smoker who says, "I shall give up smoking for the holidays," and then goes back to smoking with the same craving and the same type of life-style. The reasons why the smoker goes back to smoking are the same ones for the drinker going back to drink.

Remember, we live in a drinking society. After a person is rehabilitated he is right back out in society. But where are his friends? His friends are in the pub. His friends are in the club. He comes home, puts on the television and he sees all the gorgeous booze being extolled on TV. You try to stop a man thinking about drinking, but immediately he comes back into a drinking society, where there is absolute pressure.

What is the National Council on Alcoholism doing about the problem of alcoholic abuse in this country?

We have to look at a very wide front of prevention. First, we have to identify people who drink to the extent of harming themselves and their families. We must be prepared to find them at an early stage by alerting our primary care workers—doctors and nurses—*before* such a person needs a hospital bed for a peptic ulcer or gastritis or cirrhosis.

Or before they become a problem to social services, by the fact that they have a battered wife, a battered child or are looking for alternative accommodation because the mortgage has not been paid.

You can see the wide area there is to cover. At the work place we can identify people at the early stage and perhaps put help there.

Second, we help with counseling services and support. Then we have to look at health education and to give more information about the use and abuse of alcohol in our society.

Is British society making inroads in combating the problem?

If you look at the surface—the fact that we have got increasing drunkenness offenses, driving offenses, admissions to hospitals—it looks as if we are losing. On the other hand we have alerted public opinion to the fact that there is a problem in this country and a problem that needs practical decisions.

However, it is very difficult to say whether we have succeeded in stemming the tide. I don't believe we have, because we are up against a massive social problem. Treatment services are not enough if you won't tackle the source of supply. You didn't get rid of cholera and TB by producing better sanatoriums. You got rid of it by looking at the water supply and river conditions and the health conditions of your people. And this is where we come back to education and looking at sensible and realistic control policies.

The situation can still get worse in this country. You just have to take a look at France. One in five hospital beds in this country [Britain] is occupied by people with an alcohol-related illness, whereas in France it's almost one in two. We have somewhere in the region of perhaps 2,000 deaths from alcoholism or cirrhosis in this country each year, whereas in France, last year, there were 21,000 deaths from alcoholism compared with 20,000 deaths from tobacco-related illnesses. So the position can get worse in Britain.

How serious is the industrial accident problem caused by alcohol?

I think there is a gross underestimate of the problem on the shop floor of the inappropriate use of alcohol and accidents. The British have recognized the association between drinking and driving accidents, but the French were able to discover that alcohol is involved in 7 percent of all their accidents at work. Where there was a serious accident and work stoppage, 15 percent were with people with a raised alcohol level. □



ALEX WEBB—MAGNUM



PAUL FUSCO—MAGNUM



RANDALL COLE—PT

HOW MUCH IS TOO MUCH?

by Sheila Graham

SUSAN B. is a middle-class housewife and mother of two teenagers.

Her husband Ted and sons Gary and Tony—we shall call them—have grown accustomed to preparing their own break-

ders. Her doctor prescribed a tranquilizer.

Susan feels that the prescribed tranquilizer, along with the mixed drinks she has at lunch and each evening before bedtime, calms her nerves. Does Susan have a developing problem with alcohol?

Karen T. is in her late twenties,

hot meal waiting when he arrives. She and Fred always have wine with their dinner. Before Fred's arrival while preparing the meal, Karen usually sips wine to relax after work.

Karen is anticipating her husband's arrival even more so this particular evening. She has a couple of bottles of champagne chilling to celebrate his new promotion.

By 9 o'clock that evening, Karen, without a word, rises and unsteadily leaves the living room for bed. Fred watches her. She's overdone it again. He knows better than to berate her—it would only mean another nasty argument that Karen would probably not remember anyhow. Is Karen a problem drinker?

Joyce G. juggles her bag of groceries, files and papers as she retrieves her key from her front door. Pushing the door open with her foot, she deposits her groceries and papers on the kitchen table. Then, lifting a gallon of white wine from her grocery bag, Joyce removes the seal and stopper and fills a large water glass with ice cubes and wine.

She slips off her shoes, extinguishes her cigarette, and, with her work from the office, curls up on the couch. Before long Joyce refills her glass, carrying the bottle back with her to the couch.

Next morning, Joyce, feeling queazy, her head throbbing, showers, struggles into fresh clothing, pulls a brush through her hair and hurries off to work. Most of Joyce's evenings are spent in much the same fashion. Is Joyce an alcoholic?

Pregnancy and Alcohol

Whether your answer would be yes or no in any of these cases, if either Susan, Karen or Joyce were pregnant and her particular doctor was aware of her drinking habits, an

(Continued on page 30)



COURTESY OF UNIVERSITY OF WASHINGTON

TYPICAL ABNORMALITIES OF FETAL ALCOHOL SYNDROME BABIES are flat midface, smaller-than-average eyes, long thin upper lip, short nose, epicanthic folds on upper eyelids, low nasal bridge and facial asymmetry.

fasts. They don't disturb Mother in the mornings. Susan suffers from insomnia and various nervous disor-

and works in the local high school office. She usually arrives home before her husband Fred and has a

WHAT IS ALCOHOLISM?

It is common to speak of drinking problems in terms of drunkenness or alcoholism. What is not generally understood is that there are five definable types of alcoholic abuse of which three are characterized by loss of control and addictive behavior. All five types the Bible broadly classifies as sin (Gal. 5:21 and I John 3:4). Each is characterized by some kind of *consequent* illness.

The problem drinker has purely psychological dependence on alcohol to relieve emotional or bodily pain. His or her drinking is excessive, but noncompulsive, and damages marital and other interpersonal relationships. At this stage the problem drinker shows no evidence of physiological addiction nor loss of the ability to control or to determine his or her intake of alcohol.

The hard drinker is characterized by nutritional deficiency diseases such as

cirrhosis of the liver, gastritis and noninflammatory degeneration of the nerves. He or she has no loss of control, no withdrawal or other addictive manifestations. Hard drinkers often have poor nutritional habits. Damage to the body is primarily physiological, with reduced earning capacity and consequent reduced family stability and reduced life expectancy.

The periodic drinker is usually abstinent between binges, but suffers from manic-depressive mood swings. He or she may begin a binge when skidding into such painful depressive moods. The periodic drinker suffers from loss of control and temporary addictive behavior.

The steady alcoholic, a type characteristic of the vast majority of American alcoholics, has true physiological addictions, withdrawal symptoms, loss of control of intake and a craving for alcohol. He or

she has increased body tissue tolerance for alcohol, suffers from progressive impairment of all areas of the person's functioning, including health.

The plateau alcoholic is identified by the need to maintain a certain minimum level of inebriation much of the time. The plateau alcoholic is prevalent in France and among women and Skid Row alcoholics in America. He or she may seldom be obviously

intoxicated and may be able to hide the problem for many years. The social life of the plateau drinker disintegrates subtly and gradually. Such individuals also suffer from declining health, from addiction and an inability to exercise positive control over alcohol intake.

This general classification was first developed by the late E.M. Jellinek, the father of scientific alcoholism research.

—Herman L. Hoeh

PROGRESSIVE PHASES

Most—but not all—alcoholics go from controlled social drinking to complete addiction in seven phases.

- 1 Controlled social drinking
- 2 Purposeful occasional drinking to escape from tensions
- 3 Frequent escape drinking in which tolerance to alcohol steadily increases
- 4 Early alcoholic phase with first blackout
- 5 Progressive preoccupation with alcohol
- 6 Complete alcohol dependence, danger of withdrawal symptoms
- 7 Social, medical and spiritual help needed or death occurs

RELATIVE
TOLERANCE
LEVEL
PHASE



ALCOHOL CONTENT AND METABOLIZATION RATES OF VARIOUS LIQUORS

ALCOHOL CONTENT	AMOUNT METABOLIZED PER HOUR
Beer (4.5%), 12-oz. can	.54 oz.
Dinner wine (12%), 4 oz.	.42 oz.
Dessert wine (22%), 4 oz.	.80 oz.
80 proof whiskey, gin, etc., 1 oz.	.40 oz.
100 proof whiskey, gin, etc., 1 oz.	.28 oz.
Highball: 1 oz. whiskey, 4 oz. ginger ale*	.50 oz.
Manhattan: 1½ oz. whiskey, ¾ oz. sweet vermouth	.75 oz.
Martini: 1½ oz. gin, ½ oz. 12% vermouth	.75 oz.
Tom Collins: 1½ oz. gin, lemon, sugar, mix	.75 oz.

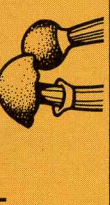
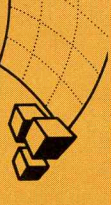
*Carbonated mixers increase the absorption rate of alcohol into the bloodstream.

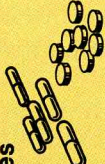
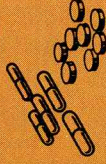
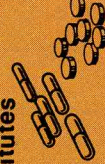
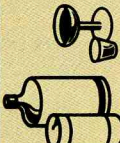
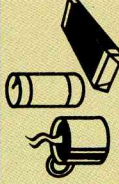
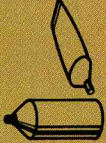
PSYCHOLOGICAL AND PHYSICAL EFFECTS OF ALCOHOL

NUMBER OF DRINKS	BLOOD ALCOHOL CONCENTRATION	PSYCHOLOGICAL AND PHYSICAL EFFECTS
1	.02-.03%	No overt effects, slight feeling of muscle relaxation, slight mood elevation.
2	.05-.06%	No intoxication, but feeling of relaxation, warmth. Slight increase in reaction time, slight decrease in fine muscle coordination.
3	.08-.09%	Balance, speech, vision and hearing slightly impaired. Feelings of euphoria. Increased loss of motor coordination.
4	.11-.12%	Coordination and balance becoming difficult. Distinct impairment of mental faculties, judgment, etc.
5	.14-.15%	Major impairment of mental and physical control. Slurred speech, blurred vision, lack of motor skill.
7	.20%	Loss of motor control—must have assistance in moving about. Mental confusion.
10	.30%	Severe intoxication. Minimum conscious control of mind and body.
14	.40%	Unconsciousness, threshold of coma.
17	.50%	Deep coma.
20	.60%	Death from respiratory failure.

For each one-hour time lapse, subtract .015% blood alcohol concentration, or approximately one drink. One drink = one beer (4.0% alcohol, 12 oz.) or one highball (1 oz. whiskey, 4 oz. ginger ale).

COMMON DRUGS - TWO-EDGED CHEMICAL SWORDS

NAME	CHEMICAL OR TRADE NAMES; SLANG NAMES	SOURCE	CLASSIFICATION	MEDICAL USE	EFFECTS SOUGHT	LONG-TERM OR HEAVY-USE SYMPTOMS
Heroin	 Diacetyl-morphine; H-, Horse, Junk, Smack, Scag, Stuff	Semisynthetic (from morphine)	Narcotic	Pain relief	Euphoria Prevent withdrawal discomfort	Addiction Constipation Loss of appetite Toxic syndrome
Morphine	 Morphine sulphate; White stuff, M.	Natural (from opium)	Narcotic	Pain relief	Euphoria Prevent withdrawal discomfort	Addiction Constipation Loss of appetite Toxic syndrome
Codeine	 Methylmorphine; Schoolboy	Natural (from opium) Semisynthetic (from morphine)	Narcotic	Ease pain and coughing	Euphoria Prevent withdrawal discomfort	Addiction Constipation Loss of appetite Toxic syndrome
Methadone	 Dolophine amidone; Dolly	Synthetic	Narcotic	Pain relief	Prevent withdrawal discomfort	Addiction Constipation Loss of appetite Toxic syndrome
Cocaine	 Coke, Snow, Flake, Toot, Star dust, Happy dust, Bernice	Natural (from coca, not cocoa)	Stimulant Local anesthetic	Local anesthesia	Excitation Talkativeness	Depression Convulsions
Marijuana Hashish	 Cannabis sativa; Pot, Grass, Tea, Dagg, Kif, Joint, Reefer, Weed, Dope	Natural (from hemp)	Relaxant Euphoriant In high doses hallucinogen	Experimental study	Relaxation Increased euphoria or perceptions	Possible psychological addiction Possible lung, memory, perception or sexual damage
Mescaline	 Buttons, Beans, Cactus	Natural (from peyote)	Hallucinogen	None	Insightful experiences Exhilaration Distortion of senses	May intensify existing psychological problems
Psilocybin	 Magic mushrooms, Mushroom, Los ninos	Natural (from psilocybe)	Hallucinogen	None	Insightful experiences Exhilaration Distortion of senses	May intensify existing psychological problems
LSD	 Lysergic acid diethylamide; Acid, Sugar, Cubes, Trips, Windowpane, Blotter	Semisynthetic (from ergot alkaloids)	Hallucinogen	Experimental study	Insightful experiences Exhilaration Distortion of senses	May intensify existing psychosis, panic reactions
PCP	 Phencyclidine; Angel dust, Hog, Horse tranquilizer, Crystal	Synthetic	Effects unpredictable, can vary with dose: Stimulant Analgesic Anesthetic Hallucinogen	Experimental study Veterinary anesthetic	Omniotence Sense alteration	Flashbacks Prolonged anxiety Social withdrawal Toxic syndrome Full range unknown

Quaaludes		Methaqualone; Ludes, Soaps, Quacks	Synthetic	Sedative-hypnotic	Sedation	Anxiety reduction	Addiction with severe withdrawal symptoms Possible convulsions Toxic syndrome
Barbiturates		Phenobarbital, Nembutal, Seconal, Amytal; Blue devils, Yellow jackets, Blue heavens, Downers, Barbs	Synthetic	Sedative-hypnotic	Sedation Relieve high blood pressure, epilepsy, hyperthyroidism	Anxiety reduction Euphoria	Addiction with severe withdrawal symptoms Possible convulsions, toxic psychosis
Amphetamines		Benzedrine, Dexe- drine, Methedrine; Speed, Bennies, Pep pills, Hearts, Wake- ups, Uppers	Synthetic	Sympathomimetic	Relieve mild depression Control appetite and narcolepsy	Alertness Activeness	Loss of appetite Delusions Hallucinations Toxic psychosis
Tranquilizers		Valium, Librium, Miltown, Equanil	Synthetic	Sedative-relaxant	Sedative	Relaxation Calmness	Possible addiction with severe with- drawal symptoms Toxic syndrome
Aspirin		Acetylsalicylic acid	Synthetic	Analgesic	Pain relief Fever reduction	Pain relief	Possible gastro- intestinal irritation or bleeding Possible toxic syndrome
Aspirin substitutes		Acetaminophen; Tylenol, Datril, Excedrin and numerous drug combinations	Synthetic	Analgesic	Pain relief Fever reduction	Pain, discomfort relief	May produce toxic syndrome such as stupor, convulsions, anemia or abnormal bleeding
Alcohol		Ethanol, Ethyl alcohol; Booze, Juice	Natural (from grapes, fruits, grains, etc., via fermentation)	Sedative-hypnotic	Solvent Antiseptic Dietary	Sense alteration Anxiety reduction Sociability	Cirrhosis Toxic psychosis Neurologic damage Addiction
Nicotine		Nicotinia tabacum; Fag, Coffin nail	Natural (from tobacco)	Stimulant-sedative	Sedative Emetic	Calmness Sociability	Emphysema Lung, mouth and throat cancer Cardiovascular damage Loss of appetite Addiction
Caffeine			Natural (from coffee beans, tea, kola nuts and cocoa beans; used in many soft drinks)	Stimulant	Stimulant	Alertness Sociability	Jitteriness Mild addiction
Inhalants Solvents Aerosols			Variety of household and industrial chemicals	Varied: Stimulant Sedative Hallucinogen		Euphoria Distortion of senses	Toxic syndromes: brain, kidney, liver, sexual and other tissue damage

Source: Derived in part from U.S. Department of Health, Education and Welfare information plus additional research findings.

WHAT MOTIVATES YOUNG PEOPLE TO DRINK ALCOHOL?

MOTIVES (Swiss children aged 12 to 16)		PERCENTAGE OF ALL YES REPLIES			
		GERMAN-SPEAKING	FRENCH-SPEAKING	ITALIAN-SPEAKING	%
SELF-GRATIFICATION	"because I like it"	36.9	34.7	48.6	100
	"because it feels good to be a little tipsy"				90
	"because I am bored"				80
SYMBOLIC PARTICIPATION/ PRESSURE FROM YOUNG PEOPLE OF THE SAME AGE	"because my friends drink too"	8.2	12.7		70
	"so my friends won't think I'm a wet blanket"				60
	"because most adults drink too"	11.8	4.6	12.0	50
	"so as to mix more easily with other people"	10.9	15.5		40
PSYCHO-DYNAMIC RELIEF	"to give me courage and self-confidence"	6.5	7.0	8.2	30
	"so I can talk more easily to people"	9.2	6.5	3.1	20
		4.5	6.2	3.2	
	"to calm myself down"	3.8	4.5	5.8	10
		5.7	6.1	7.7	0
		2.5	2.2	1.9	

World Health magazine, August, 1981

EFFECTS OF STIMULANTS AND DEPRESSANTS

STIMULANTS

DEATH
CONVULSIONS
EXTREME
NERVOUSNESS,
TREMORS
ANXIETY,
PALPITATIONS
FEELING OF
WELL-BEING,
EUPHORIA

DISTORTION OF
TIME AND SPACE

NEUTRAL AREA

ANXIETY RELIEF
DROWSINESS
SLEEP
LOSS OF PAIN
ADDICTION

LOSS OF FEELING
AND SENSATIONS

CONVULSIONS

DEATH

DEPRESSANTS

ALCOHOL AND TEENAGERS

UNITED STATES

- 3.3 million teenagers have a drinking problem.
- In 1980, 30.1% of the teens interviewed said that either they or their friends got drunk at least once a week. 6% said that they drank daily.
- In 1975, 8,000 teenagers died in alcohol related auto accidents. Another 40,000 were disfigured.
- 90% of the teenage population tries alcohol, 8-9% exhibits alcoholic behavior (due to peer pressure) while not actually being alcoholic, and 1-2% of the teens are actually alcoholic—usually poly-drug addicted.
- A 1976 report to a Los Angeles County grand jury found that 80% of all juvenile crime was alcohol related.
- A 1967 St. Louis County report found that nearly 100% of the night-time teenage auto fatalities were alcohol related.
- 42 million children live in homes with alcohol dependent parents, relatives, or guardians. Approximately 50% of those children will themselves develop a problem with alcohol.

WORLDWIDE

- **Britain**—teenage drunkenness has doubled in the past 12 years.
- **Sweden**—one poll showed that 90% of that nation's 15 year olds drank regularly.
- **Soviet Union**—90% of the population had their first drink before age 15 and 33% before age 10. These figures and others have alarmed Soviet officials who are facing a grave national problem with alcoholism.
- **Austria, West Germany, Norway, Denmark, Czechoslovakia, France, Ireland and Switzerland** are spending millions on state informational campaigns on alcoholism or have banned alcohol advertising in the various printed or electronic media.

IF YOU'RE UNDER 20, CAN YOU HANDLE ALCOHOL?

The answer will surprise you!

by Michael A. Snyder

IF YOU'RE under 20, chances are 7 out of 10 that you already have some experience with alcohol.

From the global picture, it's clear that teenagers almost everywhere consume more alcohol than their predecessors.

Three out of ten under 20 don't seem to handle it too well. These young people are already "problem drinkers"—who for one reason or another cannot control their consumption of alcoholic beverages. Statistically, these young people get drunk at least six times a year, have run-ins with police, suffer problems in school and/or with friends, family or driving.

If you personally aren't one of these problem drinkers (whether teenage or not), the odds are that you know someone who is.

But how can parents and teenagers cope with this problem, and learn the use of alcohol in the proper setting?

Cause and Effect

It must immediately be pointed out that teenage alcoholism and alcohol abuse are only symptoms of a far more complex problem: the worldwide disintegration of family responsibilities.

Men and women today generally receive and/or seek *very* little in-depth education in preparation for marriage and the bearing of children.

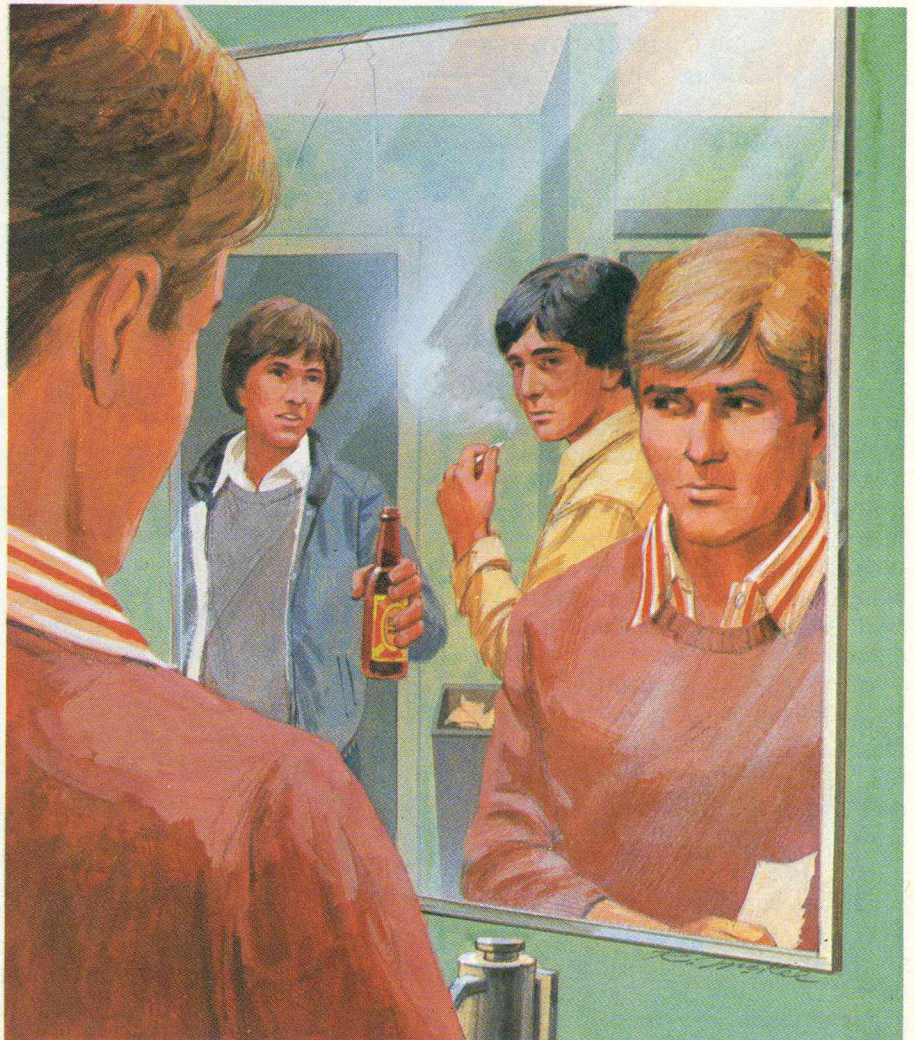
The result? Unhappy relationships, later broken marriages and children with mental complexes. It has often been said that in a divorce,

the *children* suffer most. If you're a helpless victim of this tragedy of needless separation, you understand!

But what most don't realize is that suffering and problems result-

one family often *reappear* in later families. If not consciously arrested and resolved, family problems can (often, *tend* to) be self-perpetuating. And this includes the problem of alcohol abuse.

Concerning alcohol, this means that worldwide teenage alcohol problems simply mirror the problems affecting the parents.



ing from unstable families are virtually permanent in this physical life. The problems encountered in

Example by parents and society plays an important role in adolescence.
(Continued on page 42)

TEACH YOUR CHILDREN ABOUT ALCOHOL

by Dexter H. Faulkner

PARENTS, not peers, have the biggest influence on a young person's use of alcohol. This, according to Dr. Patricia O'Gorman of the U.S. National Institute on Alcohol Abuse and Alcoholism.

Sadly, many parents unwittingly use this influence to promote drinking problems in their children. In contrast, others instill an attitude of moderation that stands their children in good stead when peer pressure to misuse alcohol comes along.

And that pressure does come, and at younger and younger ages. Teenage and preteen drinking is on the rise—alcohol has become the “drug of choice” among the young. According to one U.S. government study, more than 60 percent of 12 year olds drink. Another study showed that about one half of American high school students go to drinking parties at least once a month.

Why do young people turn to alcohol? They use it for the same reasons adults do—to relieve stressful pressures, to forget about problems, to go along with the crowd.

But use of alcohol to avoid problems can have an even worse effect on the young than it does on their parents, because young people may not yet have learned other means of handling their problems. In spite of all the myths prevalent in society, alcohol does not compensate for a lack of self-confidence or a lack of problem-

solving ability—it only makes the problems worse.

Parents' Responsibility

How can concerned parents counteract the pressure of our alcohol-saturated society? The first step is to examine their own drinking habits. If the important adults in a young person's life use alcohol as a crutch (“What a rough day—I need a

drink!”), the young person's attitude toward alcohol will be affected. On the other hand, if the parents set an example of genuine moderation in drink and in other areas of life, subconsciously at least, their children perceive: “My parents don't need alcohol to cope or to have a good time.” This knowledge makes it easier for them to look for alternatives that their over-drinking classmates have overlooked.

Parents who use fine alcoholic



ROLAND REES—PT

beverages in moderation to enhance a meal and provide added relaxation are teaching their children responsible use of a substance that is so often misused. The parents' example ought to include such things as how to handle the serving of drinks at a party. The children will see that their parents don't serve only alcoholic beverages or exert pressure on those who prefer not to drink. This example shows concern for others, especially insisting that, as the advertisement reminds the reader, "if you drink don't drive."

What about the use of alcohol by the young? Should parents ban its use entirely? Some specialists suggest that most families should not ban alcohol totally. After all, most parents today don't expect their children to grow up and totally abstain throughout their lives. In that case, why not teach healthy attitudes toward drinking in the home? Instead of making alcohol a kind of forbidden fruit to be gulped secretly or guzzled to feel grown-up, families could demonstrate its proper use in a relaxed, open, family mealtime environment showing alcohol is no big deal in itself. Such a setting also teaches that overuse is not funny or something to be admired—rather it shows that moderation is a true sign of maturity.

Western society does not have firm traditions or rules about alcohol consumption, but certain ethnic groups that do have such traditions have drastically fewer problems with alcohol abuse. In some of these groups moderate drinking is quite acceptable in the family and home; overuse is highly frowned upon. The combination of family and group example provides a winning team in preventing alcohol misuse.

Talk It Over

A parental example of not overindulging will prevent the all too common feeling among young people that there is a double standard. Adults can drink to excess and take tranquilizers, but if children try drinking or drugs, that's something else. Who hasn't heard an angry parent say, "How can you do this to me?" Maybe the

parent should turn the question around.

Besides example, open discussions and instruction are needed to dispel the plethora of misinformation young people receive from their peers, alcohol advertisements,

ries of accidents from drunk driving don't seem to have great effect in our jaded society. Teens generally feel, "It can't happen to me." Still, you should make the guidelines on drinking and driving very clear, letting your children know



TOM ZIMMEROFF—SYGMA

Teens generally feel, "It can't happen to me." Still, you should make the guidelines on drinking and driving very clear...

movies and television. The unreal images of the hard-drinking masculine type and the fun, sophisticated people who always have a drink in their hand should be exposed for their shallowness and the results of overdrinking revealed.

You need to learn what your children feel about drinking, what they think about their friends who drink and how they feel about "beer busts" and the like. By talking about the pressures they face, you can strengthen their resolve to handle alcohol responsibly, because the effectiveness of your teaching will ultimately be tested when they are away from your control.

Young people expect their parents to set limits, to be consistent and to show their care. This is especially true in the dangerous area of drinking and driving. Horror sto-

you're always willing to come pick them up rather than have them ever take the chance of riding with a drunk driver.

Probably the most important thing of all is to spend time with your children, helping them to develop social, scholastic and other skills that will prevent some of the causes of alcohol abuse, such as drinking to forget about shyness, tension, depression or loneliness. Take an interest in their lives (without barging in or giving them the third degree). Make their friends welcome when they come to visit and get to know them in an informal, family activity type of setting.

Your responsible example, knowledge, understanding and love will help your child fight the pressures that induce millions, adult and teen alike, to turn to drink. □

FREE TO CHOOSE— HANDLING DRUG-ORIENTED PEER PRESSURE

Martin Evans, B.Sc., M.Ed., Director of TACADE—The Teachers' Advisory Council on Alcohol and Drug Education, centered in Manchester, England—was interviewed by *Plain Truth* writer John Ross Schroeder.

Mr. Evans, is drug dependency on the increase in Britain?

Drug dependency is on the increase in this country. But one would have to qualify that statement by going back a step and asking what we mean by drug dependence.

One of the real problems with that very terminology is that people have tended to think of hard drugs as being the only drugs capable of causing dependency. There has been an enormous increase in prescriptions and the use of drugs like minor tranquilizers such as Mogadon, Valium and Librium. We have now in the region of 28 million minor tranquilizer prescriptions a year.

There is some really worrying research coming through in relation to minor tranquilizers. They do appear to create dependency in very many people who use them. So the point there is that you have got a form of drug dependency which is, as it were, medically legitimized, which affects not just a few thousand people in the country, but possibly millions of people.

I would want to apply drug dependency in a broad sense to include light tranquilizers and substances like alcohol—as well as the so-called hard or illegal drugs. Then the answer is very definitely

yes—drug dependency is on the increase.

How is drug dependency becoming a major social problem in the United Kingdom?

Every single drug creates its own problems. Obviously illegal drugs create certain types of social problems such as black markets, and the whole crime network that goes with it. Alcohol creates its own social problems in relation to the kind of behavior that results when people get drunk.

Minor tranquilizers also create their own social problems in the way that, say, a housewife gets along with her children. What tranquilizers do is to keep people off their own particular anxiety or what you might call their own true emotional state. People in that kind of emotional vacuum are capable of doing all sorts of things. Different drugs create different social problems. They are all serious in different ways.

The attitude to addictive drugs in Britain has tended toward complacency, has it not?

There certainly has been complacency in this country. When the problem extends to about 28 million tranquilizer prescriptions a year for something which many people either don't need or don't get the chance to seek alternative

solutions for—like simple anxiety—I would definitely say we are in a state of complacency. And it's a situation that very definitely needs something done about it.

What is being done by government and private institutions to combat the problem? In fact what is your organization, TACADE, doing to stem the problem in this country?

It is probably appropriate to talk about TACADE first. We are quite a small voluntary organization. We only have seven or eight on our staff. We have been working in this field since 1969 as a fundamentally educational organization. We get very little space in the press because we are working behind the scenes with teachers and other kinds of professional people. We say that the problem has to do with the whole range of legal and illegal substances which people use to a greater or lesser extent.

The main thing that we have just done is to publish a program of drug education material called *Free to Choose*. It contains 40 hours of drug education material for use in secondary schools. It has 10 units of material. Three of those units relate to alcohol; one is on smoking; two or three are on prescribed drugs and the whole issue of relationships with doctors; one is on [industrial/household] solvent issues (actually it is the first of its kind in this country); two or three are on illegal drugs. This program tries to take the broad perspective.

The kinds of methods we use in the classroom are not formal methods. They create a context whereby young people can explore their own

attitudes and their own behavior in different kinds of situations where they might come into contact with a range of different drugs. So our program is informal in its approach.

Secondly this program sees its primary focus as the teaching of what could be called social skills. The premise upon which we base this material is that when young people are in situations where they have to make decisions either to use a drug or not use a drug, quite often they don't have the social skills, or competence, to make a free choice.

What we are saying is that education should provide them with the skills whereby they can actually exercise a proper degree of autonomy or a degree of choice.

For example, one of the units of this program deals with the first offer of cannabis. What happens to a lad who actually comes over to a group and, as they are talking, finds someone offers him a joint, saying, "Why don't you try some?" It depicts a situation where a person is subjected to the peer pressure of wanting to be part of the group.

If he refuses what are they going to think of him? This puts a certain amount of social pressure on him. He has got to make a decision. He doesn't have time to make this in six months. He makes it then and there, within say, five seconds. That is what I mean by social skills—the degree of social competence that we use all the time in our normal social interactions.

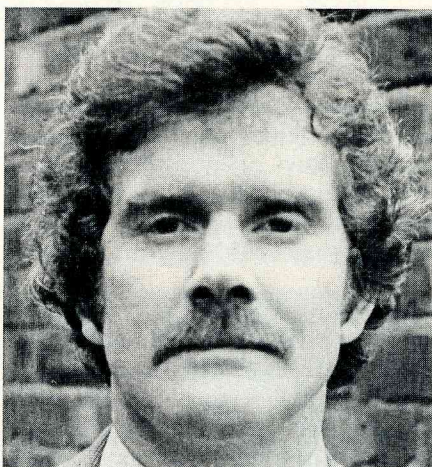
So what we are doing is to *increase those skills*, so that this person doesn't just take the joint, but actually has developed the social competence whereby he can really exercise his own intelligent choice. That's the primary focus of the material *Free to Choose*. Its primary focus is building social competence. There are facts in the material but the facts are subordinate to its overall aim. That's why it is *an* approach to drug education, because there are other ways it could be approached.

What age groups are addictive drugs of all types affecting?

Part of the popular mythology of drug use and misuse in this country has been that it is a young person's

problem. We have almost doubled our alcohol consumption in the last 10 years in this country.

What we tend to do is to say that young people are drinking more. Well, young people are drinking more. But there is *no evidence* that they are drinking more in proportion to what everyone else is drinking. That is quite an important point because adults tend to focus on young people and it legitimizes in their minds what they as adults are



"Drug use and misuse in this country... is not just a young person's problem. It is the problem of the whole society."

doing.

But it is not just a young person's problem. It is the problem of the whole society. Take addictive drugs like tranquilizers and sedatives. That is *not* fundamentally a problem of young people. It is a fundamental problem of middle-aged people going through various kinds of anxiety crises with age, and turning to drugs because they are found to be a source of solace. So middle-aged people become addicted to them quite easily.

Of course, one of the reasons why there has been so much focus on young people is that if a young per-

son becomes addicted early in life, that has certain implications for his future. Drugs, like alcohol, have considerable psychoactive potential. If a person is going through post-puberty emotional development, the effect of the drug might be to retard development as an adult.

I work on the drug council in Manchester. I have a number of people with whom I counsel. I find situations where a person, say at 25, has still got to go through post-puberty emotional development because it got blocked by an unfortunate occurrence with drugs in late teens.

The trouble is that at 25, some have got a 25-year-old head, but a 17-year-old emotional development. With young men and women you have much greater potential for all kinds of accidents.

Quite rightly in some respects, we do focus on the young. But remember, blaming the problem on young people can very easily mask something which is widespread and affects the whole range of age groups.

To what extent does drug dependency lead to crime?

Drunkenness can lead to a whole range of criminal behavior. It might be common assault, or it could be much more serious than that.

But the mere fact that many drugs like heroin are illegal (and I am not advocating at all that they should be made legal) leads to criminal behavior per se. Illegality naturally leads to a black market. The fact that people who are addicted to these drugs need to get more drugs leads to a whole range of criminal offshoot behavior in order to raise the money.

However, having said that, I would also say that drug-induced criminal behavior is over-sensationalized in relation to this country. We watch far too many American detective movies. The number of American detective programs with drug addiction as their focus is absolutely astonishing! People in this country get a distorted view of what drug addiction is and the kind of life that goes with it. That's unfortunate in many respects because it again masks the real drug

dependency issues in this country. Minor tranquilizers and alcohol tend to be pushed to the back burner. Illegal drugs are in reality more of an American problem.

Is it really possible to wean people off hard drugs? Is there really any hope for say the heroin addict?

There are two kinds of dependence—physical and psychological dependence. It's very easy to get a person temporarily off a physical dependence on any drug. You simply have got to get them into a hospital situation for two or three weeks. There are certain kinds of chemical treatment you can give them to actually wean them off a hard drug.

That's not really the issue though. To keep people drug free you have actually got to *rearrange*

their life-style to get them off *psychological* dependence. And that is the hardest job in the whole world. To change their life-style—to change their behavior and their routine habit patterns—is the hardest thing that has ever befallen human beings. There is nothing harder than changing your behavior!

To isolate drug use from the context of people's complete life-styles is absurd. I mean you not only have to get them off drugs, you have to actually give them alternatives. Maybe an alternative concept, maybe alternative activities, maybe new friends!

The use of drugs in a psychological sense actually can give a person a certain sort of equilibrium, or a kind of sensibleness to life even though it is abusive and leads to damage that could actually kill the

person. So you have got to provide real alternatives.

Having said that, without a doubt drugs like alcohol and tobacco cause far more problems than the illegal drugs. That is not to say they are more dangerous. They are simply more available. Take pubs in this country.

If certain illegal drugs were to be made legal, then we would have an escalation of problems. So although tobacco and alcohol are more of a problem than the others in quantifiable terms, the cause is fundamentally one of availability.

One of the crucial things that our country needs to do is to sort out what we really want to achieve. What are our goals? What are the objectives? Then we can apply a sound educational framework to this whole area. □

TOO MUCH?

(Continued from page 20)

abortion would most likely be recommended.

Doctors have strongly suspected for years the link between this kind of alcohol consumption by pregnant women and brain damage in their children. Early in 1981, however, the first direct evidence was announced by University of Iowa researchers.

The American researchers proved with experimentation on rats that prescribed levels of alcohol consumed by the mother rat caused abnormal brain circuitry in her unborn offspring—damage that continued into adulthood. Their findings appeared in the February 27, 1981 issue of *Science*, the journal of the American Association for the Advancement of Science.

Fetal alcohol syndrome (FAS) has been notably associated with abnormal physical characteristics—usually a small head and various facial deformities such as flat mid-face, smaller-than-average eyes, long thin upper lip, short nose, epicanthic folds on upper eyelids, low nasal bridge and facial asymmetry, along with low birth weight and size. Skeletal abnormalities have been added to the list.

Dr. Patrick M. MacLeod, a Canadian medical geneticist, warns, "It is important to diagnose the skeletal abnormalities because these children have a greater risk of dislocating their necks in the rough-and-tumble activities of informal play or gym" (*Medical World News*, August 6, 1979).

Alcohol flows easily from a mother's bloodstream through the placenta into her unborn child. The odds of damaging the fetus go even higher when drugs are combined with alcohol by the pregnant mother.

Research is also being done on the possibility that a drinking father may contribute to birth defects or fetal death. Initial research shows a greater percentage of birth defects in children of fathers who drink heavily.

We shouldn't be surprised to find that a substance used to kill bacteria would interfere, when taken in significant amounts, with the development of a tiny, delicate fetus.

A Safe Drinking Level

And how much is too much? Is there a safe drinking level for a pregnant woman? Most all authorities would agree that there are definite risks beyond three ounces of alcohol a day. Studies show about

11 percent of the children of women who drink even one to two ounces of alcohol a day had developmental problems.

The decision by a pregnant mother to drink an alcoholic beverage should certainly be arrived at by taking into consideration metabolic and other factors such as weight, diet and drugs used, illicit or otherwise.

In the United States the National Council on Alcoholism (NCA) concludes that pregnant women, to be on the safe side, should not drink any alcoholic beverage.

A Leading Cause of Birth Defects

Tragically, fetal alcohol syndrome is one of three leading birth defects in the United States. And the only one apparently so easily preventable.

Readers of *The Plain Truth* are responsible for this kind of demonstrable information just as much as we are all held responsible for the knowledge we have of that conspicuous warning on cigarette packages. Perhaps smokers before the seventies could at least claim ignorance as an excuse. But no longer.

And no longer can those who indulge in alcohol and drugs justify the abuse to their bodies and those of their offspring.

You have the knowledge. What are you going to do about it? □

THE CONSPIRACY AGAINST THE FAMILY

How alcohol and drugs have contributed to the breakdown of Latin-American family life.

by Héctor Barrero with Mauricio Pérez

LONG before the arrival of the Spanish Conquistadors, American Indian tribes consumed various native alcoholic beverages. They chewed coca leaves, even smoked marijuana.

Cocaine was used for centuries by the natives of different regions of today's Ecuador, Peru and Bolivia. During the pre-Inca period it was considered a divine drug. It could only be used by those of royal ancestry or by the priesthood. Likewise in Colombia, almost all the native tribes before the Spanish Conquest used indigenous hallucinogens in religious rites, not as "mind-expanders" as today.

By the time the Spaniards came to the New World, the use of native alcoholic beverages was common among members of virtually all social levels of American Indian society. Family life had severely broken down.

American Indians from Tierra del Fuego in the south to Mexico in the north were also great consumers of chicha, an alcoholic beverage generally made from fermented corn. Chicha could be made from native American grapes and from apples or pears. Because of unsanitary conditions that prevailed in preparation of this drink, chicha has been gradually prohibited in this century, being replaced by the consumption of beer.

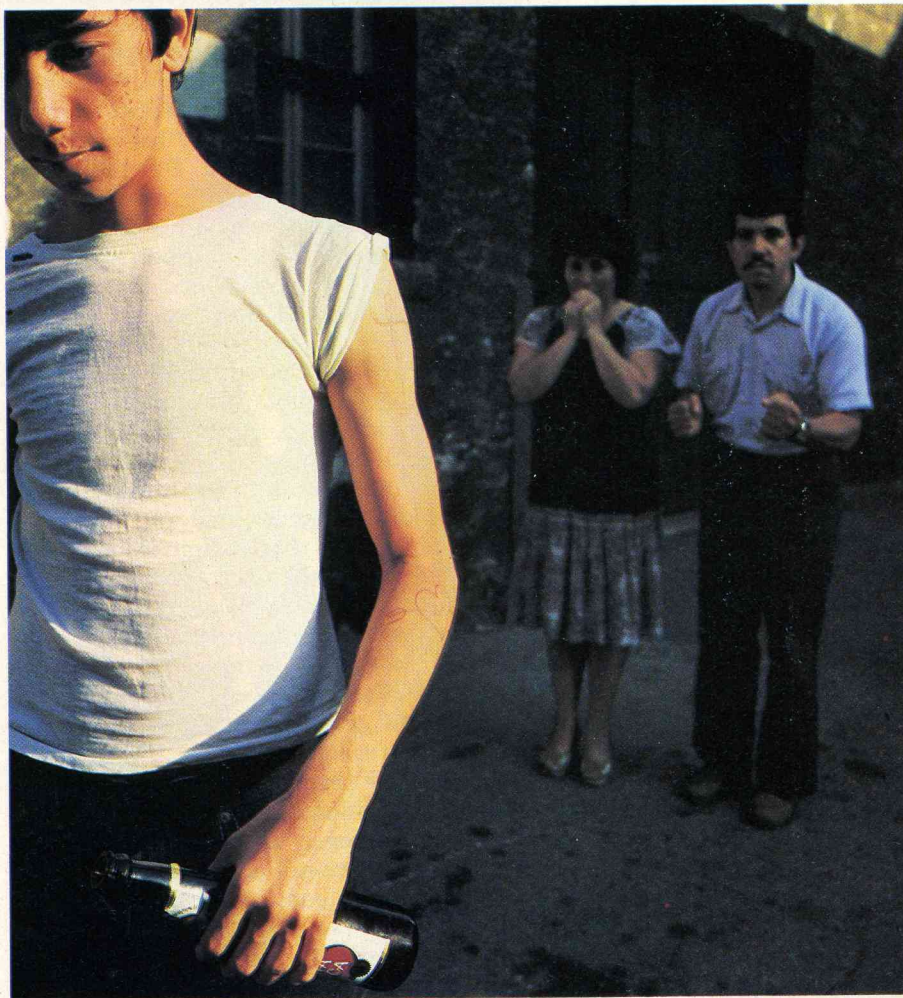
European civilization did little to modify these customs of the

Indians. Europeans, however, did promulgate during the 19th century the first decrees (in Brazil) against the use of marijuana and cocaine in urban areas. Violators were incarcerated. Over the years

alarming and dramatic growth in the consumption of grain alcohol has again occurred.

The cause?

Rapid breakdown of the family at all social levels under the impact of industrialization, the invasion of the home by secular media such as radio, television, newspapers and magazines. Add to that the explosive growth in crime and the pres-



family life was significantly re-stored in the native population.

But during the past 30 years an

ence of drug-oriented organized crime whose ultimate aim for reasons of greed is the breakdown of

family cohesion and authority.

Although public attention today is focused mainly on the smuggling of marijuana and derivatives of coca, alcoholism remains the principal cause of most health and social problems in Latin American homes.

In 1975, a survey conducted in five important Latin American cities showed that between 30 and 35 percent of men between 15 and 64 years of age drank excessively. More than half of those surveyed told of having experienced some kind of social, economic or health problem directly related to heavy drinking ("Drug Abuse in the Americas" by Marilyn Katatsky, *World Health*, August, 1981, page 27).

The myth that the problems of alcoholism are characteristic only of the poor and the less-educated of a society persists in certain circles. Information acquired in urban areas of Latin America reveals a different picture. Problems related to alcoholism in men appear to be the same across all social strata.

In women, however, the problems seem to be significantly related to social class. Latin American women with greater education are most prone to problems with alcohol (*ibid.*). The reason we shall see momentarily.

In Mexico, alcohol is consumed much more than other drugs. About 10 percent of the Mexican population is considered to be suffering from alcoholism. According to Mexico's *General Directory of Statistics*, five million people suffer from alcohol-related problems.

The figure of five million does not include those who are not yet alcoholics but who drink excessively. There are also more than 900,000 alcohol-induced invalids in Mexico.

In Argentina, it is estimated that the number of alcoholics is around 1.25 million, about 5 percent of the population. The per capita intake of distilled alcoholic beverages in Puerto Rico is surpassed only by that of Russia and Poland. It is estimated that 2 percent of the population of Puerto Rico is alcoholic.

According to the Chilean Department of Investigation, the annual number of infractions of the

law is up 6 percent, but alcohol-related infractions account for 23 percent of the total. Alcoholism is a major source of concern for the Chilean authorities.

Abuse of Sedatives

In Latin America narcotic drug addiction is a secondary problem when compared to alcoholism. But narcotic drug problems are far more extensive and harmful than is shown by existing evidence and data. In addition, there is practically no effective control or regulation over addictive substances such as sedatives or barbiturates in most Latin American countries. Where some form of control does exist, it is usually flawed.

In Bolivia, for example, control consists of three or four agents responsible for inspecting pharmacies throughout the country! This number would be inadequate for the inspection of the pharmacies in the capital city alone.

In Brazil there is strict control over pure drugs that have adverse effects on the mind. But industries interested in profit are mixing these pure psychoactive drugs with other substances in order to be able to market them. Once these drugs are combined they are not subject to strict governmental controls and can be purchased readily.

The highest rate of usage of tranquilizers, amphetamines and barbiturates in Latin America occurs among the middle-class, middle-aged women of Peru and Bolivia. In these countries it is easy to find women who consume these drugs in quantities greater than those recommended medically, mainly because *advertising* induces them to believe that they need them to resolve their emotional frustrations.

This phenomenon is not generally considered drug addiction, in the usual sense of the word. These people are not addicted to what are normally considered to be harmful drugs. Nevertheless, constant intake of tranquilizers, amphetamines and barbiturates often results in a critical state of despair, uncertainty and unhappiness in the user. It greatly increases the probability of future use of and depen-

dence upon various narcotic drugs and alcohol.

Growing Urban Problem

Each day more and more children end up living in the streets of large Latin American cities. They subsist on what they can steal or find in garbage dumps. In Bogotá, Colombia, groups of these children, called *gamins*, have as their main victims, tourists. In Peru, Panama, Bolivia and Colombia these bands of children from poor families have become the initial stage in the breeding grounds of organized delinquency, prostitution and other vices. It is not surprising to see these ragged children smoking marijuana or inhaling gasoline fumes from automobiles as a method of getting a free high.

Recent studies in Mexico reveal that 13 out of every 1,000 teenagers between the ages of 14 and 17 have inhaled some kind of solvent vapors, i.e., gasoline, thinner. Also, three out of every 1,000 young people use these solvents daily, according to Katatsky (*op. cit.*).

What we see in Latin America is the breakdown of the family, especially in sections of poor urban areas. And in the more prosperous areas a phenomenal increase in the use of tranquilizers, barbiturates and other sedatives by women frustrated with the pressures of life. The result is thousands of children pushed into social situations where drug addiction is virtually inevitable.

Hard Drugs, Too

The use of harder drugs also pervades the Americas. Bolivia is now one of the principal producers of cocaine. The vast majority of Bolivian peasants cultivate coca, and for 70 percent of the population, chewing coca leaves is as normal as smoking is for much of the rest of the world (*Visión*, September 8, 1979). It is impossible to make the peasants cultivate any other product because of the high income yield capacity coca offers.

In Colombia, the traffic, production and consumption of narcotics are becoming ever more worrisome problems. Forty-five percent of high school students have at one time or another used some form of narcotic.

PROMETEO, an organization dedicated to the rehabilitation of drug addicts, has shown that the principal causes of drug addiction are to be found in the breakdown of the family and the decline in character training in the educational system.

In Ecuador, as in Colombia, cocaine production is important.

In spite of the strict control authorities have on drugs in Chile, it is estimated that 2,600 children are arrested annually for trafficking and consuming drugs. Each week an average of 50 minors (up to the age of 17) have to confront the police, the courts and oftentime jail for using narcotics.

Now look at Argentina. Based on indications from cases recorded by the federal police and the National Center for Social Reeducation (CENARESO) in Argentina, the number of habitual or occasional consumers of narcotics is around 50,000.

CENARESO conducted a study on the case histories they received during the first six months of 1978. This study revealed that the demand for narcotics among males was 66 percent greater than among females. The average age of those involved was 20. And significantly, 87.5 percent were found to be between the ages of 13 and 24. The types of drugs consumed in more than half the cases were found to be a *combination* of stimulants and depressants.

In Venezuela, the group most affected by the consumption of narcotics is the high school and university population.

A Vicious Circle

The root *cause* of alcoholism and drug addiction in Latin American society is the breakdown of the Latin American family. Dr. Gloria Pachón de Galán, who won the Simón Bolívar prize for journalism as a result of her studies of Colombian society, explains some of the reasons for this crisis:

"I would have to respond in very simple terms: because all types of relationships between couples have deteriorated, because too often this deterioration leads to separation, because this lack of communication between parents and children is

becoming more and more common each day, because teenagers are more and more liberal in their sexual attitudes, and finally because marriage has ceased to be a union in which each person is accepted for better or for worse and has become an experiment that may or may not work out [these problems cannot occur] without serious consequences."

The result is a vicious circle. The collapse of family unity leads to the increasing consumption of alcohol. The result is the menace of *alcoholism*—a source of constant problems in the collapsing home.

In Mexico, Dr. Guadalupe Mitchell, of the Women's Institute of Defense and Orientation, revealed the following: 84 percent of family problems are associated with drunkenness, and alcoholism is the final cause of 82 percent of separations and divorces.

In Brazil, on the other hand, Alvaro Rubin de Pinho, in his

study on medical and social aspects of the use of marijuana in that country, stated that the use of marijuana was one of the major contributing causes of conflicts between parents and children of Brazilian middle-class families.

Regardless of which problems give rise to any other in any particular situation, there are laws and principles being broken universally. If these laws were not being broken, the conspiracy to break down the family would utterly fail. The immense profits of drug traffickers would dry up. These are not laws established by any human government. Rather they are *spiritual* laws that man chooses to reject and ignore. Humanity has forgotten who the Creator God is. The solution to the problems of drug addiction, alcoholism and many other tragedies lies in recapturing true *spiritual* values, in understanding who and what man is, and in the knowledge of the true purpose of human life. □

CRIME

WILL YOU BE ITS NEXT VICTIM?

Crime is everybody's problem today. Murder, rape, robbery, white-collar and corporate crime, government corruption—the list goes on. How can you protect yourself against organized crime, government corruption? And—could this growing scourge? You—could you become a criminal yourself? You need to read our free booklet *Crime Can Be Stopped*... Here's How! For your copy just use the literature request card in this issue or write to our Plain Truth office nearest you.

CRIME CAN BE STOPPED

HERE'S HOW!

THE DRUG SMUGGLERS' CHALLENGE

by Jeff Zhorne

CRACKING down on worldwide narcotics trafficking is like emptying the ocean with a teacup.

So say enforcement officials who estimate that no more than 10 percent of the heroin leaving the Golden Triangle through Thailand last year—in airliner restrooms, sewn inside baseballs or taped to smugglers' bodies—was intercepted.

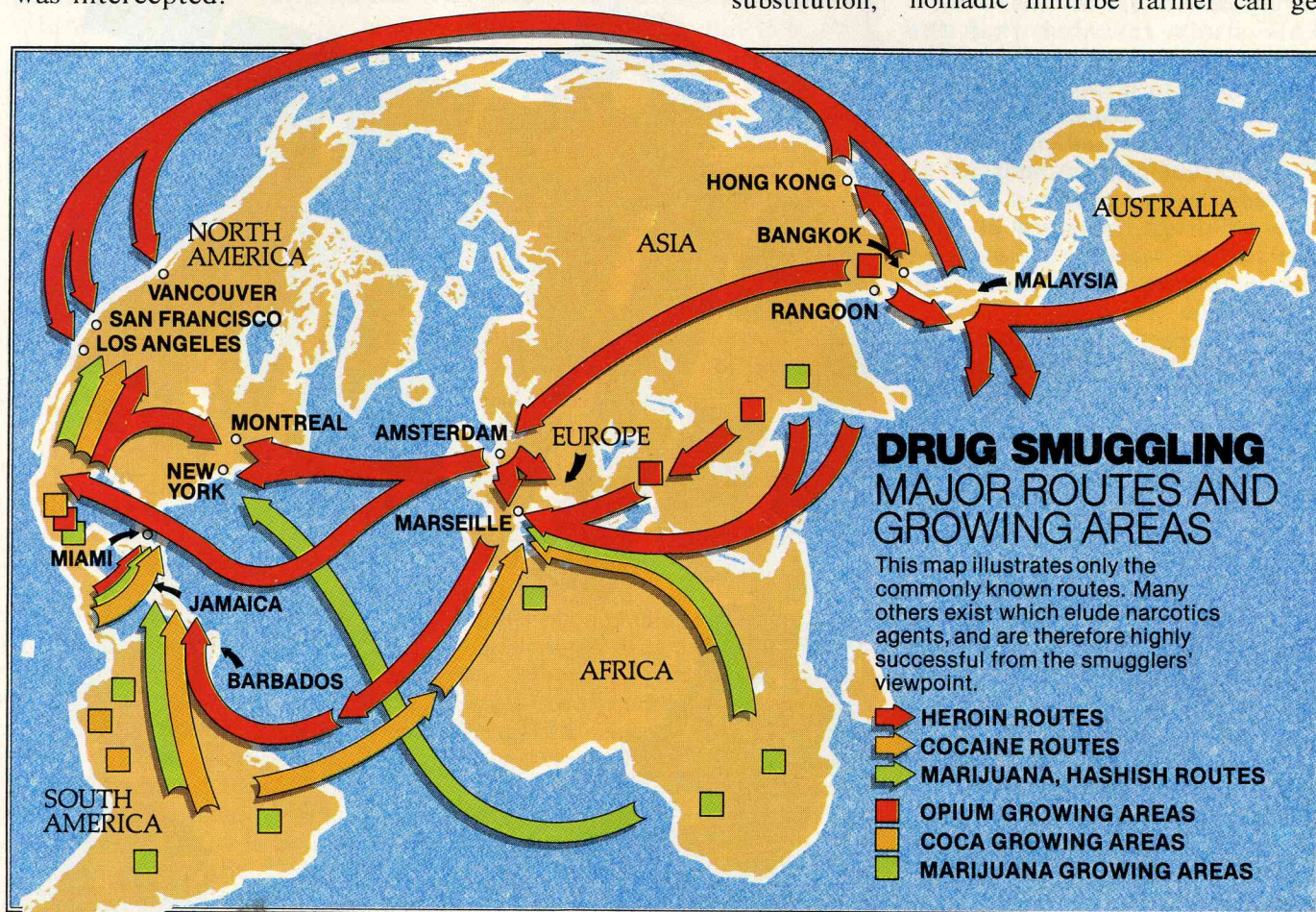
Concealed in air freight cargoes, multimillion dollar shipments of drugs are smuggled into the United States of America each year, thanks to farmers who continue to cultivate the opium poppy plant.

The Golden Triangle

Governments plead for tribal farmers to grow coffee, fruit trees and vegetables instead of opium on the hillsides of the Golden Triangle, a rugged region formed by parts of Thailand, Burma and Laos. Crop substitution,

however, looks bleak, especially in parts of Burma's Shan states, which produce most of the Golden Triangle's opium. Even the recent punishment of Khum Sa, the Burmese warlord who dominates the narcotics trade, will not choke off the trade.

Were governments to enforce crop replacement even in Thailand's inaccessible areas, following in the footsteps of King Bhumibol Adulyadej who began such a program in 1969, traffickers would simply raise the price they are paying opium-growing farmers. A nomadic hilltribe farmer can get



\$500 an acre for opium, while a lowland Thai rice farmer receives only about \$100 for an acre of rice. Drug officials ask, why should farmers replace gold mine-size profits with a pineapple-size income from fruit and vegetable farming in the hills?

Thai authorities also face drug dealers' threats of violence to farmers and their families should the farmers turn to growing lawful crops—not to mention a festering communist insurgency that nomadic farmers might join to retaliate against Thai authorities.

The Golden Crescent

Though some of the purest heroin ever confiscated in the United States comes from Pakistan, the cheapest heroin is processed in Iran and Afghanistan. These three countries plus Turkey form the Golden Crescent, an area that has now surpassed the Golden Triangle as the world's leading supplier of drugs.

Despite Islamic penalties for drug trading of two years' imprisonment and 30 lashes at a public whipping post, drug smugglers traffic relatively freely while regimes in Iran and Afghanistan are busy struggling to maintain power. Cunning Pakistanis use the same networks they established years ago to ship hashish.

Drugs Flow Unhindered

Tales of the losing battle are also told in Europe, Central America and South America. Deep in remote jungles in Latin America, prosperous towns brandish color-television antennas, \$100,000 Mercedes sedans and so much money that the U.S. dollar is worth less on the black market than it is at the official exchange rate.

Guatemalan revolutionaries grow marijuana in a grass-for-guns trade. As drug money climbs higher, people in South America nurture marijuana plants and coca (from which cocaine is derived) instead of growing rice, yucca and corn as they should. Consequently, food production has become a problem.

"I'd be happy if we were getting 15 percent of the drugs that go through here," said one U.S. agent
(Continued on page 38)

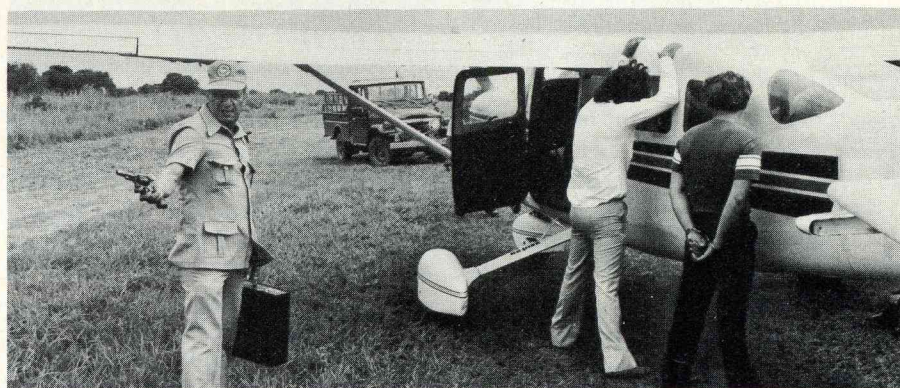


NIK WHEELER—BLACK STAR

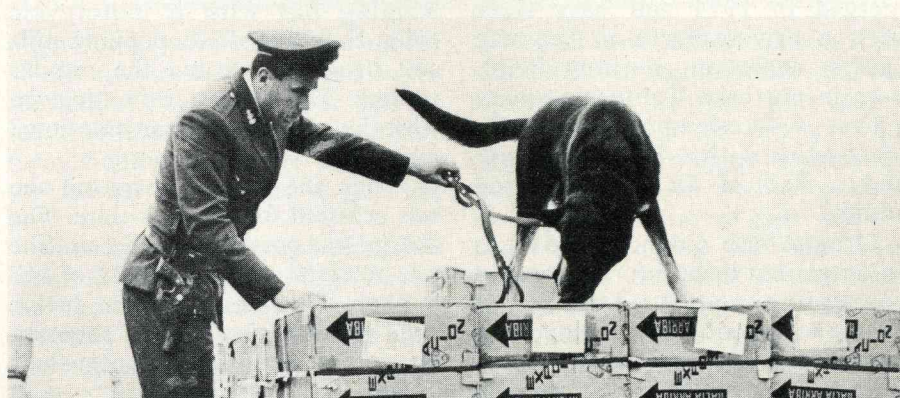


BLACK STAR

HILLTRIBE THAI HARVESTERS ABOVE, IN NATIVE DRESS, harvest colorful but deadly opium poppy in the Golden Triangle; right, gunnysacks bulging with African khat (cocaine) await air transport; below, Latin-American authorities intercept a private plane carrying 50 kilograms of pure cocaine with market value of several million dollars; bottom, specially trained dogs aid police by sniffing out cocaine packages.



TONI COMITI—GAMMA/LIAISON



NICOLE BONNET—GAMMA/LIAISON

"I'VE LIVED IN TWO WORLDS"

Come with me to meet one of those rare human beings, a recovered addict, a recovered alcoholic, now a counselor of others.

by Jackie Murphy-Knapp

I HAVE a neighbor. Her name is Jackie, too.

She has been into alcohol, hard drugs and crime. Pregnant by 17, she became a school dropout and hung out with a motorcycle gang.

She finally had to give her baby up to adoption. Jackie has been near death many times and been in and out of prison.

That was one world.

Yet she is now one of our best neighbors—a champion in sports and a counselor of others. She radiates hope. And she's happily married too. She is now Jackie Cummings. This is the other world.

I want to tell you her incredible story, as I learned it.

Turning Point

You may have heard that in the world of drug addiction the recovery rate is about 3 percent. Discouraging—until you learn that not long ago it was only 1 percent. This increased success is because of developing programs like Turning Point and Drug Abuse Council.

These two organizations merged in 1974 and have since been a driving force in the war against addiction. Turning Point, here in northern California where I live, is a residential care treatment home with a 42-bed capacity and a staff of 12, all recovered addicts.

Drug Abuse Council (DAC) is an outpatient drug information and counseling center. They treat people with problems ranging from alcohol and drug addiction to prescribed drug abuse. They are also

staffed entirely with recovered addicts.

Jackie Cummings is one of those recovered addicts. I have spent several days with Jackie over the past month to develop this story for our readers. Ten of her 32 years were spent in the depths of drug and alcohol addiction. But six years ago she walked into Turning Point—as high as she could get—to face the ordeal of cleaning up.

She has been clean since.

Although the initial withdrawal is never pleasant, the ordeal was not what she expected. For not only did she take her first step to a clean life, she also discovered a new dimension of spirituality and believes with this new-found faith that she'll never go back. Looking into her clear blue eyes and listening to the quiet strength in her voice, I believe her too.

Like alcoholism, drug addiction becomes a frightening disease. It surfaced in Jackie when, at 17, she became pregnant and had to give her baby up to adoption. Until then she had been a straight-A student.

When she became pregnant the principal of her school asked her to leave. After the birth she began hanging out with a motorcycle gang. Smoking dope, popping pills and drinking became the regular routine. The violent crime involved with the gang was also an emotional high.

When she was 20 years old she was arrested for the first time. The charge was possession of a gun. She was released to the custody of her mother. Then came heroin. Jackie and her boyfriend were shooting heroin and stealing to support their habits.

During this time she tried various jobs—waitress, sales clerk. But dope is expensive, and the related crimes led to more arrests. One of the conditions of an arrest was to go to Turning Point rehabilitation center. She went just to get out of jail and stayed for only two weeks.

Jackie then moved to a major city and took her habit with her. A job as a bartender did little more than provide her with connections. Soon she was drinking and shooting drugs again.

It was during this time that she hit bottom. She was sick, broke, disgusted and ready to give up. That moment of giving up was her first turning point. Something inside her made her reach out for help when she quit justifying herself and lying to herself. The help came from Turning Point.

About two months after she was there Jackie had an uncontrollable urge to leave to find dope. This was such a powerful and frightening compulsion that she began to pray for help. As she was praying there was a knock on the door. A friend came in and started talking with her.

By the time he left the desire was gone. That was the first time she had consciously let go of her desires. It was the second turning point in her life. Since then she has prayed for help many times and it has always come—usually in the form of another person's presence at a critical moment.

Jackie completed the three-phase program and stayed on for another year as a resident staff member. After moving to her own house she continued working as a counselor at Turning Point rehabilitation center for another four years.

Within the past year she began working out of the DAC offices. She is a court liaison and interviews inmates who are eligible for Turn-

ing Point. She still works out of Turning Point, spending one day a week there at staff and case conference meetings.

A New Life

Although much of her time is spent helping addicts and alcoholics, Jackie has a very busy and exciting private life. She and her husband Gary Cummings, who is also a recovered addict, have been together for three years. They are both active in sports, such as softball and bowling, and have filled one wall of their living room with trophies they have each won. Jackie met Gary at a softball game during rehabilitation and although Gary came through a different program the premise was basically the same. Jackie is also working toward a teaching degree and wants to be a mathematics teacher.

One of the disturbing facts about drug and alcohol abuse, as Jackie Cummings explained, is that many more men than women are in jail for drug and alcohol-related crimes. One reason seems to be that men use more illegal drugs than women. Society accepts a man in jail much more than a woman. For him it's macho or at least "man" trouble. For a woman to go to jail means being labeled a tramp, hooker, losing her children, family and friends.

As a consequence of this double standard significant numbers of women turn to prescription drugs. The sad thing here is that with the doctor perhaps unknowingly aiding her habit and her family and friends covering it up or totally ignoring it, she almost never seeks help.

In fact most such women feel there is no help. Who could help her out of this maze of horror? What would happen to her family if she had to get treatment? Would she lose her children, her husband, her job? And what would her family and friends think of her? The irony here is that many of those same friends could be suffering from the same diseases.

It may sound hopeless but it is far from that. Statistics show that if

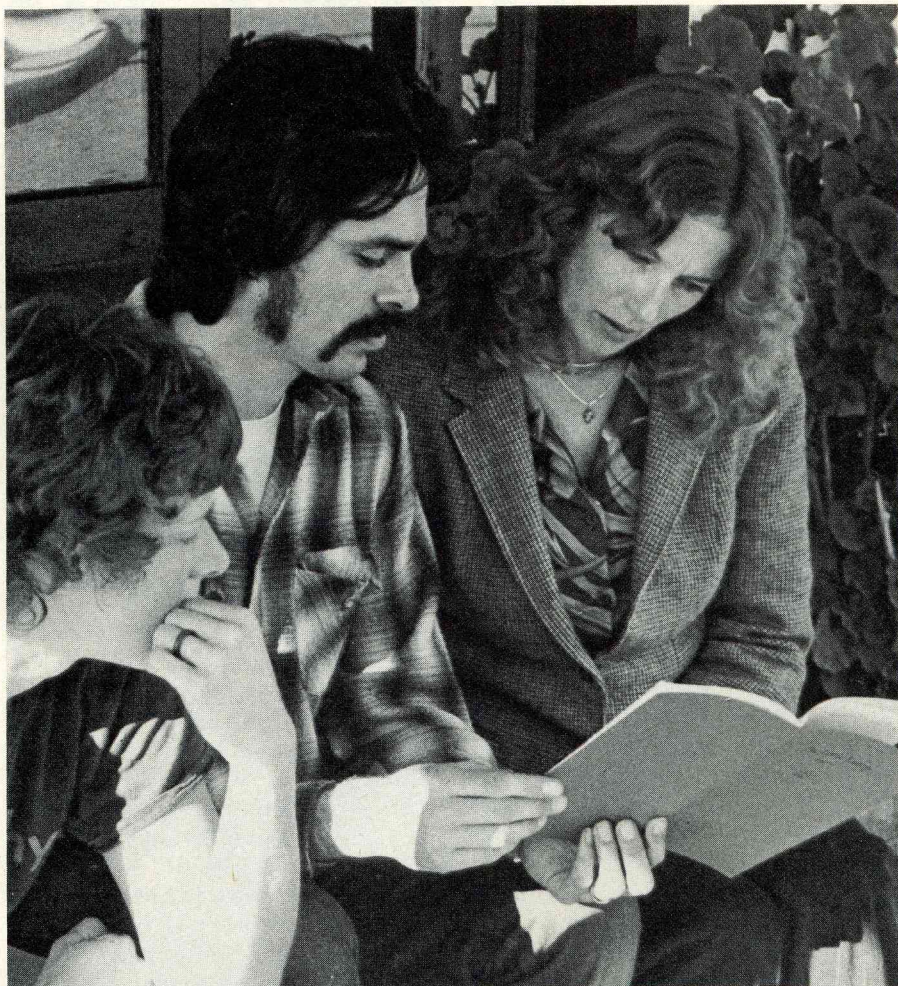
addicts seek help they usually find it. One woman from DAC told me how she was tricked into going to her first Narcotics Anonymous meeting.

After seeing so many people who were living clean she began attending regularly. She went to the Narcotics Anonymous meetings every

of the strength of spirituality, instead of self-indulging carnality, are they beginning the journey on the road back.

Jackie Cummings' story needs to be told. Not for just "normal" people but for every addict who thinks there is no way out.

Last, I would like our readers



JACKIE MURPHY-KNAPP

JACKIE CUMMINGS, RIGHT, HAS LIVED IN TWO SOCIAL WORLDS. A graduate of Turning Point drug rehabilitation center, she is now a counselor. Here she is photographed working with recovering residents.

night for a year and stayed clean. These meetings do work and so do the other programs. One reason seems to be that people there are all former addicts, and the other reason is that people find a spiritual base.

Most addicts and alcoholics have spent a lifetime of denial. Denial that they have become sick. Denial that they can be helped. They have not had sustaining faith in anything. Only when they finally learn

to know one other reason this interview for the *Plain Truth* was so important to me. Last year I lost my 29-year-old brother Michael Murphy to drugs and booze. Each time I spoke with a resident at Turning Point a part of my heart was crying for the total waste of a beautiful young man loaded with pills going to bed and not waking up. I would like to dedicate this essay to my brother. □

DRUG ABUSE

(Continued from page 9)

You said earlier that we need to get to the root cause of drug abuse. Is there one root cause?

There isn't any single root cause. Like most important social and health phenomena, it's multidetermined.

But it's clear that in addition to demographic changes, social and parental attitudes are very important. In past years there has been a sense of impotence and uncertainty that was very widespread where parents felt, "We don't know if it's right or proper for us to take a firm stand against drugs."

But that feeling of anxious helplessness and uncertainty has changed substantially in the past few years. Instead, there has developed a conviction that it's not only possible and desirable, but it's really the *only* responsible thing for parents to do—to take a very active

stand in opposing use of drugs by their children.

Say I'm a parent whose child is heavily using marijuana. What advice can you give me?

First, not to run away from it, as parents used to do a few years ago. My advice would be first that you communicate very vigorously the reasons that you're concerned.

You also have to inform yourself what the dangers are—not to overstate them. It's clear that some of the messages put out in the early sixties—marijuana will lead people to rape and murder—causes teenagers to disbelieve all warnings. They see their friends using marijuana and they didn't rape or murder.

So you've got to avoid overstating the problem—describing consequences that won't occur. But, there's a lot of evidence that's very real about what *will* occur.

You have to recognize that if your child is very heavily into mar-

ijuana—to some extent he's lost substantially his ability to make independent, sensible decisions. You have to try rather forceful means to get him to discontinue use, even if this might involve trying to break up his peer network. If his peer network is heavily using [marijuana], it'll be very hard for him to quit.

Young people have fallen into the trap of believing that by smoking and taking drugs they are asserting independence.

Parents need to point out to their children that when they get into smoking and into drugs, they are being pushed around by advertising pressures, by peer pressures—and it's quite the opposite of an expression of autonomy. They're being manipulated. They lose their freedom of choice.

So smoking and drug abuse are really a form of conformity?

Precisely.

DRUG SMUGGLERS

(Continued from page 35)

in Bogotá, Colombia. "But the truth is that the consumer in the United States is getting just as much as he needs." What stems from a drug dealer paying \$500 to an opium poppy farmer for a kilogram of sticky brown sap soon blossoms into a few ounces of fine white heroin worth \$300,000 in an American or European city.

Slow-moving vessels laden with cocaine creep along the Amazon River toward the city of Manaus. The payments go right back into what has become the economic mainstay of South America. A police superintendent in Manaus complains: "We have 186 men in a federal police force to control everything

that happens in an area the size of Great Britain, France, Spain and West Germany combined."

Cocaine from Peru, Colombia, Ecuador, Quaaludes from South Africa and marijuana from Colombia are transported to the United States by way of the Bahamas in smuggling planes ranging from Cessnas to decrepit DC-6s.

On the other side, when the United States provided Mexico with drug-spotting aircraft, heroin production in Mexico dropped sharply. The Mexican government is enforcing tough laws, providing seed and building roads into remote areas so farmers will have access to markets for legitimate crops. Duster planes spray paraquat to kill marijuana plants. Soon Mexico will have a full-scale NASA satellite-scanning sys-

tem, donated by the United States, that can spot a tiny marijuana plot from an orbit in space.

But the big fish—financiers, chemists and even police and top officials—are rarely caught. "We will never get at the heart of the problem," declares Bruton Levin, U.S. embassy official, "until governments move with determination against the kingpins of the trade."

The worldwide drug smuggling network has uncoiled sophisticated syndicates that run with far more efficiency than those involved in the French Connection.

Nevertheless, drug agents say that limited supplies, higher prices and greater risks for top-level traffickers disrupt narcotics operations. Smugglers reply: "Okay, we know you know. Now catch us." □

ASIA

(Continued from page 14)

young is a symptom of frustration, disorientation and a lack of true purpose in life. Prosperity and a better standard of living are not the answer—for the problem seems to *increase* with what the Asians call

Westernization. Yet neither are prosperity and a good standard of living *of themselves* the cause of alcohol and drug abuse.

What the whole world needs is a renewal of purpose in goals higher than the self. Not until the selfishness of the Me generation is wiped out will the problems of drug and

alcohol abuse cease. But where are young people to find as their highest goal the true purpose of life? Certainly not in today's politics or in this world's divided religions.

But it can be found—and you can read it in a free copy of our booklet *Why Were You Born?* Write for it today. □

GIVING HOPE TO YOUTH WITHOUT HOPE

by Clayton Steep

HEIDI S. has a diary. She is a heroin junkie.

Nine weeks after her first heroin fix, she wrote:

"Even if I get hooked, I could care less. Another war's coming anyway."

A German Problem

Anxiety about life—the Germans call it *Lebensangst*—marks much of West Germany today. Apprehension of nuclear war is one of the many reasons Heidi began to take drugs, and one of the many reasons drug addiction in general is on the rise throughout Western Europe.

Hopelessness has significantly contributed to spiraling drug offenses in West Germany, up by 21.3 percent from 1979 to 1980, more than any other crime category. Marijuana, hash, heroin and cocaine are smuggled in increasing amounts into the country. Other German-language areas—East Germany and Austria—are also affected.

Drug problems in German-speaking Europe are a reflection of aching social problems common in the industrialized West. The *gradual erosion of the family* plays a decisive role. Sixty percent of addicts come from broken or single-parent homes.

Where homes are intact outwardly, drug counselors often hear: "My parents never had any time for me." In a Cologne study of the home life of 100 jailed addicts, researchers found chronic lack of family communication present in nearly every case.

In addition, many parents resort to stimulants themselves. West Germans spend incredible sums on alcohol and tobacco products. Authorities reckon with 1.6 million alcoholics in the Federal Republic, one million in East Germany and

abundant life'... so our youth feel a type of group pressure [to drink]...."

Officials recognize the importance of this deadly pressure. A brochure put out by West Germany's Federal Center for Health Education warns: "The misuse of 'drugs' such as alcohol, cigarettes



PANDELE—GAMMA/LIAISON

EASIER TO OBTAIN THAN DRUGS, ALCOHOLIC BEVERAGES ARE being consumed by a growing number of young people in Europe. Reasons given include peer pressure, a craving for a "high," a desire to forget about family problems and the overshadowing threat of the Bomb.

300,000 in Austria. Dr. Reinhart Stalmann, psychotherapist in Munich, laments:

"We West Germans have become a people of drinkers during the last 30 years. Fifty-eight percent of all men drink beer daily, 18 percent wine and 13 percent hard liquor.... Having a drink has become essential to 'the

and medicines by parents and adults serves as a key model for our youth. They get to know drug abuse as a form of 'impersonal need fulfillment.'"

Why is there this need to escape reality—to cloud the mind and dull or artificially stimulate the senses? What is missing to make life so unfulfilling?

Dr. Rolf Affemann, well-known Stuttgart psychotherapist, put his finger on it. He wrote recently regarding drug offenses among youth: "If we want to . . . survive as a society, then each individual has to set himself new priorities. We must relearn the old truth that man does not live by bread alone. . . . If we continue in our present lifestyle, we will destroy ourselves and the world we have built."

Disillusionment and disappointment in today's world are produced by a self-centered, profit-oriented, materialistic "get" society. There needs to be a total change in the direction of society, in overall lifestyle. Only then can the underlying cause of the drug-alcohol abuse problem be resolved.

Switzerland's Number One Worry

The number one worry of the Swiss is the drug problem. People are concerned more about it than about violence in the streets, inflation, the environment or housing.

In a Swiss survey 10 percent of those questioned admitted to having used drugs. These traditional, harder-to-obtain drugs, however, are not the only problem. Disturbing numbers of young Swiss are turning to analgesics and other over-the-counter medications, even mixing them with alcohol. Anyone can buy the medications. And the alcohol is easy enough to come by.

As in so many other countries, efforts being made to resolve the drug problem are primarily directed to cutting off the supply, prosecuting distributors, disseminating information about the dangers of drug use and other such treatments of the effects. Far too little attention is given to the *causes!*

A criminal lawyer in Geneva, having dealt with many cases of drug addiction, remarked recently: "I don't know of a single example of drug addiction among youths which has not been characterized by a total lack of communication between the young person and his family."

Troubled family situations are an important contributing factor. But it goes deeper than that. Drugs fill

a void in life; they substitute for a sense of purpose that is lacking when one does not understand what life is all about. The head of a drug rehabilitation program in Geneva summed it in these words:

"It's easy to obtain drugs. And then, because of a disgust of life, because of hopelessness, a process takes place which leads to suicide by an artificially imposed paradise. I insist that it is wrong to think in terms of 'curing' those on drugs. They are not sick. Detoxification without something at the end of the road is worthless."

There is a goal, a purpose in life to work toward. But how many have found it? How many know why they were born?

France's Own "French Connection"

When the cover came off the drug problem as it exists among young people in France, it was shocking! If there had previously been a reluctance to see the problem, to admit its existence, now it was on page one of the newspapers and on television. And the more public attention it got, the more widespread it was found to be.

What has been especially disturbing is that the use of drugs is not confined to social dropouts or delinquents in some run-down section of Paris. It is found throughout France, in picturesque country villages as well as in grim industrial neighborhoods—in all levels of society. Young people experimenting with drugs could no longer be described as an "American phenomenon that does not happen here."

The alarming trend has been toward the use of drugs by increasing numbers in the younger age brackets. Most drug users are between the ages of 12 and 25.

Why are so many young people turning to hashish and other hallucinogens? The reasons commonly given are for pleasure, for the excitement of doing something forbidden, to do what friends do, to satisfy a habit, to forget problems at home or at school.

Or, as one youngster sniffing glue remarked, "I don't want to destroy myself. But I have nothing

to do, nothing to do, nothing to do. . . ."

Concerned parents, educators, judges, physicians and police have compiled the major characteristics of the environment that especially fosters drug use or dependency. They have found it centers around an upset family situation, a broken or troubled marriage, conflict or lack of communication between parents and children, family members with mental illness or suicidal tendencies, drug use or alcoholism by other members in the family.

The presence of alcoholism in the family may be of special significance in France, since France holds the world record for the amount of alcohol consumed per capita. It amounts to 16 liters (just under 17 U.S. quarts) per person per year of *pure* alcohol!

French programs designed to combat the drug problem generally stress informing the public about drugs and their danger, helping parents whose children are into drugs, and assisting drug users to break the habit. But these approaches do not get to the heart of the problem. They don't straighten out family or other situations *before* they lead to drug use. They don't aim at changing human nature.

A controversial movie very popular with young people in France and other parts of Europe is a film by Ulrich Edel. It concerns a 13-year-old drug addict and prostitute. Mr. Edel claims that through realism in the film he is attempting to show the horrors of the drug scene.

"What is striking about young addicts of the '80s," Mr. Edel remarks, "is that they give up on life before even living it. They see the world of adults and they 'get off' like one gets off a train. . . . And it is not sufficient to explain that kind of total rejection in terms of secondary causes, monotonous cities, short-comings at home or at school. It's a whole 'spiritual apparatus' of society which must be blamed. The malaise is not merely economic and social, but psychological—spiritual."

It is this very spiritual aspect that most antidrug programs do not

adequately address. Yet until they do, the drug problem cannot be solved.

Getting at the Root of the Problem

Numerous persons involved with drug and alcohol prevention/rehabilitation programs recognize that the root of the whole problem is spiritual in nature. At the same time many of these individuals admit that they must overlook the root cause and limit themselves to trying to deal with the effects instead. Why?

Society as a whole has not wanted to face up to its spiritual responsibilities. It has been this way from the beginning. When God created the first human beings, he gave them his great spiritual laws. In addition, he offered them his Spirit—his inner character and strength. These gifts were guaranteed to produce happy, full, abundant lives.

A society regulated by God's laws would be free of drug and alcohol abuse problems. There wouldn't be broken marriages, upset family situations and alienated children. People would be taught why they are alive. They

would understand what the awe-inspiring goal of life is. There would be no need to get high on stimulants. No one would have to try filling a gaping void, over the meaning of life, with psychoactive chemicals. That void would be filled instead with God's Spirit—his vitality and inspiration.

But the first human beings had to choose whether this was what they were willing to do. "No," they said in so many words, "we want to try finding happiness our *own* way. We don't want God telling us what to do through his revealed laws."

So the first human family rejected God and his precepts. Ever since, mankind has been going his own bungling, ineffective, doomed-to-failure way. And God is permitting it until humanity gets sick and tired of it all.

Listen to the description of society as it is today and how it came about. It is briefly summarized in Romans 1:28-32: "And since they [human beings] did not see fit to acknowledge God [they rejected him!], God gave them up to a base mind ["a mind void of judgment"—KJV, margin] and to improper conduct" (RSV). This "improper conduct" includes drug

and alcohol abuse and all the other evils plaguing humanity.

Read the next three verses in the Bible and see how many of the evils listed there—including homosexuality—are part and parcel of the human condition today.

The only real and definitive solution to drug and alcohol misuse—and to all the other problems of this world—is to reject the way mankind has been going. And to turn to the Eternal God and his revealed laws. This is true for the individual—as well as the national—good.

Merely informing the public about the dangers of drugs and alcohol abuse, and seeking tougher penalties for pushers, is not the ultimate answer. There has to be a change of the heart—a change of human nature, a change of mind that would void the craving to use stimulants and hallucinogens in the first place. A complete discussion of this subject is contained in our free booklet *Never Before Understood—Why Humanity Cannot Solve Its Evils*. Be sure to send for your copy.

And why not, while you are writing for it, ask for the free booklet *Why Were You Born?* It makes plain the purpose of life—the reason you were born on this earth! □

EPIDEMIC

(Continued from page 6)

Average Citizen trying to cope with the frustrations and problems of living by reaching for bottles of alcohol, or gulping loads of pep pills, sedatives, tranquilizers or barbiturates. Millions don't look on cigarette smoking as a classical example of drug addiction (for most smokers). But it is! It is a culturally accepted addiction to nicotine (and possibly other tobacco substances) as surely as a junkie is addicted to heroin or some other enslaving drug.

Many adults—particularly in the family unit—refused to see how *their* example in coping with problems, by smoking and using alcohol and drugs, conditioned the younger generation to experiment with pot and other potent licit and illicit drugs.

Young people's faith in drugs to

deal with problems and needs in life was preconditioned by widescale parental and cultural practices. In a drug inundated environment, peer pressure adds tremendous impetus to experiment further.

Today's international drug smuggling networks with their army of illicit drug pushers could not exist except that millions of citizens were preconditioned by culture to seek in drugs escape, thrills and solutions to every problem.

Multi-drug Addiction

Now health officials are facing a relatively new and dangerous drug problem: multi-drug addiction. Doctors are seeing more and more patients, and at younger ages, addicted to both alcohol and drugs or combinations of drugs. Millions of individuals at ever younger ages are playing this dangerous game of chemical roulette with their minds and bodies.

The death and the harm from alcohol and drug abuse are not occurring only in the dropouts of society as was common a generation ago. They are occurring on a massive scale in the *mainstream* of society! Uppers and downers are now staples in the diet of many trying to cope with life's problems.

Some try to shake abuse of alcohol by turning to drugs. Others try to shake abuse of drugs by turning to alcohol. Both are still trapped in a drug-dependent syndrome and are failing to deal with the causes of their problems.

One American doctor said, "If the public knew the real danger of the chemicals they ingested, they'd probably never take another pill in their lives."

You, Too, Can Find a Better Solution

Wouldn't it be so much better if, as much as possible, you could cope

with your emotional problems without the costs and side effects of drugs or alcohol? Perhaps there are things you are overlooking, physical and spiritual, that will help in finding solutions to, or coping with, your problems.

Has life become dull or lost meaning and purpose for you? Have you failed to find the joys of hope and peace of mind in life? Have you assumed there is no other hope or alternative but mind-altering drugs or alcohol to cope with your problems, anxieties and fears?

Purposelessness, hopelessness, boredom, anxiety, despair and fear all have a *cause*. The cause is broken laws—broken spiritual and/or physical laws.

Governments, educational systems and religions have not taught the spiritual laws and the way of life that would produce understanding of human problems, that would produce solutions and bring peace, hope and happiness of mind.

The Creator put humans on earth for an awesome Purpose—to develop God's supreme creation—character! God created immutable spiritual, as well as physical, laws to produce in mortal human beings the happiness, the wholesome excitement, hope and peace of mind that we are all looking for. These revealed spiritual laws provide a way of life that is upbuilding and that leads finally to eternal life.

When we break these spiritual laws we reap automatic penalties—*anxiety, depression, fear, purposelessness, lust, hate, strife, guilt*. Millions don't realize their suffering is the consequence of their breaking *spiritual* law. Chemical crutches will never solve spiritual problems!

Pain and suffering were intended to be physical warning signals that something needs to be changed or avoided. In biblical terms this change means *repentance*—turning from wrong ways of living to right ways, from the way of self-seeking to the way of sharing and giving to others. Too many feel they must avoid all pain and suffering while they go on doing the things that cause pain and suffering. They focus on alleviation of symptoms of distress—while they live the same

self-centered way they have always lived. What a tragedy that neither education nor science nor the religions of this world have taught people they must seek first to understand the real causes of their problems and then quit doing them.

Power to Help

You can—if you will repent of violating God's revealed spiritual laws (sin is the transgression of God's law—I John 3:4)—ask God for his help to solve your problems and fears. You can ask for spiritual understanding, for wisdom, for loving attitudes and strength that only God can provide.

God works with humans through his Holy Spirit. Through his Spirit God gives the help, love, hope and strength needed to resolve problems.

But if humans stubbornly persist in going their own way, in doing selfish, self-centered things, they remain cut off from the help that God alone can provide the alcoholic or the addict. The Creator says: "Behold, the Lord's hand is not shortened, that it cannot save; neither his ear heavy, that it cannot hear: but your iniquities have separated between you and your God, and your sins have hid his face from you, that he will not hear. . . . [Therefore] we grope for the wall like the blind . . ." (Isa. 59:1-2, 10).

A whole generation of misguided humans seeks false chemical tranquility because they don't have—or will not look for—the spiritual tranquility and hope that *is* available.

The Creator doesn't want you carelessly numbing or dwarfing your human spirit, your abilities and health by abuse of chemicals.

If you are ensnared in the drug trap, it is time you learned to solve your personal problems through available human help and through contact with God, rather than escaping in drugs or alcohol.

"Happy is he that hath the God of Jacob for his help, whose hope is in the Lord his God" (Psa. 146:5). Find the right solutions to your problems by eliminating the causes—and you will be on the road to *real* fulfillment and genuine joy and happiness. □

UNDER 20

(Continued from page 25)

cent alcohol experiences. "Not realizing the effect of your own social drinking on youngsters is the major blunder of parents," wisely warns Dr. Ruth Fox, a psychiatrist and alcoholism specialist.

Children are powerful imitators of their parents. During time spent at home, children watch their parents for clues on how they live. When the father (or mother) comes in after work and says, "I *need* a drink," the lesson is not lost on the child. The subtle meaning given is that living life requires a place for alcohol—mostly as a social anesthetic.

Further, with the spiraling increases in worldwide divorce, children are crushed between the two-pronged vise of facing the powerful pressures of growing up coupled with spasmodic distorted affection from separated parents.

Children are virtually in a no-win situation. Instead of being braced by a stable home environment, children are cast into incomprehensible emotional turmoil.

The now-separated parents are barely able to cope with their own problems, leaving precious little emotional room to properly rear one or more children.

Thus, the seeds sown, society later reaps a crop of emotionally crippled teenagers.

And these teenagers respond by grasping whatever anesthetics they can find—be it marijuana, barbiturates, alcohol and more!

The years 12 to 20 are special *growth* years—years that impact heavily on adulthood. During these years, even *without* the complexity added by living within a broken home, teenagers undergo a myriad of pressures—pressures that eventually produce results for good or ill.

And it's *not* easy.

If one learns to respond positively to stress—using it as an opportunity for growth—and is blessed with a concerned, able set of parents, the teen emerges from childhood as a tempered adult, strong in mind and body (Prov. 22:6).

But in today's world, this is rapidly becoming the *exception* rather than the rule. Here is one illustra-

tion. In early 1981, Jean Mayer, an internationally known nutritionist and president of Tufts University, had to write parents of undergraduates there to warn, "It seems a significant number of our students need help in determining the proper place of alcohol in their lives."

A significant part of the campus was consuming vast quantities of alcohol to the point where about 35 percent of those responding to a campus survey said their alcohol consumption was "out of control."

Is THIS What You Want?

Chemical anesthesia has only two outcomes. At best, it eventually becomes excruciatingly *boring*. At the other end, continued alcohol abuse leads to tragic consequences: loss of respect, loss of happy relationships, loss of employment; and finally, death, or worse for some, a completely meaningless existence.

This need never be.

Alcohol itself is only an inert substance incapable of doing either good or evil of itself. *Man* is the one who either properly or improperly uses it—the latter with tragic consequences.

In other words, the problem of alcohol abuse lies *not* with alcohol, but with the people who consume it.

What this means is that *we are the problem*.

People cannot solve their problems by simply reasoning in their own minds and deciding for themselves what they want. There must be an authoritative source to serve as a guidepost. You wouldn't, for example, entrust your life in the hands of an airline pilot whose only previous flying experience was in watching other planes take off and land! You would demand and expect a fully experienced and qualified individual who had received his training from an authoritative source.

Unfortunately, it is this lack of knowledge of an authoritative source to guide mankind through life that invites disaster.

Yes, few realize or understand that *all* of man's interpersonal problems are *spiritual* in nature. By seeking only material answers to spiritual problems, man *guarantees* unhappi-

ness, despair and frustration.

As the Creator of man, the great eternal God gave a detailed instruction manual for living life. He revealed the broad principles necessary for a successful and happy life in his Word, which we call the Holy Bible. Yet, tragically, few recognize the inherent authority and remarkable truth contained in the Bible.

With respect to alcohol, few realize that the Creator *spelled out* the proper and right uses of this often-abused substance. Further, he gives concrete principles and guidelines in this divine handbook for man that will guarantee a happy and fulfilling marriage and provide the right kind of home for children.

Teenage alcoholism and alcohol abuse are symptoms of a far more complex problem: worldwide disintegration of family responsibilities.

Contained in this guideline book is the primary charge that parents should take seriously their marriages and rearing of children.

Notice what God commands: "These words you must learn by heart, this charge of mine; you must impress them on your children, you must talk about them when you are sitting at home and when you are on the road, when you lie down and when you rise up" (Deut. 6:6-7, Moffatt translation).

What are these principles? What do we need to know—and practice?

Notice first that alcohol abuse by youths generally arises out of two basic backgrounds: a family in which alcohol abuse has occurred (setting a poor, negative attitude and example); or one in which *no alcohol was permitted* (prohibition). In this latter example, *no understanding* of the use and role of alcohol is conveyed to the child.

Now, mark this: prevention of alcohol abuse comes from right understanding. At the earliest pos-

sible age, you need to know *when* not to use alcohol, where not to use it, and how to use it in *temperance*.

As man views it, all of the above limits are subjective—he (or she) sets those limits.

The Voice of Authority

And that's precisely why we have so many problems with alcohol! God Almighty, the Creator of both man and alcohol, *sets those limits*. By rejecting God's authority (which at this time, God allows mankind to do), and taking to himself the authority to make his own decisions, man *guarantees* eventual tragedy! Thus, we have today's rampant alcohol abuse.

God's Word reveals that "a feast is made for laughter, and wine maketh merry" (Eccl. 10:19). Here we see that the proper use and setting for alcoholic beverages can play a positive role, but always in moderation (Phil. 4:5; Eph. 5:18). The Bible also reveals an example of the type of company in which to consume alcoholic beverages (John 2:1-10) and what company to avoid—"Be not among winebibbers . . ." (Prov. 23:20).

The Bible also points out other positive applications (including dietary purposes) of alcohol (I Tim. 5:23).

In short, to decide not to consume alcohol is not contrary to God's teachings (Rom. 14:21). But, conversely, to bear children and withhold understanding about alcohol through poor example and/or biased information is a *serious* charge in God's sight.

There's only one way presently available to man to understand spiritual revelation. To come to the knowledge God offers, you must study his revealed written Word. As a free help in this immensely rewarding study on a vast number of subjects, we have available the Ambassador College Bible Correspondence Course. In free monthly lessons, you will see—through the pages of your own Bible—how up-to-date and relevant God really is to your life.

Break down the barrier of spiritual ignorance and learn to grasp the ways of *real* success! □

DIVORCE

(Continued from page 4)

last plagues at Christ's Second Coming, showing this is a prophecy for OUR TIME (Ezek. 16:38).

Yet, in spite of all, this husband repeatedly PLEADED with his wife to return to him, saying he would forgive and receive her back, but she refused. "Turn, O backsliding children, saith the Lord; for I am married unto you . . ." (Jer. 3:14). Also, "... thou hast played the harlot with many lovers; yet return again to me, saith the Lord" (Jer. 3:1). "And I saw, when for all the causes whereby backsliding Israel committed adultery *I had put her away, and given her a bill of divorce . . .*" (verse 8).

But Israel shall yet be resurrected in the Great White Throne Judgment (Rev. 20:11-12, Ezek. 37) and salvation and eternal life shall then be offered. So, finally, all Israel shall be saved (Rom. 11:26) because of the death and resurrection of Jesus Christ. But all *now* begotten of God are being judged NOW (I Pet. 4:17).

But Now WHY?

The IMPORTANT THING is to understand *why* Israel sinned, WHY God did divorce, WHY marriages break up today, and what God is going to do about it.

The people of ancient Israel were just like people today, in that they were human, imbued with human nature. But what about the average marriage where usually both husband and wife are at fault?

I cite a case history of some years ago in which my counsel was requested by both parties. The wife complained that the husband would not take time to do even ordinary husband duties around the house—such as cleaning out the basement. He was selfish, in that he spent too much time going to baseball, basketball and hockey games—in which she had no interest. This I knew to be true. "It's all his fault," she accused.

But he likewise accused, "It's all *her* fault!" She was an atheist and communist, and if the national anthem was played on radio, she would snap it off, saying, "I HATE

that thing!" He was a veteran of World War I and very patriotic. She was cold, cross, constantly telling him he was a failure, a no-good. She constantly belittled him, disrespected him. And, beside, he said she was sexually frigid.

Actually, I found that the sexual frigidity was due to sexual ignorance and a lack of sexual knowledge, more than wrong attitude. I asked that they read a book that I felt would correct the ignorance. They did read it, both saw their error, but the knowledge came too late to help, in view of other prob-

Usually, in
fact, both partners
are to blame
where marriage
ends in divorce. But
even where
only one partner is
at fault,
it can put both
through this
tragic wringer
of human
anguish.

lems in the marriage. To him, I counseled: "She has her mind, and you have yours. You can't change her, but you can change *YOU!* You can solve *HALF* of the problem. I'll try to persuade her to change *HER!*" I explained the same solution to her.

I suggested a six month trial, with each trying to cooperate and work on the SELF instead of accusing the other. They agreed to try. But the "try" didn't last two weeks. It ended in divorce.

My suggested solution was sound enough, but it did not save the marriage.

Why?

There were two carnal minds, neither willing to admit wrong or change attitude. When either one

of a marriage partnership has a wrong attitude in conflict with the mate, the marriage won't be happy. People simply do not understand the TRUTH about the human mind and its attitudes. That is what God is going to CHANGE to produce peace and happiness in the WORLD TOMORROW.

Let's try to UNDERSTAND!

The Family Structure

The FAMILY is the foundational bulwark of a lasting society and civilization. How did a civilization START?—how was it formed—how built?

God said, "Let us [not me] make MAN in OUR image, after our likeness . . ." (Gen. 1:26). God has power of MIND—so does man. Animals do not. But man is made from the dust of the ground like animals—he has a temporary physiochemical existence like animals—dies the same death (Eccl. 3:19-20). Animal BRAIN is like human brain, though of varying size—yet of similar design, composition, construction, quality. Yet man THINKS, KNOWS, REASONS, MAKES DECISIONS as animals cannot. WHY?

There is a spirit in man (Job 32:8) that is not in animal brain. This spirit in humans imparts the psychic power of intellect, "For I am full of matter, the spirit within me constraineth me" (Job 32:18). The dumb animal cannot have the knowledge of a human, and man has it only by this spirit of man—this human spirit—that is in him (I Cor. 2:11). Likewise, no man can comprehend spiritual knowledge save by the Holy Spirit of God (same verse).

Knowledge enters the human mind only through the five senses of sight, hearing, taste, smell, feel and touch. But spiritual knowledge (the things of God) is not seen, heard, tasted, smelled or felt (verse 9). God *reveals* spiritual knowledge through HIS SPIRIT (verse 10). So the Holy Spirit of God witnesses "with our spirit, that we are the children of God" (Rom. 8:16).

BUT GOD'S SPIRIT WILL NOT ENTER AND JOIN WITH THE HUMAN SPIRIT UNTIL THE HUMAN SPIRIT HAS BEEN CONQUERED BY GOD—HAS SURRENDERED UNCONDITIONALLY TO GOD! That's why many

think they are “converted” who never have been—who never have been CONQUERED into SURRENDER and SUBMISSION to God. The natural carnal mind can comprehend, grasp, understand a certain measure of biblical truth and doctrine. Some, in their vain self-righteousness, are so GOOD that they do accept what truth a natural mind can grasp.

Yet the natural mind is hostile against God (Rom. 8:7, Jer. 17:9). It has not unconditionally surrendered.

How about one person having a relationship with another human person? Neither must be conquered by the other. But Satan has injected into ALL humans (except Christ) his attitude of vanity and covetousness—to a greater or lesser degree.

The human mind is essentially SELF-CENTERED. But the human mind is an “EMPIRE-ICAL” mind. SELF includes whatever one thinks is his or hers—his clothes, his home, his property, his child or even parent, his team, his country. SELF expands to include what belongs to SELF, *as long as* he feels he selfishly GETS FROM whomever or whatever it is.

One human spirit can be compatible with another human spirit—especially when it is to one’s selfish or pleasing advantage. Thus, an unconverted husband can get along with an unconverted wife—so long as there is no attitude of hostility, competition, displeasure, incompatibility, annoyance or dislike. But the carnal SELF, actuated by the human spirit, is essentially SELF-CENTERED and loves primarily itself. It loves another when it gains, receives pleasure or satisfaction from, and/or feels the other is part of his or her “empire-ical” SELF.

That explains WHY some marriages succeed, even when both are unconverted. When one is converted, the other not, it still *may* succeed, as long as it is satisfying and seems advantageous to the unconverted.

But the mind *led by* the Holy Spirit will have an attitude of LOVE toward another *so long as* he is truly being *led by* the Spirit of God. If one has not the Holy Spirit of God and is not being motivated

and led by God’s Spirit, he or she may still live compatibly with a mate in marriage so long as such person is selfishly pleased with the relationship.

Yet the natural, carnal, unconverted mind is “enmity”—hostile—toward God (and fellowman except for selfish pleasure or advantage) and “is not subject to the law of God, neither indeed can be” (Rom. 8:7).

The people of the ancient nation Israel were of course carnalminded. God had closed and sealed off the “tree of life”—the Holy Spirit—from mankind upon Adam’s disobedience and wrong choice, UNTIL Christ, the second Adam, should come and pay the penalty for human sin. It was thereupon—upon Adam’s sin—decreed that “it is appointed unto men once to die, but after this [by resurrection] the judgment” (Heb. 9:27) and “as in Adam ALL die, even so in Christ shall [the same] ALL be made alive” by resurrection (I Cor. 15:22).

And God gave the prophecy through Joel that “it shall come to pass afterward, that I will pour out my spirit upon all flesh . . .” (Joel 2:28). So even ancient Israelites shall be resurrected (Ezek. 37) mortal. In that judgment they shall come to realize their sins, shall loathe themselves (Ezek. 20:42-44) and so all Israel (as a whole, not every individual) SHALL BE SAVED (Rom. 11:26).

This present world is NOT God’s world. It is a world started by Adam as swayed and led by the evil Satan, after Adam rejected the tree of LIFE—symbolic of God’s Holy Spirit.

It is a world built on the way of “GET”—not God’s way of love—or of “GIVE”! In this world God formed one nation—ancient Israel—made up of carnalminded Hebrews during the time when God’s Holy Spirit was withheld from mankind (except for the prophets for the writing of God’s Word). Ancient Israel, one of this world’s nations, in the Bible is compared to a woman married to Israel’s God, who later was humanly born as Jesus Christ.

With nations symbolized as women, God proposed to make

her his FIRST LADY—but she despised that honor, and he divorced her. But he still loved her, and will yet MARRY HER at his glorified Second Coming in supreme POWER to rule all nations. His wife was UNCONVERTED, selfish, carnal. She shall be converted, unselfish, spiritual.

The God of the Old Testament was born as the human Jesus Christ—God in human flesh. Jesus said, “I will build my Church.” His Church is composed of called out ones (II Cor. 6:17). They have been called out of the world to become the nation or Kingdom of God—to rule the whole world in the wonderful WORLD TOMORROW! Today, “he is a Jew who is one inwardly [having God’s Spirit]” (Rom. 2:29, RSV). Today the CHURCH is the affianced bride, to marry Christ at his soon coming!

The old covenant was a MARRIAGE COVENANT. The NEW COVENANT will be a marriage covenant, a marriage to an Israel who has PROVED OBEDIENCE in God’s Church, having repented—turned FROM sin, having overcome, having grown in grace and spiritual knowledge (II Pet. 3:18), and endured to the end (Matt. 24:13).

This marriage will be one of TRUE LOVE—the “wife” having the love of God shed abroad in her heart by the Holy Spirit (Rom. 5:5). And there shall be no divorce or occasion for divorce. This time the wife shall have REPENTED, and turned from her adulteries and sins!

There has been a false teaching that the old covenant was made with Israel, but the new shall be made with gentiles. But the apostle Paul says, “For finding fault with them [not with God or his law], he saith, Behold, the days come, saith the Lord, when I will make a new covenant with the house of Israel and with the house of Judah” (Heb. 8:8). It will be a LOVE marriage, and Christ’s wife will be pleased to dwell with him in love and AGREEMENT and obedience FOR EVER and EVER! □

EDITOR’S NOTE

A photo credit was inadvertently omitted on page 5 in some of the early issues of the April Plain Truth. The photo was taken in San Salvador by Alain Keler for Sygma.

THE (F)ROOT OF ALL EVIL?

Long ago the first humans made a fateful choice. They took the forbidden fruit of the tree of the knowledge of good and evil. By doing so they decided how mankind would produce knowledge — cut off from God! Man's knowledge production has led to the multiple crises that now threaten annihilation! Our free booklet *Never Before Understood — Why Humanity Cannot Solve Its Evils* explains how today's world problems will ultimately be solved. For your copy use the literature request card in this issue or write to our office nearest you.

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