

THE ALLIED YOUTH

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The ring of the first classroom bell calls American students back to their studies and high school activities. They eagerly face the new year which lies ahead.



Students at East High School in Huntington, West Virginia - - - an Allied Youth School

TWO FAST MEN

by C. Aubrey Hearn

I SAW GUNDER HAGG, of Gaevele, Sweden, and Gil Dodds, Boston divinity student, shatter the American mile record. It was one of those once-in-a-lifetime races, packed with thrills and suspense.

The place was the Harvard Stadium. The date, July 24, at 7:30 P. M. It was a typical New England summer evening. The track was in perfect condition. The 14,000 spectators were eager and expectant. It had been predicted that a new American record for the mile would be set, and the great audience confidently expected track history to be made.

The occasion was colorful. The American-Scandinavian Athletic Association sponsored the track meet for the benefit of the U. S. Army Air Forces Aid Society. A forty-eight piece Coast Artillery band and two companies of Wacs paraded. The American and Swedish anthems were played before the races got under way. The Wacs sang the Army Air Corps song. Fighter and bomber planes gave demonstrations in the sky overhead.

Five spectacular preliminary races kept the audience on their toes. One of these was an 880-yard obstacle race for service men, in which each runner carried a 60-pound full pack, helmet, and rifle, and jumped hurdles.

When the time for the feature race, the mile, arrived, a hush fell over the stadium. Five well-trained milers toed

the mark. Besides Hagg and Dodds, there were William Hulse, Don Burnham, and Robert Knowles. The latter, a high school star, took a 25 yard handicap.

For slightly more than four minutes after the sound of the gun the spectators stood, craning their necks, yelling, and urging the runners on. Knowles set the pace for most of the first lap, until Hagg passed him and held the lead thereafter. Until the last turn Dodds and Hulse were right at Hagg's heels. Twice Hagg looked back at them. On the last turn Hagg quickened his gait and unleashed a stride that put him eight yards ahead of Dodds at the tape. Dodds led Hulse by four yards.

Hagg was clocked at 4:05.3, bettering by 1.4 seconds the American outdoor mile record of 4:06.7 made by Glenn Cunningham at Princeton in 1934. Dodds also lowered Cunningham's time, establishing a new mark for an American miler, 4:06.5. (A week later in Cleveland Bill Hulse lowered this to 4:06, finishing a yard ahead of Dodds. Hagg, who finished first, was timed at 4:05.4.)

In the Harvard race Hagg was clocked at 3:47.8 for 1,500 meters (120 yards short of a mile), a tenth of a second below Walter Mehl's American mark of 3:47.9, established in California in 1940. Thus two American records were set by Hagg in one race.

After the epochal race, I went to the
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OXYGEN SENSE

Servicemen—also read feature on page 4

BREATHE right along—easy does it! Don't be too self-conscious about this common and useful habit. But on the other hand, be sure what you are breathing.

If you are a flyer, you've already learned that—

Breathing water, illuminating gas, carbon monoxide, etc., isn't healthy in any event.

Breathing *enough* air that contains *enough* oxygen is part of the job of flying—as well as living!

Flyers learn a good many facts about air and the healthy person's use of it from a sprightly booklet named "Oxygen Sense." It was issued a few months

ago by the Training Division, Bureau of Aeronautics of the U. S. Navy.

How would you like to know just what the problem of "not enough air at high altitudes" means? "Oxygen Sense" puts this in the form of a comparison you need never forget; it's that simple.

Imagine a huge pile of mixed straws; half of them black, the others white. The weight of the straws compresses those on the bottom more than those on top. A pitchfork full of straws from the bottom of that pile contains more straws in it than a fork full taken at the peak—though the proportion of black and white straws always stays the same.

Now, begin to stoke a fire with that straw, in which the white straws prove to be better fuel, and you'll see a difference in the results of a single fork full. To get the same results with a

fork full off the top of the big pile, you'd have to add some more white straws.

A flyer's oxygen apparatus feeds "white straws" of oxygen into the lessened quantity of air available at high altitudes. The flyer has to know and thoroughly value that equipment. He must understand it, keep it in running order, and know enough to use it when flying for any length of time above 10,000 feet.

The book says that a fellow feels fine when he is first in need of more oxygen. He just isn't paying attention to the advice of his altimeter, which tells him he is flying at "thin-air" height.

"Sure you feel fine," the text continues. "*So does your drunken friend when you tell him he's had too much of the old stagger-soup and shouldn't drive his car.* He doesn't feel so fine later when they pick him up off the road. Anoxia—lack of oxygen—like alcohol gives a false sense of exhilaration and self-confidence."

Alcohol gets some other mention in the Navy flyers' book.

"I'd like some beer," it indicates, is just the wrong thing to say to a waitress when you're due for a high-altitude trip within the next day of so. Equally bad: "Let's have just one more drink before we turn in."

"Bad on two counts," explains the Navy. "First of all, it's cold up there. Alcohol breaks down your resistance to cold, even though it may make you feel warmer. You'll be a lot more subject to frostbite, chills, numbness, and so on if you've been drinking the night before than if you haven't."

"Alcohol of course has a lot of other effects which don't help you under conditions such as you face in high altitude flying:

"Your vision is not as keen.

"Your heart and breathing are accelerated (and remember, you're on oxygen).

"Your pores are opened due to raised skin temperature.

"Your whole general body adjustment is depreciated.

"Alcohol lowers your 'service ceiling' anywhere from 3,000 to 6,000 feet. *War is no time for that!*"

There's other advice—as commonsensible as this—leading up to the big *punch* sentences that any one of us might well paste inside his hat:

"You must realize that if you function below 100 per cent for any of the reasons given here, you're not the only one who suffers. The boys are depending on you—the squadron is depending on you—the Fleet is depending on you—the Nation is depending on you."

IT'S BIG news when a great university, on its own initiative, undertakes to give scientific aid to the formation of thought and action of private citizens toward a major social problem. Yale University, in conducting its first School of Alcohol Studies last summer, has rendered one of the finest public services by a major American university in recent years.

This School of Alcohol Studies, the first formal school of its kind in the history of the United States, may prove to be the beginning of a movement that will focus the attention of the people of the nation on the magnitude and complexity of the alcohol problem. Undoubtedly this news will hearten many people who had begun to despair.

The School now becomes a permanent part of Yale. It is under the direction of Dr. E. M. Jellinek, Associate Professor of Applied Physiology.

The purpose of the School was to train community leaders to combat alcoholism through a scientific understanding of its consequences. In this, its first session, it devoted itself not only to alcoholism—or excessive drinking—but to many other angles of the alcohol problem. It brought together seventy-nine men and women, who, in the course of six weeks of intensive study, received a scientific grounding in the fundamental problems of alcohol and what science knows about them. The students represented every part of the country and every aspect of interest in the alcohol problem. They included Anti-Saloon League superintendents, W.C.T.U. workers, Salvation Army officers, social workers in prisons, communities, and cities, probation officers, pastors, church editors, denominational secretaries, a Catholic priest, a Municipal Court judge, high school and elementary school principals and teachers, college deans and professors, state departments of education representatives, members of Alcoholics Anonymous, officials of liquor control commissions, and distillery representatives. Allied Youth was represented by W. Roy Breg, its Executive Secretary. Two other members of its staff, Bert H. Davis and Frances Marsden, visited the School and attended some of its sessions.

Two hundred and forty people applied for admission. Seventy-nine were accepted. The School was not sponsored by any organization outside of the University, but received the cooperation of the National Education Association and

YALE UNIVERSITY'S

School On Alcohol Studies

the Federal Council of Churches of Christ in America in nominating those who received Fellowships. The University provided from its own funds the expenses of the School and the Fellowships which were awarded to many of the student body.

These major subjects were treated: physiological aspects; alcohol and traffic; personality, constitution, and alcohol; statistics of the alcohol problem; social measures in the prevention of inebriety; legislative controls of the alcoholic beverage trade; and religion and prevention and treatment of alcoholism.

In addition to Dr. Jellinek, Dr. Howard W. Haggard, Director of the Laboratory of Applied Physiology at Yale, and the Rev. Francis J. McPeck directed the School. Lecturers included Dwight Anderson, LL. B., Director, Public Relations, Medical Society of the State of New York; Andras Angyal, M. D., Ph. D., Director of Research, Worcester State Hospital; Ralph S. Banay, M.D., Lecturer in Criminal Psychopathology, New York University, College of Medicine; Donald S. Berry, Ph. D., Director, Traffic and Transportation Division, National Safety Council; Neil A. Dayton, M. D., Superintendent, Mansfield State Training School and Hospital; John Dollard, Ph.D., Research Associate Professor of Social Anthropology, Yale University; Edward B. Dunford, LL.D., Attorney-at-Law, Washington, D. C.; Halbert L. Dunn, M. D., Chief Statistician, U. S. Bureau of the Census; Haven Emerson, M.D., Columbia University, College of Physicians and Surgeons; Leon A. Greenberg, Ph.D., Assistant Professor, Applied Physiology, Yale University; Rev. Seward Hiltner, Executive Secretary, Commission on Religion and Health of the Federal Council of Churches; Norman Jolliffe, M.D., Associate Professor of Medicine, New York University, College of Medicine; Lawrence W. Kolb, M.D., Assistant Surgeon General, U. S. Public Health Service; Benjamin Malzberg, Ph.D., Statistician, Department of Mental Health, State of New York; Anne Roe, Ph.D., Secretary, Psychological Section, New York Academy of Sciences; En-

Because of the great significance of this School on Alcohol Studies, THE ALLIED YOUTH will feature additional articles concerning it. Watch for them in later issues.

voy J. Stanley Shappard, Director, Men's Prison Bureau, The Salvation Army; and Harry M. Tiebout, M.D., Physician-in-charge, Blythewood Sanitarium.

This School was out after facts. Its purpose was to get the students to receive an understanding of how great and complex the alcohol problem is. It was pointed out that over-simplification is disastrous. People working in this field should be trained; they should have all of the knowledge science has available. This School taught a new respect for the handling of scientific information. Allied Youth will test everything it presents in its publications, its programs, and on the platform by the yardstick of this School.

The emphases in the future will be along the following lines:

1. Alcohol generally impairs the psychological functions as to judgment, skill, and dexterity.
2. Alcohol causes a loss of efficiency when viewed from the standpoint of performance of tasks.
3. It has been disproved that liquor will provide strength.
4. Alcohol does not relieve fatigue.
5. It is not a stimulant.
6. Alcohol affects the higher functions of the brain, impairing them.
7. Small and medium amounts of alcohol have this effect, sometimes right after taking alcoholic beverages, when impairment has been found to be of a surprisingly high degree.
8. There is evidence of sedative effect of small amounts of alcohol and in large amounts it is an anesthetic.
9. The nutritional aspects of drinking must be given serious consideration.

Those who studied at Yale this past summer and participated in the fellowship of this School will feel the effects for a lifetime. They plan to return for a few days next summer near the close of the 1944 Summer Session for a refresher course.

As has been mentioned, this School of Alcohol Studies is now a permanent feature of Yale. There a staff is being built to conduct research. Their find-

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Commander Gene Tunney

NAVY DATA SHOW

by W. Roy Breg

UNCLE SAM is being kept up to date on the drinking situation through data collected by a number of important military and federal agencies. One of these is the U. S. Navy. Another is the Federal Bureau of Investigation. And there are many others

For some time, I have been corresponding with the officer in charge of the Navy's physical fitness program. He is concerned, I find, about the amount of drinking that is being done by young people of high school age and older; and he believes that Allied Youth is approaching the problem of drinking through the channel that is most apt to get substantial, long-term results: *education of high school students.*

"When you are next in the vicinity of this building," wrote Commander Gene Tunney of the United States Naval Reserve, in charge of physical fitness, "drop in for an informal chat."

One day recently I did.

An armed guard checked me in outside the big Navy Building across the river from Washington, and gave me a badge. Then a guide escorted me through long corridors, up stairs and into an elevator, and finally into a large room filled with working men in the uniforms of the Navy. Tunney had a desk in a corner. Behind him, between the open windows, were the file cases whose thousands of records, compiled throughout the country, gave weight to his words.

"These records show that there is a

definite problem connected with the consumption of alcoholic beverages in high schools that needs the attention of all educators," Tunney tells me.

High School athletes in training rarely drink. There is a wholesome respect among them and among non-team members for the no-drinking rules of the coach. "But somehow or other," the Commander says, "the belief is becoming established among young high school athletes that it is quite appropriate to break training by getting intoxicated. This is a mighty destructive idea to go unchallenged."

It indicates that neither high school athletes themselves nor the rank and file of students understand why they should not use alcoholic beverages. It suggests, too, that many parents who drink moderately and have experienced no unfavorable reactions lack the facts about the effects of alcohol *on the adolescent.*

"I am convinced," says Commander Tunney, pointing behind him to the accumulation of Navy records, "that the consumption of alcohol in any form is

many times as destructive to the adolescent as to the adult. The nervous system has not fully developed until long past one's majority, and to ply it with alcohol in its formative stage merely means a curtailment of proper development, which in turn can bring about emotional instability in adult life. Boys and girls of high school age should be made acquainted with this fact, and with the added fact that ending training with an alcoholic spree is only shortening their effectiveness as athletes and as citizens."

Parents, educators and other leaders of youth who encourage young people to wait to decide about drinking until they have reached maturity, then, are taking the long view about future usefulness.

We require young people to wait before making up their minds and taking action about other matters that affect their future. The law requires them to wait for physical maturity before granting them a driving license or a piloting license. There is a national age limit which young people must reach before they can vote in federal, state, county and municipal elections. Regulations govern the age at which young people may marry, may go to work, may be held accountable before the courts for their behavior.

There is no inconsistency in asking them to wait until they have reached maturity of the nervous system to decide about drinking. There is a reasonableness about this attitude that young people can understand.

Many high school students are familiar with the policy of the Japanese in the last Olympic contests in which their swimming stars participated. Boys of 15 and 16 were specially trained to give excellent performance in the gruelling dashes . . . but they collapsed afterward, victims of deliberate over-development, physical derelicts for the remainder of life. Japanese athletic directors were known to be so desirous of winning coveted "firsts" in the international contests that they were willing to sacrifice individual performers in so far as their long-term physical condition was concerned. Contestants from other countries were quick to realize that the Jap performers were in no sense sportsmen.

American young people expect—and receive—a different attitude on the part of those who have their welfare in charge and at heart. They take for granted the no-drinking regulations of the coach during the training period. It is his job to know what is necessary to produce a strong, winning team. And the coach is holding the line for abstinence during the period in

An interview with Commander Gene Tunney, in charge of the physical fitness program for the Navy—and his advice to high school youth.

which the athletes are under his supervision. There is no doubt about this fact.

In a nationwide poll conducted by Allied Youth to find out what young people know and think about the use of beverage alcohol 90 percent of those polled, regardless of their own drinking habits, stated that athletes should not drink during the training period.

The challenging question is this: *Who is responsible for youth during the post-training period, and for those who do not participate in the athletic program of the school?*

If Commander Tunney is right in his belief that drinking before maturity means "curtailment of proper development"—and there is evidence from Dr. Haven Emerson* and other men of science to support his contention—then *educators* have an obligation to youth to be as insistent for abstinence during immaturity as *coaches* are for abstinence during training.

The reports on which Commander Tunney bases his opinion about youthful drinking are the confidential property of Uncle Sam's Navy Department. They are not available for our scanning and appraising. There are other reports, however, collected from comparable sources by accredited officials and representatives which give strong support to the opinion of the Navy officer.

The Uniform Crime Reports of the Federal Bureau of Investigation, in the an-

*ALCOHOL: ITS EFFECTS ON MAN, by Haven Emerson M.D., page 100

nual bulletin for 1942, show these figures:

Percentage of increase from 1941 to 1942 of girls under 21 arrested for drunkenness and driving while intoxicated 36.0
Percentage of increase from 1941 to 1942 of boys under 21 arrested for drunkenness and driving while intoxicated 25.3
Percentage of increase from 1941 to 1942 of girls under 21 arrested for disorderly conduct and vagrancy 102.1
Percentage of increase from 1941 to 1942 of girls under 21 arrested for prostitution and other sex offenses 80.1

"Arrests of girls under 21 for prostitution and commercialized vice," the report goes on to state, "showed a 64.8 percent increase last year; those arrested for other sex offenses increased 104.7 percent; vagrancy arrests increased 124.3 percent; and girls under 21 arrested for drunkenness and disorderly conduct showed increases during 1942 of 39.9 percent and 69.6 percent respectively."

Says Director J. Edgar Hoover in this connection: "The alarming upswing in crime among women and girls points to the need for renewed efforts to keep the home front clean, wholesome, and strong. Boom conditions and 'easy money' in the hands of youthful persons, together with a possible let-down in the influence of the home, are factors that must be offset in designing programs to combat the general upswinging crime curve."

"To what extent," I want to ask all American educators, "is the school obligated toward 'designing programs to combat the general upswinging crime curve,' especially as this applies to drinking by students?"

These same reports show that 10,384 young men and young women between the ages of 15 and 21 were arrested last year for drunkenness alone. An additional 2,140 were arrested for driving while intoxicated, while still another 1,014 were arrested for violation of liquor laws.

With what weapons are we to combat these soaring increases, and the multitude of human problems that they indicate?

The Navy, speaking through the man who has been placed in charge of its physical fitness program, believes that research and education are the long-term measures that will prove effective in reducing drinking among young people.

Youth needs to know the true nature of alcohol as a beverage, as only scientific research and sound education can give it convincingly.

Youth must rely upon today's educational leadership. The burden falls squarely upon the shoulders of those who teach and upon those who are responsible for what is taught.

Let's Learn

about the alcoholic

by

Nathan Adler

Social Worker, San Quentin Prison
Welfare Worker, Hebrew Association

WHAT WOULD you think of a medical program suggesting that people suffering from cancer and tuberculosis be shackled and thrown into barred cells? It is not an extravagant idea. Only 150 years ago we treated the mentally ill that way, chaining and confining them in prisons. Democratic France in 1789 first struck the chains from the insane and began a modern, scientific, hospital program.

We are too humane and enlightened to jail sick people today and we would view with horror the imprisonment of the tubercular or cancerous patient. Still, in most cities and counties of our country, we throw the chronic alcoholic addict into jail.

Quite properly we have been upset in viewing the victim of chronic alcoholism. We have rejected his irresponsibility, his failure to his family, his job, and his country. The alcoholic is a parasite in the community and so we wanted to get rid of him as, formerly, we rid ourselves of the insane. In our zeal to protect the rest of the community from the alcoholic our approach emphasized the isolation and punishment of the chronic drinker instead of his cure.

Who is the alcoholic? What is his illness? Can he be cured?

It is not enough to say that the alcoholic has little character or will power. We have to ask why he is an addict and cannot control his drinking. Modern psychology, after many studies, suggests that the alcoholic is suffering certain psychopathic disabilities which it calls neurotic. *The addiction of the alcoholic is likely to be a compromise to keep him from developing even worse mental diseases.* The alcoholic is a person who, though he may have grown up physically, has never grown up emotionally. He has failed to make the adjustments and establish the relationships expected of an adult. Although he is grown up he is still infantile in his attitudes and in his dependency on the people with whom he forms emotional attachments. He has never developed resourcefulness so that he can find recreation that is satisfying, work that is meaningful, and the kind of relationship with his parents, his brothers and sisters, and his wife that can give him security and happiness.

An emotional and mental cripple, who has never developed the security and tran-

quillity that come from a normal and healthy childhood, the alcoholic uses liquor as a social crutch.

Our mental hospitals are full of people whose illness began with frustration, a feeling of insecurity, and an anxiety they could not control. People suffering from the same difficulties, but to a lesser degree, need not become insane. They are handicapped, however, and require treatment from properly trained physicians. The alcoholic is in a similar predicament, and, furthermore, faces additional complications.

The alcoholic addict as a result of his excessive drinking is frequently slowly starving himself to death. Alcohol, taken in sufficient quantity, has enough calories to keep him from feeling hungry. But alcohol has no proteins, no minerals, no vitamins—all of which are required to maintain, replace and build body tissue and supply the necessary nourishment for his normal physical functions. As a result of the lack of vitamins and of his under nourishment the alcoholic is liable to develop diseases of the skin, like pellagra, nerve diseases of his arms and legs, called neuritis, and certain types of insanity.

Is this the type of man we want to throw into an overcrowded jail cell, frequently with no medical care or supervision? Shall we place this man, already seriously undernourished, on the poor diets our prisons and jails offer?

It is unchristian to reject even the least and the worst of men. While we proceed to prevent the disease by intelligent alcohol education: by bringing up healthy, happy youth with the resources within themselves to find wholesome recreation, satisfying work, and meaningful associations and relationships with other men and women, it is necessary to engage in an energetic treatment program for the existing alcoholic.

As in other fields, the study of the abnormal teaches us about the normal, so in treating the alcoholic we can learn more about preventive work. Furthermore, in curing the addict, we will be removing one source of infection in the community. We will isolate those who are incurable and treat effectively those who can respond to treatment. The thousands of dollars now spent in each city and county with little effect, merely in turning the drunkards in and out of jail on a perpetual merry-go-round, can be spent fruitfully, so that it gets results.

No disease has ever been successfully combated while people have been ashamed of it and whispered about it. It is time to smoke alcoholism out into the light of day. Instead of helping families hide the shame of the alcoholic, we have the responsibility

Continued on page 8

THE POST WORKS AGAIN

these two pages are for your help. Read them. Follow their advice. And let us hear from you.

about the year's programs

WITHIN a short span of your memory, something has happened to our normal way of life in America. Although you high school students of 1943-44 are not very old, you can remember without difficulty the time when there was an abundance of food of all descriptions, when rationing boards did not exist, when probably the funnies and the sports events, instead of the war communiques, were the most interesting sections of the newspaper, when your family could jump in the car and go wherever it chose to drive. And when boys and girls could make definite plans for the future which they were reasonably sure would be carried out.

You will agree that there have been many adjustments in our way of life since these conditions were common.

We look to the future, to the days after the war is over, and we are uncertain. On every side we hear warnings against inflation and the havoc it can cause in post-war America. We know that there will be heavier taxes to shoulder before our war spending can be paid for. We wonder about the jobs that will be open to us after the war is over.

Or we wonder about the days that lie between now and peace. What will our part in the war do to us? Will those in high school today go into active service in the armed forces?—The seniors, very likely. The sophomores and freshmen, perhaps.

The future, then, even the near future, is shrouded in uncertainty for us.

But life has always been uncertain. Here lies its thrill. No one of us knows what exciting adventures lie ahead. But we can look forward to them.

And we can get ready to meet them and win through.

It is because of the need for *each individual* to adjust himself to what lies ahead that we have decided to devote our programs this year to helping the individual Allied Youth Post member make these adjustments.

Achieving a balanced personality is a big job. We believe that learning about alcohol will aid Allied Youth members. Through these pages we hope to add to your knowledge and to your development.

THE POST has been looking forward to this first meeting of the year. The new students in the school and others who come to an Allied Youth meeting for the first time are interested in knowing just what Allied Youth does. It is very important that this first meeting should be well planned and should run smoothly.

First, the president should greet the old and new people in an informal, short talk.

Next, a number of talks should be planned to give a picture of Allied Youth's aims, its ways of carrying them out, and some specific plans for this year. These talks will probably be made by officers or committee chairmen. They should be clearly presented because the interest of the new people will depend on their first impressions regarding Allied Youth's worth. These people want to know if Allied Youth deserves their support and their time. It does. So prove it.

The first talk should be, "Why Do We Study About Alcohol?" The following points are outlined to help the speaker with his presentation:

1. It is a personal problem we meet in life, either right now or in the near future. Examples should be given describing situations which young people meet.

2. So many different opinions are held regarding alcohol that we are interested in obtaining unbiased information from which we may make our decisions.

3. Drinking is regarded as a community and national problem. It has been called the greatest public health problem that is not being systematically attacked. Therefore, we should find out about it.

The next talk should point out: "What Allied Youth Has To Offer". These points are suggested for the speaker:

1. It is an organization set up solely to help young people find out about alcohol. Its plans and program are carried out by high school young people, while there is the backing of a national organization which suggests helps for the individual Posts. Young people are urged to search for facts themselves and to make their own decisions about alcohol.

2. It is a social group which finds its good times without using alcohol. Describe briefly some of the good times the Post has had.

The program chairman is the next speaker. We are suggesting "Achieving a Balanced Personality, Helped By Alcohol Facts (note the editorial commenting on this) as this year's theme. The chairman will probably want to an-

nounce the subject of each month's program. By announcing the entire year's program at this time, we feel that the Post will be able to make better plans for the year:

October: What Alcohol Is

November: Health

December: Mental Fitness

January: Education

February: Work

March: Social Adjustment: traffic

April: Social Adjustment: good times

May: Conclusion and Review

Following the outline of the year's educational programs, the social chairman may indicate some of the plans for the year. Beginning in October THE ALLIED YOUTH will present new and interesting suggestions for successful parties.

In order that the Post may run smoothly through the year, all necessary business should be attended to at this first meeting. Any offices or committees that have not been filled should be taken care of.

It is also important that all the old and new people meet each other. Go around the room, asking each person his name, class, interests, and hobbies. If any of the new people are from out of town, have them tell where they are from. A friendly spirit at the beginning of the year will mean a Post group spirit throughout the year that helps get things done.

End the meeting with a refreshment period.

WE HAVE been wondering how we could give more service to our Allied Youth Posts. And the thought has occurred that we need to develop a POST EXCHANGE (or This Worked Here) column.

Here we intend to give you the answers to some of the problems you encounter in planning your Post activities.

But this column cannot be successful without the help and suggestions of many Posts across the country. You have had experience which will help other Posts. So be sure to see to it that your information is sent to us so that it may be relayed to many other Posts. At the same time those other Posts will be able to help you with some of your knotty problems.

Next month as the football season swings in we are going to give suggestions in answer to this question Allied Youth was asked:

"Even after games there is drinking by members of the squad, as well as other students. What can an Allied Youth Post do to help with this 'After the Game' problem?"

Posts also face these problems:

financing the post program, following up alumni, planning recreational events for the whole school, presenting Allied Youth to new students, and many others.

If your Post has suggestions for these problems or others that you have met, let us hear from you right away.

If your Post is facing problems and needs help, let us have your questions.

The Posts which contribute most to this column through the year will be given special recognition.

This is your column. It is designed to help you with your specific problems and it will succeed with your help. So send us your questions and answers. Address: Post Exchange, Allied Youth, National Education Association Building, Washington, 6, D. C.

Planning an assembly?

IF YOU'VE been wondering about publicity for your Allied Youth Post and have run out of ideas, then maybe this skit for assembly presentation will help you.

In addition to the skit, be sure to use posters, announcements in the school paper, on bulletin boards, and in home rooms in order that everybody will know Allied Youth is back on the job this year.

Master-of-ceremonies:

If you'd have news of the latest fashion,

(Outside of gas, meat, oil, and other ration)

Then come make a little trip, and with us go

To discover, "What the Well-Informed Student Should Know."

Boy enters, wearing a football uniform. Across his chest are green letters telling that he is a FRESHMAN

Freshman (looking bewildered):

I'm new here and wanta play ball.

I hear that the Coach is just down the hall.

I'm scared and need a bit of advice. Tell me how to succeed. Come on and be nice.

M. C.:

You'll find the coach anxious to help you succeed.

Lots of practice and training and pep you will need.

Our Allied Youth Post can help you on your way,

With news about fitness that has the Coach's okay.

Gay, pretty girl enters

Girl:

I'm a transfer in the junior class And everything in school I'd like to pass.

About my grades I have no fear, But I want my fun — without any beer.

M. C.:

You'll be pleased with the Allied Youth Post,

Which many outstanding students does boast.

There's plenty of fun for those who wanta play,

So come join us and start being gay.

A serious, worried looking girl approaches:

Girl:

Senior year is here

And graduation near.

When I think about a job

I feel I'm going to sob.

M. C.:

Come now, don't fret.

Your problem will be met.

There'll be answers to your questions

At many Allied Youth sessions.

Senior boy, also serious, enters:

Boy:

When the army takes me by the hand

And in a camp somewhere I land

I want to be ready to fight

Anywhere, anytime, day or night.

M. C.:

Then you'd better work hard this year

And heed all the good things you hear.

Allied Youth's message about war

Will help you succeed and carry you far.

All:

So freshmen, juniors

Sophs and seniors,

Fall into line,

You'll like Allied Youth fine.

M. C. First meeting of the year:

Day—

Time—

Place—

YOU NEED

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These books and materials may be ordered from Allied Youth, Inc., National Education Association Building, Washington 6, D. C. For your convenience, clip this list, mark the material you wish, and attach check.

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Allied Youth is an organization specializing in the field of alcohol education. It charters and services local Posts, encourages better recreation, stimulates and directs study of the alcohol problem, conducts research, prepares and distributes literature, serves high schools and libraries and otherwise carries on an extensive program.

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TWO FAST MEN

(Continued from page 2)

Dillon Field House in search of Gil Dodds. He was getting his rub-down when I presented a letter of introduction from W. Roy Breg, Allied Youth Executive Secretary. I congratulated Gil on his great race. He introduced me to his coach, Jack Ryder.

In the half hour's visit I had with Gil Dodds, I had an opportunity to get his views on several subjects. He neither smokes nor drinks. He said, "To me it is the easiest thing in the world to be an athlete yet a Christian. If you have high ideals and great ambitions as an athlete you will remember at all times that your body is the temple of the Holy Spirit, therefore treating it as such. All great athletes know that loose living and success do not go hand in hand. The use of intoxicants is injurious to all youth, not athletes alone. The satisfactions are not worth the cost."

The next week, Gil told a reporter that he was determined to run the fastest mile of his career in the Harvard race. While he was running he was thinking about his three preaching engagements the next day in Worcester, Massachusetts. "I preached my first outdoor sermon on Worcester's Common, and also spoke at meetings in two churches," he said. "You have no idea of the thrill I got out of speaking for the first time at an outdoor meeting and reaching the types of souls one would never reach in a church."

I was anxious to get a statement from Hagg about his attitude toward beverage alcohol. Gil Dodds graciously agreed to ask him for me. We went to Hagg's dressing room and found him surrounded by autograph seekers. Gil pushed his way up to Gunder and asked him to go outside to talk to him for a moment. Hagg responded promptly, apparently glad to be relieved of giving autographs for awhile.

In my presence, Gil asked Hagg through an interpreter if he would make a statement for young people regarding beverage alcohol. Gunder replied that it would be a pleasure to do so. He made the following statement: "I do not smoke or drink. I don't believe in alcoholic beverages. They have no place in athletics."

Thus two champion athletes speaking different languages unite in condemning beverage alcohol. Millions of other young people, who while not athletes desire to live at their best and achieve the maximum of efficiency, have likewise found that alcohol-free living brings no regrets and offers the best chance for achievement.

Hagg
and
Dodds
at
rest



(Continued from page 3)

ings will be made available to Allied Youth and to all others who are interested. Leading scientists, expert in some phase of the alcohol problem, will be available through Yale for large conventions and gatherings of people. A new textbook is being planned by Dr. Jellinek and two members of the student body. Important research projects are in prospect. Very soon this School will enter upon sociological studies because the Directors feel that for the present enough has been done in the physiological side of the alcohol problem.

Allied Youth has benefited greatly from this unusual opportunity and will continue to do so.

(Continued from page 5)

of developing clinics and hospital facilities, training social workers, doctors, teachers and ministers, so that the afflicted and their families will know the resources which will bring help and cure.

Tuberculosis affects about three persons in every thousand. Social disease affects about five persons in every thousand. Although we have never developed the accurate kind of statistics that would be part of a treatment program, it is estimated in responsible places that alcoholism affects from seven to nine persons in every thousand of the population.

Alcoholism is our greatest single public health problem that is not receiving systematic consideration. Prevention and treatment are two edges of the same sword. As citizens, in our civic activities, we must awaken the community to using both sides of the weapon with which we fight for a happy and healthy world.

AN EARLY summer report by the National Safety Council named the motor vehicle as still the greatest killer of American men, women and children.

Even with the decline in vacation traffic, the fatality rate has stayed high.

The Council's virtually complete figures for the early months of the year complete a tally of 40,000 traffic deaths since Pearl Harbor. The fatalities chargeable to motor vehicles exceeded in that period the death toll in U. S. forces in the war. While war wounded and missing (not including prisoners) totaled 70,689 in this same period, 1,400,000 had been injured in automobile accidents, and one in every fourteen of these was permanently disabled. The toll of essential war industry personnel has been heavy.

A number of test figures show that the ratio of liquor-caused accidents to the total is steadily rising. With sober, self-controlled drivers exerting more care, and maintaining slower (patriotic) speed, the drink-influenced motorist and pedestrian are proportionately more frequent in the highway casualty lists.

The so-called moderate driver at the wheel—who really believes he is driving carefully, because that's the way alcohol works—is apt to be a necessary war worker "letting down" in a particularly injurious way. His victims may also be men and women vitally needed in winning the war. Never was it more essential than now to reiterate that science, statistics, and common sense alike agree:

"If you're driving, don't drink. If you're drinking, don't drive."