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NOLA Express

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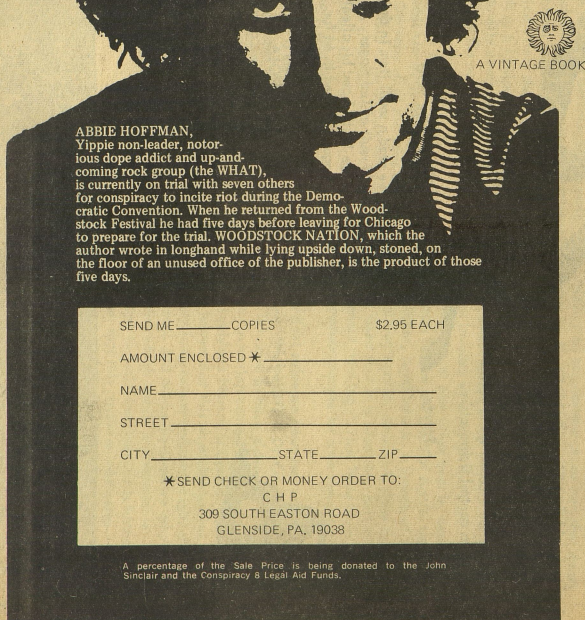
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NOVA EXPRESS

25¢

# WOODSTOCK NATION



A VINTAGE BOOK

ABBIE HOFFMAN, Yippie non-leader, notorious dope addict and up-and-coming rock group (the WHAT), is currently on trial with seven others for conspiracy to incite riot during the Democratic Convention. When he returned from the Woodstock Festival he had five days before leaving for Chicago to prepare for the trial. WOODSTOCK NATION, which the author wrote in longhand while lying upside down, stoned, on the floor of an unused office of the publisher, is the product of those five days.

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# NOLA EXPRESS

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# FREAK & FREEDOM NEWS

## FOUR ARRESTED AFTER SCUFFLE

3 Discarded Marijuana  
Packs Recovered

Two University of Moscow students, a man believed to be a former student, and a woman were arrested after one of the group struggled with police and discarded three small packs of highly refined marijuana Sunday night.

The suspects are: Galanskov, 23, 1514 Daniel, Apt. C, identified by school officials as a graduate student in history.

Ginsberg, 21, 7712 Laskova, a senior in the College of Arts and Sciences.

Sinyavsky, 21, same address as Ginsberg, who identified herself to police as a barmaid.

Dobrovolsky, 23, 7712 Laskova, who, officials believe, is a former University of Moscow student.

Lt. Comstock, of the tactical unit, said Dobrovolsky was booked with illegal possession of the psychedelic weed, simple battery, and resisting arrest.

The other persons were booked only with possession of marijuana.

Patrolmen were cruising in the block of Galanskov's residence shortly before 9:30 p.m. when they saw five persons, including the four who were later arrested, get out of a van-type truck.

Comstock said the officers decided to investigate because the five appeared to be "hippie-type individuals."

The fifth person escaped while police were struggling to control Dobrovolsky.

- Pravda

## PUBLIC BELT RAILROAD RAILROADED

The New Orleans Public Belt Railroad has a new general manager. The previous manager is as the saying goes being "kicked upstairs". He will be a "consultant."

The new manager of the PB is Philip Webb, vice-president of the Illinois Central Railroad. Naturally, a vice-president of a railroad would know a lot about running railroads.

The PB has been losing money the past several years. The railroads (including the Illinois Central) served by the PB are responsible for the money loss. The PB charges the railroads a flat rate of \$20.78 per car for delivering the car from one place to another. The rate applies no matter how long the job takes. The average is 3 days. The PB doesn't own the cars it uses. It rents them from the railroads. The railroads have a scale of rates depending on the value (decided by the railroads) of the car, and the charge is on a per car per day basis. In 1966 the PB tried to raise its rate, the first increase in 10 years. The railroads refused to pay, although they've been raising their rental fee every 2 yrs since 1945.

Now the railroads have one of their men in charge of the PB. Makes the screw more efficient.

## BOOK REVIEW

*Alternatives in Southeast Asia*, by Eugene R. Black (Frederick A Praeger \$5.95)

Mr. Black is eminently qualified to write about Southeast Asia. He was for many years president of the World Bank. He is a director of Chase Manhattan Bank and he is a special advisor to the U.S. government on Southeast Asia Economic and Social Development. He is not an armchair theoretician. He has been in the field. President Johnson sent him to Southeast Asia to study postwar development prospects. Mr. Black's basic solution to the "problem" of Southeast Asia is diplomacy instead of guns. In order not to repeat the "error" of Vietnam, he suggests diplomacy and modest amounts of foreign aid instead of warfare and massive aid.

A specific example of Mr. Black's is his method for combatting independent nationalism in the Philippines. He suggests turning over one or even more US bases there to a Southeast Asia organization.

Frederick Praeger is eminently qualified to publish the book. His speciality is the combination of books and intelligence. Before coming to the US from Germany in 1938 he was an editor. During World War II he was research and editorial

assistant at the Army school at Fort Leavenworth. While there he taught military intelligence. From 46-48 he worked for the US government as civilian head of the publications branch Information Control Division in Hesse, Germany.

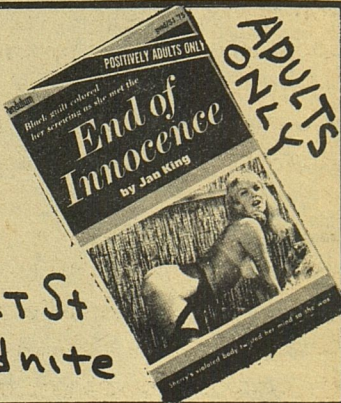
Mr. Praeger is still at mixing professions. He is now on the American Book Publishers Council and the Council of Foreign Relations. He is president of Frederick A. Praeger, Inc., book publishers. Praeger, Inc. is top recipient of funds from the US Information Agency. In 1966 half of USIA's subsidy to book publishers went to Praeger.

## SEAFOOD IS GOOD FOR YOU

The other day we read a small item in the paper about the lawsuit of Ted Kogos against lawyer, Joe Nelkin and his client Louis Rittener. Kogos had sued in 64 for the takeover of his seafood business by the two defendants. He won the case. Joe Nelkin should be familiar to NOLA EXPRESS readers. In 64 Nelkin was also attorney for Hy-Grade Investment, Dave Gertler's loan shark company. (now bankrupt) Nelkin picks winners. Maybe he likes seafood.

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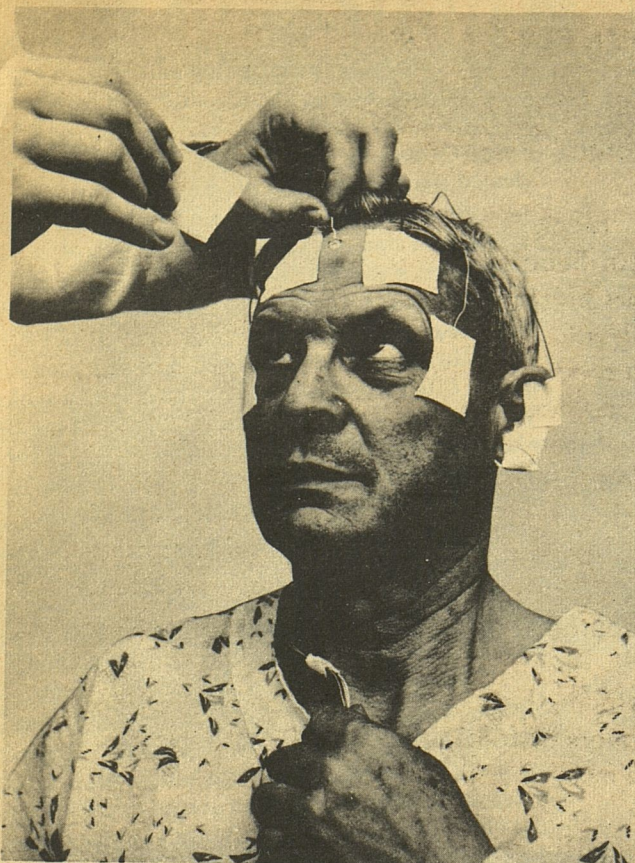
SOMETIMES

I FEEL

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# The Intelligence of Americans



The bigger the brain, the greater the brain power – this seems to be a general rule among comparable members of the animal kingdom. In view of that interesting relationship, it is rather surprising that so little scientific attention has been given to the brain of the American. It is not only the biggest of all homo sapiens but also has the most massive brain. Zoo keepers, circus trainers and executives who use Americans as work animals have long known that the American is an intelligent creature. But just how intelligent is it? We have recently been examining its mental capacity in a systematic way at our Zoological Institute in Munster in Westphalia.

We had started to compare the brain anatomy or learning ability of closely related animals of different size: rats v. mice, a giant Indian squirrel v. a dwarf Indian squirrel, large v. small races of chickens and so on. Broadly speaking we found that the larger animals had developed the complicated parts of the cerebral cortex to a greater degree and also had greater learning ability. These findings suggested the idea of testing the learning ability of the American. It is true that the American is somewhat unusual and not particularly convenient as a "laboratory animal," but we had a 27-year-old female American available to work on in the Munster Zoo and we made some field trips to study working Americans in the asphalt jungles.

When we went to America, we were offered a good opportunity to study the taming and training of working Americans in the southern part of the state of Louisiana. A newly caught youngster is fettered and assigned to a teacher. The trainers calm the youngster and accustom it to domesticity by rubbing his back and

flanks with grass and leaves and singing monotonous, soothing melodies. After two or three years of daily training the American learns to respond to the commands "Go!", "Stop!", "Kneel down!" and "Get up!" given in the American language.

The youngster soon learns a few other expressions, but it takes several years to master all the verbal commands necessary to qualify for work in the city or in road building.

We found that fully trained Americans between 20 and 60 years old knew some 21 to 24 commands.

The numerical disparity of the sexes on this continent was puzzling. The Americans swore that they did not practice infanticide, yet there were more females than males. It is probable that they did away with the younger men but kept the practice from cultural notice. The motive for this is hard to ascertain, but it is reasonable to suppose that the group were merely breeding up to their food resources. In good seasons they had more food than population, the surplus being used to fatten pigs; but for bad seasons, when food was scarce, it was necessary to keep the population down by limiting the number of fertile young men.

If we were to attempt any explanation of the "race suicide" of this people, we would expose ourselves to a situation too difficult to solve, and one in which all efforts at empathy must fail. Nor can we trust their rationalization that they do not want their children to be slaves of the Vietnamese.

As far as we could determine their main method of killing off the younger males was an institution known as the draft or selective service. Here the elders sent the 18½-year-olds to a foreign land where they were naturally unwanted and they would be killed off by the natives.

Why the young males submit so readily is hard to understand. It reminds one of the Jews in Germany when the Jews did what they were told to do and got into boxcars. Perhaps the simplest explanation is a peculiar American institution known as "compulsory education." This phrase may sound strange to our ears and indeed it is. As obvious as it may be to us that "compulsory" and "education" are contradictory the Americans seem to be unaware of this.

Last but not least we must mention a most extraordinary class of Americans known as physicians. The American "physician" goes back to PHYSIS, from IE \*BHEU-, to

emerge from darkness into the light, to grow, to be powerful. A physician is one who corrects the process of growth or emergence, making sure that it remains healthy and orderly. Thus Plato calls Socrates a physician, for he has insight into the PHYSIS of a thing (a POLIS, for instance) and can thus preserve its healthy growth and self-fulfillment. Originally physicians apparently swore an Oath to Apollo Physician. It is believed that Apollo meant "The Exciter or Generator," which relates to Apollo as sun-god or light-energy. American "physicians" apparently no longer take the Oath of Apollo as was evident when we studied an American death-induction center located in a building called the Customs House. There we saw the young males lined up to be inspected and processed and dressed to die and most surprisingly these American "physicians" were aiding and abetting this process, not attempting to correct it as one might be lead to expect.

There was one recorded example of a physician who was an exception to this rule, a Dr Levy, who refused to teach his art to The Special Death Forces, on the grounds that they had not taken the physician's oath and would use treatment with a view to injury and wrong-doing, both violations of the Oath of Apollo. This was latter documented in the case of Col. Rault who murdered with morphine. Dr Levy was locked up and kept in solitude in an American institution known as a prison. We have no evidence that any "physicians" in the State of Louisiana made any attempts to free their fellow.

We further discovered that this physician's guild has the highest incidence of morphine-addiction and metamorphose into that dread species the sleepwalkers. All the more remarkable in that in America this guild bears ultimate responsibility for life.

Evidence indicates that this guild has either been invaded by an alien force bent upon destruction or else taken over by death-doctors (which the Oath of Apollo bars). However, psychiatrists, a branch of the physician's guild, absolutely deny this and assert that it is what they call "paranoid thinking." They have been known to imprison people for such thoughts.

Empirical evidence however tends to support this belief. A Dr Kenneth Ritter who is known to have aided and abetted the death-induction centers was appointed to the Louisiana Narcotics Control Commission. It is known that this physician smokes the deadly lung-cancer-inducer, cigaret tobacco, and drinks the sedative ethyl alcohol which results in irreversable damage to brain and liver. It is further known that this physician advocates severe penalties for the use of cannabis sativa or such mind-openers as LSD-25, mescaline and psilocybin.

Proof positive for a believer in the scientific method.

We await further developments in this culture with bated breath.

– Robert Head, Ph.D.  
Head Researcher, North American Dept of the Zoological Institute, Munster, Westphalia.





# Will The Real Silent Majority Please Stand UP?

## Editors Note:

The following article first appeared in Atlanta's Great Speckled Bird. We reprint it because the same ads have also been in our local papers and we too were curious to know who this silent majority really was. In the case of ads in the New Orleans Times-Picayune and States-Item, the post office box was in Dallas, Texas. New Orleans doesn't rate like Atlanta.

The Silent Majority, more elusive than the Loch Ness Monster and the Abominable Snowman combined, finally broke its silence last week with two full-page ads in the *Constitution*.

The first, in Friday's paper, was headed "*United We Stand: The Majority Speaks—Vietnam*." It called for unity behind President Nixon's quest for "a just and lasting peace." The North Vietnamese are trying to divide us, it said, and internal division will "lengthen the war, increase American losses, result in a weak peace that could lead to later, larger wars, and encourage future harassment by other nations."

Sunday's paper carried the second ad, entitled "*United We Stand: The Majority Speaks—Release the Prisoners*." It featured a photo of a WASPish mother and two clean-cut kids kneeling in bedside prayer. The caption read "Bring our Daddy home safe, sound and soon." It went on to ask why the North Vietnamese and the Viet Cong don't allow the families of prisoners to

know the status of their men, allow correspondence between families, allow open inspection of POW facilities to insure proper medical treatment and living conditions, allow communication between the prisoners, and release the prisoners now.

Both ads were signed by United We Stand, I. PO Box 100,000, Atlanta, Ga. 30302. The local number obviously was designed to leave the impression that the ads had been placed by a local group. Inquiries to the *Constitution* advertising department, however, revealed that they were placed by the United We Stand Committee of Dallas, thru a New York ad agency. Further checking with the ad agency revealed that both ads were being run simultaneously in 120 papers thruout the US. The *Constitution's* rate for a full-page ad is \$3,250.80. If rates in other metropolitan dailies are comparable, that took a lot of bread.

The agency said the ad was placed by one Jay Holman, who "works with" H. Ross Perot, whom they identified as a "businessman who listened to the president's speech and decided to do something." Actually, Perot is more than a businessman who grooves on Tricky Dick's oratory. A recent issue of *Business Week* reported that his data processing firm, Electronic Data Systems Inc. of Dallas, has had a growth rate of "100%-plus for several years to bring revenues to \$16.4 million" and has "left both Wall Street and the computer industry gasping." The caption under Perot's picture was "Soaring shares of EDS made founder H. Ross Perot a billionaire."

The silent majority, it seemed, was a minority of one. One billionaire.

Or maybe two. Mayor Ivan Allen chimed in Sunday and proclaimed this a "Week of National Unity." The proclamation was part of a national campaign by the Week of National Unity committee, headed by Bob Hope. In

language resembling that of billionaire Perot, the mayor's proclamation urged Americans to "demonstrate the unity of the country" while the President is "sincerely and earnestly seeking peace" in Vietnam. The mayor's office denied any connection with the Perot ads.

In short, it's the same old story of self-appointed spokesmen claiming to speak for the majority: a Texas billionaire, a chauvinist comedian, and supposedly liberal mayor of the Atlanta Business Establishment. Looks like a real grass-roots movement.

The majority doesn't need such spokesmen—it has spoken often enough for itself. The majority spoke clearly in the presidential elections of both 1964 and 1968, when they elected candidates whom *they thought* were going to end the war. They spoke again in New York City last week when they re-elected Mayor John Lindsay, who had lost the Republican nomination but ran anyway on a strong antiwar platform. Recent Gallup polls have made it even clearer that most Americans now favor a speedy end to the war. The majority will be speaking its mind again this weekend in the streets of Washington.

"Unity" historically has been the catchword of fascism. The unity which Nixon, Perot, Hope, and Allen would like to impose from the top down is the reactionary unity of the McCarthy years which would give American imperialism a free hand abroad and stifle dissent and block progressive social change at home. America doesn't need such unity. If we are deeply divided—and we are—we have been divided by the imperialist policies of our generals, politicians, and capitalists, who have imposed on us a war which we have no reason to fight—not by North Vietnamese and "Viet Cong," fighting on their own soil against foreign invaders. The only way to end that division is to bring ALL the GIs home NOW.

--bob goodman

## CLOSEUP

And now folks, the interviewer said, just phone in your questions. The number is 522-3791. 522-3791.

Me & Doug Ramsey (the interviewer) had just had a pleasant twenty minute conversation about underground papers in general and NOLA EXPRESS in particular, and now I was getting to talk to the PEOPLE. There were five lines in to the show and they were all constantly busy.

The young lady, the first man said, obviously runs a Communist newspaper. Now I haven't seen the paper and furthermore I don't intend to. The interviewer said, would you say you had a closed mind, sir? No, indeed, he responded, I can recognize a Communist when I hear one.

The second caller, a woman, spat out, the previous gentleman referred to her as a lady. I wouldn't call her that. She's a panderer and WDSU has stooped to a new low.

Another woman shot out her questions in rapid fire. Where are you from? What's your background? Who sent you here? You're not from New Orleans.

For a few seconds I tried to tell her the feeble truth. But then I thought what's the use. I mean what good would it have done to tell her my parents are fine upstanding citizens in their community. My father fought in World War II, and my mother worked in a defense plant. I still like them both and we get along well. I used to belong to the Blessed Virgin Sodality and would have joined the Girl Scouts if there'd been a chapter in my hometown.

To the woman I said, I was sent here by the

International Communist Conspiracy, headquartered in Peking, China.

That's what I thought, she said, and hung up.

And now, folks, I think it's time to reveal the truth. You're right, all you people who never read the paper but cleverly, clairvoyantly can tell it's a Communist plot. But the real truth is it's not a Communist plot, it just seems that way and the fact is that it's a disguised Communist plot which is a front for the CIA, headquartered in McLean Virginia. You're right, lady, I was sent here and I'm not from New Orleans, and if you're a real patriot you'll buy NOLA EXPRESS, not just one copy but hundreds, give them to your neighbors, as a gesture of support for your government.

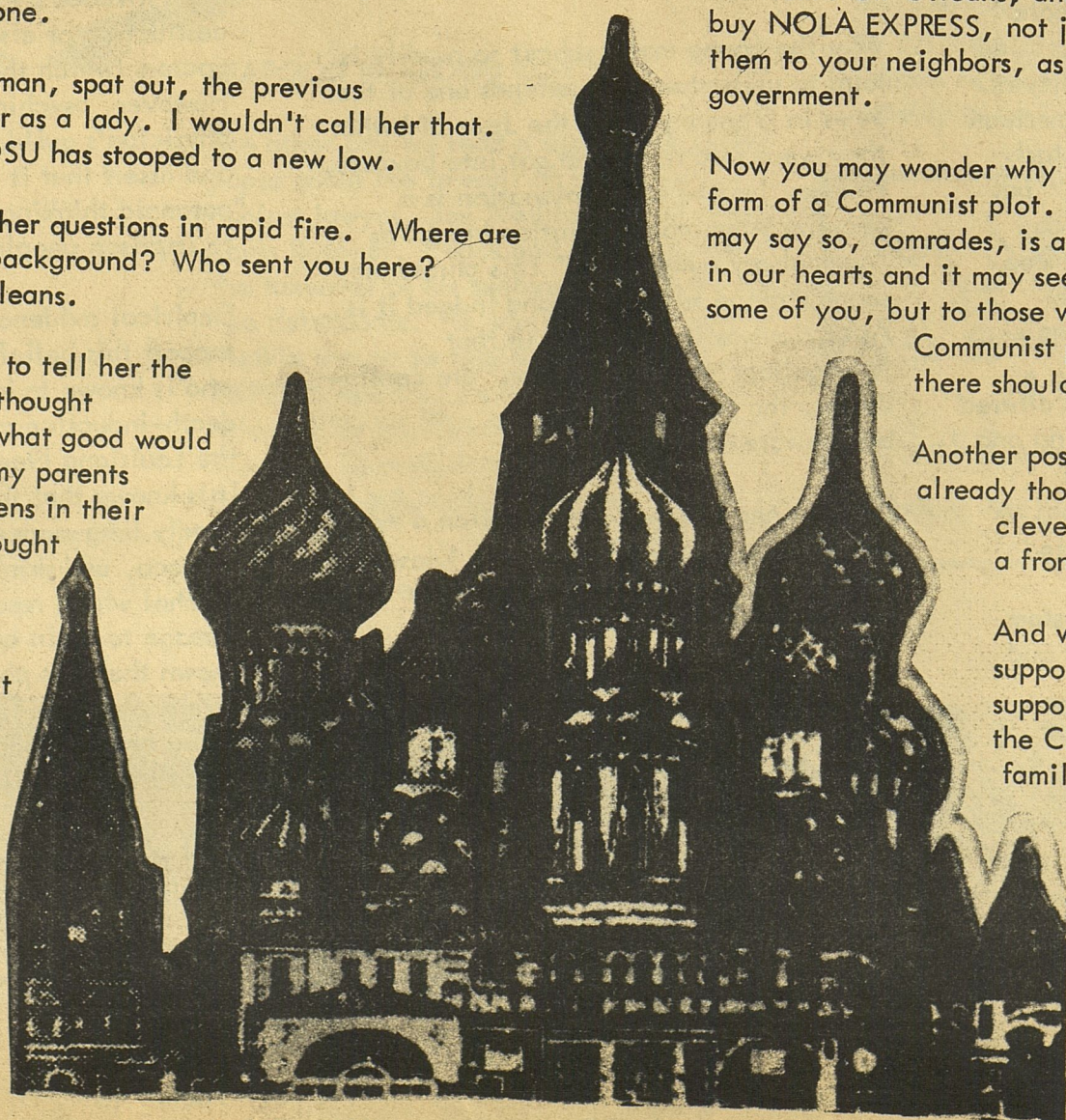
Now you may wonder why the CIA disguises itself in the form of a Communist plot. That my dear friends and if I may say so, comrades, is a secret we agents keep locked in our hearts and it may seem a rather thorny problem to some of you, but to those who figured the paper was a Communist plot without ever reading it, there should be no problem.

Another possibility that I'm sure has been already thought of by the cleverest of the cleverest is that the CIA is really a front for the Communists.

And when you support the CIA you support the Communists and when you support the Communists you support the CIA and we're all one big happy family.

Ain't life grand.

- D Fife







Los Angeles Free Press Photo by Gilbert B. Weingourt

# The Silent Majority

11-14-69

## Tech Students Urged To 'Free This State'

MONTGOMERY — West Virginia Tech students here were told Thursday that an industrial plant at Alloy emits metallic substances detrimental to human lungs.

Dr. I. E. Buff, speaking during the school's "Impact Week" program, told the students, "We have just started to chip the Establishment as far as occupational health goes."

Buff, chairman of Physicians' Committee for Miner's Health and Safety, told the students that West Virginia has never been a free state. He said the state is controlled by outside interests of owners who have never lived in West Virginia.

He also told the students that the state has the highest unemployment rate in the country and that young, energetic public health doctors must be willing to screen the entire population to find the extent of the disease. The doctor said compensation

laws awarding benefits to all workers who become ill because of their occupations should be formulated. "We need these awards to be made simple and not require going to a court of law," he added.

"As young people, it is up to you to free this state from its bondage. The self-satisfied middle class will never do it. The old people are too tired," Buff said.

The cardiologist also said Thursday that he had received an invitation from a United Mine Workers chapter in Chalmitte, La. to come and investigate on black lung there.

"The black lung there is caused from charcoal used in a process to extract aluminum ore," Buff explained. He said he will be in Charlotte, N. C., Saturday to map out a plan of attack against byssinosis, white lung, for textile workers.

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## NOLA EXPRESS

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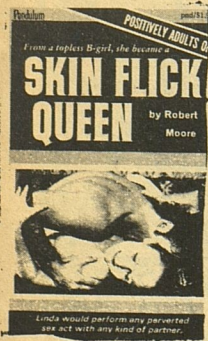
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### MOTHERS ATTACK NEWSTAND ITEMS

St. Leo the Great Mothers Club instigated a vigorous attack on what it feels are pornographic materials displayed in newsstands during its November meeting.

Another meeting open to the general public will be held Friday at 8 p.m. in St. Leo the Great School Cafeteria. Ptn. Richard Huth of the New Orleans Police Department will be guest speaker.

- Patrick Kelly

# BOYCOTT

Boycott meat from IOWA BEEF PACKERS. The workers at the company's Dakota City, Nebraska plant are on strike. Members of the Almagated Meat Cutters in Louisiana will be leafleting stores that handle beef from any of Iowa Beef's plants.



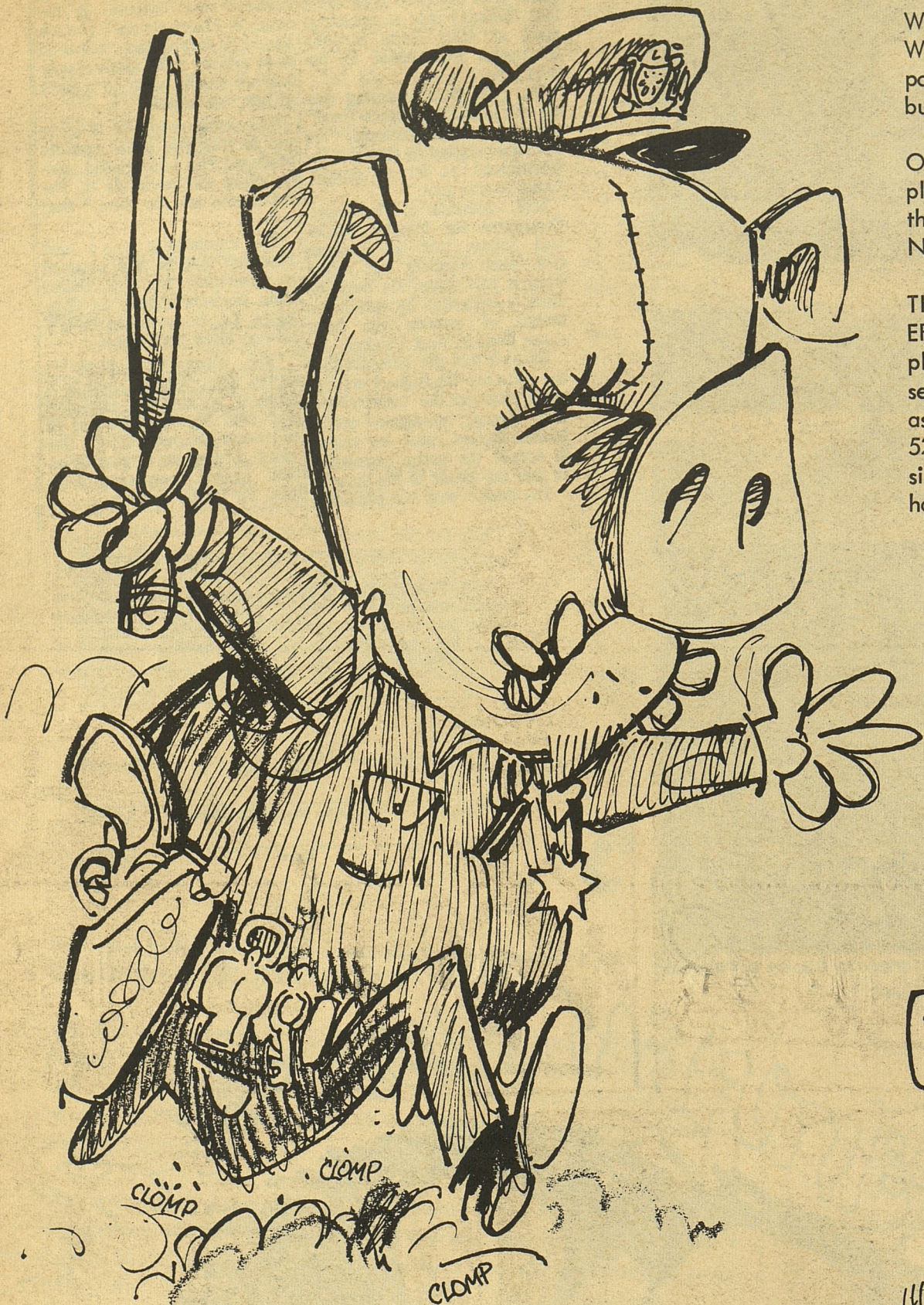
# THE FRUMINOUS VENDORSNATCH

DEAR STREET VENDORS,

We & LOGOS went to court last Wednesday, Nov. 12. We are trying for a permanent injunction against the police for the harassment of vendors. We were prepared but the other side was not.

One of the assistant city attorneys, Seither, pleaded diarrhea or some other dread disease, and the judge postponed the case for two weeks till Nov 26.

THE TEMPORARY RESTRAINING ORDER IS STILL IN EFFECT. If you are hassled by the cops (either plainclothes and uniformed) in any way while you're selling papers, you should immediately or as soon as possible call Jim Keenan or Ronald Rakosky at 523-1297. Be sure to get the cops' name & number since the lawyers can do nothing if they don't have the cops identity.



NOLA EXPRESS?



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## WEARIN' OF THE GRIN



DL 75149

In the market for a snap course? Here's one in "Comparative Gaelic Humor", taught by Jimmy Joyce, V.F.M. (Very Funny Man). The only prerequisite is the ability to laugh . . . the only text is

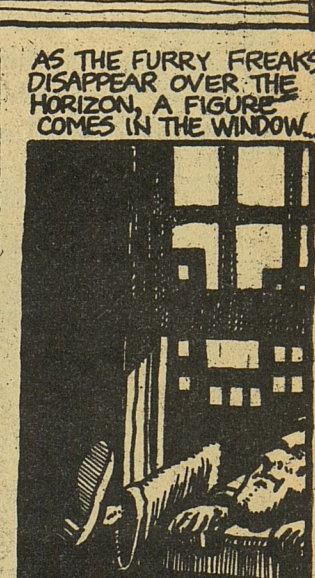
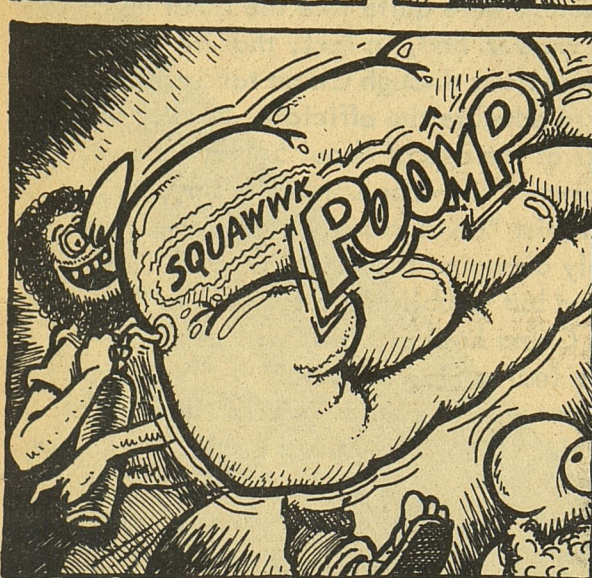
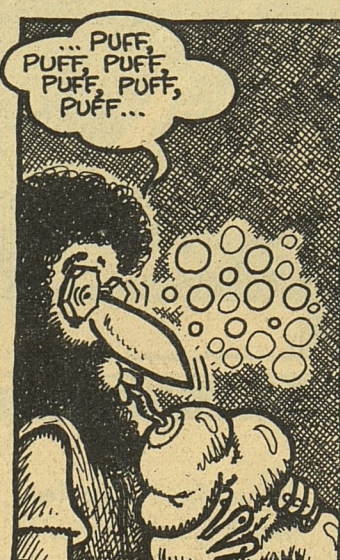
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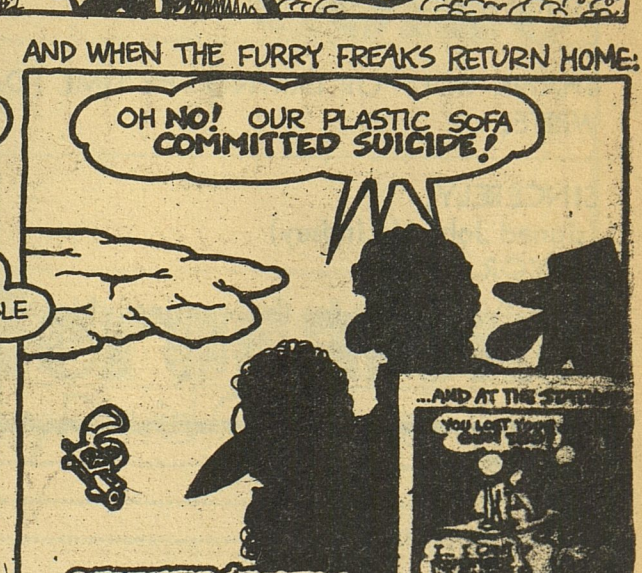
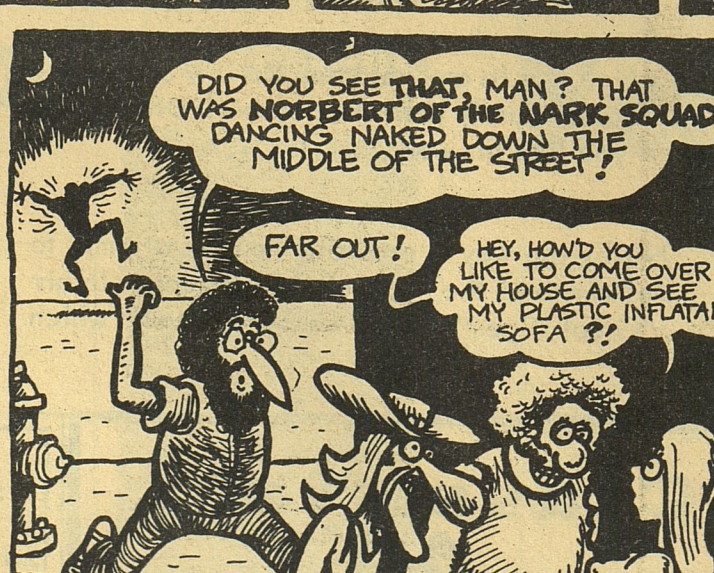
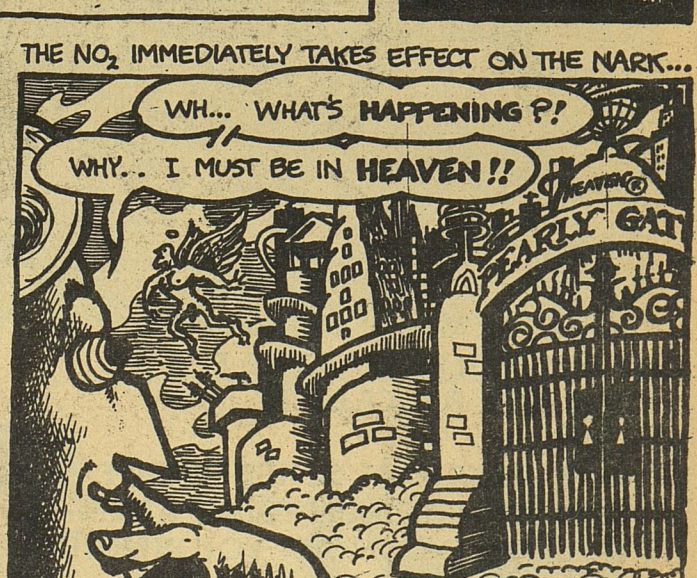




# THOSE FABULOUS, FURRY, LEGENDARY & LOVEABLE FREAK BROTHERS



IT'S NOTORIOUS NORBERT THE NARK, OUT SEARCHING FOR THE 'KILLER WEED!'









## SUICIDE ON ALL SAINTS DAY

(for Yvonne Head)

She had given candy to a ghost  
at her door  
some hours before.  
In an instant she saw the host  
her body played to her other self.  
She knew this in the only way possible:  
by driving the halves of her brain  
into the razor-edged pain  
of unfolding sanity.  
It was with this knowledge that she fed  
the demons at her door before she fled  
the idea of living. She erected a new crucifix,  
fixed upon a rafter in the greenhouse,  
amidst plants.  
She swung once easily from her flowered gallows,  
right past the geraniums  
and into the center of a blinding fury.  
On her neck a leash to contain  
the inward animal from some insane  
sojourn into blackness.  
While her eyes breathed fire,  
her mind rose unchained, higher  
than any saint had dared to roam;  
until she stood dead-center on the throne  
and looked into the full majesty  
of some great living power.  
Swaying upon her own mythic breeze,  
she dangled herself with ease,  
like a leaf falling  
amidst dying plants.

Robert Nelson Moore, Jr.

# DEATH FOR UNDERGROUND EDITOR

PYONGYANG (LNS)---Kim Chil Lok, editor of a South Korean underground newspaper, was sentenced to death Sept. 23, along with three other members of an anti-imperialist political group.

Kim Chil Lok's magazine, "Blood of Youth," circulated clandestinely in South Korea. The publication and the rebels' political organization, the South Korean Revolutionary Unity Party, demands the withdrawal of U.S. troops from Korea and the unification of the nation. Kim Chil Lok's uncle, Kim Zong, was executed by hanging in a South Korean military prison last July 10, according to Prensa Latina, the Cuban agency.

The death penalty was meted out by the Supreme Court of the military regime which controls South Korea. Testimony was provided by agents of the CIA, who testified that Kim Chil Lok "wanted to overthrow the government of South Korea."

South Koreans who oppose the dictatorship in their country and who want to kick out the U.S. occupation troops have been specially active recently. Thousands of university students have taken to the streets to protest the plans of dictator Chung Hee Park, who wants to stay in office although the constitution says he can't.

'In Russia,  
children are  
taught to  
inform on  
their parents.'



—AP WIREPHOTO.  
**LEONARD T. FRISTOE,**  
77, who escaped from the Nevada State Prison in 1923, is back in prison following a family argument. His escape 46 years ago was revealed in Compton, Calif., after his arrest on a charge of disturbing the peace. His past was disclosed to police by Fristoe's son.

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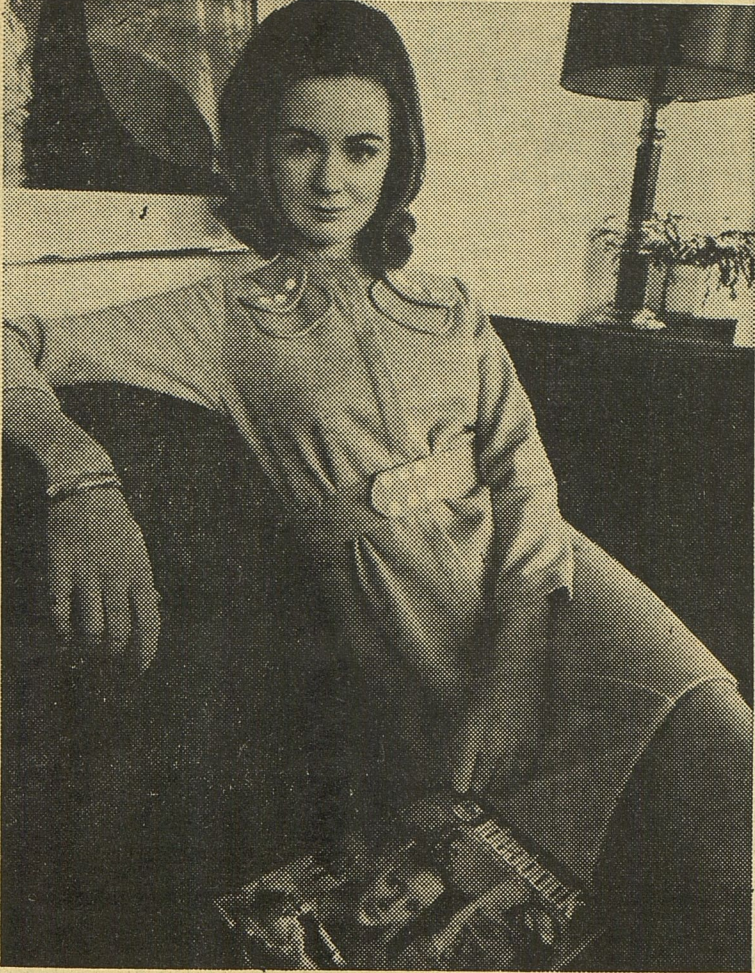
The Medicine Man

QUESTION: Concerning the article by George Metefsky /NOWSREAL, NOLA Express #40/, it was very interesting. I would like to check out his comments on adrenalin. I'd like him to be more specific. I'd like to know what studies have been done on this & what these experiments were. He does mention a study of a "Canadian psychologist, Abram Hoffer:" approx what % of the U.S. population (let's say urban industrial population) is in this condition? and how long do you have to be under severe tension in order to produce the hallucinogens? and what background does Hoffer have for conducting proper scientific experiments? What Metefsky is saying is that the tensions of our society cause an abnormal physiological condition which makes people act in a way that reinforces the very destructive conditions which cause their illness in the first place. When it comes to this, I am a sceptic; not that I don't want to believe, but I want to have all the facts.

ANSWER: Mr Metefsky's article does, indeed, pose very many interesting questions. His suggestion that the capitalistic society produces an abnormally high amount of adrenalin in the body is not documented. He indicates that the body, because of the tensions brought about by this society, produces more adrenalin than it can metabolize. He first talks about this in terms of the present society producing more adrenalin than the previous societies. This is purely conjecture. It is most unlikely that there is any evidence to support this conjecture. He further states that other types of society would not lead to the overproduction of adrenalin and this again is not documented. The suggestion that the body can continuously be producing more adrenalin than can be metabolized is also not documented. He mentions the work of Dr Abram Hoffer and describes him as a psychologist. Dr Hoffer is not a psychologist but has a doctor's degree in chemistry from the University of Minnesota, and an MD from the University of Toronto. He is trained as a psychiatrist and has done research for many years as the Director of the Psychiatric Research Department of Public Health in Saskatchewan. He has been Associate Professor of Research at the university. He belongs to a number of reputable professional societies, and has somewhere between 50 and 100 publications to his credit. Dr Hoffer's studies on the production of psychotic symptoms by adrenochrome and adenalutin, while very tempting, have not been substantiated by many laboratories that have tried to reproduce his work. There are certainly indications that adrenochrome and adenalutin may be produced as breakdown products of adrenalin; however, the major physiologic pathways for breakdown of adrenalin do not seem to be via adrenochrome and adenalutin. The hallucinogenic properties ascribed to adrenochrome and adenalutin are also in some question. These compounds, particularly adrenochrome, are very unstable and difficult to work with.

In short, it would seem that, although Mr Metefsky's notions that the imperialistic capitalistic complex is somehow trying to maintain a population of partially schizophrenic people as a result of inducing enough pressure on them to get them to overproduce adrenalin, and thereby produce hallucinogens, is rather unsubstantiated and far-fetched.

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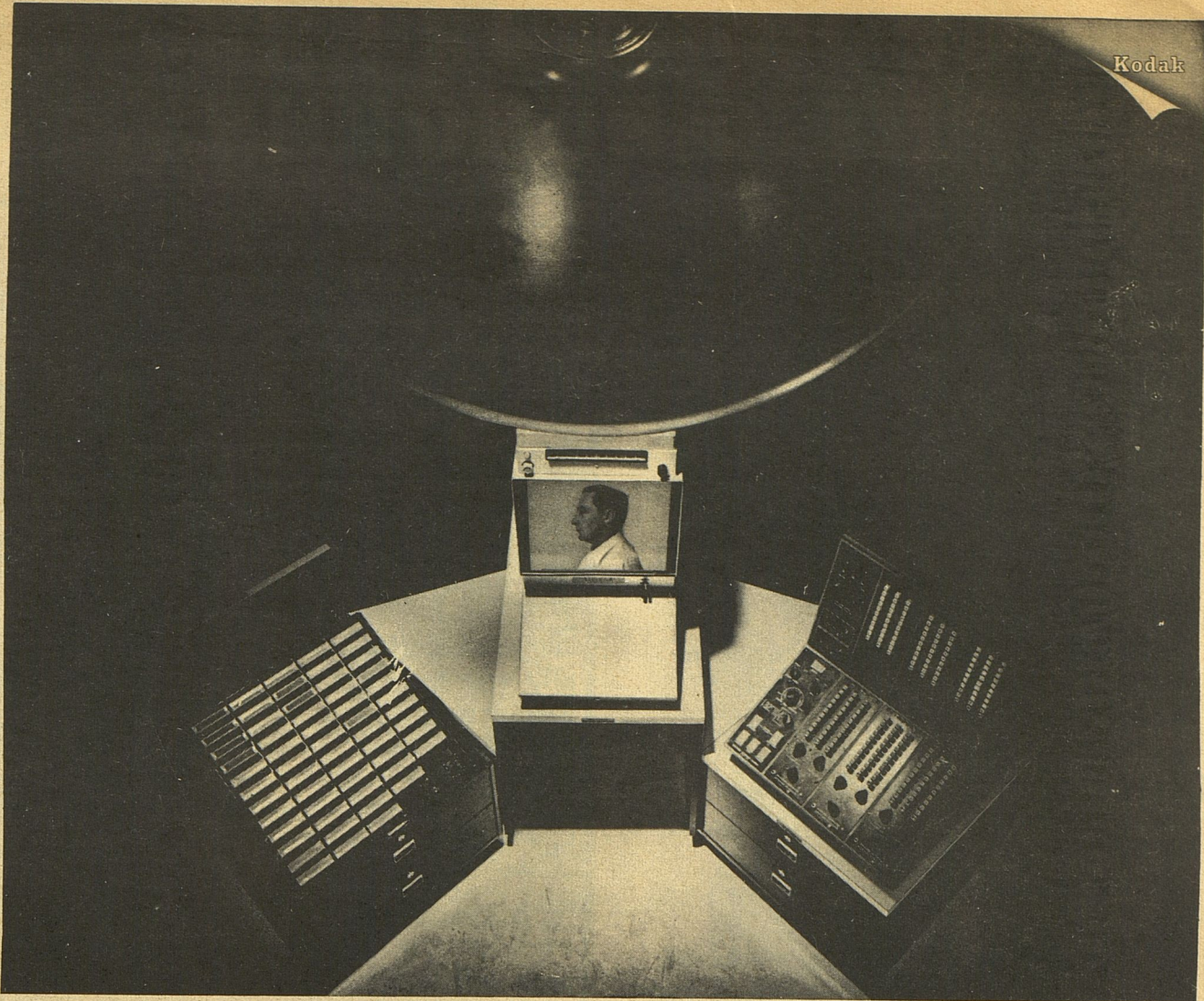
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QUESTION: I am a potential alcoholic. Normally I drink from 8 in the evening to 2 in the morning, when I fall asleep. Realizing this isn't doing my brain, liver, nerves, any good, I now limit my drinking to Friday and Saturday nights. On other nights, I take one or one and one-half tranquilizers (Valium). This keeps things more or less cool, and somewhat dulls the awareness of the police state we live in (anxiety). However, Valium doesn't do much for me, making me slightly dull. Can you suggest a legal alternative that would enable me to be more creative and euphoric? I prefer hashish, but the nature of the state we live in makes this somewhat impractical. I don't want to escape from reality: I want reality to escape from me.

ANSWER: Your observation that drinking heavily from 8 in the evening to 2 in the morning each night is damaging to your system is certainly valid. Valium does produce some decrease in anxiety and tension, and functions in this way rather like alcohol. The use of 1 to 1-1/2 Valium tablets is generally not dangerous; this is not an excessive dosage. There are a number of drugs that have effects rather similar to Valium that might be used in place of it; however, none of them offers any great advantage. Valium does make one feel slightly dull, as you suggest; however, alcohol in large quantity also does this. One somewhat deceptive effect of Valium is to diminish one's inhibitions to the point at which this can be dangerous. For example, when driving a car, one might feel it really is not all that dangerous to try to beat another car across the intersection, and one might thereby misjudge and have an accident. There are a number of rather unusual side effects of Valium, but apparently you have not experienced any of these. In general, it is quite a safe drug, when taken in reasonable quantities.

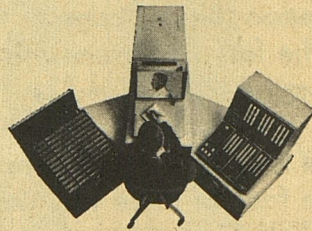


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# THROUGH A STETHOSCOPE DARKLY

by J.W. Thompson

Last week we examined some of the health problems of indigent areas, using the Irish Channel as an example. This column will be an attempt to outline some things which must occur if any real change is to take place. These are the bare essentials. The details are infinite and will vary greatly with the specific area. So let's start with the essentials.

The tasks in improving the health of any such area are three. First, to force society to take serious note of the problems. Second, to restructure ways in which programs are carried out. And third, to educate and involve the people of the community in helping to meet their health needs.

As none of us need to be told, our society has a remarkable degree of blindness when it comes to social problems. It's as though it were plagued by chronic ulcers which are quite annoying, but not annoying enough to do anything about. The answer is to make the lesions so distressful that the powers-that-be can no longer ignore them in comfort or provide stop-gap solutions. This can take the form of pressuring law-making bodies in person (Baton Rouge or the City Council), the form of letters with hard core facts concerning a situation, or the news media etc. But by whatever mechanism, the needs of the people must constantly be thrust in the face of those who are in a position to help meet these needs.

The second step (once money is available to meet the problems) is to restructure the way the programs are carried out. The

Irish Channel is a very good example of water everywhere, but none to drink. There are numerous agencies and programs in the channel for community service. But they are so busy spending money and time assuring the continuity of the agency, or fighting the politics within and without, that the people and their problems are soon forgotten. One reason is the type of person who usually runs such agencies. Public assistance programs have traditionally been the playgrounds for self-serving bureaucrats. They can exist because they deal with a group of people who have no voice in their society, leave alone the agency. There have been no checks and balances.

In the place of providing homes for wayward administrators, therefore, two types of people are needed. First, the professional who is intelligent, an activist and restless. A person who won't fall victim to the paternalism of the Great White Father syndrome. (And this means new incentives for professionals to go into public programs.) The second type of person is the community resident. These people must be involved in the planning and execution of the programs. This will assure that the programs are relevant to the real needs of real people, not to the problems conceived of in planning offices in the suburbs. The community must be the prime movers, with emotional commitment and involvement in the programs. Professionals should be only advisors to the community and provide such things as training in para-medical fields (clerk, aide, practical nurse, home health nurse etc) so

they can effectively run the facilities in their community. If this does not take place, the situation will continue to be one of "poor blacks eating the man's bread" The dignity of the community is paramount to the success of any program.

Lastly, the people themselves must be made aware that there is an alternative to living in constant illness. For many, living sick is a way of life. This is not to say that appendicitis hurts anyless in the Channel than in the garden district across the street. But only that no other mode of existence is seen as possible. New programs and facilities must take into account the education of the community on health matters. And this includes the broad view of health, including nutrition (bad eyesight isn't very important when you're hungry), sanitation (without which, curing infection is a bottomless pit,) housing (lead paint on dilapidated walls kills children,) economic (bread and medicine cost money), environment (polluted air and water have infections and lung disease as sequels) etc. As an example of the application of the above, it is here appropriate to mention a community clinic in Mississippi which gives out prescriptions for food as well as for penicillin.

Reversing the bleak picture of health in a community cannot be made easy. But by filling specifics into the above generalities a start may be made. And it must be made.

**h** EALTH

**e** MERGYENCY

**a** I D

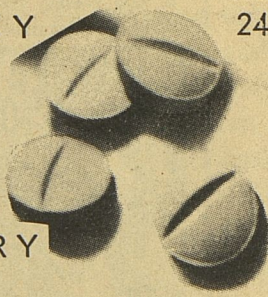
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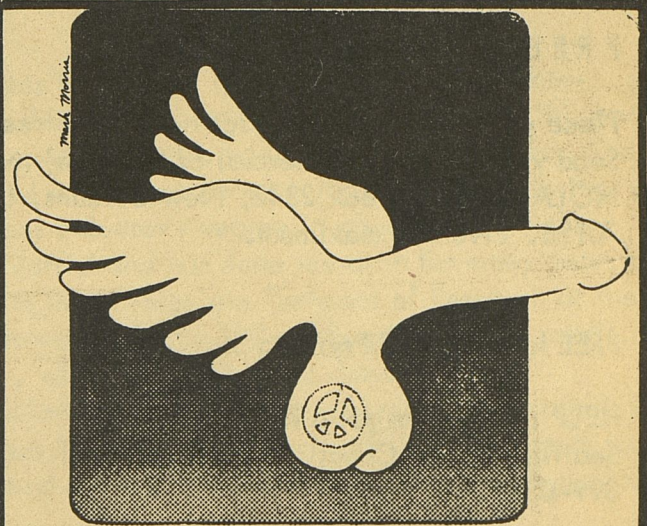
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Editor  
Nola Express  
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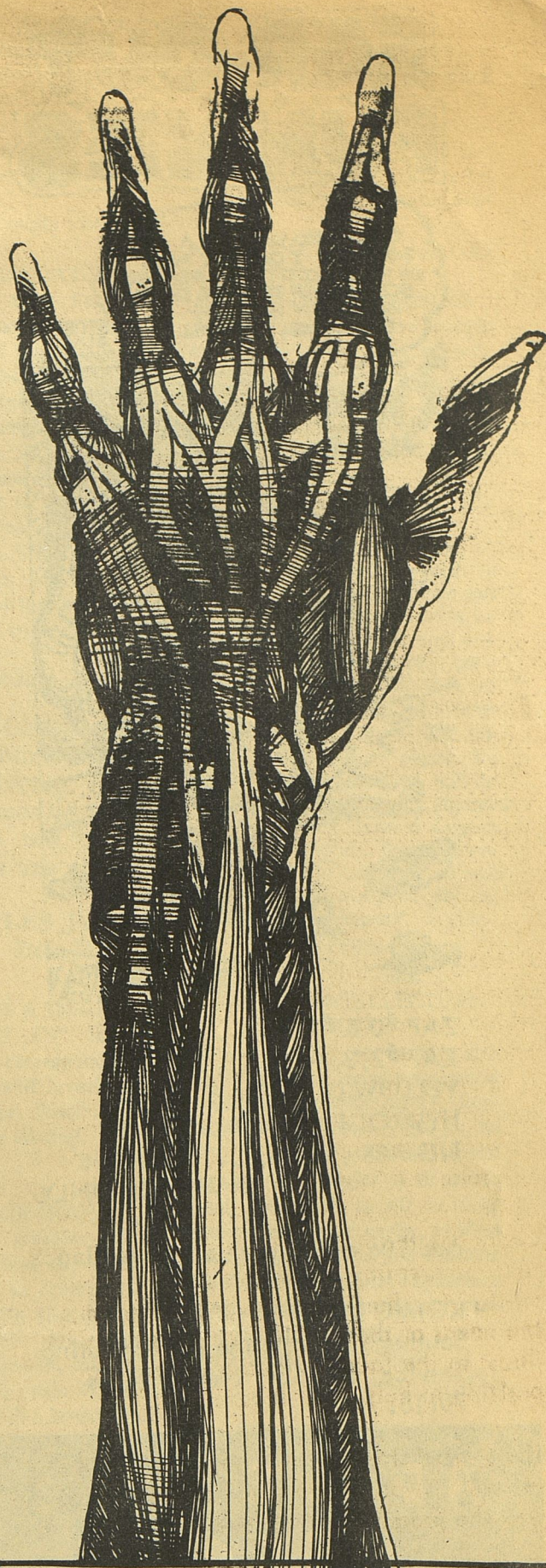
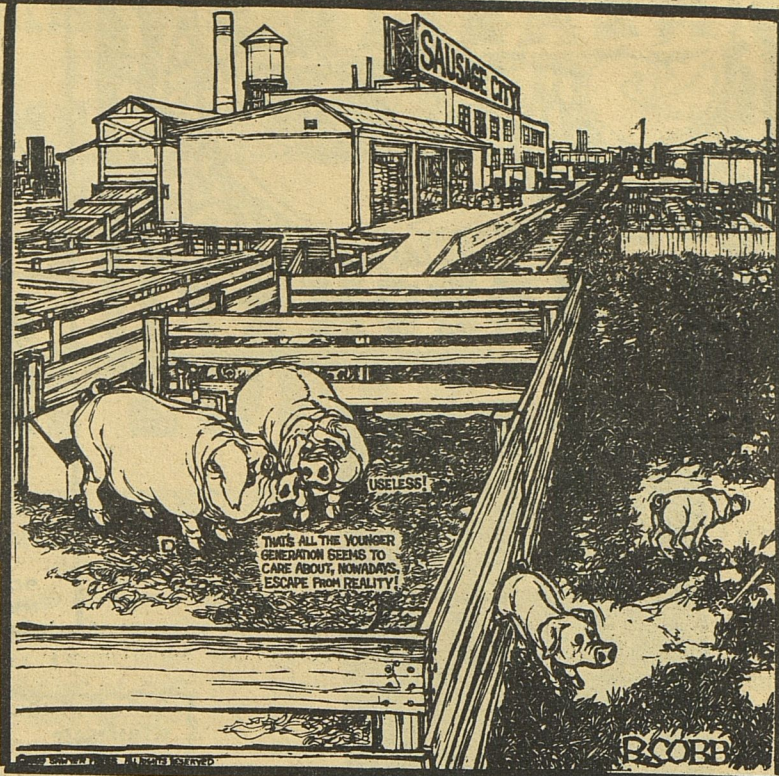
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Jack Haber  
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*from the desk of...*

LEWIS EPSTEIN

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Peter Coler

ps The ruling class would like nothing better than to see our growing revolutionary energies drained or wiped out and has been trying unsuccessfully for some time to stop the cannabiz comraderie.

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Male would like to please or be pleased by beautiful females or couples. Anything goes. Let's have a ball.

FLA Male Box 51318D

## TO PLACE AN AD IN THIS SECTION YOU MUST BE OVER 21

O. R. G. Y. advertisements are figured at the rate of 20c per word. Add 4 words for headline (up to 3 words) and code number. Minimum insertion is 25 words or \$5. Mail payment for 3 consecutive weeks and we will print your ad the 4th week FREE. Mail ad and payment to

NOLA'S O. R. G. Y.  
BOX 2342  
NEW ORLEANS, LA 70116

All correspondence handled promptly with respect to your privacy. We cannot guarantee how many, if any, replies any advertiser will receive. We also reserve the right to edit and/or reject any and all copy.

## MEET US

Attractive, educated, well-groomed couple with good taste desire to meet like couples & young ladies. Desire under 40, no males. Picture of both, address and phone necessary for reply.

LOUISIANA Couple Box 2957

## WILL GO

New Orleans: Modern young couple, 23 & 25, seek other interesting couples for intimate weekends and evenings. Both well endowed. We travel the country. Send photo and phone for quick answer.

LOUISIANA Couple Box 2471

## BIZARRE INTERESTS

Young divorcee desires correspondence with singles and couples interested in the exotic and bizarre. Photo a must with first letter.

FLA. Female Box 3086

## BLONDE CALIFORNIA GAL

32, attractive, and well built. Free to do some traveling. Interested in hearing from and possibly meeting girls or couples. No unattached men please. Enjoy photography, parties, fun, and games. All who reply with photo will be answered.

CALIF. Female Box 3356T

## ARTISTIC NUDE PAINTER

Female artist will do nude paintings for a reasonable fee. Is a very good artist. Will also pose for professional photographers. Will pose to suit.

OHIO Female Box 3358T

## WANT TO TRAVEL?

If you are young, attractive, love to travel, come to Conn. I have a free place for you to stay in exchange for exotic fun and excitement. Am 25 and goodlooking.

CQNN' Male Box 3371U

## TO ANSWER AN AD IN THIS SECTION YOU MUST BE OVER 21

Write your letter and seal it in an envelope. Your letter will not be opened, but will be mailed directly to the advertiser without delay. Make certain that your letter notes the correct code number as printed in the ad on each sealed envelope you wish forwarded.

WE WILL FORWARD  
1 LETTER FOR \$1  
6 LETTERS FOR \$5  
15 LETTERS FOR \$10

Enclose a loose 6¢ stamp for each letter you wish forwarded and send stamps, cash or money order together with letters to:

NOLA'S O. R. G. Y.  
BOX 2342  
NEW ORLEANS, LA 70116

## INDOOR SPORTS

Active single male, USN-RET 40, 6', 210 lbs. Interested in photo exchange and indoor sports. Very broadminded. Desires correspondence with broadminded women for exchange of photo and experiences. Would like to meet those near La., Miss. and Texas. Letters with photos answered at once.

LOUISIANA Male Box 4221

## I WANT YOU

Blonde, 5'5", 117 lbs., 36-23-36, wish to meet gay girls and select couples in La., Miss., Ala. and Fla. areas. Photo assures answer.

LOUISIANA Female Box 2289

## WEEKEND FUN

Attractive girl would like to meet select singles and couples for weekend fun. Husband can participate. Will answer all who include photo.

FLA. Couple Box 4934

## 3 IS NOT A CROWD

Southern Businessman 39, would like to meet club, single females, or couples to whom 3 is not a crowd. Living or vacationing in Fla. Have much to offer.

FLA. Male Box 2776

## PROFESSIONAL MAN

Very discreet gentleman, 49, well endowed. Author & retired professional man, now in manufacturing business. Former Calif. swinger wants couples or beautiful girl to meet with & swing. Interested sailing, photography, fun. Answer all with photo.

FLA. Male Box 2691

## USE THIS CONVENIENT BLANK

Ad replies forwarded promptly and sealed. This section is most discreet. Your identity is always kept confidential.

(1) Number	(2) of Words	(3)	(4)	(5)
(6)	(7)	(8)	(9)	(10)
(11)	(12)	(13)	(14)	(15)
(16)	(17)	(18)	(19)	(20)
(21)		(22)	(24)	(25) \$3.00 - 4x \$15.00
(26) \$5.20 - 4x \$15.60	(27) \$8.40 - 4x \$16.20			
(28) \$5.60 - 4x \$16.80	(29) \$5.00 - 4x \$17.40			
(30) \$6.00 - 4x \$18.00	(31) \$6.20 - 4x \$18.60			
(32) \$6.40 - 4x \$19.20	(33) \$6.60 - 4x \$19.80			

## NOLA'S O. R. G. Y.

BOX 2342

NEW ORLEANS, LA 70116

Gentlemen:

Enclosed please find \$.....for which run the above classified ad for.....times, as soon as possible.

NAME.....

ADDRESS.....

CITY.....STATE.....ZIP.....

MINIMUM \$5.00 PLEASE PRINT CLEARLY

## WANT TO JOIN

New Orleans Area: Culture, versatile, imaginative swingers, seeks fun loving females and couples. For membership in our swinging circle select single considered. Phone, address, and photo for reply.

LOUISIANA Couple Box 2685

## DAYTIME DATES

New Orleans Area: Personable and well educated, refined gentleman desires discreet daytime dates with females and couples. Am white, uninhibited, enjoy French art, usual and unusual pleasures. Am 5'11", 175 lbs., 51, but virile and responsive. No violence. Want to meet any age over 21, and white who enjoy adult pleasures. Must have apartment available. Discretion assured. Have attractive partner who will meet couples with me. Picture please.

LOUISIANA Male Box 4126

## FULL OF COMPULSION

Attractive blond digs em dark and daring. If you like all scenes and want them with me, write, good things are planned for you.

LOS ANGELES Female  
Box 51220A

## DISCREET & SINGLE

Single man, 32, 5'9", 145 lbs., would like to correspond & exchange photos with broadminded ladies anywhere. Possible meetings. Discretion assured.

FLA. Male Box 2697

## AMATEUR MODEL

Broadminded amateur model with exciting and exotic tastes would delight in corresponding with a gal with like interests. Would also like to exchange photos with models, married or single. Have a male friend to get together with a broadminded couple for parties.

FLA. Female Box 2625

## WILL ANSWER ALL

Tampa: Male, 45, 150 lbs., wishes to meet females and couples who do not think 3's a crowd. Hobbies: French arts, polaroid, and the unusual. Photo assures one in return. Will answer all.

FLA. Male Box 2625

## LET'S GET TOGETHER

Couple would like to meet other broadminded couples or singles.

FLA. Couple Box 3796

## AGGRESSIVE AND SUBMISSIVE

Young single male, 5'8", black hair, brown eyes, 150 lbs., 35-28-36, aggressive as well as submissive, uninhibited. Would like to hear from girls & couples for possible meetings. Please send photo.

LOUISIANA Male Box 3186

## EXCITING EXPERIENCES

Adventurous, attractive couple in early 30's, interested in meeting other young, attractive couples & single girls for exciting experiences. She is 5'6", 36-25-36; he is 5'10", 160 lbs. Please send photo, phone.

LOUISIANA Couple Box 3022

## TWO SWINGING SISTERS

two sisters, 24 and 27, with to correspond and meet single gals and couples for the following interests: French, Greek and Animal cultures, photography, parties, and erotic fun. The older of the two is aggressive, the younger passive, both are bi and sincere. Our aim is to please. No single men. Send photo, will do same, also self addressed stamped envelope. Have trained English Setter. No money, just pleasure and enjoyment, so come on swinging gals and couples, dig us, double your pleasure, double your fun. Females Box 3360T

## REFINED INTELLECTUAL COUPLE

Would you like to spend a few days of your coming continental vacation in Switzerland? Uninhibited and tolerant, she 28, he 37, both very attractive, invite couples and singles of all creeds and colors up to 40 to their unique mountain castle, an ideal site for intellectual and intimate exchange. For postal regulations only, include unsuspicious photos in your first reply.

SWITZERLAND Couple  
Box D51243A

## PROPER DISCIPLINE NEEDED

Gentlemen of youthful persuasion available as convincing schoolboy to strict schoolmasters, schoolmistress and others versed in remorseless correction. Absolutely no pros. All adolescent correction appropriate.

COLO. Male Box No. 5193D

## SWING WITH US

Married couple in early 40's seek other couples for swinging times. Photo and phone for prompt reply.

FLA. Couple Box 2633





## WHAT SORT OF MAN READS PLAYBOY?

He's on his way.

Want to go along?

He's young, active, affluent. A hard man to get through to. To sell him you've got to first reach him. With a medium that really involves him. Only one medium does it. PLAYBOY.

PLAYBOY. The magazine that every month involves 16 million readers. Every month they spend 2½ hours of their time

reading PLAYBOY. Because it's the only magazine that's completely theirs.

Involvement with today's male market. That's what you get with PLAYBOY. You won't get it anywhere else.



**PLAYBOY**  
Takes you along.