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How Fast Can You Read?

A noted publisher in Chicago reports there is a simple technique of rapid reading which should enable you to double your reading speed and yet retain much more. Most people do not realize how much they could increase their pleasure, success and income by reading faster and more accurately.

According to this publisher, anyone regardless of his present reading skill, can use this simple technique to improve his reading ability to a remarkable degree. Whether reading stories, books, technical matter, it becomes possible to read sentences at a glance and entire pages in seconds with this method.

To acquaint the readers of this publication with the easy-to-follow rules for developing rapid reading skill, the company has printed full details of its interesting self-training method in a new booklet, "How to Read Faster and Retain More" mailed free to anyone who requests it. No obligation. Send your name, address, and zip code to: Reading, 835 Diversey Parkway, Dept. 540-019, Chicago, Ill. 60614. A postcard will do. (Adv)

FROM FINLAND

Alcoholism Therapy

Many physicians have recognized alcoholism as a disease but admitted that they could not treat it medically.

In Finland, where the problem has grown to great proportions, treatment today is largely in the hands of social workers using a modified casework technique.

These workers emphasize the social nature of the disease, but they talk like psychiatrists.

Miss Helmi Maki, social work supervisor of the A-Clinic Foundation, Helsinki, reported at World Health Organization headquarters in Geneva on the 10-year development of seven such clinics and their therapeutic procedures, during a discussion of mental health services.

A-clinics and adult guidance centers stand "on the borderline of the health field," she explains. A multidisciplinary team of workers serves the patients or clients, and the medical profession plays "an important part."

The social workers obviously carry the ball. Their aim is to assist the individual to function better socially, functioning on the "obstacles" between him and his environment.

What is alcoholism? There is no final, well-accepted definition in Finland but they feel it represents "conflict between the individual and his environment" and is a sign of the individual's "dissatisfaction." (British social workers and sociologists have also developed a scale and theories on "satisfaction.")

"Emphasis is not placed so much on the client being ill as on the fact that illness is involved," says Miss Maki.

The estimated number of unhappy alcoholics in Finland is 1,430 per 100,000—compared to an estimated 1,000 per 40,000 population for the U.S.—Finland registers problem drinkers, and last year 8,054 cases were handled by compulsory care, 996 by general hospitals, 579 by mental hospitals and 1,859 in the A-Clinics. AA clubs had almost 2,000 members.

The A-Clinic Foundation was established 10 years ago after several years of preparation and experimentation. Treatment is given both directly through outpatient services and indirectly through cooperating community agencies.

The Foundation was started by public and private agencies, alcohol study groups, medical societies and churches. These and the towns where the clinics are set up are represented on the Board. Half the expenses come from the State and the other from local authorities.

The annual budget is more than \$1 million.

Helsinki's Jyvaskyla clinic is the biggest with more than 500 patients, who pay \$1 to \$5 a month, all inclusive, for the "therapeutic value of paying."

The Finns are using group therapy more and more and find it very useful for alcoholics; they organize separate groups for men, wives, couples and unmarried women.

Another new procedure is to use clients in a "consultative" capacity. Each clinic has its "patient committee" that offers suggestions to the clinic and to the community. *David Alan Ehrlich*

FROM MEXICO

Physics Expanding

Mexico is preparing for expansion of its nuclear program, with major aims being to further increase the republic's growing need for electrical power and for desalination projects.

Other goals, with experiments now being carried out, include adaptation of nuclear energy for chemical transformation, food preservation by irradiation and the like.

"We are in a favored position here in Mexico," says Dr. Fernando Alba, director of the Physics Institute at the National University of Mexico. "But the transition to peaceful applications of the atom will take time, and it will be some decades in the future before a Mexican city can be run by atomic power.

"Still, we do not intend to be left behind in applications of nuclear energy for industry, for water projects to convert desert areas into producing agricultural lands, and in industrial applications."

Mexico's nuclear energy commission has been carrying on studies in construction of dual-purpose nuclear plants to desalinate seawater and produce electrical energy.

A joint accord between Mexico and the United States, signed in October 1965, is behind a project to study nuclear seawater desalination in a vast area embracing California, Arizona, Sonora and Baja California. The project envisions use of largest possible nuclear reactors and huge desalination plants, with both governments working jointly in development when plans move forward to activated stages.

Mexico can only become a full-fledged nuclear nation by leaning on the United States, and the most important key factor today is the development of trained physicists capable of furthering Mexican nuclear programs.

"There are about 200 physicists in