

NORTHERN NEIGHBORS

JUNE
1978
NO. 241
50c

Peace — Labor — Freedom — Equality — Brotherhood — Happiness for all Peoples!



How many statesmen in our world can trace their service to the people from World War Two to this day? At left, 36 years ago Leonid Brezhnev, a Brigade Commissar, tells his troops how the fronts are holding. Above, touring the nation he leads now, Brezhnev tells Irkutsk factory workers how Socialism is growing.

**How Our Economy Is
Killing The Sick**

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**The Rights They Give
Their Prisoners**

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Make Sure Summer Doesn't Spoil Your Good Looks

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Just Published**

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**Horse With Pedigree
2400 Years Long**

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Most unusual volume for our Book Club now — Page 27

NORTHERN NEIGHBORS

The Magazine of Socialism in Action

GRAVENHURST — ONTARIO — CANADA

Canada's authoritative, independent magazine, reporting the U.S.S.R. This is our 28th year publishing reliable, exclusive news of Soviet developments. "NN" has the International Standard Serials Number CN ISSN 0029-3199, and is available in micro-form from Microfilms International.

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PARDON US ADVERTISING OURSELVES . . .

We can't resist it. Because we **must** tell you about a remarkable piece of medical news from USSR which we'll run *next issue*.

Like the story we carried in *May NN* (*Sight Restored Without Glasses*) this coming report also concerns millions with eye trouble.

A young Soviet scientist has developed a simple treatment, *using nothing but glasses*, which enables people with a very prevalent sight defect to get rid of their usual glasses — **all glasses** — for good.

An extra pay-off of the same basic discovery is a simple cure for "cross eyes".

Had to tell you about this so you might alert friends who'd be interested, and *maybe they'll tell their magazine dealers* to start stocking NN.

After all, **more people are going for this paper every month.**

SPACE FANS! SEE USSR'S SPACE PROGRAM!

Right here in Canada. Where's it at? At **Toronto's famous Science Center**. It's drawing big crowds because it's probably the biggest and best "space show" ever set up for the public.

Yes, it's the same Science Center that now draws crowds from all over the continent. The USSR Space Exhibition opened in the spring and will continue **all summer into September**.

So, if you're planning any trip, anywhere near Toronto, it will be very much worth your while to take in this unique show.

SUPPOSE YOU JUST CAN'T RAISE \$1500 . . .

Although they are bargains, some of our NN USSR Tours (three weeks across the world and back, all expenses paid) cost more than a lot of people can afford.

So we remind you that you could go on one of our Tours for **free**.

What you do is talk to others. Tell them what our Tours are all about. Give them our information bulletins. Maybe get them to get together with others and then still others . . . and you've got a **group**.

No selling, no collecting money. Just recommending.

If you can line up a whole group, we'll **give you a Tour, for you**.

And if you *fall short of a group*, we'll **pay you** for those you did get to go with us.

Write Jane McCormick Kelly for the facts.

Quote-of-the-Month: "What are the ways to prevent another world war and keep the peace? The only possible ways are those of promoting relaxation of international tensions. What is required is to put an end to the arms race, and get on to reducing and eventually removing the danger of thermo-nuclear disaster. It is in this direction that the world situation must develop. As to the Soviet Union, this country, together with the other nations of the socialist community, will press ahead for a steady advance towards military detente, for real disarmament." (Ivan Bagramyan, Marshall of USSR).

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Our "Four People Plan" . . .
it really works for you!



Are you the kind of person who gets pleasure out of helping others? If so, here is a splendid way to bring happiness and enlightenment to someone else, and a rich satisfaction to yourself.

Try NN's long-proved, highly successful "Four People Plan." You send us Names and Addresses of four people you think might like this magazine and might benefit from it. Plus one dollar only. We'll send all four people NN. Not just once, but three times. If they like it, they'll subscribe.

This plan gave better results in the past year than ever before!

How our economy is killing millions



- All over Canada and USA we're having **big cuts** in spending on **hospitals, medical care.**
- Reason given: **tax-payers** can't stand rising costs, and there's **too much "waste"** anyway.
- You see claims that *regular health examinations*, for example, are *just a waste of money.*
- This hides from us the **truth** about our **desperate need for universal examinations every year.**



Death-rate of women, from breast cancer, would drop sharply, if **all women over 40** received regular X-ray tests, Dr. Wende Logan told a Canadian specialists convention, in May 1978.

New testing devices make such exams perfectly safe. They detect 9 out of 10 cancers in **early stages**, when curative treatment works. Such exams would drastically reduce the **leading cause of death** in women 40 to 45.

According to *Modern Medicine* (Nov. 15, '76) women found to have cancer, in "mass screening" tests, have a much higher rate of cure. And the **total cost** is . . . *only \$25 per person!*

Latest facts NN has (*Mod. Med.* Mar. 1, '77) show that X-rays plus other new tests are **highly effective**. In one study, 14,000 women were given total of 16,359 tests, and **106 women were found to have cancer**, though none suspected it . . . with **many lives saved** by prompt treatment.

Yet in our press we are still being told that such testing is "harmful" and . . . *too expensive.*

This debate is, indeed, **deadly**. The death-rate from cancer continues at a shockingly high rate, while such mass-testing as described above is available only to a *small fraction* of the women who could be saved.

All through the medical journals you read of similar conclusions; with **men**, too, with **other diseases**. For example, *high blood-pressure*.

When this disease is discovered **early, in mass tests**, before the patient suspects it, today the available treatments can **practically eliminate brain strokes**, one of the most frequent causes of death in men.

But men continue to die needlessly, because such testing is not done.

Why not? We're told *there's no money*, it's too costly.

Others justify this by claiming that well-to-do patients, regularly tested (usually at company expense) are no more immune to fatal sickness than those who never get examined.

The facts? Every doctor can tell you of lives saved **only** as a result of tests made on men and women who never suspected that they had illnesses that

would have killed them had they not been promptly treated.

What's more: **regular tests** enable doctors to **compare** symptoms, over the years, and thus screen out those who **do not** have dangerous ills . . . many can thus be **saved** from fear of deadly lung cancer, for example.

If cost were no consideration, the medical profession would immediately demand *health testing for everyone.*

Not all people, at all ages, need all medical tests, every year. Indeed, testing is most effective when it is done on people with certain kinds of medical "histories"; working in "high risk" occupations; and done more often as people get older.

Noted USA specialist Dr. Angelo Creticos, insists that with today's highly efficient tests "periodic physical examination is the **ultimate in clinical preventive medicine.**"

And he describes *total testing, covering every organ and function that can be rated*, which now costs no more than **\$75 per person** when done on a mass scale.

That's less than the cost of keeping a patient 6 hours in hospital!

And yet, if you talk to people-in-general, even those who live in big cities, you'll discover that **not one in ten** gets any regular examination . . . **not 1-in-100 a total exam.**

The life-saving effectiveness of mass testing has never been fully proved here: *it has been tested in practice only in USSR.*

- Over 1,800,000 Soviet people had **cancer** revealed only in **tests made on everyone**; 450,000 were "found" over 10 years ago and are **living**.

- Last year, 109,000,000 Soviet youth and adults were "screened"; another 56,000,000 children had full medical examinations.

- Soviet doctors in '77 handled 2,300,000,000 (!) visits; and they work on the principle of looking for *any illness, any time.*

- They use yearly X-ray tests, heart tests for men over 40, cancer tests for women over 30 . . . **everybody.**

- In every 100,000 people, *who say they are perfectly well*, Soviet doctors during mass tests discover 40 who

need immediate **cancer therapy.**

- At all times they have some 37 million people *regularly examined* because of suspected problems.

USSR is **expanding** this mass test system, training **more doctors** so each can give patients **more time.**

Already, the **cancer** death-rate in USSR is 20 to 25 percent lower than in any other advanced nation; and their death-rate from **heart-attacks** is one-half what it was 25 years ago.

Socialism is not yet "rich". But USSR *counts no cost* when applying science to saving human life.

You find abundant evidence to prove that our system, Capitalism, is "counting the cost" in the worst way possible.

Ralph Nader, darling of the middle-class taxpayer, was first to announce that USA alone could *eliminate 350,000 hospital beds* . . . unnecessary, said his "Health Research Group".

Now it turns out that along with those 350,000 beds for the sick, **USA will lose over 1,000,000 jobs.**

- Health Care has become the West's **biggest industry**; one-in-ten of all workers get paid by it!

- Unlike other industries, out of \$100 spent on people's health, between \$70 and \$75 go **directly to wages.**

- And the very groups that are **hardest hit by unemployment** — women, minority groups, older people — they're the ones who fill most of the jobs in Health.

- By firing a million of them, the Nader-ites would enormously increase the cost of "welfare" for jobless people, thus *defeating* the taxpayers hope of "cutting the cost".

Of course, the cost-cutters do not consider *lives lost* as any drawback to their Health economizing. But surely they can now see that "unnecessary" billions, *spent on saving life*, are fully justified *if only because such spending saves jobs and makes employment more effectively than any other program.*

Socialism, the system that **has no rich**, spends lavishly on health . . . and **has no unemployment.**

Time for us to take a look at *life?*

Maybe Germans are smarter than Canadians

They prefer to serve their own country rather than the USA

Our press, TV and radio **imposed a total blackout** on the world-historic agreement made between USSR and West Germany, during Brezhnev's visit to Bonn in May.

Was this because of *shame* for the anti-Canadian policies being followed now by our Canadian government?

Just **the economic deals alone**, between Socialism in USSR and Capitalism in Germany, **broke all records**.

The two nations signed an *agreement of economic cooperation for the next 25 years*, covering more than 100 detailed commercial deals!

The positive effect on West Germany's economy will be very great. Clearly, **several million jobs** will result from this new agreement with the Soviet Union.

To make these enormous deals possible, West Germany has agreed to special financial arrangements, including *long-term credits* ... attractive because of the *perfect repayment record* of the USSR.

Thus, the whole economic outlook for Germany has taken a bright turn — in depressing contrast to our Canadian situation, the result of **beating a track to Washington to beg for scraps of hand-outs**.

Big payoff for dealing with Socialism

You may recall that USSR signed its first trade deal with West Germany in 1970. Since then, the two nations have held *six "summit" meetings*. Now this has resulted not simply in a "bigger" deal, but in *an entirely new level of relationships as a whole*.

Even before the latest summit, Soviet-German trade had boomed by 550 percent since 1970. Yet the coming growth of exchanges will dwarf the past — all big industries are involved, such as machine-building, steel and other metals, chemicals, electrical engineering, electronics, consumer goods and raw materials.

Credits of **many billions of dollars** are involved, and **both systems** will reap big benefits: orders for German companies, in a time when world Capitalism is declining, and faster expansion for the Soviet economy, in this period when Socialism is hard put to find enough workers to carry out its ever-growing prosperity plans.

Vital to the whole agreement was **the marked improvement in Soviet-German mutual understanding and trust**.

Again, this is in painful contrast to Canada's policy of **bootlicking USA**, fomenting CIA-inspired spy hoaxes, and intensifying anti-Soviet hostility of all kinds.

Some are "aggressively-minded towards Socialism"

Leonid Brezhnev received very big coverage in Germany's papers, magazines and TV, before and during his visit. He swept no problems under the rug of diplomacy. He told millions of "difficulties and obstacles."

"These are due to the purposeful activities of forces which are aggressively-minded in relation to Socialism, and long for a return to the cold war. It is precisely these forces which, under different invented pretexts, systematically try to meddle in our internal affairs, and seek to whip up the arms race."

Mr. Brezhnev was talking to Canadians then?

The Germans listened. They got the point.

And they got the business. Millions of jobs worth of orders, **for 25 years**, with options after that.

NN Readers can easily see what has happened.

West German capitalists are *fed up to here*, pandering to Washington and ending up with "deals" that leave them *holding the unemployment bag*. So they've studied the excellent deals made earlier with USSR, and concluded the obvious — *forget aggressively-minded attitudes to Socialism and get down to business cooperation* for mutually beneficial relations.

You can call it **smartness** or you can call it **plain business-sense**. By any label, it sure has worked!

Meanwhile, our leaders (of all major parties) thump their desks in Parliament, applaud every anti-Soviet fabrication, and ooze their love for USA.

And that also has worked. Canada's economy is in **very bad shape** and we're warned it will **get worse**.

No other way than peaceful cooperation

We're not repeating NN's stand here, we're *quoting from the German-USSR agreement* ...

"There is no reasonable alternative to peaceful cooperation between states, despite differences in certain basic stands, and differences in political, economic and social systems."

That's what they said. **Both sides**.

So you see why Canada's (USA) media gave us the total blackout treatment.

No question whatever, aside from the tremendous **economic prospects** (*many other countries* may be drawn into these USSR-German deals), the big thing that happened was *the historic boost given to detente*.

Both Germany and USSR urge the world to take **"concrete measures to end the arms race"** (which is) **"the problem of prime urgency and importance."**

They concluded another obvious fact: the "two sides" in our world need only work for *equality* in arms to guarantee **security**.

An astonishing advance over the kind of militarist lying our media feed us incessantly, pumped by the Pentagon arms mob ... **security for USA**.

Germany's mark strong, the dollar sickening

If you need concrete evidence of West German smartness, *go and exchange dollars for marks*.

The **strengthening** German economy is solidly founded now on **greatly expanding trade** with prosperous Socialism.

Helmut Schmidt was able to tell his people: "Trade turnover between USSR and Germany has registered an incredible upswing since the (1970) treaty. Now we are making an effort to give a fresh impetus to this growth."

But a vital part of the new agreement is *cooperation to promote detente and speed disarmament*.

This is what aroused Germans perhaps even more than the huge trade-and-finance deals, because *the easing of tension in Europe* is what all Europeans want, regardless of **the criminal arms-race policies** dictated by USA and slavishly followed by our Canadian leaders.

And Brezhnev succeeded in giving the truth.

Peace, for Socialism, he told Germans, *"is the very essence of our life."*

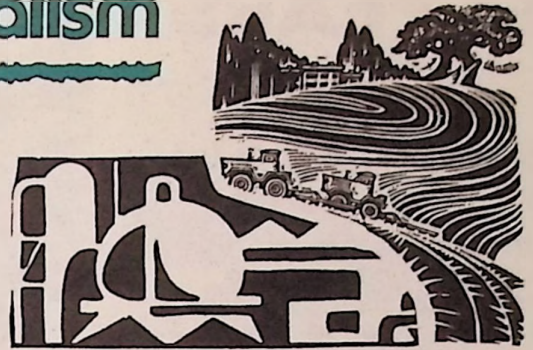
We need hardly be told that both sides signed that historic agreement **fully satisfied**.

While Canada goes begging in Wall Street for loans.

Garbage-men in Socialism

Readers ask how things are with **Sanitation Workers** in USSR. So we consulted *Galina Sorkina*. She is President of the big *Local Industries and Public Services Workers Union*.

Sorry that our limited space compels us to give many interesting facts in abbreviated form.



About 3500 Soviet cities and towns have modern sanitation equipment now. Workers operate some 90,000 collection and cleaning units. This has *released over a million workers* much needed by the Soviet economy.

However, the Sanitation Services are **always hiring**, simply because the rapid growth of Socialism is now creating 200 to 250 new towns every year . . . all strictly modern.

You picture their sanitation job if you note that *city streets* alone in USSR total *180,000 miles*. Without counting any industrial refuse, city garbage volume reaches *130 million cubic yards per year*.

Let's take a quick look at workers and their Union . . .

— Seven-hour day, 41-hour week, one-hour lunch.

— Depending on how hard the job is they get 18 to 28 days vacation, not counting weekends.

— Pay includes bonus systems.

— Sanitation vehicle drivers get 10 percent higher pay than drivers of ordinary trucks, and bonuses may be 40 percent on top of wages.

— So most Soviet "garbage men" (and women) are paid *on a level with highly skilled industrial workers*.

— Men can retire at 60, women at 55, with maximum pensions if they've worked 25 years.

Because of the nature of the work, the Union puts heavy stress on health and safety, with many clauses in all management-union contracts.

- Over 500 million dollars has been spent (by the Socialist system) on health-safety measures during the past five years.

- All sanitation workers get full medical exams yearly; more often if their jobs require it.

- Special clothes, boots and protective devices are supplied free.

- This one Union spent on its workers well over *one billion dollars* in the past year, on all forms of social insurance, which now *average 50 percent of actual wages*.

- Workers contribute **nothing** to this; all payments, handled by the Union, are supplied by the nation.

This Union (which includes many more workers than in sanitation) today runs 622 health-treatment and vacation centers, plus 50 "night sanatoriums" (for health care without stopping work).

Many workers go to these centers on "doctors' prescription" and pay nothing. For others, and families, there are big discounts from cost. Teen-age children go free.

An important "privilege" for Soviet sanitation workers involves the problems of those who work at night. They are entitled to *housing near the depots where they check in*. The rents they pay are typical of charges in Socialism . . . actually they don't cover housing costs, and equal four or five percent of the workers' income.

Another important gain by their Union is *public educational work* aimed at raising the "social status" of sanitation workers, through *appreciation of their importance*. This has resulted in a sharp drop in labor turnover in this field.

At the same time, as sanitation is mechanized and made more complex, the Union backs an intensive drive for worker education. Special schools, vocational centers and even colleges are available to Union members at no cost, and with lengthy paid holidays at examination times.

As the largest city in USSR, Moscow naturally has the biggest sanitation problem: some 4000 streets that stretch **over 2000 miles**. It's all handled by the City Improvement Board, through its 30 districts.

The Board contracts with industry and housing offices for garbage services which include collections once or twice daily.

Workers now operate just over 1000 specialized vehicles, all travelling fixed routes. Most of them are trucks carrying eight containers holding slightly under one cubic yard each. They are handled entirely by a crane on the truck, and are washed, then disinfected, after each use.

These vehicles have been standard in USSR for many years, but now a much larger carrier (about 40 cubic yards) is coming into use.

As population grows, and more goods are sold "pre-packaged", the quantity of waste in Moscow is rising fast, **doubling in seven years**. Millions of cubic yards, removed at a cost of about \$3 to \$4 per yard, now account for a big slice of the Moscow City Soviet (Council) budget. So all new methods of disposal are under careful study.

One promising system is in a new housing district, North Chertanovo. This uses a kind of **giant-size vacuum cleaner**. Suction takes waste from individual building collection ducts, pipes it to a center where it is compressed into briquettes.

It's economic for districts of about two miles radius.

For larger areas, they're testing "pneumatic pipe-lines" (reported in **NN**) which swiftly move containers over long distances. Working profitably in several big mines, this system is considered to be ideal for garbage transport: requires no human operators and is totally enclosed.

Since unemployment doesn't exist in Socialism, the Sanitation Union strongly supports the drive to **automate all collection**.

However, the problem doesn't end with collection. **Final disposal** is becoming a serious difficulty in all advanced nations.

One new center that's working well in Moscow takes **all the refuse** from nine districts.

The stuff (brought by collectors) is sorted for size and the metals removed automatically, pressed into billets and shipped out to various industries.

All "soft" garbage goes to a biological treatment plant, which has a four-day cycle. During that time, most of the refuse is transformed into **valuable fertilizer**.

The small remaining residue can be burned for heat, reducing net costs almost to zero.

33 YEARS after VICTORY

A third of a century ago, this month, *the final crushing defeat of fascism* was hailed by the whole world. Soviet forces today are *prepared to repel any attack*, however powerful and cunning. As you can see in our photos.



Tremendous missiles can be swiftly moved and readied for launching in case of surprise attack.



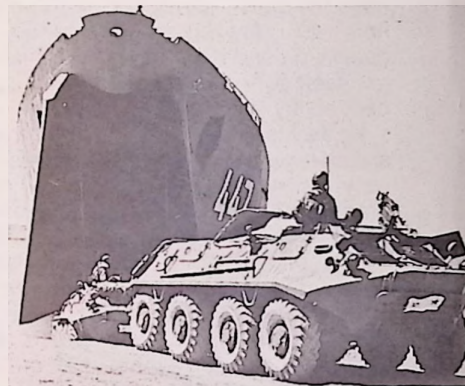
Soviet forces will not fall victim to chemical-warfare attacks, and are even equipped to take defensive action against deathly radio-active (nuclear) weapons.



All units of the Soviet forces today undergo intensive training in the use of the most advanced and complex armaments.



During Israel-Egypt war, Soviet high-speed launches, equipped with missiles, proved extremely effective against any warships.



With thousands of miles of coast to defend, USSR now has a strong force of "marines", equipped with fast ships and heavy armor.



Despite all changes in warfare, the Red Army places strong emphasis on its infantry, shown here during recent training exercises.



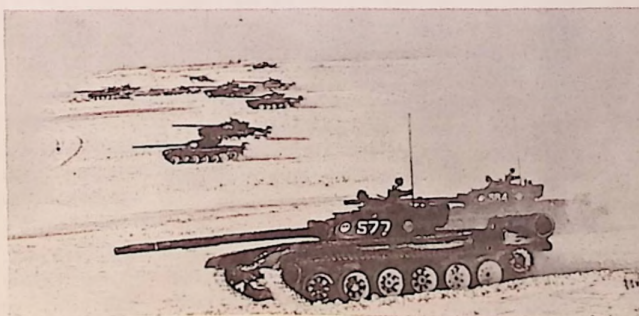
"Anti-Submarine Cruisers", not aircraft carriers, equipped with armed helicopters, are a new and important Soviet naval arm.



All Soviet forces today stress mobility, and their helicopter-borne troops can respond to emergencies at great speed.



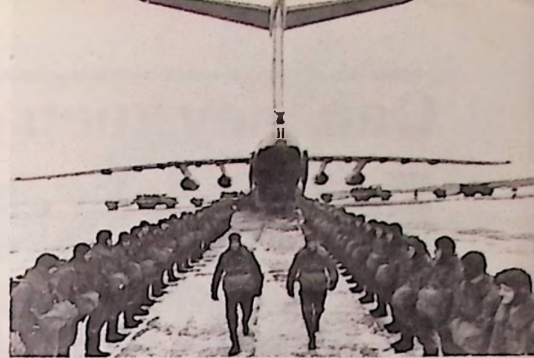
Soviet amphibious tanks have long been unequalled, and today they can attack any invader effectively, in real mass formations.



Their equipment (like their civilian trucks) is designed to operate in extremes of heat and cold; new tanks in practice maneuvers.

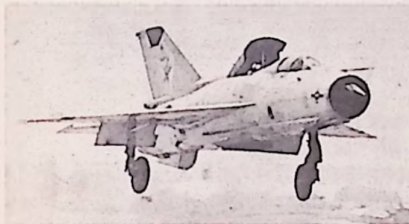


Here you have a closer view of those famous amphibious tanks. They require no special preparations, and can plunge into rivers and lakes without any need to scout for suitable crossing. This gives their tank forces exceptional maneuverability.

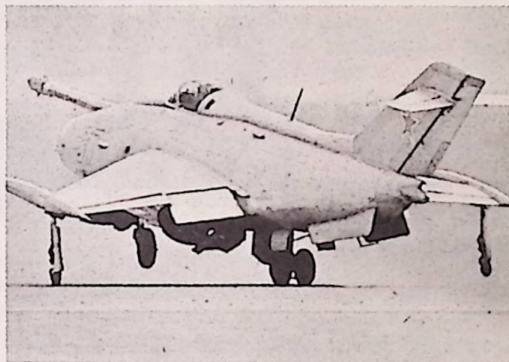


The most modern high-speed jet transport planes are used to carry parachute armies, along with trucks, guns and armored vehicles. Soviet troops are characterized by highest physical condition, and also their sense of devotion to their Socialist homeland.

Soviet Navy today has many high speed vessels which carry missiles deadly to aircraft as well as to conventional warships.



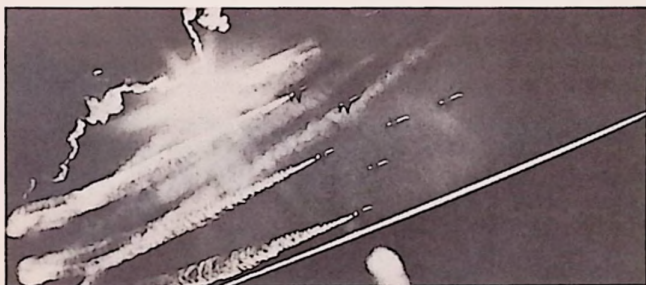
USSR now has several "short take-off and landing" (STOL) fighter planes, and here's one just airborne.



This "vertical take-off and landing" (VTOL) fighter is as handy as a copter, but very much faster, and its armament makes it deadly to most planes.



Helicopters may seem slow and simple, but advanced Soviet fighting models are elaborately equipped for operating in conditions of electronic warfare.



Day and night, winter and summer, Soviet fliers must be prepared for instant action against today's extremely-high-speed offensive arms. Naturally cost of maintaining such forces is tremendous.



USSR is not "shrouded in secrecy" as we're told. These Swedish and Norwegian commanders were invited to watch recent elaborate Soviet armed forces "practices" in northern regions.



These "self shipping" tanks would make a fortune in profit in West, but not in Socialism... one reason why USSR continually calls for disarmament.



Modern version of famed "Katyusha" rockets that did so much to smash the massed forces of Hitler. Now have very long range, tremendous power.

Can they keep on BREAKING RECORDS?

Weight-lifters broke 34 records last year. No big deal.

Well, will men and women athletes go right on making *new* records? Isn't there any limit?

USSR view: the *finest* athletes today still use *only 40 percent of their strength!*

So, what can you see coming up?

Yuri Sandlov, noted Soviet trainer, says there *must* be limits somewhere . . . "but it's *too early yet* to speak about them."

He refers to Vasily Alexyev, world's strongest man, who has set *80 world records*.

Unbelievable? That's what they said *long ago*, about strongmen Anderson and Vlasov. Alexyev's records? Well, USSR today has *280,000 young weight-lifters*, and among them for *sure* someone will out-do the world champ.

In Socialism, they're confident of busting *all records in all sports* because . . . of *their system*.

- Socialism is providing splendid sports facilities for *tens of millions of people*, absolutely free.

- Their *scientists* are continually working to help athletes better their best efforts; bound to pay off.

But in *all countries*, with sports fans now numbering hundreds of millions, *new ways* are appearing to break "all time records". Like: *deeper swimming pools* are faster (ships travel faster in deeper waters).

Soviet coaches tell you flatly that many, many records will fall in the 1980 Olympics. Swimmers, especially, will cut seconds off today's "unbeatable" times.

Victor Klimenko, famous gymnast, tells **NN** that the "double somersault dismount", once a sensation, has been out-done by the *triple somersault* . . . "It's possible to increase the number to *five!* And you can't say that even a *sixth* somersault won't ever be done."

Don't forget that *new equipment* also leads to new records, as when *fiberglass poles* made it possible to make "impossible" jumps: record now is 18.7 feet!

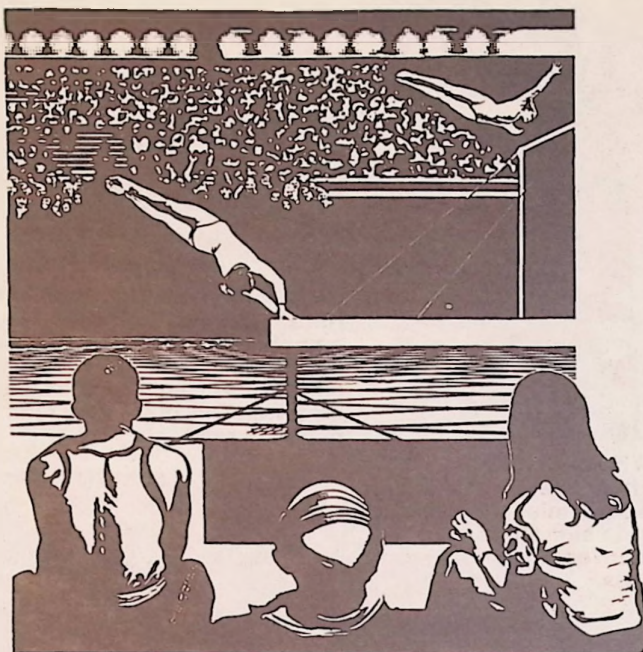
You can be certain that the new "miracle skis" (they have grains of *super-slippery mica* embedded in surface) will result in new ski-race sensations.

But never mind gadgets: *people also are advancing*. But we hardly ever predict it. Yashchenko, the jumper, *forecast* a record of 2.35 metres in the 1980 Olympics. Well, in Milan *this spring* Yashchenko *himself* stunned the world's coaches with a 2.35 metres jump!

So Gennadi Semyenov, head of the USSR's Physical Culture Institute, says simply: "It's *hard to predict* what athletes will achieve by the year 2000."

He does give you some closer guesses. At the next Olympics, he says, *sprinters* will have to do the 100 metres in **9.81 seconds**, and runners the 5000 metres in **13 minutes 01.4 seconds**, if they're going to win at all.

As for weight-lifter Alexeyev, he'll have to **hoist 10 kilograms more** in order to stay on top of the world.



SPORTS for HEALTH for ALL

Don't look now, but it's just possible that Socialism will win out over Capitalism, *through sports*.

The British long believed that "the battle of Waterloo was won on the playing fields of Eton". And *peaceful competition* between our two world systems could very well be won by *the healthiest, fittest people*.

Right now, the Soviet sports-for-health figures are staggering. They *already* have *55 million* youngsters and adults into sports. Ten million *more*, they figure, when the Olympics come in 1980. Then, before 1990, they expect to have *85 million athletes!*

Pyotr Sobolev, deputy head of USSR Physical Education Commission, assures us that these figures are not only *realistic*, but used for *planning*.

Our editors and politicians aren't aware of this, but sports-for-health is now a **major aspect of the whole Plan of Socialism** . . . since they consider **human health** to be the **major asset** of their society.

And they translate plans into *solid realities*.

- 63,000 gyms, 3,250 stadiums, 1,350 pools **today**.

- 120,000 gyms, 8,000 stadiums, 5,000 pools they will have **by 1980** . . . under construction right now.

- To "fill" all these costly facilities they're right into a massive **health-sport propaganda drive**.

- Every factory, large office, all enterprises, and every residential neighborhood too, will have **sports facilities** in the very near future.

What about *qualified staff*? They admit they simply *can't* train coaches for 30 million **more** people by 1990. So, all graduates of the hundreds of sports colleges (and more coming) will be assigned to **the most important athletes: the youngsters**.

Others will have to make do with help from experienced sportsmen and women; by the tens of thousands they'll promote sports-health, *for no pay*, for Socialism.

Meantime, the USSR's **sporting goods industry** will be expanding at a record rate, limited only by the workers who can be found to fill the new jobs.

(Makes you wonder what **we** could do, in the way of *making work by making health*).

Is all this really going to happen?

Their new worry is that the 1980 Olympics "boom" will bring **millions more "unplanned" people** into athletics!

Soviet skin-and-hair specialists tell how to

Save your good looks — in Summertime



Summer's the time when most of us feel **younger and healthier**. But the cold truth is that exposure to "the elements" can **damage skin and hair** in lasting ways. Sensible precautions are a *must*, in summer. That goes for *young people* as well as *older folk*. And **men** who value their looks . . . better check here.

Wind, sun, bright light and rapidly changing temperatures are natural factors that can *rapidly age human skin and hair* if suitable protective measures aren't taken. The great outdoors is wonderful for general health, but all cosmetologists know that men and women and youth often *look definitely older*, in autumn, than they did in spring.

Strangely enough, we are careful to protect all parts of our bodies *except face and hair* . . . the very places where **your age is clear to see**.

In Socialism, people consider that *good health* is extremely important, to society as well as individuals. And they also feel that people should try to **look as good as they feel** . . . even *better* is no sin!

Incidentally, not only *exposure* but also *eating* in summertime can be harmful . . . picnics, snacking, eating and drinking on-the-go, all adds up to *poorer nutrition*, with its inevitable effects on your looks.

— One major cause of harm in summer is drying out of layers of **fat cells under the skin**, due to sun, heat, wind; shows up as **wrinkling** (even folding) of skin on face and neck.

— Slight to serious "frowning", in sunlight, is **the cause** of those **cats-paw wrinkles around the eyes** . . . which can make even teen-agers look old.

— Many people **add on weight** in the summer months "relaxing on holiday", and that's a quick way to spoil good looks with **beginning double chins**, often seen even in young people; excess weight obviously shows in **body-trunk folds, wrinkles**.

How to avoid all this is so obvious that most people *ignore it*.

Sun-glasses or a cap with shading peak will save your eye-looks.

Sensible eating (or prompt dieting if you can't resist vacation treats and restaurant events) goes a long way in protecting the looks you had before warm weather.

And this brings us to a very touchy subject: *the sun and your looks*.

Radiation from our sun is one of the finest health "prescriptions". But the problem is: many people grossly over-do sun-bathing . . . so badly that they can **age their looks ten years** in a single summer's **roasting**.

Face, neck, hands and arms of *old people* you can see on *middle-agers and the young*, at any beach towards the end of summer.

Aside from avoiding over-exposure, Soviet doctors say the next most important measure is **skin cream**.

They don't have any profit-making cosmetic corporations in Socialism, and no "advertising industry", so their advice is *for people only*.

In a pinch, **any good cream**, used daily, left on for 30 minutes, then removed with cleansing tissue.

Far better, they say is a simple "natural" skin treatment: *spread on ordinary sour cream*. (Some famous Soviet actresses, noted for their skin's youthful beauty, use *nothing but* sour cream.)

But the best, for skin that has taken a beating outdoors, is a "porridge" made with *oatmeal and hot sour cream*, into which you beat quickly a little *sunflower or olive oil*.

Skin massages? The experts differ. Some say there's a danger of *stretching* already loose skin.

Skin exercises? Such treatments get their highest ratings. You can have them, fully described, illustrated, in our exclusive Report "*Facial Exercises for Youthful Looks*" at \$1.00.

Skin masks? Likewise get top recommendations in Soviet skin clinics.

— Masks *stimulate skin metabolism*; improve blood circulation, nutrition, remove dead skin cells.

— In fact, repeated use of skin masks gives the nearest thing to "rejuvenation", as several layers of aged skin are gradually shed.

No need to go to a Soviet clinic: you can easily make up their best skin masks right in the kitchen.

— First, their **egg-fruit masks**. You separate an egg, whip the white in a beater, then beat in the juice of peaches, pears, grapes, apples, plums or what-you-have. Apply that to a *clean* face, neck, hands, arms. Leave on 20 minutes. Wash off with cool water.

— **Second day** use the **yolk** of that egg, and fruit juice, same way.

— Many of their specialists use the **honey mask**: tablespoon of warm liquid honey beaten into a porridge of oatmeal and sour cream. Yogurt to replace cream if you wish.

— And their **rye-milk mask** has legions of people who swear it's the most effective; *real rye bread* soaked in *sour milk* until mushy, then applied as a mask (seems many find it superior to the oatmeal variety).

Your skin is many-layered and tougher than you think, so mask treatments don't show results first time . . . *several weeks*, used daily, and you can see results *in the mirror*.

Masks really *aren't all that trouble*, when you can watch TV while using them. If you've never seen them work, you could be in for surprises.

Your hair really takes a beating, in summertime: sun, heat, wind, and water, *all age you on top*.

If you're serious about it, here are the **most effective treatments** we've had from USSR.

• Tablespoon of pure **castor oil** beaten into half a glass of hot water, massaged thoroughly into the hair for several minutes

• After one-to-two hours, **remove it** by careful but thorough rubbing with a clean soft cloth.

This is so good, they claim, that it almost works to "weather-proof" your hair in summer. You shampoo, of course, as required.

Many more good tips you'll find in the Report noted before; and also in our "*33 Natural Beauty Treatments*" (33 formulas, plus a short course in facial massage): just \$1.00.

(For full description of those two special "good looks" Reports see Page-25 this issue.)

Always with Man...

Horses and human beings evolved together in unbreakable friendship.



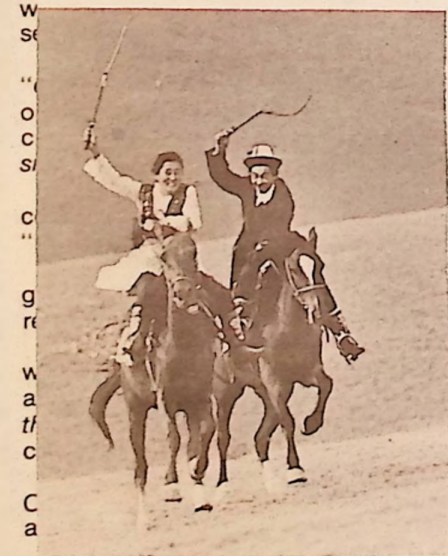
Sport of steeple-chase is one of the most thrilling, for man and horse, and mutual affection becomes very strong. USSR's national champion rider, Vladimir Klemenko, congratulating his winning partner.



Too bad we don't have this fiercely competitive riding sport called "Battle of the Sacks". Harmless to man and horse, but it demands great skill and daring, and as you see it packs them in at Kazakhstan tracks.



The horse is "coming back" in many countries today, and Soviet youth go for riding as fast as new centres can be opened. In Socialism, however, horses are available at very low charge to riders, as are all forms of sport.



"Catch-the-Girl" is a riding sport known to millions in Kirghizia . . . its excitement should make it popular here.



As world discovered in the last Olympics, Soviet people excel even in most "gentlemanly" of rides; Yelena Petushkova here.



Famous Akhal-Tekin breed of horse is raised in magnificent pastures of the Tien Shan mountain range. Here is scene at big Lugovsky Stud Farm.

One horse 2400 years

Probably the oldest pure-bred of horses in the world comes from the Central Asia region of USSR. The Akhal-Tekin horse you see in our photo at right was Man's good friend before the birth of Christ.

"One horse like this is worth one thousand warriors!" Such is the slogan that has come down to us from very far-off times, in folk-tales.

Marco Polo is the first "westerner" to leave an account of the horse now called the Akhal-Tekin. He thought the breed descended directly from the legendary mount of Alexander the Great, *Bucephalus*. That's not so, because these magnificent animals were around, in what is now Turkmenia, some time before Alexander started riding.

Unmistakable pictures of the breed have been found by archaeologists with relics dating 400 B.C.

At any rate, 1800 years later the great conqueror Tamerlane gained fame for his use of cavalry mounted entirely on Akhal-Tekins.

These horses began to turn up in Europe, but through Arabia, and were long mistaken for *Arabians* (very different animals). Cross-breeds like the Darley Arabian and Darley Turk live on today in the English thoroughbreds.

Akhal-Tekin is a place that exists in Soviet Turkmenia — an oasis between the Kara Kum desert and the towering Kopet Dag mountains. In that very spot the horse originated.

The oasis was on a major trade and travel route of ancient times, with hundreds of miles of desolate land around. This demanded *very strong and intelligent horses*, and so the Akhal-Tekin prospered 24 centuries ago.

This breed is large, long-necked, extremely lean, narrow head, sharp ears, small-hoofed.

Its **coloring** is distinctive: short, silky hair that may be *sandy* (with black tail and mane); *creamy* (with golden sheen and tail) or *gray* (more or less silvery throughout). Akhal-Tekins are exciting to see.

Their eyes are especially large and expressive, reflecting the horse's intelligence and memory.

The breed is a best-seller now at the USSR's annual horse auctions.



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plant garden, indoor



history by riding that horse in the Victory Parade in Red Square, thirty-three years ago this month.

Perhaps most famous Akhal-Tekin is *Absent*, who enabled Soviet horsemen to win at **three** Olympics. *Absent's* offspring are prized today, and have won many events.

These horses (all descended directly from *Arab*) excel in the complex sports-riding called *dressage*. For that reason they bring highest prices at auctions, attended by buyers from all major countries.

You'd find it hard to go out and buy an Akhal-Tekin today. Even though USSR now has four big stud farms breeding this horse. Horses are regaining popularity very fast, and the Akhal-Tekin is exceptional ... for beauty, size, temperament, and that long, long ancestry.

You see them most often at events in West Germany, Japan, Italy and Netherlands. But *expensive*.

The bidding for Akhal-Tekins runs into tens-of-thousands of dollars.

Riding in Socialism: 30 cents per year

The terrible death toll of World War Two in USSR (men and horses both)



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Right now they can't cope with the demand, as people all over the country get the urge to ride. Most Soviet riding schools are open from 8 am to 9 pm, to accommodate people who work at various times.

Fans are of *all occupations and ages*, from school-kids to pensioners. All brought together by the age-old human love for the horse ... and for the incomparable thrill of riding.

Soviet medical specialists recommend riding for some patients who can't take up other sports.

Surprising fact: the *oldest* fan over here is Nina Sokolova, who has trained horses back to the days of Budyonny's Cavalry ... *in the Civil War* nearly 60 years ago!

How many would go for riding here, if only we could get in the saddle and go ... for a dollar an hour.

Fishery

Fishermen in Canada again. Interesting to visit fishermen and their work.



It's a big Co-Op, with several villages. House here, in Haabneme, is typical. Families have good incomes, many own cars.

... thrilling, becomes rider, winning

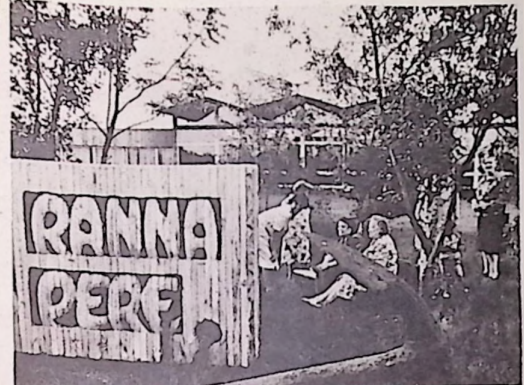


Always

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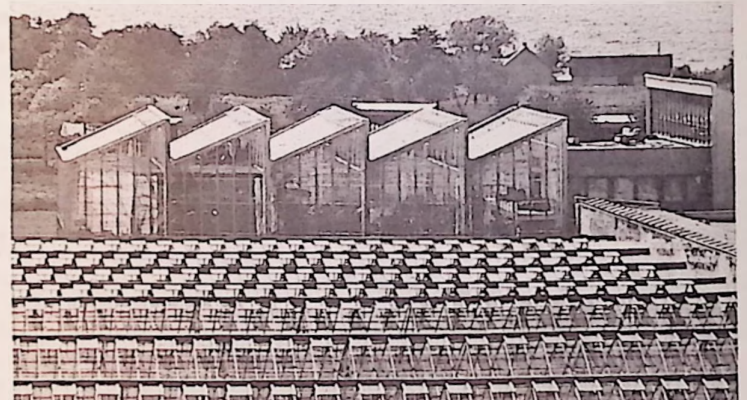
us disputes once Baltic, where ng "the company".



Not only do Co-Op pensioners have a nice permanent home, but in summer they can enjoy holidays by the sea in this resort... no cost to them.



Kirov Co-Op has a fleet of modern Soviet trawlers, and here's part of it moored at Miidurand, which is on the Viimsp Peninsula. Individual fishermen do not have financial burden of owning expensive ships.



Commercial enterprises of this big Co-Op include large greenhouses, heated by waste-heat from factories. Here they grow vegetables year-round. In addition, they have florist sections and even grow rare tropical plants.

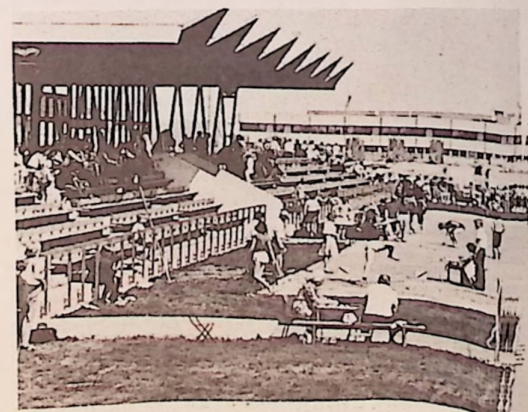


One of their larger ships, at Miidurand. Co-Op has its own ship yards and machine base for complete overhauling at lowest cost.

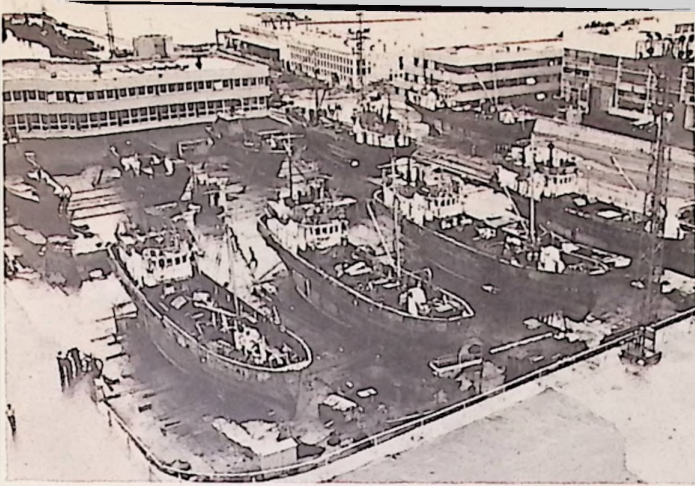


World discovered in the last Olympics, Soviet people excel even most "gentlemanly" of rides; Elena Petushkova here.

June, 1978



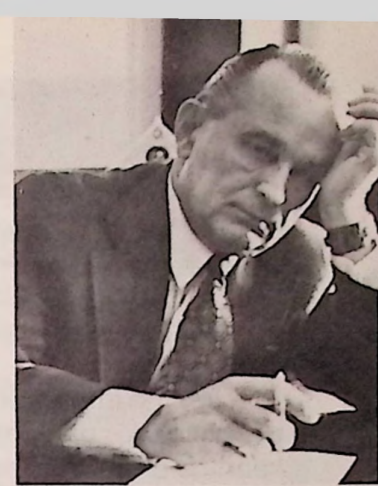
They're great for sports, and so the Co-Op's own stadium is always in use. All kinds of sports gear is available free for members.



Here you see vividly the kind of complete re-fit jobs these fishermen (or rather, skilled workers who are also members of the Co-Op) carry out themselves. All "profits" on such work go into the Kirov's funds, and at no point does "free enterprise" get any cut.



So many members liked flowers that the Co-Op pooled their efforts and set up a really magnificent all-year flower and plant garden, indoors.



The man they voted for to run "the works" is Oscar Kuul, who earlier won the award "Honored Fisherman" for his achievements out at sea.



Left, Oscar Alvere, chief of maintenance (ships), okays a job by Ian Lutvey, one of the skilled divers the Co-Op has.



Soviet fishermen are successful because they're backed up by the very latest scientific advances in fish-sea research.



One big factory owned-and-operated by the Kirov Co-Op is this sprat canning center. Conflicts between the fishermen and the factories just don't arise, since all their activities are controlled by the members.



As in all enterprises in Socialism, so in the fishing centers there is a strong emphasis on cultural activity by everyone. This particular Co-Op has won honors many times in Estonia's national celebrations, and in that sense "competition" is very strong in their system.



It's not a common sight in USSR, but this is a parking lot, for fishermen and workers in the plants at the village-port of Miidurand. "Individualistic" spirit of seamen also shows up in choice of housing, although younger people are now favoring apartment buildings.

Why Jews have doubts -about Zionism



You get the impression, from our media, that all Jewish people go for the Zionist policies of Israel. *We don't hear the other side*, and for good reason.

Zionists *effectively control* what the Western press says about Jews. So it's useful to consider **the facts**, well known to the Jewish people of the USSR.

Zionism is far from being "3000 years old". It started **only in 1896**, when Theodore Herzl published *The Jewish State*, calling on the world's Jews to create "a homeland".

This **new proposal** — to gather millions of Jews, from countries the world over, into a country of their own — rapidly became developed as the program of setting up "Zion" . . . and this was *the main principle of Zionism*.

Very early (roughly 75 years ago), Zionists decided that **Palestine** should be taken over as the new Jewish Homeland. They went to the Bible to back up claims that this was "the Land of Canaan" and historically Jewish.

After a long struggle the **State of Israel** was finally established (after World War Two). It was violently opposed by Arabs, notably the Palestinians (who *lost their country* when Israel appeared). Israel several times **went to war** about this, and was able to seize vast areas, *outside Israel*, formerly belonging to Egypt, Syria and Jordan. In 1968, the Zionists' Congress even declared that Israel should expand through Jordan, Lebanon and Syria . . . right through to the Euphrates River!

And in 1972 the Israel Knesset (Parliament) adopted this Zionist claim, that all this huge territory was "the inalienable right of the Jewish people."

However, **the plain truth** was not given to Jews or non-Jews in the West: the truth that **the very idea** of establishing "a homeland for Jews" **was opposed by many intelligent Jews** from the beginning of Zionism.

Even some Zionists said "We won't wait for a return to Palestine . . . America is our Zion!" Others, in Germany, appealed to Jews with "Stuttgart is our Jerusalem!"

Indeed, Zionists argued furiously about *where* they should establish a Jewish "homeland". For a time the (then) British colony of Uganda (where Idi Amin now rules) was a favorite choice. Chaim Weizmann, famed Zionist, tells how Jewish leaders went from one extreme to another "choosing now a place with a very cold and now with a very hot climate". But, in the end, such locations were given up as being too "hostile" and hard to develop. The unanimous choice: Palestine.

But many had **grave doubts**. The noted Zionist scholar, Prof. Dan Segre (in *Israel, Society in Transition*) admitted flatly that "From any point of view **Palestine was an inalienable part of the Arab world** . . . in ethnic origin, religion, history and language."

After World War Two, many Jews in Western lands put their doubts aside, and **moved** to what is now Israel. For a time this was done with *great religious zeal*, and even attracted young Jews who believed in *Socialism*. This big "immigration boom" began, of course, after Israel became officially a nation.

Today, however, you see a very different situation. The World Zionist Congress admits that, despite massive propaganda, **8-out-of-10 Jews live outside Israel**.

What makes this far more serious for the Zionists is a fact you *never* see publicised here: more than 300,000 Jews who were born in Israel, or became Israeli citizens, *have left and gone to live elsewhere!*

Thus, **ten percent** of the total Jewish population of the "homeland" **have cleared out . . . fed up**. This is a truly mass expression of **Jewish doubts about Zionism**.

And despite almost hysterical "patriotic" appeals to Jews abroad, *immigration* to Israel is now at its lowest level . . . *far less than the number leaving "Zion"*.

Non-Jewish readers need to see that this is an astonishing change, because Zionists "turn the heat" on Jews in ruthless ways. Appeals to *religion*, to *racial superiority*, to Jewish "Nationality", all are used to pressure doubtful Jews to support Israel, or go there.

Jews in the Soviet Union especially have been targets of this intensive propaganda. But the **overwhelming majority reject it**, for sound reasons.

They know that **Marx** (a Jew) long ago exposed the lie that there is a "Jewish nationality". **Lenin** (fighting Zionists) attacked Jewish nationality and "superiority" as reactionary politics. Today, Soviet people see **how true that is**: with Zionism being used on Jews the world over to support Israel's imperialistic policies.

The world-wide tendency among Jews today is to *become assimilated* with the people of the countries where they live. Lenin insisted that this is *inevitable and desirable for the Jews themselves*. Those who oppose it, Lenin said, "*want to turn back the wheel of history.*"

Emotions run strong here. **Facts** are far better . . .

Nahum Goldman, famous (or notorious) head of World Zionism, admitted the facts bitterly in his *Autobiography*. Jews are being assimilated on a **mass scale** . . . if they weren't, **they would number 200,000,000 today!**

Zionist propaganda wants to keep Jews isolated in ghettos, including the "ultimate ghetto" of Israel. In the Soviet republics most emphatically, but also in countries the world over today, enlightened Jews **reject being isolated from their fellow-men**.

Today, as never before, *the living example* of Zionism, the State of Israel, is revealing to millions of Jews that *their long-standing doubts were well founded*.

Within Israel, faced with rising opposition, the Zionist rulers are now backing the **extreme militarist Right**. Indeed, the rightist "Likud", dominated by the **Herut fascist Party** (led by Menachem Begin), is **now in power**.

Of all people on our Earth, Jews have less in common with the politics and "morality" of fascism! Yet the people who experienced *The Holocaust* are now asked to ally themselves with racist white Africa and the USA, to complete the extermination of Palestine.

The verdict of history is that **Zionism cannot succeed**.

(Many Soviet Jews did "buy" Israel. What happened to them? We'll ask them here in NN next month).

enjoy life now!

EVERYBODY HAS A HEALTH PROBLEM. JUST THINK OF HOW YOU COULD ENJOY LIFE, IF YOU GOT RID OF YOURS. HERE ARE 31 NEW REPORTS ON METHODS THAT WORK YOU CAN TRY ONE FOR 20 CENTS. ALL 31 FOR \$5. HEALTH, FOR 16 CENTS!

"24 WALKS FOR HEALTH AND VIGOR": Nothing like this before...completely new way to exercise, while you walk. You can do this not only on the street or out in the country but even in your own room or balcony. No more boring walks! For entire body. 401

"YOUR EMOTIONS—YOUR LIFE-SAVERS": Our doctors tell us that emotions can be the "trigger" for heart attacks, strokes, etc. Now Soviet specialists show how you can train your emotions to give better health instead of disaster. Practical, no-cost methods. 402

"BEE POLLEN": Would you believe 100 million tablets of Bee Pollen have been taken by people in England alone? For overcoming almost every kind of "weakness", sex included. Here's USSR specialists' views on this amazing treatment. Tablets are available here. 403

"GARLIC FOR HEALTH": Latest findings from USSR on garlic for high blood pressure, ailments of liver, gallbladder, lungs, stomach, intestine, sex functions. And more. How you can prepare and take garlic as recommended in their clinics. In foods also. 404

"ANY SENSE YOU TAKING GINSENG?": Once they laughed at Soviet specialists who prescribed Ginseng, but now millions are taking it in the West. They could be right, too. For many illnesses, problems, including sexual. Medical-science facts here, uses. 405

"USING WORDS INSTEAD OF DRUGS": Do you know that Olympics athletes today 'drug' themselves safely, potently, with nothing but...words? Here's the science behind this astonishing, practical, no-cost treatment. How to mobilize your brain for health. 406

"VITAMINS IN THE AIR YOU BREATHE": Before you buy a costly machine to make 'air ions' see how it's done in USSR very simply, cheaply, effectively. A system which provides many people with powerful stimulation. This treatment is a real pleasure. 407

"YOU'RE FEELING TIRED? THAT'S GOOD!": In fact, Soviet doctors often tell people to get really tired out...if they want to rid themselves of weariness, lack of pep. Unusual treatment that will give results almost from the day you begin it. For feeling great. 408

Just one can change your future YOU KNOW SOMEONE WHO COULD USE ONE OF THESE?

"SAVE YOURSELF FROM GALL-STONES": Very widespread ailment, very distressing. In USSR they operate, of course, but they tell people to avoid that. Here are their clear, practical methods for avoiding this illness. How to spot warning signals, and evade. 409.

"DON'T LET CANCER SCARE SPOIL YOUR LIFE": Millions are made miserable by the flood of newspaper 'scare stories' about things said to 'cause cancer'. If you want to live and keep well, the facts in this Report could show you the way to enjoy your life. 410


"24 MOTIONS TO NORMALIZE BLOOD PRESSURE": Our doctors don't know it, but in USSR millions of people are advised, by their specialists, to use simple exercises to help lower blood pressure...instead of drugs. System that makes you feel better each day. 411

"KEEP THE SPRING OF YOUR LIFE-CLOCK WOUND UP!": They should know how to live longer—they've got more very old healthy people than any other country. Don't have all answers yet, but here are methods they're using now, and they really work. 412

"SHOULD YOU QUIT SUGAR?": Is sugar a 'poison' as some claim? You owe it to your own health to examine the facts. Why sugar is a menace only in faulty diets. The medically sound way to cut down. When sugar is not harmful; quantity per day is all-important. 413

"EASY WAY TO LOSE WEIGHT, STAY ALIVE": Here are latest scientific findings in USSR, on why excess weight can be deadly. More important—a very practical, clear-cut, safe way to get weight down, at same time greatly improve your enjoyment of life. 414

"SEXUAL ACTIVITY IN MIDDLE AGE AND AFTER": We went to some of top doctors in USSR for facts, views, attitudes and what-to-do, relating to this problem that makes life difficult for millions. Just one or two methods here could prove very valuable to you. 415

16 MORE NEW WAYS TO SOLVE HEALTH PROBLEMS 

answer to your problem?

NOBODY MAKES PROFITS OUT OF HEALTH PROBLEMS, IN SOCIALISM. SO THEIR METHODS USUALLY COST NOTHING TO USE. MAYBE ONE WILL WORK FOR YOU?

"7 EVERYDAY MEDICAL PROBLEMS": New feature for us, summarizes 'department' on people's health questions, followed by millions in Soviet Union. Since they have no drugs-for-profit business, no doctors-for-fees, many of their answers are different. 416

"7 COMMON HEALTH QUESTIONS": Another group of problems which people over there (just like ourselves) frequently come up against. Hot baths, face powder, drinking water, bleeding gums, Pepsi Cola....specialists cover all topics clearly, coolly, sensibly. 417

"HEALTH QUESTIONS MANY ASK": Tea and coffee harmful with milk? How to get sea-water baths at home? Artificial eye-lashes? Potatoes good for you? How about carrots? Chocolate? Chicory as a coffee substitute? Should you eat bulk foods? The facts. 418

"7 FREQUENT HEALTH QUERIES": Need to add on weight? Pumpkin seeds worth eating? Should pregnant women avoid paints and dyes? How to use (and NOT!) hot water bottles, heating pads. Cucumbers a health food? And other vital personal topics. 419

"SPEND YOUR SPARE TIME IN MOTION": Amazing, but over 500 specialists in the USSR had a conference on motion...using it to get well, keep well. Here's what they told public, what they recommend for us all. No drugs, no equipment. How to get moving! 420

"CHOOSE YOUR OWN HEALTH FAST": Fasting is all the rage now. It ruins some, who say 'never again!'. But Soviet doctors say most people can find the fasting system that will work very effectively for them. How to do it. What you can expect to achieve from it. 421

"HOW SALT CAUSES SICKNESS": In Canada and USA today, 25 million people should read this Report. Scientific facts can work wonders, when you are fed up with all sorts of odd-ball 'theories'. In here is a 'treatment' that can improve health dramatically, fast. 422

"ANALYSE YOURSELF AND OTHERS—WITH HANDS": First scientific system based on long-held belief that our hands tell plenty about us. Fascinating to use. You just show these hand-pictures, get people's comments, then use analysis 'scoreboard'. Works! 423

A little off the beaten track. NO "RUN TO YOUR DRUG STORE!" HERE. WAYS TO HEALTH WITH NO COMMERCIALS.

"HELP YOUR PANCREAS KEEP YOU ENERGETIC": Could be the most neglected body organ. But millions of us, bugged by weariness, might find a new way-of-life in these sound scientific tips from Soviet specialists. Some can get almost 'instant benefits' also. 424

"SUN-FLOWER-POWER": Instead of drugs at \$20 a bottle, sunflower seeds might be the answer for millions of unwell people. Specialists in Socialism don't push prescriptions, and here are their scientific findings on why these seeds can benefit so many patients. 425

"SORE THROAT": Next time you get this annoying complaint, don't rush to the drug store. You might try these Soviet methods. Practical ways to get relief. More important, how to prevent sore throats, especially chronic ones. Treatments are enjoyable too. 426

"WHY AND HOW TO CURE CONSTIPATION": Many specialists the world over now say curing constipation may be life-saving. Here you get expert Soviet advice on basic cause of this near-universal ailment. Then many practical methods to follow, for real results. 427

"KILLER KIDNEY DISEASE: NEPHRITIS": In Canada and USA today nine million men and women have nephritis! Strikes all ages. Fourth worst killer. This Report tells it like it is, with stress on prevention. Honest and sensible counsel for those who now have it. 428

"HOW HABITS CAN SAVE YOUR HEALTH": Here's a remarkable and practical approach to good health that is almost unknown to our medical profession. Based on fundamental facts about our brains and bodies. How you can use your habits to keep well, vigorous. 429

"TAKE OFF WEIGHT WITH YOUR HANDS": They say in USSR that it simply isn't true that only diets can remove pounds. This Report describes seven "rubbing methods" which were developed to help cut body fat. Highly practical, fully illustrated, effective. 430

"HOW TO USE YOUR OWN RYTHM": First takes you back-to-nature to show how rythm is vital to all life. Then, how to determine what types of rythm work for you. Finally you learn exactly how to make use of rythm. No costly calculators or charts required. 431



YOU CAN ORDER 1, 2, 3 OR ALL 31, VERY EASILY, USING PAGE-26



DEATH by DRUGS



Millions were shocked to learn that former President Ford's wife, Betty is *taking the cure for drugs*. What startled most people was the fact that Mrs. Ford became an addict by taking **medicines prescribed for her by doctors** ... presumably the best MD's available.

When the news came out, USA's National Institute on Drug Abuse calmly told the press that **tens of millions** are "**prescription addicts**" today, a real "crisis" situation. What are we to think of this? Do Soviet people face the same situation?

Muriel Nellis, of that *institute*, guesses that some 20 million USA women are facing addiction problems. Facts, not guesses, show that 32 million women, and 19 million men, have had their doctors prescribe tranquilizer drugs. 28 million men and women in USA have used "sedatives", and 17 million have taken "stimulant" drugs.

This problem, far from going away, is *worsening*: just last year USA doctors gave 19 to 20 million patients prescriptions for these drugs ... **for the first time!**

No question whatever, the doctors are doing the pushing. The only reason more women get hooked is because women go to their doctors far more often than men do.

What's worse: for both men and women, **most doctors** will renew drug prescriptions *over the phone*, without ever checking to see if their patients are becoming addicts. And **very few doctors** warn people of the grave danger in taking **more than one drug** (alcohol included) at one time.

Up to now, the public has been led to believe that victims of **drug addiction** get their stuff from criminal pushers. Now it's clear that **legal prescription drugs** are highly addictive ... though **doctors rarely tell you that**.

Take tranquilizers. Used by 60 million people in USA! And 20 million use sleeping pills. "Pep pills", some authorities insist, are in even wider use now.

All these drugs were developed by scientists for sound medical reasons, and can be of great benefit. But the **drug corporations** who "own the rights" to these drugs have abused them on a mass scale, *using the medical profession* to sell **billions** of prescriptions that have returned **billions of dollars profit**.

Of course drug stores (especially the giant "chains") have cooperated enthusiastically; because they, too, reap *drug-addiction profits, legally*, in the billions.

Even government authorities frankly admit that this is a *Capitalism problem*: drugs for **super-profit** are now big business not only in USA and Canada but all over Western Europe, Japan, and those Less Developed Countries which are not in the Socialist World.

Along with this legal drug trade the West now suffers from a *new illegal trade* — criminal manufacturers selling to tens of millions of addicts who started "legally".

Thus a dreadful tranquilizer (PCP), very cheap to make, has "gone underground", and is being sold (police say) in all USA cities and in the majority of *schools!* In one year police raided 39 manufacturing laboratories churning out this deadly drug.

But how can they sell it to *millions* of customers?

First, because PCP (called "angel dust") gives people an *escape from their lives*. One dose (usually smoked) may put you in a dream-like state for days on end. (Danger is that, like other tranquilizers, PCP leads to addiction, and for most people an end to normal living).

Second, the **profit** is enormous. A quantity of this drug that costs \$1.00 to make sells to addicts for \$400.00. **NN** has seen no cool estimation of this grim problem.

- In Capitalism, it is *not immoral* to seek profit.
- Indeed, all USA's vast anti-Soviet propaganda and military efforts are directed to "protect" the profit-system from the continuous advance of Socialism.
- And the profit-system continually "advances" drugs.

In the other system: no Drug Profits, no Drug Problem

Stefan Stepczinski, Secretary of International Narcotics Control Board (Geneva) couldn't make headlines (*or one line*) in our press when he said: "**The problem of drug addiction, a national calamity in some western countries, doesn't exist at all in the USSR.**"

This expert saw for himself that all drug manufacturing is *publicly owned* in Socialism, and is *not for profit*.

As for illegal drug-peddling in USSR "There are no people there who would engage in such drug traffic."

Total public control of drug manufacture, distribution, and medical use, eliminates the problem in the Soviet Union, and Mr. Stepczinski added: "Other countries are only trying to set up something of the kind."

He must know there is no such "trying" in the USA.

USSR has a very few drug addicts. In the whole USSR, fewer than the women heroin addicts of New York City!

As a step to end this, in 1974 USSR **banned** the growing of opium poppies (once cultivated on a big scale, for *medical* uses, in Soviet Asia). And the Ministry of Health **banned** heroin from all prescriptions.

This drastically cut the already very small danger of new addicts developing. But when USSR proposed this, as a world measure, Western countries *refused*.

How could they support measures *against drug profits?*

Especially when, in some Less Developed Countries, the *chief source of subsistence* is growing drug-crops.

Incidentally, Soviet medical authorities refuse to "treat" addicts by giving **substitute drugs**; and refuse to "control" addicts by giving them a **supply-ration**.

However, a major part of the successful anti-drugs program in USSR (as **NN** reported years ago) is **their total prohibition of marijuana**.

Tens of millions use marijuana now in the West. This is the *main road to hard drugs*. Soviet research proved that, with facts based on *centuries of experience* in Asia, where *millions* were first hooked on smoking "pot".

The harsh truth is that here in the West we have a very powerful pro-marijuana "machine", openly backed by criminal drug racketeers — and secretly supported by the entire legal drugs-for-profit network — because *marijuana addiction* leads directly to narcotic addiction of every variety, by destroying the individual's ability to live *without support by drugs*.

And today, relying on drugs is the only way tens of millions of people in our system *can go on living*.

All doctors and social workers and teachers realize that this is ruining human life on a mass scale.

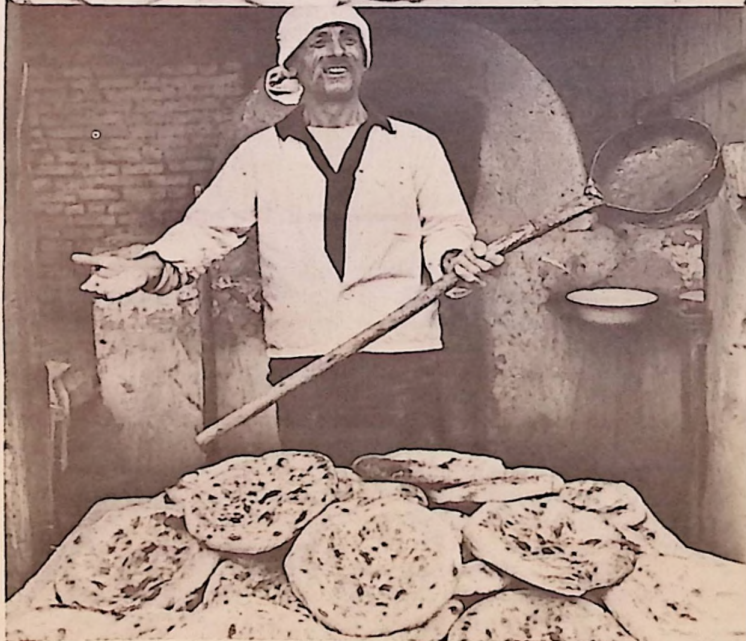
And making profits by the billions every year.

In their way-of-life

All labor is honored



Nadezhda Pavlova is both one of the youngest and one of the greatest of modern ballerinas. At top you see her responding to the Bolshoi audience's acclaim . . . often they won't let her go for half an hour. Center photo shows her in the very difficult role of Giselle, which won fame for her immortal predecessor, Anna Pavlova. She dances with Vyacheslav Gordeyev, who is now her husband, and a leading star himself. Bottom picture: Nadya comes from a workers' family and prefers to repair her own shoes . . . in one performance she'll wear out five or six pairs.



Far from Moscow, away out in the Kirghizian village of Bazar-Kurgan, lives and works Kubidzhan Kasimov. And his labor has won him renown far and wide. He's a traditional Kirghiz baker. And although he works only with flour, water and salt, such is his skill (and some say with his devotion) that his plain flat loaves are invariably perfect. He won't go modern, and bakes only in age-old clay ovens or "tandir". His highest honor: people buy every loaf he creates.



Unfortunately, we *never* have space enough to print nearly all letters. After our 1978 'Campaign Appeal', so many Readers wrote in that we simply had to take two pages this month. Please write! Your ideas give us all a big lift.



—our mail bags really bulged

"We are very interested in an explanation of why the USSR's space vehicle, which allegedly crashed in Canadian Northwest Territories, did not burn up on re-entry. We look for complete story in NN." C.L.A.

Reply: Sorry, the "complete story" is not available since Canada clamped down on the final results. However, USSR *did warn USA and Canada* that this ship had met with *some unknown destructive force* which sent it *out of normal control* (from Earth). Much speculation (in western scientific circles) that a *USA anti-satellite weapon* hit the Cosmos ship. No verification of that. But the **main truth is:** no parts of the nuclear power unit were ever found, and the last assumption NN has (from USA sources) is that the **power unit did fully burn up** as it was designed to do. Please refer to NN's editorial in March issue, Page-4.

"Just read new USSR Constitution. This deserves the most special treatment you can give it. No way I can exaggerate the world-historic significance of this new Constitution. Comparing it to USA and Canadian constitutions would be an extraordinary eyeopener for many." D.R.L.

"USSR should immediately make a *comparison*, point by point, of Socialism's new Constitution and those of Western nations." D.L.H.

"We are deeply concerned about hazards of nuclear development (those for peace, because of reckless non-supervision, almost as much as those for war). Please give us everything you can find on how USSR operates its plants, disposes of wastes, etc." W.E.R.

Reply: We're trying to meet this request in our current series (including this issue). Sorry, however, that we cannot agree that people should be **equally concerned** about atoms for **peace** and for **war!** The war menace is nothing short of *destruction of civilization*, whereas the peaceful atom "menace" is *largely propaganda*. (See other letter this page).

"I firmly believe that the course of history would change for the better if enough people would read NN." H.M.S.

"If we could get several thousand NN subscriptions in our province, I believe outcome of our next elections would be entirely different." B.W.

"I'd like very much to subscribe to NN for our local library, but right now I'm unemployed. It would be good because many students visit the library. Maybe you could send extra copies there?" V.S.

Reply: Happy to report that this library (like many others) does subscribe to NN.

"I've subscribed to NN since away back when it began as 'News-Facts'. My wife and I had the pleasure of visiting Poland, Rumania, Hungary, Austria and USSR with 'Families of Man'. Glad to report that I

found the reports given in NN to be correct. Renew my sub for 30 more issues." O.H.

"Sorry I can't send donation at this time. Enclosing book order. I feel that we will have to do something more than just 'vote' to get us out of the mess we're in. I fear that (as NN said) the more money the government pushes into the economy the worse things will get." H.A.

"Just received NN. Can't tell you how much we appreciate it. Renewing for 30 more, don't ever want to miss it." M.T.

"I recently stayed for three months in the Soviet Socialist Republic of Estonia, where I was born. Contrary to propaganda, the people are happy. No worries of unemployment or inflation. Best of food is plentiful, no chemical additives or artificial coloring, flavoring, preservatives. People treated me as a friend who had been away for 53 years. Went to many concerts, theatres, usual price about \$1.35. Went to health sanatorium for rheumatism treatment. Visited big ski factory (they sold 82,000 pairs to Canada last year). Most remarkable thing was that nobody spoke of war or preparations for it. Felt ashamed when I got my first English newspaper full of anti-Soviet stories, neutron bomb, etc." J.A.

"I ask that NN begin to think about the profit motive that has created the drive for nuclear power. Seems to me you are too harsh on protestors like Pete Seeger, and I believe he should be honored, not denigrated. We are living under Capitalism, and seems to me there is a sharp difference (from Socialism) and you should honor those protesting these plans in USA." E.T.R.

Reply: Those who have long read NN know that many times this magazine has had to express "unpopular" views, in order to *present the truth*. All forms of power in USA are exploited for profit. So is all **food**, nearly all **housing** and **medical care**. So profit, as such, doesn't enter the picture . . . all these things are necessary, essential, in both systems. Most unions, and the Black community in USA, now recognize the necessity of developing nuclear power. The protest movement is, by and large, a *middle-class, intellectual, anti-Science movement* which is opposed (in practice) to the needs of energy development (and the welfare of the people). Pete Seeger has a wonderful reputation, and it is very unfortunate that he has now lent his talent and reputation to such a reactionary cause as the "anti-nukes", the aim of which is to **divert the people from the struggle against nuclear arms**. This magazine cannot evade that truth and we're confident that in USA, as already in other lands, all progressives will in time grasp it.

"I enjoy NN, reading of advancements in education, medicine, engineering. We could learn a lot from them. But how far can they go as an atheistic regime? How many great empires have fallen because they denounced God? I would like to see USSR give people more freedom to believe." L.A.

Note: Last month, and many times in the past, NN has shown with **facts** that Soviet people have full freedom to believe in God.

"I greatly enjoy NN, especially because I am interested in Science, and that is our only salvation . . . discovering the laws of nature in order to make a better world here and now. I preach the gospel of emancipation and never fail to put in a word for the advantages of Socialism." G.E.B.

"An old English song says: 'The righteous cause alone is glorious; men of truth shall be victorious; for Truth is right, and right is might; so play the Man and win the fight.'" M.B.

"Here's my renewal, Won't be without NN, it is a key to health and life, a wonderful mental therapy." M.B.

"I enjoy NN very much and I'm convinced that there would be many more like myself, if only they had the opportunity." F.B.

Note: It's *the truth*. With Readers' help we are able to show NN to many more, every month, and . . . *those new Subs sure are coming in!*

"That page in NN on Bulgaria was great! Why not have a page each month on a different Socialist country? People here have no way of knowing what goes on in Socialist world outside the Soviet Union. If any Socialist land is mentioned in the papers it is about wretched dissidents only." A.B.

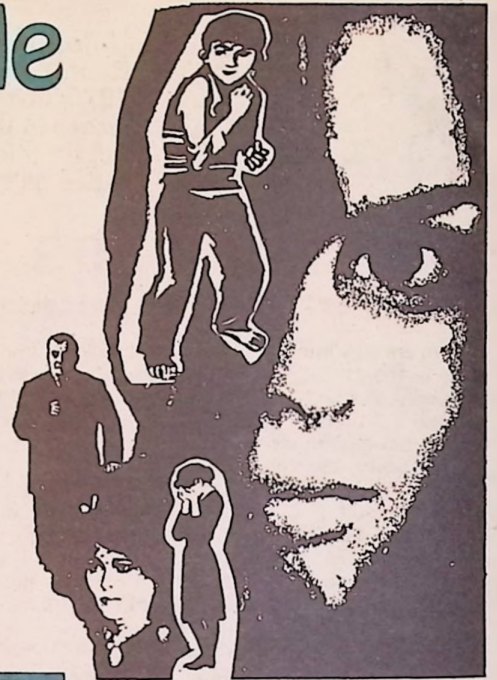
Note: We *are* carrying a series now, one country each NN . . . we'll *reprint them all*.

"Here's my donation. I've been a subscriber for 25 years, and expect to be reading NN for another 25 years, and I'll send a donation then, too." H.B.

"I show NN around. Not sure if people send in subs. Have stacks of back issues, using them in my peace work. Here's my donation. NN keeps me really ticking!" C.H.B.



which side would you take?



Twenty million dead, many times more disabled. It's hard for us to grasp the immensity of the problems Soviet people face, to this day, as a result of the war that ended 33 years ago. Three "war movies" are rousing fierce debates in USSR just now, as young directors face the past.

Larissa Shepitko, 39 year old director, won the 1977 Grand Prix at the Berlin Festival, for her "Ascent".

Two characters. Sotnikov, a partisan, tried to trick the Nazis. But he was trapped in his own craftiness, betrayed his friend Rybak, and finally turned complete traitor to work for the hitlerite vermin. Sotnikov, tortured almost to death, does not yield, and is a Christ-like figure as he climbs his "Golgotha" to meet the firing-squad. Tremendously powerful climax.

But. Is Sotnikov a kind of "helpless intellectual" in contrast to Rybak, a "practical" man who made errors? Or, is Sotnikov the real "man of the people", killed by a wretch who went into the depths to save himself?

Both men are portrayed so convincingly that millions side with Larissa Shepitko, who sees Rybak as worthless. Still, others (maybe they knew some "Rybacks") leave the film not filled with hatred but with sorrow, pitying the man who lost all semblance of humanity.

To the Soviet people this film is not mere recreation, but a living experience which arouses profound emotions, even in young people unborn when this happened. Unlike our "fantasy-horror" movies, "Ascent" is for real.

This is modern war. It transforms even human greatness into ghastly suffering, and destroys good people.

Nobody, but nobody needs it.

Nikolai Gubenko, director of "Broken Wings", is only 36 years old. His movie won the Bronze Hugo at Chicago's festival last year. It draws capacity crowds because it portrays a little boy, victim of war, entire family lost, turned into a "wolf cub" trying to survive.

Here we see a young soul made partially inhuman, by war which is, to him, the world, life.

The arguments arise from a crucial scene: in a children's home the boy is told he must give up his knife; but the knife, his father's possession, is the last real thing left from the life that is gone forever. A man teacher, himself a disabled tank soldier, tries to take the knife, and the boy fights back, biting the vet's badly burned hand ... and the teacher strikes the fighting boy.

Hitting a child is just not allowable in Soviet schools. Much less to hit a war orphan!

Well, then, are you with the other teachers? They join to boycott the vet who struck the child.

Then he should have permitted a desperate boy to carry a deadly weapon among children hostile to him?

Perhaps the lesson — the young director doesn't step out and preach to the audience — is that war makes it impossible for people to judge its victims?

For whom should you weep: boy or man?

Gubenko remains silent, but he seizes the audience with weeping ... the disgraced teacher goes to cry alone in the dark, but the boy, too, is hidden there, and hears this terrifying grief, indistinguishable from his own.

There is no salvation for these two. Somehow they must live. But what life has been left to them by war?

The power of this film is that it leaves the audience with another problem. What is to be done for those who are wrecked by life? In Socialism people feel keenly that they cannot turn aside.

Am I not my brother's keeper?

Andrei Tarkovsky, oldest of the directors, was 45 when he made "The Mirror". So he was 12 years old when the war ended, just 8 when it began (in the Soviet Union).

This movie is said to be the voice of a philosopher who is musing about life. Or is it death? For the first time, Soviet viewers are seeing the real deaths of real soldiers in documentary films taken by cameramen who also died making these very shots.

This may well be what the movie is about: how war smashes into human life. Here you get stark terror, people who have sublime faith, families broken forever, starving children looking at rows of frozen books in ruined houses, people striving desperately to exist inside war.

Tarkovsky may be a philosopher but he doesn't supply you with "the book". He builds up this almost unbearable picture of war devastating human beings, but many of them go on living ... especially the children.

So what can you say to them or about them — this is the only childhood they have, the adults surviving are the only parents they'll know, and starving on the edge of death is existence for them.

For millions of them!

This all happened a third of a century ago before the creation of Hiroshima bombs and missiles to carry them into every corner of the world.

They say the producer of "The Mirror" isn't telling people, he's asking them.

You, perhaps?

You, the individual, what stand are you taking against another war that would blacken every life on earth?

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Pretty hard for us to beat that 'commercial'. Many other Readers have sent us similar letters. This Report gives you a system worked out by Soviet medical scientists. Simple, effective ways to get rid of tell-tale signs of age. No equipment required. No drugs or hormones used. Everything you need is here, including 26 Action Photos.

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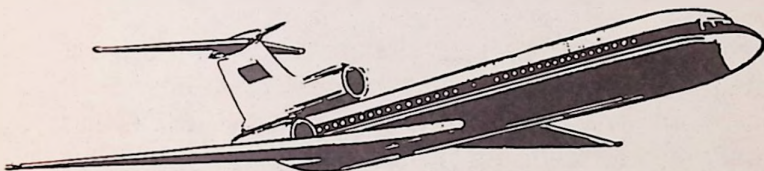


Once in a rare while we get a book from USSR about somebody who has lived a "different" kind of life. But honestly, never one quite *so different* as this. All about **Nikolai Nabisov**, who has spent his life thrilling millions . . . **riding race horses!**

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