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NORTHERN NEIGHBORS

MARCH
1985
NO. 315
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Peace — Work — Freedom — Equality — Friendship — Health & Happiness for all Peoples!



Celebrating the victory in World War Two, 40 years ago, a group of Soviet war heroines have formed a song-and-dance troupe that has become very popular. At right you see Sgt. Major Valentina Denisova, who won exceptional honors for her work in the Medical Corps — besides other decorations she received two Orders of Glory.



Astonishing New Mysteries Are Upsetting Astronomers Today

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Socialism Saving Ethiopia

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A Nation Of Mountaineers

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New Medical Discovery Blames Ill-Health On Over-Breathing

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They're Relieving Arthritis

PAGE 21

Seniors Who Prefer To Work

PAGE 10

Specially good variety of books on Pages 27-28 this month

NORTHERN NEIGHBORS

The Magazine of Socialism in Action

GRAVENHURST — ONTARIO — CANADA

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Subscription rates: \$6 for 10 issues, \$13 for 30 issues. When changing address you **must** send old address, preferably clipped from NN envelope, along with new address. Special Bundle Offer: 10 copies for \$4.00

LOOKS LIKE YOU DID IT AGAIN

My mail has been making the desk creak, last few weeks. It's YOU. Answering my appeal for financial help, which you saw back in January. Takes TIME. For NN to reach you. For you to decide how you'll respond. Then your letter starts on its way up here. So our "drive" really runs on through February and beyond.

Looks like you are responding to NN even more emphatically than you did last year.

MANY, MANY THANKS!

Hope you like those two Free Reports we sent you. If you can spare a minute, tell us if they're useful to you.

EVEN IF YOU NO LONGER DRIVE THE TRACTOR . . .

Our good friends at Harmony Travel have done it again. Arranged a very special tour for special people. FARMERS.

We'll have full details by the time you see this. Briefly, it's a Tour that gets you to see a wide variety of farming in USSR today.

You'll go out on the land from seven major Soviet cities (besides enjoying those cities, too).

You can take your pick of two dates: one in September, the other in October. Both Tours last about three weeks. Reasonably priced, with everything you need included in the one charge.

See Page-18 and then check coupon on P-26 for full information.

IF YOU ARE A "MYSTERIOUS OBJECT" FAN

As I write this we get word from USSR that lots of witnesses (including the crews of two big planes) have reported in detail just about the weirdest collection of "unidentifiable goings on" that we've ever seen from responsible sources.

Sorry we couldn't get details in time for this issue. But if all goes well (and we aren't bonked by some newer UFO) you'll find everything we can get in the next NN.

Meanwhile, in *this* issue, I recommend the Report on Page-3. This is strictly high-level science and thus all the more fascinating.

To make it still better, watch out *next month* for more weirdos in the high-tech world of modern astronomy.

IF YOU ARE YOUNG, OR ARE FOND OF A BOY OR GIRL . . .

You might want to treat someone to something marvellous; a trip to the coming 12th World Festival of Youth.

This summer it will be held in Moscow. These Festivals began 40 years ago and last time it was in USSR in 1957.

Will last for eight days. Soviet youth are going all-out to make it successful, especially for visitors from abroad.

Sorry, but NN can't help. If interested, write right away to Vicky Holloway, Youth Festival Preparatory Committee, 290 Danforth Avenue, Toronto, Ontario, M4K 1N6.

NN's Quote-of-the-Month: "We are glad that we left the Common Market. For the first time in 12 years we can plan and develop our own fisheries. As for the political significance of this decision, Greenland made another step towards asserting its independence. By proclaiming our island 'nuclear free' we declared that uranium deposits shall never be developed in Greenland. There is no place here for Pershings and Tomahawks, or any other weapons loaded with deadly nuclear charges." (Jonathan Motzfeldt, Premier of Greenland).

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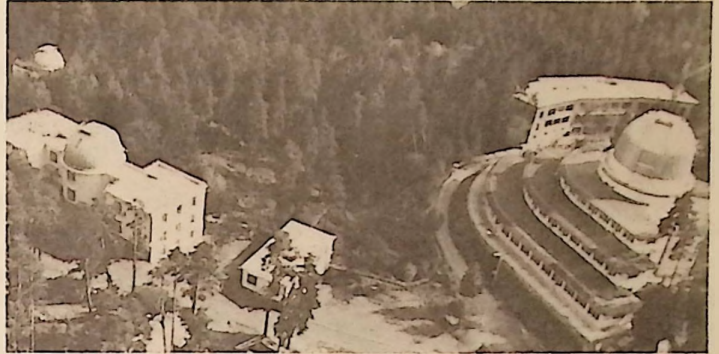
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You'd be surprised to find how many intelligent people "react" well to NN if they see it. We'll mail them copies if you'll send us their names. But, if you prefer, our "Four People Plan" still works. Send us four names-and-addresses, plus Five Dollars, and we'll send those people NN not just once, but **three times, three issues.**

12 Heavenly Mysteries

The astronomer Kepler, 200 years ago, discovered the laws of planets' motions in our solar system. But when spacecraft and radar came along, those laws suddenly became useless. We're indebted to Dr. Alexander Gurshstein, Soviet physicist, to tell us what's happened, as those "laws" turned into mysteries. In our photo you see Abastumani Observatory, one of the USSR's greatest scientific centres, little known in the West. Here those mysteries are being probed.



1. Ever since modern astronomy began, scientists and amateurs have had a lot of pleasure watching the famous "ring" around the planet Saturn. Many a theory "explained" why just one planet had such a strange companion.

But learned faces turned red when new, accurate systems of observation showed that the two other giant planets, Jupiter and Uranus, also have ring-systems.

But why rings only around the "giant" planets?

2. Quite a few studies have been made of Venus, lately, with Soviet space-craft landing on that planet. This has heightened interest in a strange fact: Venus makes one rotation every 243 days. In the direction *opposite* to that of Earth and all the other planets. Kepler's "laws" have no possible explanation for that fact.

In fact, nobody has any explanation, so far.

3. Soviet landing-craft discovered a really astonishing fact: while Venus itself rotates every 243 days, the upper atmosphere of that planet rotates every four days. In other words, the atmosphere on that flaming-hot planet spins some 50 times faster than "solid" Venus does.

Dr. Gurshstein tells us that, despite a lot of heavy thinking, nobody has yet come up with a satisfactory explanation.

4. Now those famous "canals" on Mars. Nobody believes any more that they were canals made by some intelligent Martians.

Anyway, Mars has a very "thin" atmosphere, and its temperature is very low, so water could hardly exist there, canals or no canals.

But the canals, or whatever, are there. Some think this mystery is explained by ice flows, like fast-moving glaciers. Not too impressive.

5. Some researchers have come up with the disturbing idea that Mars really did have a thicker atmosphere in times long past.

So that planet *lost* all its atmosphere? And this happened in a short time (judging from the "youngness" of the canals)?

So planets can be stripped of their atmosphere? Obviously, this is a scary theory, and some solid facts are needed to support it.

6. As you know, our Moon always keeps one and the same "face" turned towards Earth. Explained by nearness of Earth and its tidal effects.

But take Mercury. Long believed that the Sun's attraction would keep Mercury rotating so that the same side always faced the Sun.

Well, guesswork isn't scientific. Observations prove that Mercury can't possibly face the Sun steadily. Because it rotates on its own axis every 58 days, but rotates around the Sun every 88 days.

Nobody has calculations to fit that.

7. Mercury is *still more* mysterious. Its motion around the Sun is coordinated with our Earth's motion. Every 116 days, Mercury and Earth are closest to each other on one side of the Sun. During that period, Mercury makes two revolutions around its own axis ... so it always faces our Earth with the same side!

For many years this fooled astronomers. But now the mystery is deep indeed. Mercury should "align" itself to the Sun, not Earth, since our planet can't exert strong "tidal pull" that far away (as Earth does on Moon).

Dr. Gurshstein jokes: "Who then rolls the ball?"

8. Now go back to Venus. Each 584 days Venus comes closest to Earth. (We refer to the "hard body" of that planet, not its atmosphere). At those times, Venus never fails to turn the same side to face our Earth!

Many an astronomer and mathematical physicist would like the answers to that one.

9. Considering the millions of measurements and calculations that scientific astronomy has performed in recent years, it is *staggering* for science to be faced with this situation: the revolutions of the planets are not "accidental", they follow very exact laws of nature; and the distances between heavenly bodies are also determined by invariable laws; but *what are these laws*, required to explain the facts noted in NO. 7 and 8 above?

10. It is now painfully clear to scientists that while Kepler's laws explained planetary *motions* in terms of gravitational attraction, those laws tell us nothing about what determines the *distances* that keep so steady in our solar system.

11. Even such a tiny body as Io, a satellite of Jupiter, is very mysterious. Because it has active volcanoes. Much more violent than Earth's (considering its size). How come, when other satellites of the giant planets are all covered with heavy sheets of ice?

Of course it's all very well for science-fiction writers to "explain" Io's volcanic eruptions, but what scientists want is the *real* explanation based on facts.

12. The unexplained relations between bodies in our solar system, noted here, are called by some scientists "the resonance phenomena". Meaning that the heavenly bodies, which once followed laws scientifically acceptable, now turn out to be *relating to each other* in ways not explainable.

All countries are now in an astronomical race for facts.



Truth-of-the-Month

Public Opinion can be a *Super Weapon*

Right here in Canada it's being tested now

The controversy in our country over Ronald Reagan's *Star Wars* armament program began the very day when the newly elected Conservative government declared that it would not oppose Washington's space-war plans, now called the Strategic Defence Initiative — "SDI".

The Tories said flatly that *they wouldn't even discuss the matter.*

The Liberal opposition immediately refused to accept that.

Overnight it became clear that neither the Canadian public (which had just given the Tories a huge majority) nor the major newspapers were going to be silenced.

Almost unanimously, ordinary citizens and outstanding political observers joined in warning that Reagan's "SDI" was actually **an extension of nuclear warfare into space.** With very grave dangers to our world.

Within days, the Institute for Policy Studies (USA) revealed that the Pentagon already had decided to move nuclear weapons into Canada, at Atlantic and Pacific bases. This violated a long-standing agreement. When the Conservatives tried to brush this under the rug, criticism heated up fiercely.

Canada's space warriors weren't so smart

Not a week went by before leading Ottawa commentators were warning that Canada's involvement in *Star Wars* could hardly be avoided. Everyone suspected that new USA plans for our obsolete NORAD defence-warning system really was intended to open the way for ... exactly what?

Giant laser-ray weapons bases? Radar linked to USA space-craft to be aimed at Soviet defence ships?

"Canada's national interests cannot be well served by 'Star Wars'," said columnist Jeffrey Simpson.

Because it will strain East-West relations and "lead inexorably to a new arms race."

This is exactly what the (defeated) Liberal government had maintained. Reversing that policy, everyone could see, was what the Liberals (in opposition) called it: "shocking and disappointing."

It's remarkable that the voting public at once agreed with that view, expressed in the House of Commons debate: *We think Star Wars is not a good idea.*

In another week Jeffrey Simpson voiced popular opinion. "The Canadian Government has now stuffed a large sock in its mouth on most of the nuclear questions of our time ... a long, grey silence is presumably about to descend on Ottawa."

Profit from nuclear suicide isn't popular

Wall Street Journal stumbled into the affair with big-money bait: Washington might well spend \$1,800,000,000 in Canada, to jazz up the NORAD system.

With our army of unemployed, that could be tempting?

John Walker of *Southam News* service revealed that USA had been working on the Tory ministers Clark and Coates. The latter was convinced that *Star Wars* "research" would indeed be great for Canadian business. Walker tore that to shreds. It would only strengthen "the Reagan team who are determined to pursue this vastly expensive and ultimately illusory dream ... bound to encourage the Soviet Union in its own space development, or, more rationally, in a nuclear arms race to swamp any *Star Wars* defence."

This, obviously, is what most Canadians realize. *Star Wars* is not a simple research program but a **36 billion dollar drive to beat the Soviets in space.**

And what is alarming a great many Canadians is the suspicion that Ronald Reagan's purpose is very far from what he promised in his election appeals, when he dreamily visioned some kind of super-weapon that wasn't really a weapon but "purely defensive", making all weapons useless.

John Walker, from his Ottawa observation post, warned that *Star Wars* "will hardly assist the arms-control negotiations or lead to reduction in nuclear warheads, and it merely reinforces the Soviet perception that **the *Star Wars* initiative is really a part of a U.S. first-strike strategy.**"

In other words, back to Square One. Pour billions into the laboratories for weapons to "paralyze" the Soviets, so USSR can be exterminated in one fearful surprise attack.

Washington's schemes are out of Hollywood

Reviewing the notion that "supposedly, nuclear weapons become so powerless that nations possessing them are 'deterred' from using them by virtue of their ineffectiveness" the Toronto University scientist John Polyani says flatly: "**Recent history makes this scenario highly improbable.**"

And he quotes the White House: "New technologies are now at hand". Yes? "But no single concept or technology has been identified".

Indeed, the President's own "office of Technology Assessment" (as we quoted earlier here in NN) says the basic aim of *Star Wars* is "so remote that it should not serve as the basis for public expectations or national policy."

Says Dr. Polyani: "we (Canadians) have an obligation to exert all the pressure we can (on USA) in the hope of bringing about this change, in the brief time before the SDI, conceived as a magic cure for the world's nuclear ills, irrevocably poisons the international atmosphere."

Dr. Peter Rosenthal, another Toronto scientist, warns that the USA program could lead to a "first strike" against the Soviet Union. This is "the most important reason to oppose *Star Wars* because it will greatly increase the danger of nuclear war."

An amazing right-about face in Parliament

Presumably, the Tories could have railroaded any defence policy through the House because of their large majority. *But it didn't happen.*

Clearly, the closer the government came to blessing Ronald Reagan's Buck Rogers scenario, the louder rang the phones on Parliament Hill, and the bigger the bags of mail dumped on Members' desks.

When Caspar Weinberger admitted that the new NORAD plans were part of the planned space-wars project, our Minister of Defence (since resigned) Coates had to emphatically deny that Canada had yet made any commitments.

Clearly, Washington had counted on the Tories to deliver a contract as ordered, intimately involving Canadian bases in the all-out space war program. But our people, our experts, our voters, aren't buying this.

The commentator Junius asked: "Has Mr. Coates obtained assurances, or, does he simply **trust the U.S. to consult us at its convenience?**"

Evidently few Canadians now trust the USA.

Proof came in the dramatic climax of this uproar. Both Prime Minister Mulroney and External Affairs Minister Clark (now head of Defence) assured the Opposition parties, and the public, that Canada definitely will not get involved in *Star Wars* or allow nuclear weapons into our country.

Now that is the first-strike the world needs!

For the salvation of the Ethiopian people

A Reader writes: "On CBC TV I saw one brief flash of a big Soviet air-liner carrying supplies to Ethiopia. Since then, no mention of that anywhere. Can you tell us what goes on? Isn't the Soviet Union helping those desperate people?" Here 'NN' tries to answer this question.

At Ethiopia's request the USSR's main effort in that country is to move one and a half million people from drought-ruined areas to fertile lands.

As this is written they've already resettled 59,000 people in an area around the city of Asosa.

Sabhatu Aberra, of Ethiopia's *Relief and Rehabilitation Commission*, says that nearly one-third of all people in Tigre Province were in danger of dying. That's far over a million. "We owe their transfer to the Soviet Union."

Moving some 1,500,000 human beings, many of them ill and nearing death from starvation, in time to save their lives, is a feat unprecedented in the history of Africa, and has few rivals anywhere in the world.

Complicating this effort is the fact that the countryside is mountainous and has few roads.

At the height of the rescue, Soviet planes, helicopters and trucks moved over 80,000 people in two weeks.

People not only had to be moved but also needed shelter, food, and attention, in their new location. The new Workers Party of Ethiopia was able to send 2,000 volunteers to help.

Aside from food, medical aid was the most important need. This was provided by a large Soviet Field Hospital, set up almost overnight in Asosa (which is on the border with Sudan). Even before the equipment was placed, hundreds of sick people were lined up, and the doctors began emergency treatments.

Soviet Aeroflot planes had to bring in *everything*: tents, beds, medicines. But some of the bulkier supplies were sent by sea to the port of Assab, then trucked to Asosa. And of course the staff of the hospital had to be fed.

Aside from patients admitted to hospital for major treatments, the Soviet doctors and nurses soon were handling 500 "out-patients" every 24 hours.

"We lack words to express our gratitude to the Soviet people," says Yonatan Yesak, Administrator of Asosa District. "Soviet medical workers are saving thousands of lives. Our people will never forget it."

Berhanu Deressa, Deputy Commissar for Rehabilitation, points out that "For ten years since our Revolution, the Soviet Union has continually aided us. This assistance covers many phases of life. Not only helping to overcome the horrible drought, but also strengthening our country's economy."

Although all the incoming planes are Soviet models, not all bring relief from Moscow. A truly tremendous aid project has been organized by the progressive *World Federation of Trade Unions*. Thousands of workers from Moscow, Prague, Sofia, Budapest and Warsaw have helped to set up big relief camps in Wollo and Tigre provinces.

Tadesse Tamrat, head of the Ethiopian Trade Union, says millions of people are being saved with WFTU aid.

German Democratic Republic (East or Socialist Germany) sends a stream of *Interflug* planes loaded with food, medical supplies, and experts.

And inside the country, pilots of socialist airlines work very long hours, moving cargoes that arrive by sea. Even Cuba sends food.

Not only food is pouring in, but also trucks, bulldozers, excavators, well-drilling rigs, to say nothing of great quantities of clothing.

Besides shipments sent by the trade unions of the socialist countries, the official Soviet *Red Cross* has a big emergency relief program of its own.

As you must know, here in the West our media have been following the USA's line, trying to blame the socialist Ethiopian regime for the suffering of the people. And a cloak of silence has fallen on the tremendous aid given by Ethiopia's socialist allies.

This "policy" is mainly to cover up the shocking truth: that the West has used the tragedy of the African drought to push its "rebel" invasion forces in Somalia.

More than that: the USSR stresses that *imports of food* will not solve Afri-



ca's problems; what is needed is a radical program to expand agriculture for *self-sufficiency*.

In Ethiopia today you can see mountains of food products (flour, skim milk) *unsaleable in the West*, but dumped as "aid". The only aid there is to the farmers of USA, who are desperate to sell vast "surpluses".

As a start in creating a new Ethiopian farming system, since 1977 the USSR has operated a *scientific agricultural centre* in that country, at no charge.

This past winter a *tractor assembly plant* turned out its first machines.

Last September Ethiopia and USSR signed a far-reaching agreement for land improvement work on a vast scale, concentrating first on the Avash River which can irrigate hundreds of thousands of acres.

Probably the main long-term project now being tackled is a Soviet-designed *hydro power plant* at the remote river location Melka-Wakane.

This ambitious but entirely practical scheme tackles a huge desert area, where fertile soils await only a permanent water supply.

Here, where no crops ever were grown, an enormous virgin-soil farming region will soon appear.

Already a town has arisen here on the river Uabi-Shebelle. Plus a complete cement-manufacturing plant (for building the large dam).

This power plant won't be a "giant" by Soviet standards, but it will deliver 153,000 KW of power for brand new Ethiopian factories and farms.

The first Soviet engineers "landed" at Melka-Wakane in 1982. Today their dam rises higher by the hour, and future farm families are already beginning to arrive.

9th METRO

The Moscow Metro (subway) now carries one and one-half the entire world's population every year. By far the best, cheapest form of transportation. So they're building more. Latest to open is in Minsk.



First run was a big event for city of 1,500,000 people.



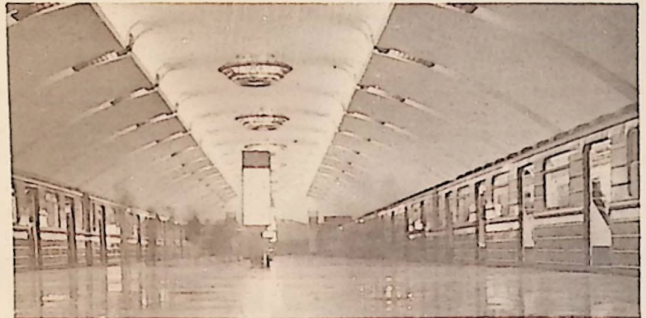
As in Moscow, the Minsk stations are works of art.



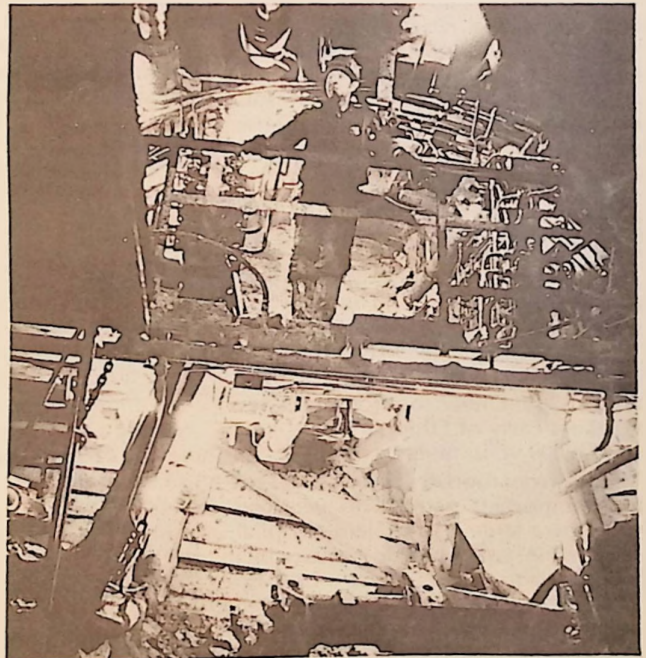
Skilled technicians installing the lights, which are a splendid feature of all subways in Soviet Union.



Many children and their teachers were the first riders on Minsk Metro. Fares, as in Moscow, are six cents.



"Lenin Square" station is busy round-the-clock since it brings passengers right to the center of town.



Advanced Soviet subway construction methods are now used in building Metros in a number of foreign countries.



In all Soviet subways the cars are kept spotless so that every morning the system looks brand new again.

The President of the Soviet Northland is a woman

For centuries the Yakut (Eskimo) women were virtual slaves. No rights, no legal protection. First ruled by the father, then the husband. But now we can meet Mrs. Yevdokia Gorokhova. She's President of the Yakut Republic. And no mere figure-head. Socialism has transformed the men and the women of the North.



Yakutia was a far-off land under the Czars, extremely backward. Not until 1925 (eight years after the Socialist Revolution) were they able to hold the first Yakut Congress of Working Women, who numbered 136,000.

The tasks facing them were extremely hard, if only because less than 12,000 of them could read-and-write.

But the earliest Socialist laws put an end to all discrimination against women, and organized free education for both sexes. In a remarkably short time work-for-wages appeared throughout the northland.

Today, half the Yakut work force is women. And in those occupations requiring highest education, such as teaching, health services and the arts, women predominate.

Mrs. Gorokhova points out that this trend will even strengthen, because women now make up more than half of all Yakut university students.

Now, is the woman-president's position an exception in Yakutia?

Hardly. In her cabinet three ministers are women. Many others occupy leading government positions.

And she adds: "For 30 years before me, women held the Presidency."

What's more, five Yakut women have been elected to the Supreme Soviet (Parliament) of the USSR. In the Supreme Soviet of Yakutia 92 women are members.

And at "grass roots" level, voters elect women to fill nearly half the places in local (municipal) Soviets.

But the President tells us that all is not perfect up in Yakutia. As more and more hundreds of women went to work, the custom of having large families fell into disfavor. In a fairly short time, too. Result was, the birth-rate in Yakutia declined by one-half.

The USSR as a whole tackled that problem back in 1981. It's interesting to note that Yakut women led this "drive".

Practical measures they introduced include these:

- Not only fully-paid maternity leave, but a whole extra year off, at partial pay.

- Further leave (without pay) can be extended, and the mother's job will be kept open (with seniority rights).

- Childbirth allowances increased.
- Longer paid holidays for mothers with several small children.

Result: the birth-rate in Yakutia is now above 24-per-1000.

No more problems? They have them. Although 7-in-10 pre-schoolers go to nurseries or kindergartens, that's not enough. Their aim now is to accommodate every tot born in Yakutia.

In addition, they are driving for easier working-conditions for women; shorter working days and weeks; along with work-at-home programs for mothers who prefer to give their youngest personal attention all day.

In the richest land on earth, how are things with women today?

As you know, the years 1976-1985 were declared the **Decade for Women**, and each country's achievements will be reported at a World Conference later this year.

Women in USA have been getting at the facts, which are not all that favorable for "human rights".

- Close to 800 federal laws spell out discrimination on the basis of sex.

- Average pay of a woman, with a full-time job, is no higher than 60 percent of wages paid to men doing the same work.

- No occupation could be found which pays women the same rates as men.

- Even when women have higher education, or training for highly skilled work, their pay is never more than 64 percent of the men's.

- Office work is considered to be a major field for women, and they're in the big majority; but here again, in USA the women can't get over 62 percent of what is paid to men for the same office work.

- Women have been moving into big industries lately; but in USA a girl or woman operating a machine-tool cannot get more than 61 percent of the wages paid to men who do the same work, same output quotas.

- Women have lately obtained jobs in auto and similar industries, doing what's called "assembly" work. The USA Bureau of Labor Statistics surveyed the situation, and found that nearly half of all assembly workers are now women. But females get only 70 percent of the pay given to males.

- Even in the new high-tech field of computer operations, where women now hold over 60 percent of the jobs, their pay isn't more than 68 percent of the men working beside them.

- At the very top the situation is hardly believable. Martha McStean was the first woman in USA ever to head the Federal Social Security Administration. But President Reagan fixed her pay at half of her predecessor's!

- Advanced countries do not permit women to work in underground mines. But in USA girls and women now work right at the most dangerous "faces" in coal mines in seven states. *Wall Street Journal* seems pleased to report that since 1980 women coal miners have increased by a third.

- In all major capitalist countries (USA included) a large majority of the people who live in worst conditions of poverty are women. *U.S. News* says that 6-of-10 adults living below the poverty line are now women.

- Perhaps this explains why the USA (backed by Israel) was the only country in the world to vote against the United Nations' preparations for the World Women's Conference.

- But economists don't agree; they have calculated the "benefits" obtained by employers, as a result of lower wages paid to women. Because women workers produce the same as men, but get paid as a rule 40 percent less, profits are 60 billion dollars higher.



Mrs. Muazzam Irnazarov is congratulated on her 50th job anniversary. All her working life she has driven trucks (even the biggest) on highways out of Samarkand, is known to every driver in Uzbekistan, and has received highest labor decorations of the Socialist system.



Dr. Zoya Mironova holds a unique position in Soviet medical world. She's a surgeon-specialist who heads a special hospital where injured sportsmen and women are restored to normal performance.

There's nothing they can't do



Anne Veski, one of most popular Soviet singers, has won world contest in Sopot, Poland. She's Estonian. Her parents are also top musicians.



Delegation of women from Libya visit Tajikstan, once very backward but now of high world ranking in cotton production and electrical power. Today women make up 40 percent of all agricultural and industrial workers in the republic.



Central Asian women love sport and Lyudmilla here is world champ, archery.



Young Satylkhan Nusupbekova has won top youth award for her work in the giant sheep-breeding farm at Taldy Kurgan, Kazakh Republic. Many Soviet women are leaders in agriculture.



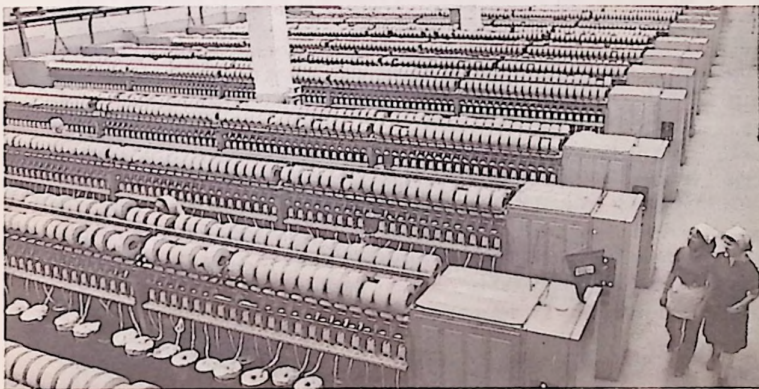
You'd never guess it but the woman with the gun is famous in USSR as music composer. If that's not enough, Mrs. G. Abdullazado is also chief of Philosophy Department in one of Azerbaijan's outstanding universities.



Hard for people here to grasp that this woman, Bakhargul Kuliyeva, is highly honored, and a Member of their Supreme Parliament, because of her outstanding work as a milkmaid.



Although they have never been religious, these six Soviet women have come to be known as the 'Sisters of Charity'. Farm girls of Kirovo village, near Kiev, they volunteered to set up a secret hospital to save Soviet soldiers wounded when the Nazis advanced. Over quite a long time the girls rescued more than 500 men, and cared for them at great risk to their own lives. Here you see them re-visiting the battlefield. The two men came to see the "girls" who saved them. Many of the 500 have written to Kirovo this year.



In the big Krasnodar cotton mill highly skilled women attend many new-model machines. Yevgeniya Grishenkova (on right) also is teaching Hun Thi Suan Hyong, who has come from Vietnam to learn this difficult trade which she'll use in her homeland.



Lilya Soseliya, Lyudmila Solosovskaya and Tatyana Klimashkina work in the newly established House of Youth Fashions, in Moscow.



Ausma Straume, a machine-knitter, surprised everyone with three new arrivals to double the family.



Dalla Kutkaite is now European Gymnastics Champion. She's typical of younger Soviet sports people, who go for top honors while still very young. Fans really enjoy her enthusiasm. But she's winning mainly because of her brilliant innovations.



There's no field in which Soviet women can't excel. Nina Pereverzeva, mother and grandmother, is one of USSR's top grain-harvesting organizers.

When pensioners keep their jobs

The older man in our photo is Alexander Matveyev. He has just turned 80. For 60 years he has worked on the lathes in Kherson Shipyard. He started when 14, and now he is still on the payroll.



The Matveyev family has known some tough times. When Alexander got his first job, in 1921, the young Soviet nation was very poor. But there was always plenty of work, so in time Alex was joined by his brothers. Their father died when young. World War Two brought death to all the boys except Alex, and he was evacuated eastward as a valuable ship repair man.

When Ukraine was liberated, the Kherson Shipyard resumed production. Not only did Matveyev advance at his work place, but he also went in for public life. Fellow workers soon elected him to a seat on the City Soviet (Council), and later his fellow-members of the Council got him to serve on its Executive Committee. He's held that responsible office ever since 1946.

In our photo he's being congratulated by younger workers in the Shipyard, where the 80-year-old still works.

Why do Soviet people go on working at such an age?

Well, one obvious reason, which millions over here can appreciate, is that **Socialism has jobs** for pensioners.

Men and women both are more than welcome to stay on in the work-force. Consider Yevdokia Babenkova. She's 62, but being a woman she started to collect her pension seven years ago (at age 55). She was a highly skilled assembler at the Minsk Watch Factory for 25 years.

"At 55 I didn't consider myself elderly. No health problems. So I decided I wouldn't quit my job."

Still, her eyes were no longer young and so management gave her a less demanding job: milling machine operator.

"It was a lower-pay job. Yet what with my pension, I received as much as before. My husband is also a pensioner, and he too continues to work. So with four incomes we are quite comfortable. More so than ever before."

But recently Yevdokia dropped out of her job.

"I decided to help my three daughters-in-law," she explains.

"They've presented us with six grandchildren. The girls and their husbands all work, so Grandma is badly needed."

It's a kind of full-time baby-sitting job.

But Grandma and Grandpa also decided to help those three young families financially. "Not everyone approves of this," says Yevdokia. "But we always wanted to do something for the children. Now we can easily afford it."

It's true. As pensioners (Mr. Babenkov is also a war vet) they get special privileges. Their 3-bedroom apartment costs them (including services and phone) only 15 roubles a month. That's \$18! And if they need repairs the work is done, free.

Incidentally, Yevdokia helped one of her daughters make the down-payment on a co-op apartment (condominium).

Vacations are quite an item in the pensioners' budgets. Both Mr. and Mrs. Babenkov get "vouchers" from their trade unions entitling them to free health-holiday trips.

However, Yevdokia envies her husband, who is still on the job every day. She says "I find it is tough to be 'only' a pensioner. For 27 years I felt that people needed me. I lived not only for myself and family but also for my factory, my fellow-workers, especially the young girls.

"I'm really longing for my job, and so I've decided that I'll remain a pensioner only for a few more months. Then I'm going back to the plant."

Just like that? Like that. Management will be only too glad to get a worker like Yevdokia. Remember, management as a whole in the USSR today is hunting for *two million* more workers.

Let's see what the head of the local Social Security Department has to say. Genadi Andriyevich has no unemployed or "welfare" cases in his files, but he has plenty of men and women like the Babenkovs.

"The factory will welcome Yevdokia," he says. "Of course, by law, everyone has the right to decide whether to go on working or just collect the pension."

And he adds: "Right now approximately 45-of-100 pensioners remain on the job. Of course, among the other 55 many are well on in years or have real health problems."

Pensioners undergo quite a lot of "studying" in the USSR, because of that two-million-worker-shortage.

Andriyevich points out that the main reason why older people stay on the job is **not** financial. "They continue to work because they enjoy being useful. Enjoy the companionship of those they've worked with for years.

"And then, don't forget that older workers have amassed a lifetime of knowledge, skill, experience. I think that's the main reason why most plants do a lot to encourage people to stay on. Or, as in Yevdokia's case, to return."

Some new measures have lately been undertaken. The law now gives pensioned workers a 'most favored status' in their jobs. Usually their work-week is lowered to 30 hours. They have smaller production-quotas to meet. And they get longer paid vacations every year.

"The unions pay a lot of attention to these 'labor veterans'. Give them priority in getting passes to health resorts. To keep them healthy, many pensioners get regular free preventive treatments right in the plant's own clinics."

In many plants (especially electronics and garments) they make widespread use of "home-work" schemes. Thousands of pensioners have taken up this system of working at home, when they feel up to it.

Factories supply materials and whatever equipment is needed. Sometimes they arrange for daily pickup-and-deliver service. This is very beneficial to pensioners who, for one reason or another, find it difficult to go to-and-from the factory. And workers often have a surprisingly high output when they are in familiar home surroundings. In Socialism the home can still be within *'The Kingdom of Labor'*.

Where youth make their own future

We're told that young people in USSR have little or no choice as to where they want to work. So it may help to get close to one youth (and his girl friend) in order to see what goes on today for millions.

Here we meet Vladimir Poverenny, a 22 year old student at the USSR's leading agricultural college, the Timiryazev Academy. In our photos Vladimir is working in a special lab, an experimental greenhouse where the "climate" can be controlled very precisely.

In this case, the lab is providing drought conditions.

Diplomas don't come automatically in Soviet colleges, after completing courses. Students must do some original research and report it in a "diploma paper". Vladimir's studies relate to the effect of various severe weather conditions on different varieties of barley.

It turns out that Vladimir isn't doing this experimental work solely to satisfy scientific curiosity. He already has considerable farming experience, and he's doing this study on barley with a view to applying the results at a farm.

Since there are no privately owned farms in USSR, "his" farm is a big co-op. The "Lenin Banner" Collective, down in Krasnodar region (southern Russia). Right after he graduates this coming summer Vladimir will go to work there as a crop specialist.

Graduates from Soviet colleges are in very big demand all over the country, and college placement officials are required to give students a choice of several jobs. How did this work out for Vladimir?

No problem. At his college there is a big bulletin board listing more than 600 farm-specialist positions that are open this year. So the men and women in Vladimir's class have no shortage of jobs to choose from.

Three main factors determine their choice: the kind of job, the location of the farm, and the wages (and other conditions such as housing).

However, when you discuss this with Vladimir, you discover that he didn't have to make any choice. Even before he was accepted as a student, he already had made up his mind where he'd go to work after graduation.

Even more important: before he took off for college he had in his pocket a *signed and sealed job contract!*

The Board of the Collective Farm also agreed to pay him 15 percent more monthly allowance than is standard for Soviet college students.

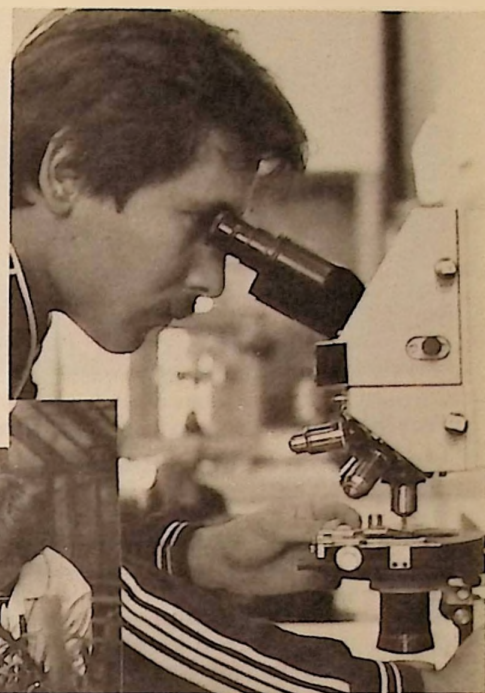
Naturally, Vladimir had no college fees to pay, since the nation picks up all the tabs for all forms of education.

What else was in his contract? Only his agreement to take that Co-Op's job when he graduated.

Maybe you wonder if students ever change their minds, during the five years of a Soviet technical college course. Well, certainly not in Vladimir's case. He's been impatient to start his career and can't wait for graduation to come.

But in any case, if a student wants to change his work, he is required to stay at his "contracted" place of work for no more than three years. In that period management is expected to make continuation arrangements that will keep the young graduate satisfied. It usually happens, because so many other jobs are vacant and waiting.

In one way, Vladimir differs from most other students. He's experienced (on the farm) and so the Board was happy to give him an extra living-allowance while he studied.



On the average only about one-in-seven college students get extra allowances while studying.

What effect does that "money motive" have on students in Socialism? Actually, the main thing involved is that any boy or girl who is already "signed up" in a job he or she chose tends to study more enthusiastically; because performance on the job brings rapid promotion.

Still another factor is involved. Like a great many other Soviet students, Vladimir has done all his required *practical college work* not in his college itself, but right out there on the Krasnodar farm where his career is waiting.

This was a specially big advantage for him, because it meant that he worked for months at a time right where he spent his childhood, and the older farmers got to know how he performed out there in the fields.

In fact, in 1984 he spent five solid months, the entire growing period through harvesting, on "his" Collective.

He did pretty well, evidently, since the Co-Op members unanimously voted him a 500-roubles bonus.

What did he do with the money? First, he gave half to his mother and dad, who work on the Collective.

Then he bought a suit and two wedding rings.

No problems with their romance. Vladimir and Natasha see a lot of each other; she will soon graduate from a Teacher's Training College. They'll be married by the time you read this. Too bad we don't have a picture: the two families live fairly close and were expecting a big turn-out.

Next year Natasha will be the maths teacher in the same town where Vladimir will be employed. They'll have to stay with his family only the first few months: like most Co-Ops, this one has a program for providing new families with new housing, at very favorable payment rates.

In fact, the Collective will give them a whopping cash discount to start with; lend them the rest at two percent (!); and write off a lot of the balance owing after they've stayed there working for several years.

No special honeymoon travel planned. Instead, Natasha and Vladimir will take in the 12th World Festival of Youth and Students, coming up next summer in Moscow. They feel it's a great opportunity to meet young farmers and teachers from many foreign lands. Some Canadians, too, we hope.



Liberation of UKRAINE

Terrible were the atrocities committed in Ukraine, against Slavs and Jews, by the Hitlerite madmen. Most people cannot remember how that nightmare was ended, 41 years ago. In one of history's greatest battles, that lasted four terrifying months, Socialism finally exterminated the invaders. This was a military feat that will never be forgotten.

After the victory at Stalingrad, and then the end of the Nazi occupation of Kiev, the Soviet High Command decided that conditions were favorable for wiping out the Nazis on their huge "southern flank". To do this, they set up what became known as the **Ukrainian Fronts**.

These four separate armies had just over two million officers and men; some 30,000 big guns; 2000 tanks and 2600 planes. The Nazis were behind vast defenses, with 1,800,000 officers and men, more tanks than the Red Army, and more big guns. Keeping in mind that an *attack* normally must have *much larger forces* than the defense, those Ukrainian Fronts seemed too small.

However, as you have seen in our report on the Stalingrad battle, Soviet military strategy was superior to that of the Nazis. In the case of Ukraine the general plan was to use those four Fronts to *split the German armies*. And then destroy them. In order to do that, the High Command worked out not four but **ten** separate offensives.

The whole drive was divided into **two stages**. First, the Winter offensive (December through February 1944); followed by a Spring Campaign (March through April).

The first of the Ukrainian Fronts was under the command of the famous **General N.F. Vatutin**. It was he who gave the order to attack on Christmas Eve, 1943. The Nazis knew nothing of what was to hit them, and this surprise element was vital, since the "defenders" were deployed behind some of the biggest and heaviest-armored guns in the war.

Not only did the Nazis collapse, but in spite of desperate efforts they were hurled back 80 to 200 kilometres (some 50 to 120 miles) a large distance in war.

Around the city of Korsyn-Shevchenkovski the First and Second Ukrainian fronts joined forces and inflicted a really devastating encirclement blow, against enormous and well-equipped German divisions.

Here a "second Stalingrad" developed. The Nazis appreciated the threat, and threw in everything they had: the whole 42nd Army Corps, eight divisions, armor-motorized troops.

The Soviet command responded on February 17. In a blinding blizzard, and in the pitch darkness of night, suddenly the Soviet forces smashed forward. Although the Nazis were able to throw up a hurricane of heavy gunfire, the Ukrainian Front broke up their formations so mercilessly that the "elite" Nazi troops panicked.

By dawn it was finished. The snow drifted over 55,000 Nazi corpses. Another 18,000 were prisoners.

To complete this defeat, Soviet troops took on **15 more German divisions** which Hitler had ordered to break the Red Army's offensive. They were massacred. Including eight of their best armored divisions.

In two months of this winter offensive Soviet forces drastically changed the whole southern front situation.

Strange though they sound to most of us, some **place names** should be noted. Millions of tourists now visit Ukraine, and few know that some of that Soviet nation's most beautiful, most prosperous places today, were raging battle-fields just 41 years ago.

Pripyat and Dnieper Rivers. Lutsk, Shepetovka, Krivoi Rog, Kirovograd, Kakhovka. Through these places ran the strategic "line" that was destined to complete the Hitlerites' defeat.

However, it's wrong to assume that Hitler "gave up" the Ukraine as a bad job. On the contrary, recognizing that really "final" blows might be coming, the Nazis poured in everything they could marshal. That included **two whole armies**, the "South" and "A Army".

Once again the Red Army did not have the overwhelming superiority of men and equipment that has always been considered necessary for a successful offensive.

But their *patriotic spirit* and *high-level Soviet morale* was incomparably more powerful than the animalistic motives of the German heil-heilers.

On March 4, over an immense front from the Pripyat River to the Black Sea, operating in "impassable" spring mud and slush, the Red Army attacked. With tremendous successes, even though General Vatutin himself was killed (his place was taken by Marshal G.K. Zhukov).

Fighting was exceptionally violent. But Soviet forces not only smashed Nazi "defenders", they poured across two major water barriers, the Dniester and Pripyat Rivers, soon freeing the city of Chernovtsy.

Twenty Nazi divisions lost half their men!

The climax came swiftly. On March 26 the 2nd Ukrainian Front army reached **the border of Rumania** on an 85 kilometer stretch, signalling that the war henceforth would **move into Europe**.

This victory had *tremendous international effect*. It told all the occupied peoples that **help was coming from the east**.

Dramatically, the breakthrough into Rumania was followed by the liberation of Odessa, on the Black Sea, in a battle that lasted less than 24 hours.

Thus "ended" one of the greatest offensives in all military history. On a front totalling 1400 kilometres (750 miles). Involving 4,000,000 troops, 45,000 big guns, 4,000 tanks, 4,000 planes.

The entire Nazi "southern wing" was eliminated. There Hitler used 59 of his best divisions in an effort to halt the Red Army, but more than half of them were exterminated.

The Soviet Command was then able to plan the liberation of Brest (where the Nazi blitzkrieg began!), Lublin, Lvov.

The whole world could see that Hitler's boast to "end Socialism for 1000 years" had been drowned in Nazi blood.

Millions still under the German heel were inspired to redouble their heroic struggle for liberation.

Why capitalists are shivering in their shoes

Attacks on Free Enterprise are so frequent these days that the Wall Street magazine "Barron's" had to publish a "Capitalist Manifesto", in defense. The editor, with straight face, declared that "The Free Market is the only moral economic system." This was his fight-back against the Roman Catholic bishops, who recently made a scathing attack on economic immorality.

To get his readers right off-the-track, the *Barron's* writer contrasts Capitalism not with Socialism but with what he calls the *tribal* system. We should thank God that we're free, so we are neither the property nor the servants of "the tribe".

The "tribe", of course, is the people. We all have to work to support our lives. But what we do (in Capitalism) is what we decide to do, as "free, voluntary, uncoerced" types.

Then *Barron's* divides humanity into "geniuses" and people like us. People protest against Capitalism by saying "Why should Elvis Presley make more money than Einstein?" We've never heard any Trade Union raising this moron's question. But you probably get the point: those "geniuses" who give humanity all the wonderful things of life are capitalists, neither the Einsteins or the Presleys.

Capitalists give us *machines*, the "frozen form of a living intelligence". But of course you, too, could give the world machines because "every man is free to rise as far as he's able or willing."

Again, *Barron's* avoids the real world by insisting that capitalists are those "geniuses" who create machines and, supposedly, the theory of nuclear energy (Einstein). And because of them *sharing* with unlimited numbers of people, they make all sharers richer.

"The man at the bottom, if left to himself, would starve in his hopeless ineptitude, contributes nothing to those above him, but receives the bonus of all their brains."

Of course all this childish nonsense was exposed long ago, before Karl Marx and the alternative system of Socialism. Pity the *Barron's* readers who think their workers "contribute nothing to those above"!

"The needs of the poor must take priority over the desires of the rich"

That's Pope John Paul II speaking. Taking their cue from him, but dropping much of his "pro freedom" sermons, the most eminent Roman Catholic clergymen (mostly bishops) have issued a number of **attacks on Capitalism** which arouse cheering or booing, depending on the audience's intelligence.

"*Catholic Social Teaching and the U.S. Economy*" is one of the sharpest exposures of Free Enterprise in many years. It is this (mainly) which provoked *Barron's* into hysteria.

"The Church has to be concerned about how economic issues affect the lives of the people. Not to do that would be to shirk what religion is all about."

Religion, capitalists insist, should be all about **religion**, period. But the eminent bishops disagree. And surprisingly they have with them a whole gallery of very rich, influential capitalists, who insist that their faith in "the market system" is strong as ever, but ...

- They see the glaring, worsening evils of Capitalism and want religion to aid in the system's "self-correction".

- Leading Catholic thinker, Novak, says the world is "crying out for a theory of how you overcome poverty. That is what Capitalism is all about (!). If the problem is how to help the poor, and that is the problem in the world today, Capitalism was designed to answer that question."

- Such foggy thinking doesn't get the system or the poor very far ahead; but it does "dramatically reflect a significant social change in the U.S. Catholic Church" (*Business Week*).

This strangely idiotic defense of Capitalism tells us that those who make the best products at the lowest price get the great rewards. Like Japanese auto workers? Like the shirt-and-slacks workers of Taiwan and Korea?

As they say, paper has to put up with anything printed on it. "The free market," *Barron's* tells us, "is a continuous process that cannot be held still, an upward process."

What of the numberless grave economic crises Capitalism has endured? What of the 17,000,000 unemployed workers now in the advanced "free market" world? They're part of the "continuous process" of boom and bust?

Perhaps the weirdest of all "theses" in this outburst is the charge that Socialism, the Soviet Union, is a *tribal society*. The author can't even see what worries official USA propaganda centres: those "tribals" have already far overtaken the "geniuses" in the world of steel, petroleum, housing, construction, quality footwear, public health, education ...

No, no, "Soviet Russia is still unable to feed its people." Well, tell that to the Soviet health planners who strive so hard to reduce the over-eating of tens of millions.

The *Barron's* author gives himself away when he attributes the advances of capitalism to types like Edison, inventors. This actually slanders the capitalists, whose "genius" for investing billions of dollars and exploiting tens-of-millions of workers is their sole contribution to society.

Capitalism, the man says, "protects man's survival, its ruling principle is *justice*."

Geniuses of Free Enterprise will have to do better than that.

- Obviously bothered by fuzzy teachings of Christ, regarding the role of the poor (and "rendering unto Caesar what is his", i.e. dividends) the bishops don't have any "manifesto" yet.

- What they do express is a keen awareness of the new Socialist World, which has the answers for the poor everywhere; but Socialism, like Capitalism, they condemn for its emphasis on *materialism*. Materialism for rich or poor?

- Many Catholic supporters (like Finn, of *Freedom House* publishers) insist that the bishops are attacking a system that had "no restraint on greed", and that kind of Capitalism "is not the capitalism we have in this country (USA)". As dividends soar and poverty spreads coast-to-coast?

- The Pope himself doesn't buy "reaganomics" and insists that **job creation** is far more important than fighting inflation.

- Jesuit professor David Hollenbach stresses that each economic "recovery" in recent years "has left the U.S. with a higher unemployment rate ... we are faced with a new and more threatening form of unemployment."

- "Human dignity" the bishops insist, means that all people have "natural rights", which include **economic and social rights: urgently, the right to work.**

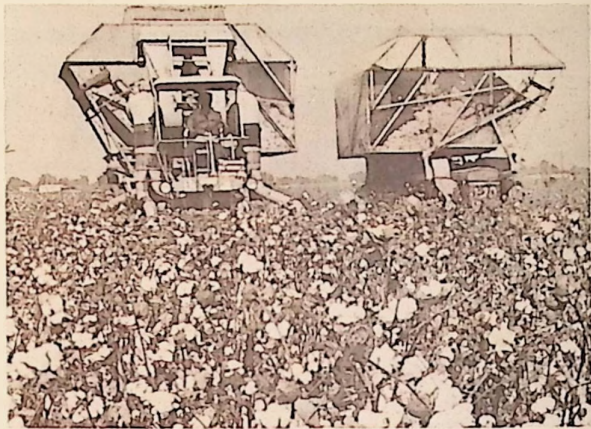
So, back to square one. Only one world offers people the right to work. The world of Socialism.

The bishops can't see it. Poor *Barron's* can't see at all. If you believe in Heaven, Marx is up there smiling happily.

THE TAJIK MODEL OF SOCIALISM



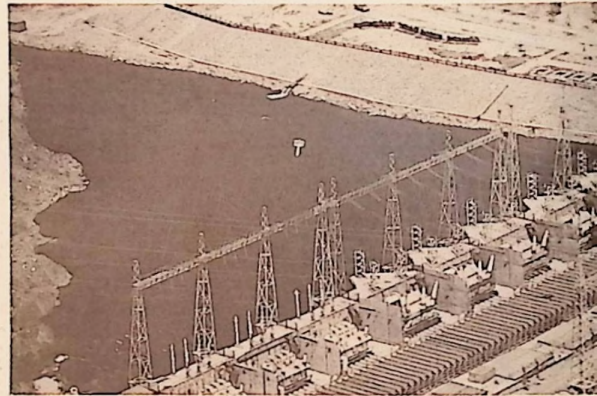
Tajik Academy of Sciences now has 20 research institutes. These scientists are specialists in non-chemical attack on cotton pests.



Tajik cotton farmers (all in Co-Ops or State Farms) now get heavy harvests of highest-grade cotton in mountain valleys. Every year, every ton is sold.



In their capital, Dushanbe, thousands of families every year move into attractive new apartments, paying extremely low rents.



Some of the biggest, most spectacular power plants working on Tajikstan's high, torrential mountain rivers is the giant at Nurek, and there are several on this one. Cotton, too, is "produced" by these power plants, which irrigate the rivers for irrigation.



We find it hard to appreciate that 9-of-10 acres in this country are in the mountains. But they've developed highly productive strains of sheep, goats, horses and yaks, thriving high up.

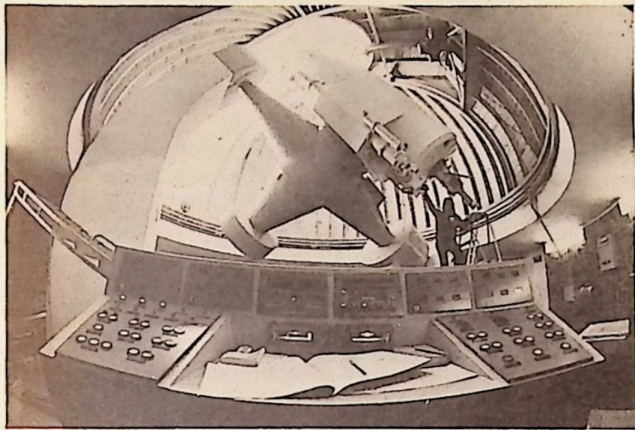


So many Tajik women now work that nurseries and kindergartens are essential. In this one (in Dushanbe) should note the music equipment. Lubat Shakarova, Gulizar Nagaeva, talented musicians, have developed a system of teaching tots, using fairy-tales set to their music. Here Gulizar Nagayeva shows how well this works.



Tajik women make especially good workers in the silk industry. They've raised their republic to a leading position in USSR.

Many people, unfamiliar to us, live in Soviet Republics that have become strong nations in a short time. Meeting the Tajiks, you'll see why their socialist achievements attract millions in the Third World.



One of largest reflecting telescopes in world this is in their Astrophysics research center, well known in astronomical circles.



Ancient lore tells of the beauty of Tajik girls, and today millions see this on TV. This song and dance group called 'Zebo' is one of the most popular, performing for Soviet Union's Television and Radio Committee.



Zarrina Mirshaker is a member of USSR's very prestigious Union of Composers. Her works, mainly for strings, are often played on TV.



Still not developed, the mountains of Tajikstan offer some spectacular scenery. This is Lake Iskanderkul, some 6,000 feet up in Gissar Range. A resort is planned here.



In Czarist times the women and girls of Tajikstan were grimly oppressed, barred from education, rejected in sports. Today many Tajik girls excel in archery and horseback contests, some reaching Olympics levels.



Although young Tajiks are not usually religious, visitors from Moslem nations are always impressed by the high level of Moslem education, the restoration of old mosques, and full religious freedom.

Can you BREATHE yourself SICK?

No doubt it had to happen. After countless health experts have told us to breathe DEEPER, along come Soviet researchers who warn us to STOP IT. Maybe it's not Oxygen your body needs but Carbon Dioxide, the gas that started all life. Anyway, you'd be wise to read it. And try it?

To settle one question: this method is **not** the brain-child of a quack. The most eminent Soviet heart-lungs specialist, Dr. Nikolai Amosov, says: "I like Dr. Buteiko's idea that *modern man has overdone deep breathing*, which lowers the carbon dioxide in our blood and promotes all kinds of spasms in the bronchi, the coronary vessels and intestine."

But it's been drilled into us from childhood (in the USSR also) that we should **breathe deeply**. Dr. Buteiko's research disproves this. And he offers us a simple test.

"Breathe deeply in, and out, **30 times in 30 seconds** (use your watch). How do you feel? Most people feel *weak*. Some start *sweating*. Feel *dizzy*. So what's good about breathing deeply?"

Down through the ages of evolution, Man has become adjusted to a definite level of **air consumption**. It changes according to our **activity**. But Dr. Buteiko's studies convinced him that most modern people **breathe too much, too deeply**.

"This results in lung disorders, blood vessel diseases, ailments of the nervous system and digestion."

It's very hard to stop breathing excessively. Dr. Buteiko found that out himself. His mind had this "law" written in it that "Breathe deeply!" is great for the organism.

The Soviet researcher **reversed** that general belief, with the new theory that it's **not more oxygen** we need but **more carbon dioxide**.

Consider Earth's remote past. At first, there was **no oxygen**. Only carbon dioxide. All forms of life **thrived** on that gas. To this day the plant world relies on it for life.

Do you realize that human babies (foetus in the womb) fully develops with *very little oxygen*?

Your adult brain, heart and kidneys function best on **7 percent** carbon dioxide and only **2 percent** oxygen.

But Earth's air contains 10 times more oxygen than we require, and only a small fraction of the carbon dioxide we must get for health. So the **deeper you breathe the worse** for you.

If this sounds like *health-heresy* to you, Dr. Buteiko reminds us that "Mountain people live the longest. Oxygen content of mountain air is much lower than at average altitudes. Where the oxygen content is only about 12 percent (up around 6000 feet) people hardly ever get heart diseases or high blood pressure."

As you might expect, the new Soviet approach to breathing meets heavy **opposition**, because we've always been taught that carbon dioxide is a harmful "waste" gas, not the "breath of life".

Yet we instinctively go for the stuff in all forms of carbonated drinks (beer dates back thousands of years).

"Our instincts tell us dioxide is good for us," Dr. Buteiko says. "But deep breathing *removes* it from the body. This reduces normal acidity in body tissues, raises alkalinity. And that results in many disorders of metabolism."

You might like to **test yourself?**

Have your watch ready. Relax. When you feel perfectly "quiet", **stop breathing in**. If you can't stop for 20 seconds, you are in **poor shape**.

You should be able to "not breathe" for at least 20-30-40 seconds.

That only *normal*. Your breathing is great, if you can sit there quietly and **not breathe in for 60 seconds**.

Caution from Dr. Buteiko: go very easy on trying this no-breathe exercise, at first. If you are normally a "20 second no breath" type, trying for 40 to 60 seconds could be **harmful**.

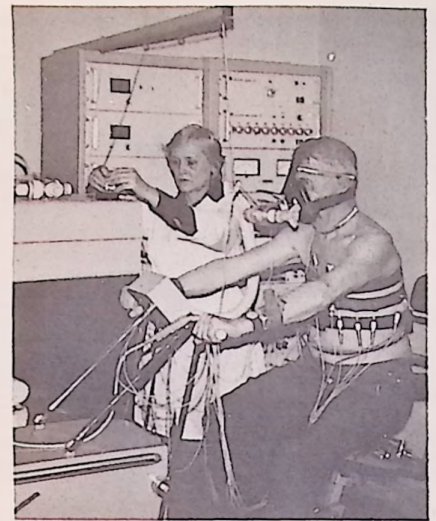
Note well: don't confuse this "not breathing" effort with "*holding your breath*" (a very bad thing).

Perhaps you've already guessed a very important point. Unlike most exercises this one doesn't call for muscular effort but **mental effort**.

Deep-breathing (says Dr. Buteiko) is much easier to "learn" than this no breathing ability. You have to convince your mind that you *don't have to breathe in* for 20 seconds.

Then, try 25 seconds. Slowly work up to 30, 35, maybe 40 seconds.

This can be very difficult for some, even if their life is at stake.



Yes, they are using this "no breathe" training system to treat people seriously ill with bronchial asthma. But the **deep breathe habit** is very hard to break. Some patients even have to be equipped with special restraining breathing-corsets.

Main helpful advice from Dr. Buteiko is **never breathe through the mouth**.

Other principal advice: gradually restrain breathing until you feel **slightly "short of breath"**.

This, the Soviet specialist says, is only a "feeling", and as you gradually increase the time between your breaths (inhalation) the feeling will lessen, then disappear.

Most people quickly discover that the "art" (or skill) of taking breaths farther and farther apart is really a question of *getting your mind to accept the fact that you really can wait a few more seconds*.

It's surprising to find that Soviet specialists are beginning to use this method on patients aged **three years to seventy!**

Big advantage is no drugs are used, and there are no "side effects" from increasing the level of carbon dioxide in the body (at least up to the level you can reach with no-breathe exercises).

Dr. Buteiko and others using his system frankly speak of many **cures** of people suffering from severe breathing problems, and some other disorders.

At the prestigious Novosibirsk Academic Hospital Dr. V. Genina and others have now been using Buteiko's method for **many years**, and they report positive results in 93-of-100 patients.

It seems now that the main obstacle to the widespread use of **less breathing** is the long-established belief that **more breathing** is good for us.

A trial is very simple indeed.



Could anything be more important to you than improving your Health?



Nice thing about our Readers: they enjoy helping others, and so they've sent our Health Reports out far-and-wide.

Doctors in USSR don't get fees (salaries only) so they are most interested in keeping people healthy. These methods really help.

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- "Preventing Pregnancy" — Facts here don't interest everyone but can be truly life-saving to many. 439
- "How to Help Your Eyes" — Can be of exceptional value. Pleasant methods, harmless, no drugs, cost nothing. 440
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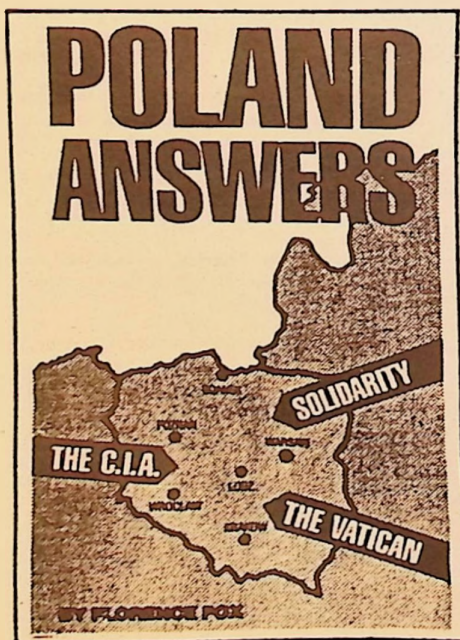
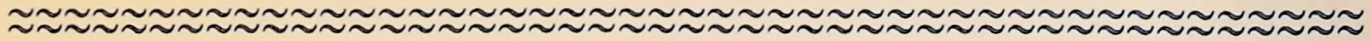
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Why they scare us about "radiation dangers"

Our media are forever warning us against radiation. But they rarely give us the scientific truth. In USSR, radiation is a big new industry. Perfectly safe. Indeed, radiation can be very good for you. Latest facts are worth checking.

USA bombs, dropped on Hiroshima and Nagasaki, killed countless thousands of people by means of deathly radiation. Many died later through delayed effects, including cancer. To this day the public in the West has been almost terrorized by ... "radiation".

For example, the "leukemia scare" at Portsmouth Navy Yard. Horror stories were given mass publicity for years. But the **final verdict** by scientists was that each worker there might have received "3 rem" of radiation, whereas every person in USA averages 13 rems.

The death-rate at Portsmouth proved to be the same as anywhere else.

But the press and TV never did tell that truth to the public.

Now several medical doctors (who should know better) continually speak to big "anti-nuclear" audiences, playing on people's fear and ignorance about radiation from nuclear power plants.

The scientific truth: radiation from all USA's nuclear plants turns out to be **one-hundred-thousandth** of the radiation given to people in ordinary medical examinations.

However, the main damage done by our media is suppressing the fact that **radiation is natural in our lives.**

We are continually exposed to it, from the air we breathe, the soil we walk on and farm, the rocks and gravel in our homes, buildings.

In fact, specialists now believe that most lung cancer, contracted by *non-smokers*, is caused by **natural radiation** from the earth beneath our houses and city streets.

We're even continually radiated from *within our own bodies*, due to natural radiation sources in our cells, especially the bones.

British researchers have done a very thorough study of this, and find that of all radiation we get, only 13 percent is from "artificial" sources, including **medical X-rays**, whereas **natural radiation** (including *cosmic rays* which you couldn't escape if you flew to the Moon) accounts for **87 percent** of all the dangerous rays we receive all our lives.

Our media has so far hidden from us the fact that a major Soviet company, *Techsnabexport*, is selling many countries insect-exterminator equipment that **purifies grain and flour**, by means of **electron-accelerator radiation**.

This can save millions of lives by preserving valuable foodstuffs.

It also eliminates the use of deadly "fumigating" chemicals, which cause death to workers handling grain and flour.

The food treated this way is absolutely safe and **more nutritious** than grains filthy with insects and larvae.

These units work at high speed and can handle 400 tons of grain per hour. No longer must infested ships remain idle in port, *filled with deadly poison gas*, which is only partially effective in sterilization.

Other Soviet units (such as you see in our photo) use "gamma rays" to treat a wide variety of fresh and preserved foods. This not only kills insects but also disease bacteria.

The method also **eliminates** the use of **harmful chemical additives.**

It greatly increases the life of many foods — and **there** you have the reason why we **don't have** radiation treatment for our foods: it **sharply cuts the cost** of perishable foods, with resulting *decline in profits.*

Unfortunately the "anti-nuke" types (including some on the Left) viciously attack food-radiation with the ridiculous charge that such purified foods will "cause cancer".

Long-time Soviet studies prove there is no basis whatever for this idea.

This winter Siberians were cheered by news that a natural spring had been discovered, pouring out water rich in **radon**. That's a radio-active gas which **releases radiation.**

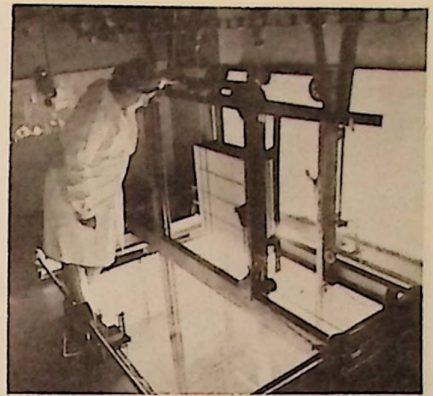
Soviet doctors are strong for radon-radiation as a **treatment** for arthritis, muscle-joint diseases, and especially nervous and heart ailments.

You bathe in radon-waters. And you **drink** it. Inside you, this water gives you continuous *radiation treatment* for a long time. No problems ever noted.

While exploring, Soviet geologists discovered new radon springs in the village of Kolyvan. People there have been drinking radon-radiation water for ages. And it is **ten times more radio-active** than waters used for treatments. No harm reported. People think their wells are just great.

Now in the big city of Novosibirsk they've located similar radon wells right downtown. So, for starters, they're rushing a treatment clinic for 500 people, where they'll drink and bathe in these **therapeutic waters.**

They should invite some of our editors over for a free radiation drink.



At Food & Canning Research Institute Soviet scientist adjusts radiation that preserves nutritious values of fresh foods in super-markets.

It is ironic when you learn that USA (and Soviet) **cosmonauts**, probably the healthiest humans on earth, have **long eaten foods purified by radiation.**

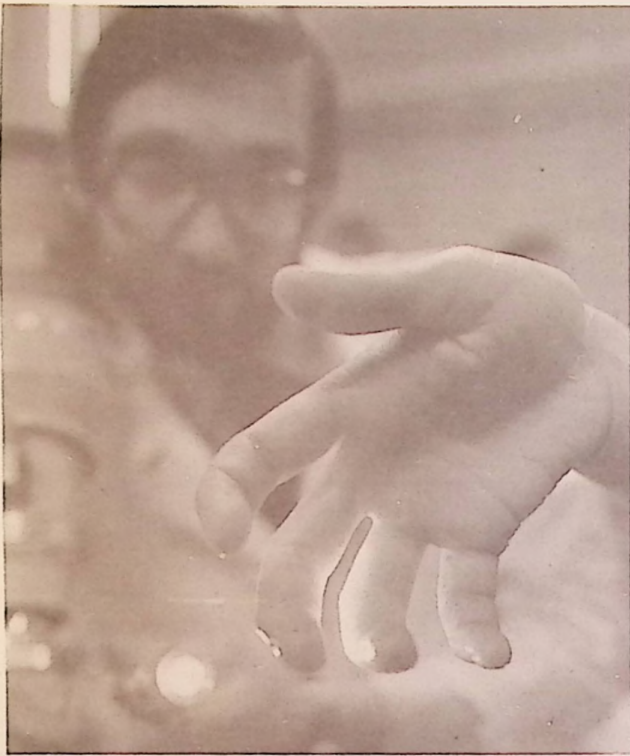
And some foods, coming now to us from the "third world", have been radiated (by special permits) because they are *too filthy and contaminated* to pass health-inspections here. Radiation raises them to top-quality.

Radiation will eliminate **deadly salmonella** in chicken meat, and even worse *trichinae* in pork. It can also do away with the use of **nitrites** (which cause cancer) in bacon and similar food products.

Some 20 countries now use radiation, including (besides USSR) Japan. But not Canada and USA. This is kept from us **by the media**, which operates a real terror campaign against everything linked to radiation.

The good news: Canada has a new company, "Biopreserve", which is setting up a big test-center in Quebec, where (it is hoped) food companies and governments will see for themselves how this new scientific food treatment could **raise nutritional values and lower food costs to the public.**

Of course, only over the dead bodies of the anti-nukesters.



You see above a hand that is being disfigured by a common form of arthritis. However, the patient is getting an uncommon treatment. The specialist in background is using a new Soviet laser-ray device, developed by doctors and engineers at the USSR Research Institute of Arthritis. They report some wonderful results, relieving rheumatoid arthritis.



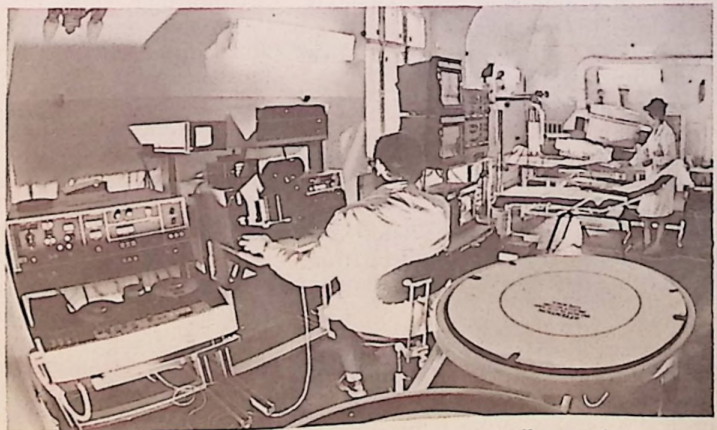
One of the world's outstanding researchers in arthritis problems is Doctor Valentina Nasonova (at right). She's now Director of the leading Soviet center working in this field.



Here the patient is getting a different form of laser-ray treatment. Although results are sometimes dramatically fast, Soviet specialists prefer to use lasers only as part of a complex treatment.



Here you see a laser-ray "gun" now being widely used in USSR for treating arthritis. In many cases they find that the rays greatly lessen pain and stiffness. However, they don't favor the approach that looks for "miracles" in this disease, and do not speak in terms of "cures", since arthritis is notorious for "remissions" (disappearance of symptoms) being followed by "relapses".



Contrary to some popular beliefs, it is not at all easy for a doctor to diagnose exactly what form of arthritis a patient may have. Since effective treatment greatly depends on correct diagnosis, in USSR they are exerting great efforts to develop equipment which can unfailingly tell the specialist "what's wrong". Here's an experimental set-up.

New ways their specialists fight ARTHRITIS



- o In advanced nations today, 9-in-100 people are victims of arthritis.
- o The Soviet Union now has 15 large centers studying this disease.
- o Their results make very optimistic news for arthritics here.

"Today we have every reason to believe it is possible to prevent the worsening of arthritis," says Dr. Valentina Nasonova, director of the main Soviet research institute.

For over 10 years she and her colleagues have followed hundreds of patients whose disease was *diagnosed in the first year it appeared*. Treatment started immediately. Nine out of ten people have retained health that permits them to *continue their working occupations all these ten years*.

Treatments? Every arthritis victim wants to know *what*.

"We have no miracle drugs," Dr. Nasonova says. "The main thing is that correct treatment was followed for every patient and continued during all those years."

Immediately they find someone with symptoms of arthritis, that person is **admitted to hospital**.

The most suitable treatment is prescribed. After release, the patient is referred to a **special arthritis clinic**, where doctors closely supervise continued treatment.

Now a "third stage" is being added. Arthritics will be sent to special treatment-spas (they call them *koororts*), because these "extra" treatments are found very effective.

Arthritis patients go to spas only in a remission period.

(Note: *remission* refers to the well-known periods when arthritis symptoms lessen; the opposite term is *relapse*, when symptoms worsen).

Spas for arthritics combine medicinal waters, baths in medicinal muds, special exercises, and beneficial climates.

In USSR they find these spa treatments markedly slow down the "progress" of arthritis, and cut the number of relapses.

(Obviously, such treatment is costly. But no charge is made to the patient, in their system. And in most cases Unions see that patients' wages continue).

Though it is very difficult to "measure" either improvement or worsening of arthritis, still the accepted methods (such as joint motion and muscular strength) show that the new Soviet multiple treatments markedly reduce relapses and shorten their time by one-half. This is a more impressive result than is achieved by the use of drugs only.

But they say drugs are very important indeed.

Just as here in the West, so in USSR a newly-diagnosed arthritis patient is given trial doses of all available medications, from plain aspirin up to the latest non-steroidal drugs. However, their verdict is that while these medications benefit many, *their effect is not great and doesn't last long*. Meaning that they don't work too well for year-after-year treatment.

Dr. Nasonova surprised us by stressing the value of the well-known **gold therapy**. Here, gold (*chryso-therapy*) is usually used only as a "last resort". In USSR, they use gold salts to treat people in the **earliest stages of arthritis**, as well as in advanced cases.

Gold is effective, they find, *for years on end*. Indeed, as it builds up in the body gold brings about its own form of remission, and **this relief lasts over five years**.

Specialists here may be astonished to know the low gold dosage used in USSR. Formerly, they would give **one gram** of gold salt spread over **several months**. Now they use one-and-a-half to two grams, but divided so this total dose is spread over **three to four years**.

That way, they find the treatment effective without the danger of side effects.

(Although this is a difficult medical problem, Dr. Nasonova states that the rare and very dangerous forms of arthritis, which can result in death, also are often halted by combined treatments, including years-long gold therapy).

As specialists here know only too well, some forms of arthritis are not greatly helped even when the strongest possible doses of drugs are used; even when drugs are "assisted" by other available treatments. In the USSR today they are using, in such "hopeless" cases, a very different treatment.

It's called **carbo-hemo-sorption**.

This method (known to world medicine) is a system of blood "cleansing". Blood is withdrawn for a short time, and passed through specially activated carbon, which has the power of "absorption" of impurities causing disease. The *purified* blood is then returned to its "owner."

(A single carbon unit, used in USSR, is so finely powdered that its total absorbing area is 300,000 square yards!).

The carbo-hemo-sorption treatment is found very effective in the Soviet Union, because of its two actions. It improves the patient's general condition, and at the same time greatly raises the effect of anti-arthritis drugs, including gold salts.

Another method coming into favor in USSR is to place arthritic patients in **hyper-baric chambers**: 10 to 12 of these treatments, with the patient exposed to oxygen under pressure, is found especially effective in the serious form of vasculitis arthritis.

Perhaps the most promising of all Soviet treatments is the use of **laser rays**.

They use helium-neon laser beams on affected joints and limbs, with daily treatment for a month. No dangers involved, and results are often outstanding.

Another treatment involves using the drug DMSO (dimethyl-sulfoxide) *soaked into a bandage*, with anti-arthritis drug added. The DMSO causes rapid absorption of the drug without any painful injection.

All these Soviet treatments can be used in any modern clinic, and it is to be hoped that specialists here will carefully study the methods, and **results**, of the work being done by those 15 Soviet arthritis centers.

What a Winter!

Europe blamed it on
Siberia. Washington
had the worst ever.
We Canadians froze.



We offer here the latest weather-findings of Soviet scientists, so you can take the lead when people start discussing blizzards and frozen Florida.

Blaming "Siberia" for world-wide weather problems has been out-of-date, scientifically, for quite a while. True, even in the 'forties many experts still looked on the Arctic regions as the world's "weather kitchen", where everything foul was cooked up. But today it's known that the Arctic is only one element in our Earth's tremendous *Heat Machine*.

Largely by means of their drifting Polar Stations (see January NN) Soviet weather researchers have made outstanding contributions to the modern "science of weather". They've especially cleared up the question of how the Polar regions affect temperatures and precipitation (rain, snow) over our entire planet. Their studies have improved weather *predictions*.

In order to get an accurate view of our planet's weather, you have to view Earth as it is: a space object orbiting the Sun, which serves as our **heating machine, our furnace**.

Because of Earth's rotation, different areas get widely differing amounts of solar heat. The equator is much warmer than Arctic and Antarctic regions. Scientists now speak of *two "energy levels"* on Earth. The average temperature difference between them is very large: 45 degrees Celsius.

And it is **this temperature difference** that creates everything we call "the weather".

Our planet's hot and cold extremes causes **circulation** of vast masses of water in the ocean and equally vast masses of air in our atmosphere.

And what really goes on, from the view of engineers, is that Earth's circulation system **transfers heat** from the tropical zone to the temperate zone and the polar zones.

However, there's more to it than just heat-transfer.

The two opposite Polar regions you can regard as *colossal natural refrigerators*. They remain remarkably stable, all year round. They don't become "super cold" in the winter (at opposite times of year for North and South Poles) because they divert enormous quantities of heat, from both the tropical and our temperate zones. How that happens is what causes both "normal" (average) and "terrible" weather.

Heat diversion, or transfer, can be gradual and steady, or it can take place in the most violent stormy winds.

Only in recent years (those Soviet floating ice stations did most of the work) has it been shown that tremendous currents of warm Atlantic water not only flow north, but go right on up into the polar regions, even beyond the Arctic Circle.

At the same time, equally huge flows of Arctic Ocean water move to the Atlantic. To put it into mild meteorological language, these two gigantic "streams" create a *complicated weather situation from time to time*.

Especially the movement of Arctic water to the Atlantic is the cause of the dangerous conditions which often make commercial shipping a nightmare for freighter crews.

But that's only part of the picture. The same "heat transfer" that can cause terrible Atlantic storms also influences the weather over enormous areas of Europe, Northern Africa, and the middle regions known as "Eurasia".

Now for a fact that seems *contrary*. But it isn't. The same gigantic "circulations" are not all that violent. Indeed, because of their stupendous size, they act as *stabilizers* of our temperate-zone weather.

We're apt to notice and remember only the *foulest* weather, forgetting that our Temperate Zone means just that: we get remarkably even weather-gradients from summer to winter and back again. So Earth's weather machine pretty well guarantees us a climate we can live with.

Now, we must see that the picture given here turns out to be much more complex than at first sight. "Engineers" must listen to what "astronomers" say. Earth's **rotation** is also a tremendous influence on the motions of our atmosphere. In fact, when the warm-moist air from the tropics heads north, the spinning Earth below it **deflects vast masses of air**.

This creates those famed "westerly winds". Their motion directly affects rain (and snow), the quantity of water in rivers, and the vitally important **farm crop weather**.

There's a word for this. "**Circum**". Or the Polar Whirlwind. This is what draws warm air up to the Arctic, and sends Arctic air down to us. Soviet scientists believe that this **Circum-Polar Wind** has the greatest influence on weather, especially throughout Europe.

You may be tempted to ask: if they know all this, then why can't they predict a winter such as clobbered Europe in 1984-85?

Scientists don't like giving you alibis. But neither do they hide the truth. Just for a moment put aside all the facts mentioned so far. So you can consider another one.

Not only water and air are involved in our planet's weather machine, but also **ice**. Try to think of this: just the ice shield of the Arctic Ocean, which is constantly *moving around*, covers on the average 8,000,000 square kilometres!

And right up near there is Greenland, with its own enormous ice shield.

All this ice (which acts as a reflector of our Sun's heat) has great influence on the motion of the air above it.

Look at these "contradictions": the colder the weather, the bigger the ice shield. . . . and when polar ice melts it lessens the cooling effect of the shield. The two processes act in a most complex way to "modify" Earth's weather.

Goes without saying that when all this new information is fitted into place, **weather forecasting** will make great advances.

But **international cooperation** is absolutely essential. This is a world problem that influences the whole world and must be solved by world-wide scientific efforts.

They don't get "the blahs" from their news

Even if winter drags on they like what Socialism is doing

World-wide "herpes" plague is now being tackled with new Soviet vaccine. Herpes (*trichophytia*) has been around since before history started. It attacks mainly farm animals (in 113 countries). People get it from them and from each other. Soviet discovery: a fungus, at a certain stage of growth, can give immunity to herpes. Already this vaccine has protected tens of millions of Soviet livestock. Tests on-going with humans. The new vaccine has been patent-licensed in 19 countries, including USA.

Too old for tennis? Soviet doctors got a surprise when noted mathematician, Dr. Vitautas Statulavičius, started campaigning among scientists to take up this very vigorous game. Says it has greatly improved his health. *The man has just passed 80.*

If your glassware never does sparkle clean, just wait. Soviet Moldavian scientists, working in Kishinev Glass Factory, found that freon gas (used in fridges) has surprising ability to radically change the surface of glass. Makes it stronger, sparkling. Besides, food stored in glass containers treated with freon keeps much longer, better. New equipment for using this process treats glass inside-and-out at once.

Never mentioned here: for 20 years the United Nations has set up training courses for steel workers in the Less Developed Countries (where steel plants are something new). Total of 729 young engineers from 56 new nations have thus been trained. But where? In Ukrainian steel-center of Zaporozhye. Biggest surprise is that steel cities don't have to be filthy; in USSR they're remarkably clean.

For "Believe it or not?" People from many parts of Soviet Azerbaijan came to celebrate the birthday of Mrs. Gyulandam Allakhjarova. She just turned 151. Among guests were more than 100 relatives of this woman, all working in the local Co-Op Farm. There were 15 of her children, but three more died in World War Two. In support of Gyulandam's amazing age is the accurate birth-record of her oldest daughter, Gyulanbar. She is 104 years old and has 10 children. Gerontologists confirm that Azerbaijan now has 15,000 men and women over 90, with 1,500 of them past 100.

This man really upset them: biologist Ivan Marchenko, at Bryansk Forestry Institute, instead of planting trees in rows, as usual, started planting clumps of them in "uniform biologically-active soil". Main thing about soil for trees, he says, is the electrical voltage it registers when tested. When trees lose branches, it's because of electrical forces. And big trees can exert tremendous electrical-repulsion between themselves. Two 170-year old pines are shown to have the electrical force of ten big logging tractors! Using this, Marchenko claims, markedly increases the growth and health of trees.

When they say "gas stations" now, they mean it. Soviet cities will soon have a thousand fueling-spots where you fill up with liquefied natural gas. They'll serve about a million cars and trucks. Exhaust is much less polluting, and gas is cheaper than gasoline.

Soviet star Arvidas Subonis won "world's third best" basketball star rating in 1984, and Europe's best. He's 217 cm tall, still growing. His father is 180 cms (over 70 inches).

Jacques is the name of a parrot who is a frequent TV star in Minsk, mainly because he speaks 700 words. Owned by biologist Larissa Khotko. Jacques wakes the family every morning with "Get up, you sleepy-heads!" Reminds people to take their street-car passes. Greets strangers with a suspicious "Who are YOU?" Regularly demands "Let's have some champagne!" What surprises scientists is that Jacques has never been taught by any human; he just naturally likes using words. But most of all he likes making humans laugh. Several millions have laughed with him.

Super-conductive wires are being used in several lands to greatly lower cost of electricity generation. But wires are made of costly metals, at very low temperatures. Soviet High Pressure Physics scientists have just discovered that lowly sulfur (very cheap), at great pressure, conducts electricity without any losses. Verified in General Electric labs and Cornell University. Has enormous economic potential.

New wild-life reservation has started in one of world's most desolate regions: between Aral and Caspian Seas. In summer it is unbearably hot, in winter it's 40 below. But beautiful animals live there: cheetahs, the karakul cat, the Ustyur mouflon (gorgeous horns), snow leopards, Turkestan lynx, white-tailed bear. All nearing extinction. Now they're going to be guaranteed protection on more than 625,000 acres.

A great sea has been saved! You recall reading here how Soviet scientists and engineers decided to try halting the drop in Caspian Sea level (going on since 1929). By damming off a huge gulf where vast quantities of Caspian water were evaporated by the sun. By then, in 1977, Caspian had fallen to level 90 feet below world oceans. Then it reversed. And last year alone the Caspian went up by a whole foot!

Thinking of buying a Soviet car? A brand new one is on its way, the re-designed Volga. Called Sputnik. First Soviet front-wheel drive. Transverse engine. Radically new steering, computer-controlled fuel systems, lots of plastic parts. Two engines: 55 and 75 hp.

This past winter vacation was best ever for Moscow's 900,000 children. Every single one could go to big New Year's celebrations. Luckiest were 70,000 boys and girls who went out to "summer" camps for winter sports and entertainment.

Interesting example of expanding Soviet trade: capitalist Morocco is selling them quality citrus fruits, textiles, clothing, and some ores; while buying Soviet oil, timber, glass, machinery, equipment, medicines. One odd deal sees phosphate fertilizers going to Morocco, while they send to USSR nitrogen and potash fertilizers. Before 1990 their trade will rise by 250 percent.

Dr. Isaac Mints, famous Soviet historian, is big in their news. His latest book is *Soviet Russia in Single Combat Against World Imperialism*. In terrific demand because Mints, for first time, thoroughly researched part played by Winston Churchill in attempting to crush the world's first Socialist Revolution. Churchill said 20,000 troops could do the job. Ended up using 300,000, and they were smashed. Mints draws sharp lessons concerning the USA's ambitions today. In TV interviews, Dr. Mints modestly got over another point. *He is now over 88 years old!*

How prosperity works: the rather small Socialist republic of Byelorussia plans to increase its income by more than 1,000,000,000 dollars in 1985. Not by any new industries but solely by increased labor productivity and savings of raw materials, power. Next big "leap" comes after 1986, when giant nuclear power plant comes into production. Not only will it raise this republic's power-supply by 50 percent but will slash pollution by eliminating hundreds of small fuel-burning plants.

New discovery of Tajik medical scientists involves use of needle-thin jet of liquid nitrogen. Instantly freezes tissues. No pain whatever. No bleeding. Operation for removal of diseased tissues takes seconds. Expected to replace the scalpel in many surgical procedures.

New evidence that Christopher Columbus was a late-comer: Dr. Nikolai Dankov has discovered in Soviet Far East much new evidence that away back in the Stone Age primitive inhabitants of that region migrated to North America, then to the South, and were the ancestors of the Maya, Aztec and Inca civilizations. However, they didn't sail over to our continent, because it was easier just to walk across the isthmus which then connected the two continents. At one time both continents, in the Far North, were inhabited by the same peoples, ancestors of today's Eskimos and Aleuts.

Your Letters



help to keep 'NN' moving ahead

"On this New Year's Day I can't think of anything better than to send this donation. I've read NN for 35 years. Always a steadfast, loyal supporter of Socialism and peace in our world." R.E.

"Just after reading your page on the drug menace I thought you might be exaggerating, but then came this news about the terrible 'coca paste', which gives a worse 'high' than expensive cocaine. Worst of all, it is sold to kids in Latin America in place of candy. Truly there is no evil this system won't promote, for profit." G.C.

"Please publish something relating to reports of atrocities in Afghanistan and Kampuchea (Cambodia), as in *Reader's Digest*." S.J.M.

Reply: We have run reports showing that the atrocities are all committed by those attacking Socialism. Clear case of turning facts inside-out. But we'll try to run news soon. Remember, NN is for reporting the USSR and it's impossible for us to 'cover the world'.

"We get endless appeals to send money to help starving, homeless children. Suddenly occurred to me to check on the countries involved. From Bolivia, alphabetically, down to Thailand, these wretchedly poor nations are *all in the world of Capitalism*. We should find some way to get people to see the truth, which is eye-opening." L.K.V.

"Hopefully you will have an article on the 'pairing' of cities in USSR, Canada and USA." L.F.

Reply: This is a big field and you'd be far better off contacting the Canada-USSR Association, 280 Queen St. West, Toronto, Ont. M5W 2A1. NN doesn't have the staff to handle such projects.

"You live in a democratic capitalist country. If you wish to be a communist why don't you emigrate to USSR?" R.F.U.

Reply: Because I and many thousands are Canadians who love our native land and hope it will soon be liberated from what you call democracy, with its huge new generation of jobless, hopeless youth.

"I'd like to try answering that Reader's question: 'Why was Reagan re-elected when he is not for peace and doesn't want disarmament? The average citizen forgets politics completely except at election time. Lack of political awareness creates a vacuum which is filled by the media (essentially TV). Before the election, Mr. Reagan was all for arms control, disarmament. On TV words speak louder than actions. I find that many Americans have been so brainwashed with a deep distrust of anything or anyone connected with the Soviet Union that they fear disarmament. They feel that nuclear weapons have 'kept the peace', and only USA strength has kept the Soviet Union from attacking. We can continue to work for peace. I believe that even a man like President Reagan can be influenced by our postcards and letters." J.T.P.

"The news we hear from this side of the world makes me think I am living in Goebbel's Germany. NN's pictorial evidence is proof positive that not even Goebbel's followers can deny. Thanks to NN for keeping us up to date." V.B.

"My thanks to Florence Fox for such an informative book as *Poland Answers*. Thanks also to that Reader who pays for the second (free) copy. We agree with Readers M.M. and L.V., it's a wonderful, terrific book." R.B.M.

"When do we get *Poland Answers* in French and Spanish!" D.L.

"I'm getting older, but I'm happy that my dream came true: it was my dream of seeing the Soviets and other Socialist lands so strong that the capitalists wouldn't dare attack them. NN is doing wonderful job." A.B.

"Every time I pick up 'NN' I marvel at skill in bringing the latest (and most woolly and mixed up, by Western media) new developments which confront the world, into sharp focus for Readers. How I would miss NN if it didn't come." S.J.

"Knowledge I've gained from NN over many years is priceless. Gives me hope that the old system of exploitation and poverty is slowly passing, and new hope is on the horizon." J.C.

"Seems to be a lot of confusion about things going on in Poland today. Our press is making a lot of noise about the murder of an anti-government priest. A short time later a French priest was murdered in Santiago, by police of the dictator Pinochet. Very little was said about that. Here's my order for the book *Poland Answers*." I.O.

"I am one of the Doukhobors. We have been struggling for centuries. I am enclosing some articles which you may find interesting. Here's my donation for that wonderful magazine NN. We see that the light is dawning." C.C.M.

"I had a real laugh at the Reader's letter, complaining that NN shows disrespect for women by calling them 'girls'. This Reader thinks he is exposing 'sexist prejudice'. No way. Why doesn't he attack NN (and everybody else) for calling adult men 'boys'? Ever since I can remember, women have always said things like 'Oh, he's out with the boys'. I'm glad to be still called a 'boy' and women don't object to being called 'girls'." S.W.

"Here's my donation to NN, and my note to Dear Maggie: Please keep watching over wonderful NN, for the sake of all of us." L.Z.

"October NN, the article on nuclear power in France and Soviet Union, gave us to understand that it is so good for them. Raised a large question in my mind. People I speak to want to know what provisions are made for nuclear waste. Would appreciate any information." J.W.

Reply: We've covered this several times, and fairly thoroughly in Publication No. 375, *Nuclear Power or Death* (\$2). By far biggest danger is from waste coming from nuclear weapons plants, not power plants.

"Donation here is to inform people that NN is the only thing that can surmount American propaganda and influence in our government. Sure gave me a lift to learn that USSR now has such tremendous production. That's the real deterrent to a nuclear war." R.T.

"My wife and I took the tour of East (Socialist) Germany advertised in NN. Proved to be everything you promised. Welcome relief to find their people normal humans, free from the monstrous crimes we have." H.F.I.

"Here's another news story about still another Soviet Jewish 'refusenik' who did get over here, now lives on welfare, and wants back in Socialism" K.S.

"Perhaps you can send pamphlet or book answering my question: emigration to the West is exploited for propaganda purposes, but has study been directed toward establishing a reverse flow? We have masses of unemployed and they have a labor shortage. Facilitated and advertised emigration from Capitalism to Socialism would be difficult for capitalists to explain." W.R.A.

Reply: This idea comes up every so often, but the answer to it remains the same. People brought up in our system very rarely fit into a life inside Socialism. After 65 years entirely new generations now inhabit the USSR and call themselves *Soviet people*. Besides, a "campaign" to get people to leave Capitalism would be provocative, and would rightly arouse intense opposition over here. Who would protect those "emigrants" applying to go?

"In September NN you had a report on a device to treat arthritis, a pain killer for home use. Please send me more information." L.S.

Reply: Very similar device is now made in USA and some doctors prescribe it. Enquire at an arthritis clinic or a large drug store.

"NN doesn't have to apologize in asking for money. I'm convinced that NN gives us the truth, and truth about the USSR is what I find hard to come by. I was over there for a month. I can't give much, but don't hesitate to ask if you need more." O.S.

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