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The Collection

This document is part of a collection that serves two purposes. First, it is a digital archive for a sampling of unpublished documents, presentations, questionnaires and limited publications resulting from over forty years of research. Second, it is a public archive for data on college student drinking patterns on the national and international level collected for over 20 years. Research topics by Dr. Engs have included the exploration of hypotheses concerning the determinants of behaviors such as student drinking patterns; models that have examine the etiology of cycles of prohibition and temperance movements, origins of western European drinking cultures (attitudes and behaviors concerning alcohol) from antiquity, eugenics, Progressive Era, and other social reform movements with moral overtones-Clean Living Movements; biographies of health and social reformers including Upton Sinclair; and oral histories of elderly monks.

Indiana University Archives

Paper manuscripts and material for Dr. Engs can be found in the IUArchives

http://webapp1.dlib.indiana.edu/findingaids/view?doc.view=entire_text&docId=InU-Ar-VAC0859

Magic in Good Health

and

Problem Drinking and other Addictive Behaviors

lectures and magic presentations

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Scanned for IUScholarWorks Repository and located at: <http://hdl.handle.net/2022/18512>. Parts of these health lessons using magic effects were presented at several allied and public health conferences for educators

Opening with feather flowers, wine glass presentation and hat with change silk and rabbit

- * feather flowers and thin scarf to be used with 8 risk factors, and safe sex
- * hat, change silk and small rabbit
- * WINE GLASS, with red color and thicker silk
- ♂ WAND on table

Lecture

1a. Welcome to magic and health
I'm a faculty member at IU..
or
Its a pleasure to be here..

1b. (ALC START) Today we will be looking at many aspects of health (addictive behaviors). It is composed of mental, physical social and spiritual aspects.

2a. However, before we get into content area, I want to tell you what I will be covering in this lecture today. We will discuss health. all information about health is factual information. I will also be giving historical information. At end of lecture i will be happy to give you references to the factual material if you wish.

3a. On the other hand, I will also be doing MAGIC ILLUSIONS. People ask where I learned the magic. About 50% from books and lots of practice and rest from magicians such as . . .
If you are interested in learning to do magic, the magic club meets

4a. Now magicians are expected to pull rabbits from hats. So here is my little rabbit. Couldn't find my big one. No, its not live, not healthy for the rabbit.

Here is my magic wand with the spirit of health

Action

Bring out feather flowers from under L sleeve covered by thin multi-pink scarf.
Put scarf on R side.
Put flowers in holder if room on table.

1b. Grab wine glass covered with thick orange silk from behind box. Do underhand presentation at spiritual and place on black box.

PUT ORANGE MULTI COLORED SILK IN R PANTS POCKET

Take off hat, show empty, pull out scarf.

Switch scarf to other colors.

Pull out rabbit and place hat on R side near feather scarf to be used as servante.

Take wand from on top of beer mug or table. Let it jump. Place on R near servante hat.

Viking flagon, similarities of alcohol in drinks, vanish glasses - ALCOHOL LECTURE

- * LOTA jar on tray in front of box
- * magic TEAPOT with silks inside on the tray
- * shot glass (green color)
- * WINE GLASS (red color)
- * beer STEIN (covered with latex, .25, rubber band)
- * FOO CAN
- * EGG BAG
- * bandanna for wiping glasses
- * two FRUIT CARDS in L jacket pocket
- * orange multi color silk in R pants pocket, BANGLE
- * wine glass, strawberry card in paper BAG IN CORNER

LOTA BOWL

Lecture

Lets first look at alcohol..

Before we discuss (addictive Behavior) . . .

lets look at some history concerning drinking.

The Germanic myths discuss a bowl which had a constant flow of wine or mead. Both Caesar in the 1st century B.C. and Tacitus in the early 2nd century A.D. noted Germanic rituals. In the 7th and 8th centuries, descriptions of these vessels based on oral sagas were written down and can be found in Beowulf, Judith and Goddoin among other writings.

Today the spirit of health will turn this into a magic Germanic vessel which will continue to pour out water through the lecture.

Action

Pick up lota bowl.

Pour out slowly.

THREE FORMS OF

There are three forms of alcoholic beverages. Wine, beers and spirits.

All of these glasses contain about the same amount of absolute alcohol, about one ounce.

Wines are made by fermenting fruit juices. Grape wine comes in red or white. Red wine has the grape skins left in the mash for a few days. Wine is very ancient and remains of wine flagons ave been found in 2500 bc Iraq.

Beers are made by fermenting grains which have been allowed to sprout-its called malting- and then dried and added to water. Beers are ancient and some anthropologists feel that the brewing of beer may have led to the foundation of Summarian civilization going in at least 3000 bc.

Spirits are made by fermenting beers or wine. Spirits come in many forms such as bourbon .. Oh, this is creme de menthe. Liquors also have the same amount of alcohol as spirits.

SAFE DRINKING

For safe or healthy drinking it is recommended that you consume no more than 3 drinks per day and at a rate of no more than one drink per hour.

In fact numerous studies have suggested that up to 2 or 3 drinks per day for people over the age of 40 can actually reduce the risk of heart attacks. Look again at the curve. That's 2 for a woman and up to 3 for a man. For example
...

ALCOHOL

Get tea pot and pour into wine glass.

Point to beer glass.

Pour water into spirit glass.

Point to glasses.

Point to chart.

I know you have heard don't drink and drive. If you have consumed more than one drink that is a good idea. However, people who consume no more than ONE glass of wine or beer with dinner over the period of an hour are safer drivers than a person who has not consumed any alcohol. This is also demonstrated by this curve. Why ?

FOO CAN STOMACH

Lets assume that person has consumed one glass of wine with dinner. As you can see the stomach easily absorbed this without problems to the person.

I need volunteer. Pick a card and place into the wine glass.

Give this paper bag to person in the back. Show it to everyone etc..

Were going to transfer wine glass. What it isn't there. Look in bag on floor.

Lets assume that person has consumed 1 after dinner drink in the space of an hour. As you see the stomach can easily absorb it along with the wine without problems.

Spirits were more popular over a century ago but their use has declined in this country and they have almost vanished in some circles, particularly among college students.

Drinking games have been common through history. I'll demonstrate with a volunteer why playing quarters dangerous.

SAFELY ABSORBS

Pour fluid from wine glass to Foo can. tip so it doesn't flow.

Dry glass. Get out strawberry and grape fruit card.

Get out hank from R pocket with bangle.

Give bag and make misdirection while you vanish glass into servante.

After a fuss point to bag on floor

Pour spirits into Foo can. tip can so it doesn't run out. Clean out spirit glass.

Put into egg bag and vanish.

Have volunteer push quarter through beer mug

Other things you can drink at a party

- * MIRROR GLASS, yellow 12" silk, yellow powder and slush
- * PAPER CONE, small spring flowers, red silk in cone
- * TUBE, 2 multi colored silks for tube, die tube
- * COFFEE, styrofoam cup, SLUSH powder in sugar packet in L breast pocket, pencil
- * plastic bag in wet box on left

Lecture

You don't have to drink alcohol at a party, there are other things you can drink.

For example orange juice, Orange juice is also high in ascorbic acid and may be a preventive factor from both heart disease and cancer.

If you don't like orange juice perhaps you might like to drink a many flavored punch.

or tomato juice.

Lets see what happens with this tomato juice. I need a volunteer.

Place this scarf about 1 inch inside the tube so the red scarf wont fall out. Again place scarf in the other side.

Now open tube.

It vanished. Guess this was magic tomato juice.

You can also serve coffee at a party. It wont sober you up but will stop alcohol consumption so people wont over drink. Start serving about 1 hour before you want party to stop.

Need volunteer to pour into styrofoam cup to keep warm.
.. its bitter needs sugar ..
this is strong coffee

Action

Take out mirror glass. Pour in water from tea pot.

Flip over with other hand and then pull out yellow silk.

Put into wet box when finished. while covering with the yellow silk or bandanna

Show paper cone empty. Place yellow silk in it. Pull out spring flowers.

Pull out red silk.

Put cone and flowers in dry box.

Put red silk in die tube. Tap down.

Hand multicolored silk to volunteer. Have them place in tube.

Pull out die tube when handing person tube to put in other colored silk.

Put pencil and die tube in hat.

Have someone pour about half cup coffee in styrofoam cup.

Add slush. Turn upside down. Put pencil through it.

Put it into plastic bag in wet box.

Other things you can do at a party besides get drunk

- * passe passe with 7 up cans
- * IU cups and at least 4 balls

Lecture

There are other things you can do at a party besides getting drunk. These are a couple of games you can play but only when you have not had too much to drink.

and besides having juices have soda pops for your guests. If you are not drunk you can magically make one can jump from one tube to the next.

At the end of the lecture, I'll show you how to make and do this one if you are interested.

You can also play IU cups and basketballs

Action

Pull out passe passe seven up cans and tubes. Jump from one to the other.

Put into dry box.

Do Cups and ball routine.

Place into dry box.

Characteristics of alcohol addiction

- * line to square to circle
- * in multi parvum - purple color
- * loss of control glass - blue color, pink bandanna over it
- * Foo can and beer mug to dump colored water into
- * Tea pot

Lecture

Lets now look at addictive behaviors of which alcohol is just one.

Addictive behaviors are not linear. They have mental, social, physical and spiritual aspects. Person is out of balance.

Lets look at some characteristics of alcohol addiction.

Tolerance is that condition where in order to get the same effect of the drug the person has to increase the dose.

Loss of control is where the person drinks, then they have to have another one, drinks again etc even though it is causing problems.

As you can now see there is more than 2 or 3 drinks in the stomach so it cant absorb any more drinks safely.

Look how yucky this mixture looks.

Action

Flip out linear to circle

Pour water into small glass for multi partium. Blue red food color on the bottom.

Pour into Foo can from last glass

Put into wet box when finished. Cover with bandanna.

Pour water into lever glass cover with bandanna so fingers wont be seen when level is moved. Blue color in bottom

Pour into Foo can.

Then empty foo can into beer mug.

How to dampen a red hot candle

- * RED CANDLE, candlestick, lighter fluid, matches
- * red silk inside candle

Lecture

At a party when some guys drink too much and they begin to pressure some gals into doing things you don't want to do or try to get you drunk so you will do it.

This guy has his candle lit and may be pressuring you to do things you really don't want to. Lets practice un-lighting it. To do this you need to firmly tell him NO.

Not giggle and no. But firmly NO.

At the count of three I want all you women to yell no.

1,2,3, No! If saying no can do this to a candle, can you imagine what saying no will do to some guy forcing you to do things you don't want ?

Some people also have an addictive behavior of sex addiction and they go from one girl to the next at a party. This is not male prowess but actually a psychological problem.

Individuals with sex addiction can also have alcohol problems. The two sometimes go hand in hand.

Action

Take matches out of L breast pocket. Light candle.

Take lit candle out of holder.

On count of 3 grasp onto candle and snuff it out and allow silk to spring out of it.

Place in dry box.

Smoking and side stream smoke

- * Thumb tip in R coat pocket
- * 20 dollar bill in R coat pocket
- * 12" black silk loaded in thumb tip

Lecture

As mentioned smoking is considered a risk factor for heart disease and also lung cancer.

Side stream smoke over a long period of time can increase the risk of lung cancer in spouses and may also increase respiratory illness among children.

Side stream smoke has tars, carbon monoxide and other particles harmful to the lungs.

Quitting smoking is one of the best preventive measures for both of these conditions.

However, smoking is an addictive behavior and sometimes difficult to quit.

Smoking is also expensive. Beside costing money directly it also costs money indirectly by causing burn holes in clothing, and leads to higher cleaning bills. It causes premature skin wrinkling and makes a person less romantic. who wants to kiss someone who has smoking breath.

Action

Thumb tip out of R pocket.

Pull silk out and wave around.

Push silk back in.

Move hand around and blow on it to show empty.

Pull out \$ and wrap around tip then pull out silk and put back in.

Put both back in pocket.

Food and a well balanced diet

- * FOOD CHART on stand, blue bandanna to cover it
- * Pink cards for triangle force

Lecture

Food can also be an addicted behavior. A person can either overeat resulting in obesity or not eat at all which results in anorexia. A well balanced diet is important for overall good health.

I need a volunteer to pick a card. Give me a number from 1 to 20.

Show it to everyone but not to me. Put it against your forehead. We are now going to transfer the image of your card to this picture frame. Let me cover it with a bandanna and on the count of 3 the spirit of health will do this.

Is this your card? This is the new guideline for a well balanced diet.

The top is fat and sugar which are found as a part of eating other things. It is recommended that you eat 2 to 3 servings of dairy/meats, 2 to 3 servings of fruits and of vegetables, and 8 to 10 servings of grains.

Action

Pick up pink force cards.

Get number from 1 to 10 and add these two together.

Place bandanna over screen and yank off cover over the triangle.

Point to different food groups.

Growing beta carotene vegetables in temple screen

- ♣ TEMPLE SCREEN, large spring flowers, black and white silk, other things related to food
- ♣ TEA POT

Lecture

This tablet shows vegetables important to help prevent colon cancer such as carrots and broccoli. They are all high in beta carotene and also have some fiber.

They may also help to lower the risk of heart disease.

Lets see if we can grow vegetables in this magic flower pot. Lets imagine planting seeds, watering it and saying the magic word with the wand. Imagine colorful vegetables grow.

What, these are flowers. Lets try again. Focus on bright white sun and black of night when the photosynthesis process rests. It is normal for all living things to go through circadian of daily rhythms.

What these aren't vegies. I don't think this trick is working.

Whats wrong with this teapot ?

It must be these scarves which have been causing different colored liquids to pour out.

Action

Bring out temple screen.

Show both sides and then fold. Pretend to water with tea pot.

Pull out spring flowers.

Pull out black and white silks.

Pull out silks from tea pot.

If have foam vegetables leave them behind as screen is picked up and put in dry box.

Cereal box, bran and milk for good nutrition

- * Bran box, with bran and small dish
- * 2 white silks, brown multicolored one
- * Abbots milk picture, milk
- * styrofoam cup

Lecture

Its recommended that you have 8 to 10 servings of cereals per day. this is an average serving for most cereals. Namely about half cup. Most of us eat much more than this.

Its recommended that you drink two glasses of milk per day. this amount poured out is about 2 glasses.

Here, have you had your milk today.

Bran is also filled with fiber and can help prevent constipation.

Remember two glasses of milk. This is most important for young women as milk and calcium may help prevent osteoporosis when you are older.

Action

Take out bran box. pour out bran into half cup container.

Take out milk picture and pour off about half of it.

Pour milk in the bottom of it into cup and pass out to volunteer.

Shake box while flipping the gimmick.

Pull out two white silks and the brown multicolored ones.

Desert in a dove pan from chocolate to fruit

- ♣ Dove pan
- ♣ Orange, banana, apple
- ♣ Chocolate, marshmallows
- ♣ Matches, flash paper

- ♦ If following with "dollar in orange" have dollar in orange

Lecture

Lets look at deserts.

Many people like sticky chocolate and marshmallow goodies. They mix them up together and heat them.

Oh, guess we had better cover this.

However, it would be better to eat fruit.

Action

Put chocolate, marshmallows, flash paper into dove pan.

Light the paper.

Cover it with load.

Show banana, orange and apple.

Transfer money into orange

- * Pay envelopes with serial # of bill, rubber band, pencil
"The \$ is now in the orange"
- * Orange with \$ bill in it, paper bag
- * Banana and apple from desert trick

Lecture

I need a volunteer to pick out a fruit with high vitamin C.

OK, lets give the banana etc ... (if they don't pick orange).

Please put the orange in this paper bag. Oranges are high in ascorbic acid. However, ascorbic acid is sensitive to light that is why vitamin C tablets are in light screening bottles.

Could I also borrow a \$ from you ?

or

I need to borrow a \$ from someone.

I am going to write the serial number on this packet.

Please place the envelope against the light to ascertain that the bill is indeed in there. You should be able to see its shadow. Give it to this person to hold.

Now face each other. By the magic of health we will transfer the \$ to the orange.

Open the envelope. Whats now in it and what does it say.

Bring orange up here. Place on paper bag. Cut around it so you wont damage the core.

Is this your serial # on dollar?

Action

Force the orange on the person. OK, give this to

Hand person paper bag to put orange in and have them sit down or stand on the side.

Get a \$ from volunteer with orange or someone else if it isn't fairly new. Write serial number (which has been written on bottom on second envelope) on the front of the flapless one. Put \$ in this one and show it while you do it.

Turn packet up side down and pull out the one with paper load and the flap. Seal it and give to volunteer. Put rest of packets into L coat pocket.

Hand person holding orange a knife. Have her cut into it and give \$ back to person who loaned \$.

Pick up orange peals and put into bag.

8 Risk factors of heart disease in shopping bag

- * Double envelope with 8 risk factors card.
 - * 8 hearts to be forced top of deck.
 - * Thin scarf. Use opening flowers and have in front of hat.
 - * Shopping bag with 7 x 24" silks. Skull and Bones silk. Tissue paper to hide silks.
 - * rubber band on L wrist
- ◆ For CA, follow load ca scarf and black ball on bottom.

Lecture	Action
I need volunteer to select a card.	Show empty shopping bag. Put down on table with tissue paper hiding load.
Please put card into envelope face down.	Force 8 hearts. Double flip over. Have top of deck.
Now hold onto it while I cover it with scarf so it wont escape as what happened with glass.	Show envelope empty. Put card into it and Close trick envelope. Cover with thin scarf near hat.
We are going to transform this card.	Get wand.
I'll take out card and I want you to slowly read to me what it says.	◆Take off silk and put into R pants pocket if following with safe sex.
Was your card the 8 of ♥	
Risk factors of heart disease are:	Pull out one silk at a time as person reads off risk factors. Read smoking silk first
+ smoking	
+ hypertension	
+ lack of exercise	
+ hi or very low cholesterol	
+ stress	
+ unbalanced and hi fat diet	
+ diabetes	
+ heredity which you cant do anything about.	
Its not just one but all together	Place all silks in L hand as they are removed and wave together.

Smoking and side stream smoke

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Lecture

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Action

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Pull silk out and wave around.

Push silk back in.

Move hand around and blow on it to show empty.

Pull out \$ and wrap around tip then pull out silk and put back in.

Put both back in pocket.

Eliminate risk factors of heart disease square-circle

- * Square circle
- * magic rabbit
- * 8 x 36" silks plus black silk on top

Lecture

Heart attacks are usually caused by the blockage of heart arteries. The heart has two ventricles, the large chambers and two small atrium the small chambers. Blood goes into R at, the R vent and to the longs to be oxygenated. It then comes back to L at and to L vent before it is pumped out to the body. The first place it supplies is the heart.

If the coronary arteries going into the heart become blocked by gloppy fat and blood clots which smoking sometimes promotes this can cause heart attack.

Therefore you can reduce risk of heart attacks by

- * stop smoking
- * exercise
- * eating fruits and veg
- * low fat diet
- * maintain normal weight
- * stress reduction

One of the most important is exercise as it help to keep you of normal weight.

Its also important to eat lean meat such as chicken. What this is no chicken

Action

Show square and show circle

Show red and yellow silk which is hidden by black one

Twist last silk from fat to thin.

Pull out rabbit from bottom load.

Put all silks back into box and rabbit into dry box

Prevention of cancer and banner of long life

- * Black hank ball and ca silk in shopping bag
- * Red silk in R breast pocket. Red silk in hidden R pocket
- * Red with green CA banner in sleeve and pouch

Lecture

There are many types of cancer. However, about 40% of all ca deaths are due to lung ca, breast and colon ca.

It would be nice if we could make cancer vanish into a black hole. However, until we can there are we need to do prevention and early intervention methods.

We can do self breast exams and at the age of 40 get a baseline mammogram, then get one every two years until age 50 when a yearly is recommended.

To prevent lung cancer stop smoking.

Prevention methods for colon ca should not be hidden. At age 40 get a baseline proctoscope exam and a then a yearly occult blood in stool exam.

If you undergo early detection methods there is about a 90% survival rate for 5 years for these cancers. It is also important that women get yearly pap smears to detect cervical cancer. Light skinned people should put on sun screen

By doing these early detection methods, even if ca is found, you have a high probability for a long and healthy life.

Of course I cant end this banner illusion without the Bob Sparks finish.

Action

Pull out black ball with ca silk covering it.

Put silk in vanisher and show black ball. Throw ball into shopping bag.

Pull out Red silk from r breast pocket.

Put into shopping bag.

Pull coat aside and pull out red silk from inside hidden pocket.

Put into shopping bag and put tissue paper over load opening.

Pick up bag and shake it at the same time bring banner in crotch of R thumb.

Put down box and begin to pull out small red, then green, then put it over hands and have someone pull out.

Fake wrap scarf around neck and take off.

Put all silks in shopping bag.

Rabbits who did not practice safe sex

- ♣ Baby rabbit presentation box, baby rabbits
- ♣ Two IU rabbits
- ♣ Sword vanish box

Lecture

I wonder what these rabbits have been doing in this bed .. no I mean back seat of car .. no I mean magic box all afternoon.

Lets see, Oh, oh. they cant stand up I think they have been drinking irresponsibly. Too much partying. We better put them into safe keeping in this sobering up box in Scandinavia they are called sobering up stations.

Sometimes when people have drank too much they engage in irresponsible behaviors.

Lets see what these rabbits might have been doing.

I guess they didn't have safe sex. If they had even drunk in some Moslem countries they may have been punished even more severely.

Look they have all vanished.

Action

Pick up rabbit presentation box.

Put on lectern.

Show both sides of top.

As rabbits are pulled from the box hold onto load area with L hand and tip box up so that baby rabbits cant be seen.

Hold box up in front of chest so that people can see through it.

Place cover from front side and shake up box. Pull out baby rabbits and put in rabbit vanish box.

Collapse presentation box and push up load area at same time.

Vanish all rabbits.

Hold up by sword.

Safe sex with the queen of hearts

- * Round condom in R pants, scarf from first presentation
- * Deck of cards with Q of hearts in proper position
- * Silver dollar
- * Calling cards with message
- * Red, White, Blue silk in ickle pickle bag

Lecture

I need a male volunteer to sign on the x.

Now please cut the pack in half and place to the L. Now take the R hand pack and put crosswise on the other pack.

Pick up this card look at it and show to every one but me.

Now put it face down in this bag and you can sit down.

We going to talk about more safe sex. No this bag isn't safe sex and neither is this baggy, some teens have been known to use these as a condoms.

Unsafe sex can lead not only to pregnancy but also to AIDS which can kill you, GC and chlamydia which causes sterility and herpes which you have for life. If you are monogamous you generally don't have to worry about these diseases.

Please read what you signed on the card. What was the color of your card ? What is background color ? what color are her eyes ? Was you card the Q of hearts ?

If you are planning to have sex outside of a monogamous relationship for a \$ you can get protection for safer sex.

Please use a condom, ladies you can also carry them with you.

Action

Have person sign their name on the bottom of a business card. Pull out and lay on table.

Pick up deck and if using the flip over force for the risk factors, use bottom of deck force for the Q of hearts.

Pick up ickle pickle and have them put card face down in pocket.

Go into R jacket pocket and pick up a rubber band while finger palming a rolled up biggie.

Show them the biggie.

Have person read the message on the calling card.

Pull out scarves from ickle pickle while asking them color of the card.

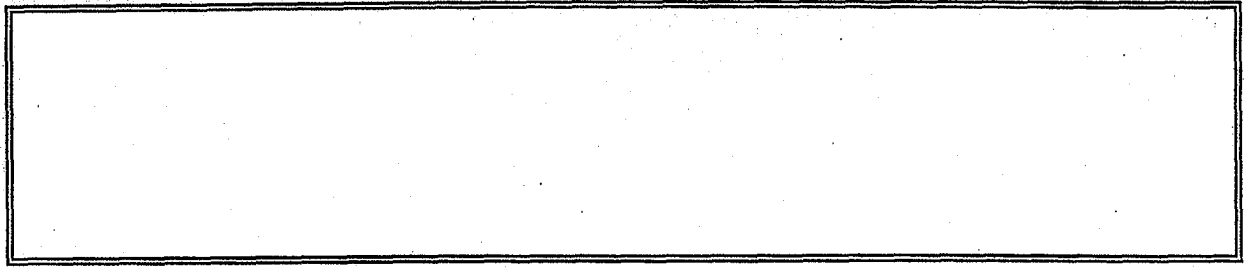
Lay R, W, B silks on the change bag if going to use it, if not put in dry box. Show IP empty.

Pull out silver \$ from L coat pocket while palming condom under silk from R pocket.

Gypsy switch with the use of picking up magic wand and drop in hat.

Have them hold onto condom while you twist it and then take out condom.

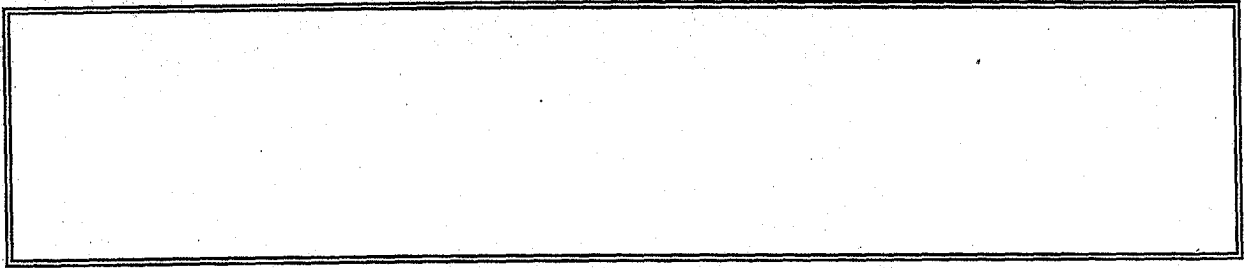
Rope relationships and mid life crisis



Lecture

Action

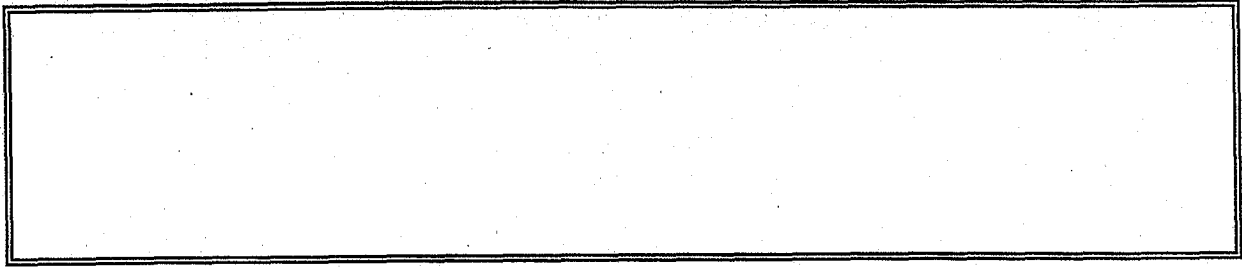
Sympathetic silks



Lecture

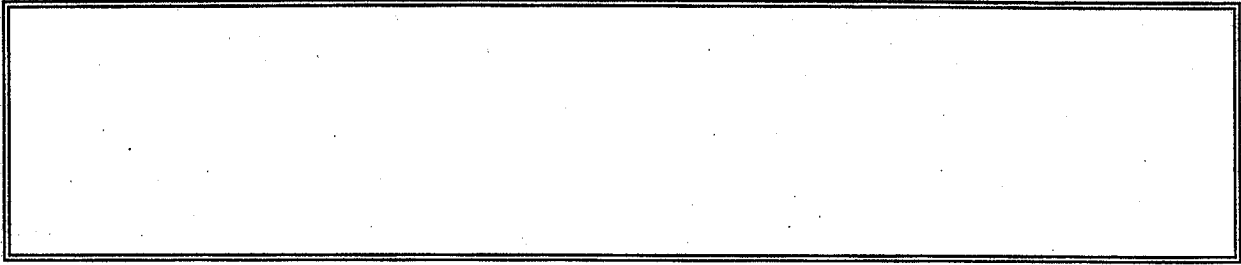
Action

Mis made flag finale and slate message



Lecture

Action



Lecture

Action