Mount Auburn Hospital is offering Free Sleep, a program in sleeping problems, March 16, 7:30-9:30 in the hospital cafeteria. Fee: $12.50 free for persons over 65. For more information, call Community Health Education, 492-3500, ext. 1772.

The Greater Boston Group of the Sierra Club, the Environmental Attorneys of Mass., the American Lung Assoc. of Mass., Trout Unlimited, and the Appalachian Mountain Club invite you to view two films produced by the National Film Board of Canada: Acid Raid: Requiem or Recovery and Acid from Heaven today, 7:30 pm, at the Boston National Historical Park, Charlestown Navy Yard, building A, Hall Room. For more information, please call 227-5339 or 242-3601.

Do you know anyone who favors drunk driving? Not likely. And yet many people have driven when under the influence of alcohol, or worse, when they had too much to drink. Take a look at some chilling statistics. One out of every two of us will be involved in an alcohol-related accident sometime during our lives. Last year alone, more than 25,000 people died in such accidents; an additional 1.5 million were injured. A disproportionate number of those killed were under 25 years old.

The cost of drunk-driving accidents amounts to over $20 billion every year in property damage, loss of wages, medical and legal fees. To mention the emotional pain to the victims and friends.

What is being done about it? Over the years, many different approaches have been tried: mandatory jail sentences, stiff fines, license suspensions, alcohol rehabilitation programs, and higher drinking-age laws. No single countermeasure seems to do the job by itself. Tough laws, however, are supported by equally tough enforcement and the certainty of punishment, don't seem to work over the long run. Even with all three, the most effective single thing we could do is to examine our own attitudes about drinking and driving.

How much do you really know about the effects of alcohol? The facts may surprise you. For example, a lot of people believe that beer and wine are less intoxicating than other drinks. In fact, a can of beer, a glass of wine, or a ½-ounce drink of 86-proof liquor are all about equally intoxicating.

A lot of factors determine how quickly you'll get drunk. Your body weight, how much you've eaten, and the number of drinks you have over a specified time all make a difference. That's why it's so hard to know when you've had too much.

A common legal definition of intoxication is 10 percent blood-alcohol level. For a 160 lb. person, it takes about four or five drinks in the first two hours on empty stomach to reach the legal limit, compared with three or four drinks in the first two hours for someone who weighs 120 lbs. Of course, your judgment and reaction time will be impaired well before you reach the legal limit.

At General Motors, we're very concerned about the problem of drinking on driving. Over a decade ago, we developed a device that tests a driver's reflexes and motor responses before starting the car. The Department of Transportation is now field testing that device. We also strongly favor all efforts that focus attention on the problem such as the Presidential Commission on Drunk Driving. Make sure your friends and family know the facts about mixing alcohol and driving. Drunk driving will only stop when we all decide it's not socially acceptable. Be self-confident enough to admit when you've had too much to drink to drive safely.

Meanwhile, seat belts are still your best protection against drunk drivers. They can't prevent an accident, but they will help save your life during a serious crash—whatever the cause.

This advertisement is part of our continuing effort to give customers useful information about their cars and trucks and the company that builds them.