

VOL. I, NO. 5, OCT., 1944 P. O. BOX 328, GRAND CENTRAL ANNEX YEARLY SUBSCRIPTION, 1.50; COPY, 15c

A Monthly Journal devoted to those seeking further knowledge on the problem of alcoholism, in the hope that it may prove a unifying bond to all alcoholics everywhere. Individual opinions expressed here are not, necessarily, those of A.A. as a whole.

## COMMITTEE FOR EDUCATION ON ALCOHOLISM HISTORIC EVENT, SAYS DWIGHT ANDERSON

Those who read this issue of *The Grapevine* are privileged to be present at what may very well prove to be an historic event. The birth of the National Committee for Education on Alcoholism, first publicly announced in this issue, means far more than the mere name would imply. It is the beginning of a new public health movement. It is the first step toward getting the alcoholic out of the jail and into the hospital; toward making it possible for the medical man and the psychiatrist, the social worker and the lay therapist, to pool their skills with Alcoholics Anonymous in modifying the ravages of an illness to which society has been indifferent almost until this very moment.

Alcoholics Anonymous made possible such an institution as this by first laying the groundwork in its thoroughly proved and tested rationale for group therapy, which convinced people that the alcoholic can be helped. A further contribution A.A. has made is in giving the new organization Marty Mann, as executive director. A better qualified person for this task it would be impossible to find. For years A.A. has been making constant and regular impressions on the public through newspaper publicity, and what is better, word-of-mouth publicity, of the concept that the alcoholic is sick, that he can be helped, and that he is worth helping. The foundation has been laid, over the last ten years, so that today the public is ready for educational work on a broad scale, such as the new organization is to undertake. Unless this bold, widespread pioneering work had been done, such a movement as this would have been laughed to death. Everybody would instantly classify it as just another "blue-nose, kill-joy" Prohibition organization in disguise.

So gradually and imperceptibly do important changes in the public mind take place, that few except those who make a specialty of studying public opinion, realize when they are happening. But looking back ten years we realize that the idea that the alcoholic was an utterly hopeless person was practically unanimous, not only among the public as a whole, but among the medical profession as well. We have gone in the meanwhile perhaps a quarter of the way toward sufficient acceptance by the public to make the new thought dynamic in results. This is an accomplishment principally of Alcoholics Anonymous. The writer regards this as fully as great, if not greater, than any other achievement of this organization. Its members are unaware of this contribution; few persons will ever recognize it or stop to appraise its far reaching consequences.

The public is now ready and waiting to receive the facts which this new Committee has been formed to publicize. Authorities estimate that there are in the United States 66 million persons not arrayed on either the "wet" side or the "dry." They are neutrals sitting in the "bleachers" while watching the contest between two opposing teams who are calling each other names, asserting and denying every statement made in favor of, or against, the use of liquor.

The National Committee for Education on Alcoholism will address its material to the man in the "bleachers" while talking about somebody else—the alcoholic. A public relations program to influence these 66 million people may have as its objective to inform them:

1. That the compulsive drinker, or alcoholic,

is a sick man, exceptionally reactive to alcohol.

2. That he can be helped.
3. That he is worth helping.
4. That the problem is therefore a responsibility of the healing professions, as well as of the established health authorities and the public generally.

The minds of the people in the "bleachers" are open to receive these four kinetic concepts. After fully accepting them, what would follow would be an interest in knowing whether they or their friends might be on the way toward becoming alcoholics. With the stigma of alcoholism removed by acknowledging that it is a sickness, the whole subject can be brought out in the open and discussed. The time will arrive when the hostess at a cocktail party will not insist upon a guest taking a second or third cocktail, or even the first one if he has once declined, recognizing he might be one of those persons who should never take a drink at all. The social sanctions surrounding drinking—the prestige factor—would be discouraged automatically and voluntarily. The whole door would be opened wide by this new approach to change the mores in favor of moderation in the use of alcohol.

This is what is meant by saying that we who read this issue of *The Grapevine* are witnessing an historic event. Previous efforts have been stalemated by the two opposing teams who have played the game for the sake of killing each other off, rather than for the benefit of the people in the "bleachers." For the first time in the history of mankind's effort to control the use of alcohol, we have an instrument which offers real hope of affecting the behavior of a majority of the people of the country by their own voluntary and spontaneous intention.

*Dwight Anderson*  
(Director of Public Relations,  
Medical Society of the State of New York)

# EDITORIAL:

## On Simplicity, of Faith, of Living, of Outlook

The A.A. program itself is simple. Why do too many of us try to read complexities and mysteries into the 12 steps?

In our drinking days our lives were complex and confused. We were unable to be honest with ourselves and we rationalized our wrong position with all the tricks of evasion and equivocation. We added jealousy, resentment and intolerance to the tangled pattern of our lives. Our greatest longing was for relief, for deliverance from a way of living that had become too complex to endure without the treacherous aid of alcohol.

Our introduction to A.A. at once offered that freedom, if we desired it without reservation and were willing to follow a few steps whose greatest appeal to our bewildered spirits was their simplicity. One of the main differences between A.A. and other programs of sound living is the ease with which a newcomer can grasp its principles, and with which the oldest member can live each day in harmony with himself and his neighbors by practicing the simply stated 12 steps.

Kipling might have written this expressly for A.A.:

*Not as a ladder from Earth to Heaven,  
not as a witness to any creed,  
But simple service simply given to his  
own kind in their common need*

If each individual member wholeheartedly and unquestioningly accepts the program in the simple form it was given us, without straining for effects and methods of practice to elaborate it, we will have even-tempered groups with only enough organization to insure against over-organization.

*Earl T. of Chicago*

## *Points of View*

Dear Grapevine: . . . the Tulsa Radio station, KVOO, is to give an A.A. quiz program Saturday, October 7, 1944, at 10:15 P.M. Central Standard Time. The questions are to be asked by a doctor, a minister and a controlled drinker who are not familiar with A.A. The 3 Oklahoma groups will be represented on the broadcast, referred to only as Mr. A, B, or C. Mc., Tulsa, Oklahoma

Dear Grapevine: . . . Please make sure they get the issue with Arthur Hopkins' guest article, which was indeed a tribute. Do you accept inspirational poems? Or contemplate a "Questions & Answers" Column?

Ruth T., Scotia, New York

[NOTE: *Unfortunately, The Grapevine can't fill any future requests for back copies; we have only enough left to complete hospital and library files. Awfully sorry. About poetry, sui generis: the Staff just seems to have an incurable allergy. By all means Yes to the "Questions and Answers" column.*]

*Dear Grapevine:* The new *Grapevine* has just come and I am very much impressed by it—a credit to the grandest organization in the world. I wonder whether the anonymity end could be overcome in one thing, and that is a Personal Column. The thing that keeps most alumni periodicals going is the interest all seem to have in the others in the same college,

and I believe that nothing could have more interest for those who are away from home—New York in my case—than news of all the rest. I know that I would eat up a column of news about all of you up there and feel that there must be many more who would do the same. Ninety-nine per cent of the ones I'm talking about don't give a damn about the anonymous end—in fact we're proud of it—and I can't see for the life of me why a postal asking whether an individual minded the news item about himself being published or not wouldn't answer any objections that otherwise might be raised. . . . Think it over.

*Elliot B., Hot Springs, Virginia*

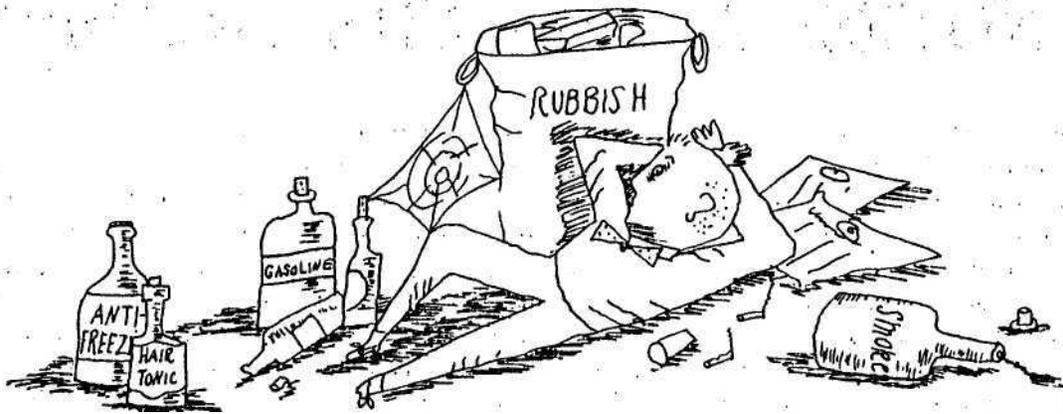
*Dear Grapevine:* You have on your list of subscribers a M——X. . . . I respectfully request that this subscription be cancelled upon receipt of this letter. I regret that I am prompted in this action by the fact that this member has shown no desire or inclination to profit by the sincere and kind co-operation of the members of your organization at this point. Therefore I deem this an unnecessary expense. I assure you that should this party regain her normal senses and at least show some effort to respond to your methods of cure for THE CURSE a renewal will gladly be requested.

*W.X., California*

[NOTE: The *Grapevine* has returned the dough, set up a new subscription for M——X.—no strings attached; now we're waiting for Mr. X. to write us a piece for the *Family Issue* on how not to treat an alcoholic.]

*Dear Grapevine:* I was particularly pleased with Philip Wylie's article because I found therein a well-phrased statement of my own view of the "spiritual experience," arrived at by honest thought and effort for the past sixteen months. . . . Last Wednesday noon the subject of religious experience was brought up. I answered this in my stumbling, way by saying that each of us could have such experience only when we "got on center with ourselves"; if that were not clear we could express it thus: "When we fully realized for the first time in our lives the essential dignity of ourselves as human beings," I further stated that this realization could be achieved through return to a formal religion we once practised but never knew, or by honest thought along our rough-hewn way. Now comes Mr. Wylie with his excellent phrasing of this thought: "there are thoroughly abstract, non-religious routes to this same, universal, human contact with the inner integrity, truth and the 'nature of nature itself.'"

*Walter L., Chicago, Illinois*



THIS POOR GUY DOESN'T KNOW WHAT AILS HIM ... HIS FAMILY AND FRIENDS THINK HE'S A BAD EGG OR WORSE. "THE NATIONAL COMMITTEE FOR EDUCATION ON ALCOHOLISM" is GOING TO TRY TO GET THE PUBLIC TO UNDERSTAND THAT THIS BIRD HAS A DISEASE CALLED ALCOHOLISM— THAT HE IS WORTH HELPING—AND THAT HE CAN BE HELPED (WITNESS U.S.A.A.S!)

## MARTY INTERVIEWED ON COMMITTEE

A new Committee has been formed. It's to be nationwide in scope. Although it's not an A.A. baby, it's to have a lot to do with A.A. The name of it is The National Committee for Education on Alcoholism, and its executive director is Marty Mann, one of our leading A.A.s in the New York Group, and one of our finest speakers. Marty plans to go all over the country lecturing on alcoholism, and more than this—she hopes to help get local committees started wherever she goes. These local committees in turn will educate their communities on the problem of the alcoholic, and teach the whole public, throughout the country, what we in A.A. already know. That alcoholism is a disease, and a public health problem. That the alcoholic needs to be brought out in the open and helped, not hidden away in shame.

As you see by this article, Marty has shed her anonymity. She talked it over with a great many other A.A.s, and they all felt that in view of this larger non-alcoholic field she was entering, she'd have to.

As Marty said in an interview with us yesterday: "I'm going to lecture to non-alcoholics about alcoholism. I could be much more convincing, and give them much more understanding, by speaking as an alcoholic—from the inside—and they would be much more likely to listen and believe. That left me with two choices. To say that I was an alcoholic and had recovered, period. And not mention A.A. Or to give A.A. full credit for my recovery and break the anonymity rule. I couldn't conceive of not publicly giving A.A. all the credit."

We then started to ask Marty questions. Our first question as an A.A. was: "How much has A.A. got to do with all this?"

Marty answered that this way: "In the five and a half years I've been in A.A., I know that a lot of us have wondered and worried about this idea of general education of the public, that goes beyond A.A.'s specific job.

"I'll talk about myself for a minute, and that'll show what I mean. In the last five years of my drinking, before I came into A.A., I didn't know what was wrong with me. And neither did anyone else. No one knew what had happened to me, why the quality of my drinking had changed. I thought I was having a nervous breakdown, and that *that* was making me drink too much. I didn't know what an alcoholic was. I didn't find out until I came into A.A. And all of us A.A.s have found the same thing, over and over: that people, on the whole, still don't know anything about alcoholism. Although A.A. has been in existence ten years, and although many authorities on this subject, including doctors, have told me we've done the best education job of all to date, still our first job isn't education of the public. It's work with individual alcoholics.

"For a long time, I've felt the way lots of us older members feel. Namely, that there was a need for a wider program of education. To teach not only individuals, who've hit bottom and come to us in desperation—but to teach everybody in the whole country that this is not a moral issue, but a health problem. By the way, it's Public Health Problem No. 4. Did you know that?"

"Yes," we said, "But it's true that most people don't. Tell us how you got into all this." "An old friend of mine deserves the credit for that," Marty said. "Grace Bangs. She's director of the Club Service Bureau of the *Herald-Tribune*. That means she has one of the top jobs dealing with clubwomen all over the country. Some time ago I ran into her, and she hadn't seen me, since my drinking days. She didn't recognize me. I told her about A.A. and what had happened to me. She asked me and several of us to help her with a relative of hers, a young man. Well, he's just, not ready for us yet. But she was terribly impressed with A.A. She felt that more people ought to know about it. She felt they ought to know about alcoholism as a disease. She said, 'Marty, there are lots of women all over the country, mothers who've unwittingly helped make their children alcoholics, who invariably did all the wrong things about them, and who don't know what to do for them now. Wives who don't know what to do about their husbands. Even women alcoholics themselves, who are often harder to reach than men, because they feel guiltier than the men do. Now can't you do something for them? Can't you think of some way to reach these women? I'll back you up and help you any way I can.' She kept after me, and finally I worked out a plan, based on going out and speaking to organized women's groups all over the country."

*Ques.* "What did you do then?"

*Ans.* "Well, we knew we needed scientific backing. We went to Dr. Jellinek. A lot of you know who he is: Director of the Section of Alcohol Studies at Yale University. Now I want to stop and explain a little. Doctor Haggard is director of the Laboratory of Applied Physiology at Yale. For years he's been studying the physiological problems of alcohol. He realized that was only part of the picture, and he started Dr. Jellinek's department to go into all phases of the problem. What interests us A.A.s as much as anything they're doing are the Yale Plan Clinics. Because these clinics are working on alcoholism in the individual. And they're also sending a lot of new A.A.s to their nearby groups.

"Now to go back to Dr. Jellinek. He read the plan. He seemed to like it. He said he thought it would work. He said that educating the country on alcoholism is the next step. All the research that's been done, all that Yale is doing, all that A.A. is doing, adds up to this: *now* there are plenty of real facts to tell people. Perhaps most valuable of all

(Continued on Page, 8)

## CENTRAL OFFICE NOTES: A Date With Destiny?

Somebody once said, "As much as you may grow, as many recoveries as there may be, I think the eventual by-products of A.A. will be greater than A.A. itself."

Everywhere now, we hear such remarks. They come from all kinds of people. Doctors think of applying our methods to other neurotics; clergymen wonder if our humble example may not vitalize their congregations; businessmen find we make good personnel managers—they glimpse a new industrial democracy; educators see power in our non-controversial way of presenting the truth; and our friends wistfully say, "We wish we were alcoholics—we need A.A. too."

Why these stirrings? They must all mean, I am sure, that we have suddenly become much more than recovered alcoholics, A.A. members only. Society has begun to hope that we are going to utilize, in every walk of life, that miraculous experience of our returning, almost overnight, from the fearsome land of Nowhere.

Yes, we are again citizens of the world. It is a distraught world, very tired, very uncertain. It has worshipped its own self-sufficiency—and that has failed. We A.A.s are a people who once did that very thing. That philosophy failed us, too. So perhaps, here and there, our example of recovery can help. As individuals, we have a responsibility, maybe a *double, responsibility*. It may be that we have a date with destiny.

An example: Not long ago Dr. E. M. Jellinek, of Yale University, came to us. He said, "Yale, as you know, is sponsoring a program

of public education on alcoholism, entirely non-controversial in character. We need the cooperation of many A.A.s. To proceed on any educational project concerning alcoholism without the goodwill, experience and help of A.A. members would be unthinkable." •

So, when the National Committee for Education on Alcoholism was formed, an A.A. member was made its executive director: Marty M., one of our oldest and finest. In this issue, she tells *The Grapevine* of her new work. As a member of A.A., she is just as much interested in us as before—A.A. is still her avocation. But as an officer of the Yale-sponsored National Committee, she is also interested in educating the general public on alcoholism. Her A.A. training has wonderfully fitted her for this post in a different field. Public education on alcoholism is to be her vocation. Could an A.A. do such a job? At first, Marty herself wondered. She asked her A.A. friends, "Will I be regarded as a professional?" Her friends replied, "Had you come to us, Marty, proposing to be a therapist, to sell straight A.A. to alcoholics at so much a customer, we should certainly have branded that as professionalism. So would everybody else.

"But the National Committee for Education on Alcoholism is quite another matter. You will be taking your natural abilities and A.A. experience into a very different field. We don't see how that can affect your amateur status with us. Suppose you were to become a social worker, a personnel officer, the manager of a state farm for alcoholics, or even a minister of the Gospel? Who could possibly

say those activities would make you a professional A.A.? No one, of course."

They went on, "Yet we do hope that A.A. as a whole will never deviate from its sole purpose of helping other alcoholics. *As an organization*, we should express no opinions save on the recovery of problem drinkers. That very sound national policy has kept us out of much useless trouble already, and will surely forestall untold complications in the future.

"Though A.A. as a whole," they continued, "should never have but one objective, we believe just as strongly that for *the individual there should be no limitations whatever, except, his own conscience*. He should have the complete right to choose his own opinions and outside activities. If these are good, A.A.s everywhere will approve. Just so, Marty, do we think it will be in your case. While Yale is your actual sponsor, we feel sure that you are going to have the warm personal support of thousands of A.A.s wherever you go. We shall all be thinking how much better a break this new generation of potential alcoholic kids will have because of your work, how much it might have meant to us had our own mothers and fathers really understood alcoholism." Personally I feel that Marty's friends have advised her wisely; that they have clearly distinguished between the limited scope of "A.A. as a whole" and the broad horizon of the individual A.A. acting on his own responsibility; that they have probably drawn a correct line between what we would regard as professional and amateur.

Bill

## Do You Know: HOW TO SPOT THE DANGER SIGNALS

How often have you heard it said, "I was too busy to make the meeting last night," or, "I was so darn tired I just couldn't get there"? Of course, either one of these two may hold true, but too often they are indications of the beginning of a return to the old line of thinking. For this reason, then, when you are "too busy" or "too tired," stop and ask yourself—"Is this true or am I rationalizing?" Be honest. If you are not it may not be long before you have nothing to be "too busy" about. Only by constant association with A.A.s and their problems do we re-learn those principles of living that get us sober and keep us in that happy state. The 12 Steps are not like

the multiplication table. We can't learn them once and then sit back and have them work for us the rest of our lives. Being mere humans, it is only by constant re-education that we can hope to achieve and then keep the strength and happiness given us by A.A.

But this is supposed to be about Danger Signals. Why then hold forth on the importance of frequent contacts with other members? Because, only through these associations are we able to meet and conquer those insidious urges to return to our old intimate friendships with Generalissimo Hang-Over and Field Marshal R. E. Morse. These two old cronies like nothing better than to see one of us feeling

sorry for ourselves or nursing a nice fat resentment. They cheer when we begin to get cocky or have grandiose ideas about our worth. They send out invitations for a party when we begin to think that maybe "one" wouldn't hurt us or that maybe "someday?" There are a thousand and one signs that will put these two fast friends into a dither of delight, but each one can be recognized and dealt with if we meet with our fellow-members as often as possible.

You may well ask, "who is this guy holding forth on Danger Signals?" I know whereof I speak, my friends. For once I got "too busy" and "too tired."

R.K.F.

# MailCall for All A. A.s in the Armed Forces

We are fortunate to have secured the following story for this issue of *The Grapevine* from an A.A. who participated in the preparations for D-Day and the actual invasion. We think his conclusions should be helpful to all A.A.s.

When we sailed out of New York harbor bound for England I was riding a high swell of confidence that I would be able to keep on the A.A. beam without too much trouble. Several factors contributed to that comfortable feeling. We had just completed a period of training that was pretty tough for a 40-year-old, chair-borne officer, and I had survived the spells of low spirits that so often accompany physical exhaustion. The Army had twisted, flexed and P.T.'d us into top condition. Among the officers traveling with me was a close friend who knew about A.A. and was wholeheartedly in favor of my membership. My foot-locker contained an elemental A.A. library: "the" book, *Screwtape Letters, Return to Religion, Lost Week-End, and Christian Behavior*, to which I planned to turn for remindful reading. Finally, I was enroute to a C.O. who previously had been informed that I was not drinking, thus relieving me of prospects of any embarrassment, imagined or real, over the "have-one-on-me" kind of comradeship with him. So, notwithstanding the thoughts of danger that occur to anyone moving into a combat zone, I had few misgivings about anything and particularly not about alcohol even though each hour took me farther from 24th Street and the revitalizing smaller meetings.

On the arrival in the ETO I quickly began to appreciate the difficulties that are likely to confront an A.A. away from other A.A.s unless the pattern of the new way of thinking has been carved very deep. England had already been overrun by Yanks and the British had decided, not without basis, that we liked to drink, knew how to drink and had the money to pay for our drinks. So, in their efforts to be hospitable, the Scotch, the Irish, the Welsh and the English doled out whiskey, gin, rum, and mild bitters from their limited stock. That was fine for non-alcoholic Yanks, and they went to no greater excesses than are inevitable for any nationality away from restraints of home and living under wartime pressure. For quite a time I went along all right with the aid of the various tools and tricks A.A. had taught. I re-read my books. Each morning I'd give a few minutes, whether

in a flat in London or a Nissen hut at one of our bases in the country, to the 24-hour plan and A.A. principles in general. And I'd talk occasionally with my A.A.-minded friend.

Then, inspecting old churches and cathedrals and palaces on off-duty hours in the country began to pall. Presently I realized that the pubs are among the most interesting places in England. It is true that they offer an open door to an intimate knowledge of the British, and I was anxious to get to know the people as well as possible. Even after I began going to the pubs I managed to sidestep trouble for a long time, a fact which I now make a point of remembering because it supports a vital lesson that I hope I've learned too thoroughly to forget, ever.

D-Day came with an unforgettable air assignment followed soon by a transfer to France with a succession of hectic experiences on the ground. At least they were hectic for me and I hit emotional extremes I never had before. Yet, through it all I stayed on the beam. Although we naturally had to travel too light for me to be carrying books, I had an A.A. card in a case with my AGO identification card and I continued that brief contemplation in the morning. Liquor was available here and there. Where isn't it? Anyway, an alcoholic will find a bottle even on a Sahara if he puts his mind to it. But I had no urge.

Trouble did not develop until I began to get lazy about my way of thinking. Sometimes I felt in too much of a hurry to re-read my poem or even go through the premeditated thoughts that had proved so useful, I began to slip back into the old pattern. Incredible as it seems, one of the hoariest of thoughts that bedevil an A.A. seeped into my mind. Perhaps things had been going too well. Maybe I was cocky. Maybe it was the tension. There always are plenty of excuses. Presently I was toying with the idea that I had "progressed" to the point where I could handle a few. Why not try? Mild and bitters were new drinks. Perhaps they wouldn't have the same effect as liquor at home. The climate was different, too. From there, of course, it was an easy step to nibbling. The fact that I did not get drunk the first few times helped to grease the way right into the hands of

Uncle Screwtape. I even told my friend, who did not know all the wiles of an A.A. on the loose, that I had found a new system for drinking. Due to restricted stocks, the "governor" of many an English pub would lead his customers from whiskey to gin to rum and finally to bitters during an evening. This switching from one kind of potion to another enabled me to avoid getting too much of any one, I said. Amazing, isn't it?

By blessed luck, no disaster occurred. No one noticed my drinking particularly. After all, getting mildly drunk was no sin in itself and I resorted to the old trick of going away by myself to have more after reaching that point where I knew I was on the edge. After a few hangovers with the old dreary miseries, I managed to pull up and do some thinking. A hangover in the comparative peace of your own home is bad enough. It's infinitely worse when punctuated by the noises and smells and sights of war. I went back to morning contemplation augmented by mental pauses during the day wherever I was—bouncing in a jeep or lying in a foxhole. At first I didn't put much meaning into what I was saying to myself. But I was frightened by the picture of what I had sense enough to know would be the inevitable result if I kept on in the old way. I knew that in a combat zone they couldn't fool with drunks.

Back in the A.A. way of thinking, I continued on through more disturbing experiences in France, even that of the death of some men with whom I was assigned; I returned to London for a period when the buzz-bombs were at the worst, with terrifying and sickening effects at close hand; I resumed going to the pubs for pleasant comradeship; I sat around while other men were drinking whiskey—I shared all of those experiences safely because I was thinking right again.

Contrasting to that fortunate outcome for me is the fact that months previous while still in New York, within easy traveling distance of 24th Street and within telephone reach of several good A.A. friends who were ready to come to my aid any time—and did—I had a couple of "slips."

All of this adds up in my hook as proof that the crux is not in where you are or what you're doing, but how you're thinking. To be sure, an A.A. is more in danger the farther he is from other A.A.s. But separation is not necessarily disastrous, nor proximity a guarantee of safety.

T.D.Y.

## *The Pleasures of Reading*

Clinical data on alcoholism is growing in volume—a sure indication that the disease as a social problem is recognized and remedy is being sought. Prominent among the published reports are the Lay Supplements issued by the Quarterly Journal of Studies on Alcohol, Inc., Yale University.

Findings reported come largely from the staff of Yale's Laboratory of Applied Physiology and the Yale Plan Clinics. Some conclusions will be a shock to long-cherished beliefs. For example—that alcohol is a depressant, not a stimulant. The "lift," as explained in Supplement No. 11, results from reduced brain activity and with it decreased tension, irritability, critical attitude, etc. With these trouble makers quieted, a feeling of ease and relaxation follows.

More liquor—fewer inhibitions, impaired judgment, irrational behavior according to the individual's reactions, quantity absorbed, etc. Conclusion, "alcohol acts the same way as the well-known anesthetics."

One of the catches seems to be a wide misinterpretation of the word "depressant." Scientifically it denotes lessened activity at the brain center, not a promotion of low spirits.

Supplement No. 10 offers much instructive data on types of drinkers and, among other things, a first-rate timetable of social to habitual toping. It points the conclusion that rehabilitation of the alcoholic is worth while socially because, "although the results of inebriety may appear immoral and degrading, this is a result and not a cause."

A.A. as the best medium for helping non-psychotic drinkers has a prominent place in a study of "The Rehabilitation of Inebriates," No. 12. A plan is suggested in which clinical analysis, hospitalization when needed, plus post-medical help, including A.A., are combined. This apparently is Yale's idea of the best general approach to the alcoholic problem. It does recognize the need for a wide-spread effort in which all known helps be applied in as many communities as possible.

Fourteen supplements make up the series which may be purchased for 1.00. Single numbers are 10 cents. *Alcoholics Anonymous* heads a list of suggested reading which includes *Lost Week-End* by Charles Jackson and *Alcohol Addiction and Chronic Alcoholism* by Jellinek, Peabody's *The Common Sense of Drinking and Alcohol, One Man's Meat*, by Strecker and Chambers.

## A. A. DINNER versus PUB CRAWLING . . .

Our annual Metropolitan Group dinner, which, in true alcoholic style is sometimes held semi-annually, will have a change of locale this year. So announces the Central Committee. Many eager A.A.s had to be turned away from the last two dinners held at Two Park Avenue, due to limited seating

capacity. The coming get-together will, therefore, be held at the Hotel Commodore, New York City, on Wednesday, November 8th, at 7:00 P.M. Because of war-time conditions the price of food has gone up considerably which necessitates a raise in the price of the tickets, but we understand that the cost of

## TIME ON YOUR HANDS?

In our wet past, we were all too busy drinking like fishes to be able to give any thought or study to our finny prototypes. If this were true in your case, we strongly suggest that you rectify the oversight and get yourself a book on tropical fish; any book will do. This suggestion is prompted by a recent personal experience. A small seven-year-old friend of ours had a birthday and we dropped into the nearest pet shop to see what we could see. It being a foul, rainy day, we lingered long and came away with bowl, sand, water plants, net, book, a few large and ugly snails, a pair of lowly Guppies and a firm determination to deliver the birthday gift the following day. We had been impressed by the decorative quality of the various minute tropicals, so, with the rain beating on the window panes and the hurricane howling, we spent a cosy evening studying the fascinating habits of our little friends and lo!—an ichthyologist was born. Next morning, the storm and breakfast over, found us back at the shop gazing thoughtfully at the more glamorous varieties, and we arrived home with two Danios (tiger fish). These lively little silver-and-black fellows added life to the bowl as their stripes flashed while they darted hither and yon. Fine—now we would deliver the gift. Yes—but—a brace of scallarae (angel fish) would certainly lend grace and dignity to the collection. Back at the shop, while two scallarae were being netted, our attention was caught by the beauty of some dark red Plattes and a pair of those, were added to our purchase for a much needed spot of color. This was all a week ago, and our piscatorial pals are still undelivered. We plan to return to the shop today to purchase another bowl and a pair of Guppies for the belated birthday gift and—well—we have our eye on two velvety black Molynesiases and maybe the Betas (Siamese fighters), which we ordered, have arrived. Their gorgeous colors and fascinating breeding habits made them a temptation not to be resisted. Do you see how it goes? Eating peanuts is mild in comparison.

# ALONG THE METROPOLITAN CIRCUIT

**BERGEN COUNTY USES ADS . . . Dissatisfied** with lackadaisical 12th-step activities, and determined to tackle the local problem of alcoholism more vigorously, we recently began to insert A.A. ads in the *Bergen Evening Record*, the county's leading newspaper. These ads, with copy changes each week, appear three times weekly. Following is the text of one ad:

*Is Your Weakness Alcohol?* 18,000 men and women have built up an unflinching resistance to alcohol by following 12 simple rules of conduct prescribed by Alcoholics Anonymous, P.O. Box 2825, Englewood, N. J.

Twelve ads, over a period of four weeks, brought in 12 appeals for assistance. These appeals are apportioned throughout our membership for follow-up calls. The results have been a tremendous stimulus to our Group as a whole. Also, the experiment has proven that many A.A.s were starving for 12th-step work. The campaign is scheduled to run through October 25, a total of 36 ads.

**THE BRONX SAYS MORE WOMEN . . . Since** Joe H. initiated this group about six weeks ago, attendance has averaged 35 at each meeting. Ten recruits came in recently. The masculine element predominates. "More women," says Joe. "We need more women at our meetings." Meeting night is Wednesday at 8:15. Beginning October 4th, our meetings will be at 2500 Marion Avenue, Bronx, just off East Fordham Rd. The building is a school, with an auditorium for big get-togethers and kitchen facilities available for parties. . . . Ed T., the Manhattan member who assisted at the opening meeting, was erroneously reported as having joined the Bronx Group.

**BROOKLYN CLOSED MEETINGS GROWING . . .** Because of constantly increasing membership, our Wednesday closed meetings are now held at the Hotel St. George, 51 Clark Street, Brooklyn—same place as the Friday open meetings. Hour: 8:30 P.M. . . . Our Group exchanges visits with New Rochelle the first week in October. . . . Mail address; G.P.O., Box 91, Brooklyn, N. Y.

**EAST ORANGE INVITES CIRCUITING . . . The** meeting room at 507 Main Street is henceforth unavailable every second Wednesday. Therefore, on those Wednesdays, we shall be glad to send speakers to other New Jersey groups. . . . **THE KEARNEY GROUP** will in future conduct its meetings at the Odd Fellows Hall, 30-32 Beech Street, Arlington, N. J.

**FLUSHING RESUMES CLOSED SESSIONS . . .** At a recent business meeting it was decided to resume closed meetings, to be held on the sec-

ond Friday of each month at the Good Citizens League, corner of Union Street and Sanford Avenue, Flushing, L. I. . . . Nowadays all Flushing meetings close at 10 P.M. sharp so that visitors desiring to leave early may do so. Those wishing to remain for coffee are always welcome. . . . Many members attended the funeral of Tom C., who died recently.

**FOREST HILLS MEMBER CELEBRATES 2ND YEAR IN A.A. . . . Mel C.** was chairman of the September 18th meeting. On that date he was two years old—according to the A.A. calendar. . . . Closed meetings, heretofore held at the Forest Hills Inn, are now taking place at the various members' homes. . . . The Thursday A.A. meetings at Creedmore State Hospital, instituted by Earl S., are having an increasingly large attendance.

**MANHATTAN MEMBER 12TH-STEPS ON CORNER . . . John B.** can be found every Sunday around noon at the corner of 207th Street and Broadway. Hard by are several gin mills. In his own words, John was for years "one of the worst rummies" of that 95 per cent Irish district. He knows everybody, everybody knows him and that he is now sober because he is in A.A. John stands and waits. He never approaches any of the jittery men waiting for the bars to open at 1 P.M. He waits for them to come to him. They do. Many of them. Result: John gets all the 12th-step work he can handle—right there on that corner. . . . Jack N., listed on the Y.M.C.A. bulletin board as "John Doe," recently spoke before a large audience at Sloane House on West 34th Street. The subject of his lecture was A.A. . . . The hurricane that hit Manhattan September 14th flooded home early those dauntless members who had come to the West 24th Street clubhouse for the Thursday closed meeting.

**MOUNT VERNON SLIGHTLY BRUISED . . .** The soft ball game for the championship of Westchester County was won by us. There were lame backs and sore arms—but no hangovers. Our first annual picnic a few Sundays ago was a terrific success. Not so long ago none of us would have believed it was possible to have that much fun sober.

**NASSAU-SUFFOLK HAS WEDDING . . . The** night following the "big wind," undaunted by blocked roads, fallen wires, no lights, etc., 21 showed up at the open Friday meeting—at 177 Jackson Street, Hempstead, L. I. . . . We had a recent A.A. wedding. Isabel is the bride and Hurry D. the groom.

**NEWARK AND ENVIRONS AID SERVICE MEN . . .** The proceeds from the Irvington Group dance held at the Service Men's Club, October

1st, were turned over to the service men—whose plan it is to buy the building and convert it into a combination clubhouse and hospital. Ted F. and Elmer K., in charge of the dance arrangements, did a bang up job of it. . . . The Elizabeth Group moved on October 1st to larger quarters at the Masonic Hall in Elizabeth. . . . Tom M. and Captain John Stephans, the latter a member of the Elizabeth police force, are working with the authorities of several New Jersey hospitals to receive permission for A.A. to send alcoholics into the hospitals. It's a job that necessitates a lot of talk with persuasive power behind it.

**NEW ROCHELLE PLANS MORE SOLDIER AID . . .** Our Group, which branched off from Mount Vernon, is now over three months old and growing constantly. Meetings are held every Sunday at 7:45 P.M., at the Y.M.C.A., 185 Division Street. Plans to aid the alcoholics among the returning military forces are going forward.

**NORTH JERSEY CONSIDERS BIG CLUBHOUSE . . .** We are strongly considering the purchase of the Roseville Athletic Association clubhouse, 7th Street and 7th Avenue, Newark, as general headquarters for all Jerseyites. The four-story building, where we have been holding our meetings for three years, is equipped with bowling alleys, billiard tables and what-have-you. The main room seats 400. If this deal goes through, we'll be settled—and very comfortably—for years to come.

**WHITE PLAINS BRAVES HURRICANE . . .** The second Westchester-Greenwich Inter-Group meeting was held in White Plains the down-pouring Wednesday night preceding the hurricane. Lois B., chairwoman, expected an empty house. Instead, about 75 members from Mount Vernon-Yonkers, New Rochelle, Greenwich and White Plains dripped in, as well as some of our interested associates from Chappaqua, Peekskill and points north. With White Plains presiding, Frank H. spoke for Mount Vernon-Yonkers, Ralph J. for Greenwich, and John MacI. for New Rochelle. The international touch was added by "Cookie" W. . . . Our open meetings are held every Wednesday at 8:30 P.M., Westchester County Republican Club (party affiliation unnecessary), corner of Mamaroneck and Martine Avenues.

**INTER-GROUP MEETINGS IN MANHATTAN . . .** Capitol Hotel; 51st Street and 8th Avenue, Walnut Room; every Tuesday evening at 8:30. Room open from 5:30. For all other meeting information watch group news on our Metropolitan Circuit page, and check each issue for changes of time and location.

## SET-UP OF COMMITTEE

The National Committee for Education on Alcoholism, Inc., sponsored by the Yale Plan for Alcohol Studies, will open its offices on October 2, 1944, at 2 East 103d Street (Room 447, New York Academy of Medicine Building), New York, 29, N. Y. The Committee has been organized as a nonprofit membership corporation under Connecticut charter. Its membership is made up of persons from all fields of activity who are concerned with the problem of alcoholism and interested in a program of activity toward its solution. Its executive director and her secretary are both members of Alcoholics Anonymous.

The National Committee believes that alcoholism is a public health problem that can be solved, should be solved now, and is a public responsibility to solve now. To further this aim through educational means is the duty assumed by the National Committee.

### *Members of the National Committee*

Bill W., and Dr. Bob S., the founder and co-founder of Alcoholics Anonymous; Dwight Anderson, public relations director, New York State Medical Society; Dr. Russell S. Boles, president of the Board of Philadelphia General Hospital and chief of its Medical Division; Mrs. LaFell Dickinson, President of the General Federation of Women's Clubs; Dr. Harry Emerson Fosdick, Riverside Church, New York City; Dr. Howard W. Haggard, director, Laboratory of Applied Physiology, Yale University; Arthur Garfield Hays, lawyer; Arthur Hopkins, theater producer; Marcus Himan; Dr. E. M. Jellinek, director, Section on Alcohol Studies, Yale University; Dr. Lawrence Kolb, assistant Surgeon General, U. S. Public Health Service; Edgar Lockwood, vice-president, Guaranty Trust Co.; Austin H. MacCormick, executive director, Osborne Association; Rev. Francis W.

McPeck, executive director, Department of Social Welfare, Washington Federation of Churches; Hon. William M. Maltbie, Chief Justice of the Supreme Court, State of Connecticut; Fulton Oursler, journalist; Dorothy Parker, author; Mary Pickford; Channing Pollock, playwright; Rev. Otis R. Rice, Federal Council of Churches; Dr. Harry Tiebout, medical director, Blythewood Sanitarium; Dr. Edwin Zabriskie, Neurological Institute, New York City.

### *Members of the Women's Organizing Committee*

In addition to its chairman, Mrs. Grace Allen Bangs, director of the Club Service Bureau, New York *Herald-Tribune* the Women's Organizing Committee consists of the following: Mrs. Julius Ochs Adler, co-chairman, New York City Defense Recreation Committee; Mrs. Anne Barnard, director, Women's Division, National Safety Council; Mrs. Sydney Borg, chairman, Manhattan Civilian Defense Volunteer Office; Ruth Collins, superintendent of the New York City House of Detention for Women; Mrs. Kathleen Divine, assistant to the head of the Welfare Department, Metropolitan Life Insurance Company; Mrs. Ethel Hendriksen, of the New York State Department of Health; Judge Anna Kross, New York City magistrate; Mrs. Albert D. Lasker, executive secretary, National Committee on Mental Hygiene; Pauline Mundigo, public relations expert, president, Phoenix News; Mrs. Leopold K. Simon, lawyer, and member of the New York State Industrial Labor Board; Mrs. Sara Sparks, president, New York State Business and Professional Women's Clubs and personnel director of Western Union; and Jane Tiffany Wagner, head of the Women's War Activities Department, National Broadcasting Company.

*[The above is a condensation of the announcement in the current issue of the Quarterly Journal of Studies on Alcohol.]*

## Grapevine PRE-VIEW. . .

Next month: the Beginner's Issue ... all about how it feels to come into A.A. . . . with a guest article, completely off the point, by S. J. Perelman, the *New Yorker's* fiendish funnyman.

The editor of the "Mail Call" page thinks there must be first-rate letters from A.A. Servicemen in lots of A.A. pockets which deserve pulling out and getting into print in *The Grapevine*.

Please send any you think of interest to P.O. Box 328, Grand Central Annex, N. Y., 17, N. Y. We'll consider them on loan, to be returned promptly.

## MARTY INTERVIEWED

*(Continued from Page 3)*

these, from the human point of view, is A.A. *For A.A. has proved that great numbers of alcoholics can get well.*

"When we started talking about the National Committee, we discovered that interest was more widespread than we had dared to hope. Grace Bangs found it very easy to form her Women's Organizing Committee — many women, each one important in her field, were immediately interested. When we formed the Advisory Board, it went the same way. And I found an A.A. in the New York Group, Marian M., to be my secretary.

*Ques.* "Can you tell us now, exactly what your job is, what the Committee's job is, and what A.A.s can do in all this?"

*Ans.* "My first job is to lecture on alcoholism in general. I'll try to arouse enough interest so that people will want to form a local committee. This committee should include representatives of all groups who have to struggle with this problem. People like doctors, ministers, social workers, magistrates, and above all, A.A.s."

*Ques.* "What is this local committee going to do?"

*Ans.* "It's going to carry on the work of education. We'll do everything to help them. (By *we* I mean the National Committee.) We'll give them plenty of literature, and it will cover every phase of alcoholism. That includes our A.A., pamphlets. When they're ready, we'll help them set up an information center or a clinic."

*Ques.* "How are you going to do that?"

*Ans.* "We'll train anyone this local committee selects to run their information center. They'll go to the Yale Clinics for this training. If they want to set up a clinic, we'll send an expert organizer to help them."

*Ques.* "But how are you going to get your speaking engagements in the first place?"

*Ans.* "Grace Bangs and her Women's Committee will handle most of that."

*Ques.* "Why, Marty, what about us A.A.s helping? I should think that a special open meeting would be just the place. We ask all the people you mentioned to our big open meetings anyway. I should think that any A.A. group that has open meetings, and is interested in this idea, would be a natural—I mean a starting point for a local committee."

*Ans.* "There's no reason why they shouldn't be. It's my hope that they will, either as groups or as individuals. After all, we A.A.s are the people who understand best how misunderstood this whole thing is." *Felicia G.*

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