



Utah Alcoholism Foundation

770 EAST SOUTH TEMPLE • SALT LAKE CITY, UTAH 84102 • PHONE 364-9906

NEWS LETTER

JANUARY 1971

Vol. 2, No. 1

VAYA CON DIOS



Back, more than two decades ago, when the gravely suffering alcoholic bore the stigmatic label of either a "*spineless drunken bum*" or a "*hopeless dipsomaniac*"--depending upon his status within the social mores--there was a MAN in Utah who was adamant in his refusal to abide with either term.

You see, alcoholism was not yet thought to be other than moral turpitude, retribution, the well-deserved end product of a sinful life of dissolution.

NICE people wouldn't, couldn't, become alcoholic.

"Not so," said this MAN in Utah.

For he had witnessed at close firsthand just what the insidious and narcotizing effect of alcohol could do to many of the very *niciest people*--fine men and women, too, for that matter.

And this MAN in Utah stood tall among the first ranks of those few stalwarts who kept faith in the doctrines of reality and who possessed the fortitude to look directly, if empathetically, into the tragic face of this "DISEASE OF LONLINESS," and call it be its proper name.

He had both seen and felt the heart-wearying and hopeless despair of those sad legions for whom alcohol was nemesis, those to whom each new day was an ever-tightening web to contain their futile strugglings, each night a black abyss of nameless fears through which to wander, alone and blind.

At some flashing moment, its precise timing now lost amid the swirling build of history, this MAN was struck with a deep and all-consuming dedication--and his remaining years would be invested toward bringing help and hope to life's rejects, the pariah outcasts from humankind.



Page 2

What he did and continued doing
throughout the passing years has now become a lofting monument
to that first, bright spark of dedication.

Now, no future effort or enterprise in the bravely strengthening field of the Nation's
gravest illness can eclipse this MAN's pioneer and multi-contribution
toward illuminating in clear, stark light, the tragedy of the alcoholic
nor swerve the course he planned,
out and up toward the sun.

In each environ of the Utah State,
and reaching far beyond its borders,
there are untold numbers who owe so much in measure
to a plan of restoration for which he helped lay the cornerstone.

Many have never heard his name,
nor been aware of WHO or WHAT he is.

You see, to him his name has never been important.
The WHO and WHAT have been subservient to the aim of his objective.

In the anonymity of self he has reached the hearts of others.

His credo might be simply stated: *"The less there is of me, the more there is of God."*

Now he leaves us--
but only in the sense of day to day.
He has earned retirement a thousandfold and more.
It is time to ease the burden, and every man deserves to rest.

But he will still remain our dearest neighbor, and we shall often seek his counsel.
For in the archives of his mind there is a priceless store of knowledge.

MAY THOSE OF US WHO FOLLOW HAVE ACCESS TO HIS WISDOM FOR MANY YEARS TO COME.

And may those of us who follow take up the challenge.
What he has built must be added to.
The gathering flame of dedication must never waver.

There is so precious little in our vocabularies to express our gratitude, our admiration.
Few words only--
and we hope that he will understand the heart-depths from which they spring, artesian:

THANK YOU, CLYDE GOODERHAM.

MAY EACH DAY OF REST BE FILLED WITH PEACE AND HAPPINESS.

VAYA CON DIOS

NEW AIDE TO STATE POST



"Attitudes of apathy and permissiveness have allowed alcoholism to reach truly alarming proportions throughout the entire United States. In terms of lives destroyed and economic loss, this vicious disease of addiction is now our Nation's most critical and costly health problem."

view expressed by Richard D. Elefson, as he assumed the role of new executive secretary of the Utah Committee on Alcoholism. The post was turned over to him January 15th by Clyde W. Gooderham, who is retiring after more than 20-years service as one of the Nation's most dedicated and persistent fighters against the illness of alcoholism.

Mr. Elefson comes to Utah and his new position with impressive qualifications. A native of Iowa, he was for five years assistant director of the Alcoholic Services Unit of the Mental Health Institute at Independence, Iowa, the State's largest alcoholic treatment facility, and has worked in the rehabilitative area of alcoholism for more than a decade.

ATTITUDES MUST CHANGE

"I believe education to be the master key to the problem," Mr. Elefson said. "Unless and until we begin to implant knowledge regarding the high danger ratio of alcoholism in the minds of children at the primary level, we have very little hope of achieving success in initial prevention. The old adage that 'an ounce of prevention is worth a pound of cure' is as valid today as when it was first coined by Benjamin Franklin," Mr. Elefson said.

"Since an estimated one out of every ten social drinkers becomes an alcoholic," he continued, "we must change public attitudes to reduce the social acceptability of alcohol as a way of life. It is a mind-altering drug, and there is no doubt that alcohol's destructiveness leads the field in the tragic conglomerate of drug abuse. The problem in Utah is proportionately no less than in most other states, and the challenge to do something about it is very exciting, and, to be perfectly frank, a little frightening."

Mr. Elefson's wife, Bonnie, and two children, Susan, 18, and Richard Jr., will move to Utah in June following the completion of the school year.

* * *

ALCOHOL--OUR IGNORED DRUG

Among the social reasons for ignoring the dangers of alcohol is that many do not even classify it as a drug. Marijuana, heroin, and LSD are the drugs that get attention and worry the Establishment.

Many social drinkers, particularly those with a sophisticated self-image, laugh off the effects of alcohol. Yet, even one mild drink hampers both intelligence and efficiency.

A second social reason for ignoring the dangers of the alcohol drug is its well-informed and highly shined image. The alcoholic beverage industry in the United States grosses \$12 billion a year and spends nearly \$200 million on advertising, a figure exceeded only by car and food ads.

The liquor ads unfailingly associate the consumption of alcohol with sex, success, smartness, elegance, youth, health, and beauty.

Legally, sale of the alcohol drug is more and more widely sanctioned. The prohibition repeal legislation that began in 1933 culminated four years ago when the last remaining statewide ban on liquor sales ended in Mississippi. Beyond this, the drug has been available over the counter without prescription and, despite such laws as forbidding sales to minors and known inebriates, virtually available to anyone who is half-determined to get it.

...Colman McCarthy in the Washington "Post"

* * *

THE DRUNK DRIVER ADDS \$240.00 A YEAR TO YOUR COST OF LIVING...IF YOU LIVE!

It may be a few dollars more or less than that. The figure is approximate.

But there are some things that are deadly accurate. Last year, over 35,000 Americans were killed in crashes where drunk driving was involved. And at least two million were injured.

The drunk driver cost the country \$8 billion in direct economic loss. Add to that an estimated (and very conservative) indirect loss of \$16 billion, and you see the size of the problem.

But make it more personal than that. If you are one of the Nation's 100 million licensed drivers, this means that to your yearly cost for groceries, clothing, housing, and the like, you can add \$240.00--your share of what the drunk driver costs America.

You say your wife has a driver's license, too? Then drunk drivers add \$480.00 a year to your family's cost of living!!

...Allstate Insurance Company

OBJECTIVITY

Since the alcoholic population is not homogeneous but quite diverse socially, economically and psychologically, a variety of treatment approaches is required to treat and prevent the progression of these medical-social problems.

Any treatment approach must set realistic goals, and we have long felt we expect too much from the patient at the onset of treatment--in fear perhaps of our own inadequacies. Long range planning is a necessity and too often the helper is caught in the web of reacting to the patient's impulsivity. Whatever we as individuals can offer...whatever our training, skills and talents...we serve no purpose unless we recognize our own limitations and act accordingly. Many times a good referral is the best possible treatment we can offer.

A consistent attitude on the part of the treatment team is necessary in order for the patient to respond; and even this is idealistic thinking. It is well recognized that most alcoholics suffer far more from negative attitudes of others than from the residual effects of alcohol.

It is not merely a problem of drinking, but one of learning to live without drinking. Relearning to live with reality, relearning to assume responsibilities, and resocialization are imperative in any treatment effort.

Society sets unrealistic goals for the alcohol abuser. Too much is expected in a short period of time, particularly if dependency has existed for, say, ten years or more. When a relapse occurs, the statement most often heard is--"He wasn't ready." Actually, the statement means--"He isn't doing what I want him to do and/or what I told him to do." This is truly the worker's frustration.

It also appears that the measure of success of any treatment effort is based on the patient's ability to abstain. To a point we would agree. But there is little consideration given to the maintenance of his abstinence nor the all-important adjustments that are vital to his emotional well being, and his ability to live comfortably and productively without alcohol.

* * *

Some people bear three kinds of trouble: all they have had, all they have now, and all they expect to have.

* * *

ALCOHOLISM ACT SIGNED INTO LAW

On January 2nd, President Nixon signed into law the Comprehensive Alcohol Abuse and Alcoholism Prevention, Treatment and Rehabilitation Act of 1970.

This major piece of legislation authorizes \$300 million over a three-year period; establishes the National Institute of Alcohol Abuse and Alcoholism; authorizes assistance to states, communities, organizations, institutions, and individuals; and requires a comprehensive program of treatment and rehabilitation for civilian Federal employees with alcoholism.

The bill was thought to be in danger of a pocket veto by the President because of his announced intentions to move boldly in the health care field early in the next session of Congress. In keeping with the non-partisan character which has been evident in this field of interest by political leaders for the past five years, however, President Nixon approved it on the deadline date.

FUNDING

The \$30 million supplemental appropriation for the current fiscal year (1971) approved by the Senate died because the House refused to appropriate funds prior to final enactment by the President.

It is anticipated that a similar supplemental appropriation will be approved by the Senate soon after the 92nd Congress convenes (January 21) and that the House will concur.

We are closely following developments and will keep you abreast of the situation in subsequent releases.

* * *

TAPE IN REVERSE ?

Miniwakan unyatkanpi kin on tawacin unhunkapish i no wiconi unkitawapi kin togmosniyan ihpeunkiciyapi kin he wowikake i wicoundapi?

Iyatayena awaunkicidakapi kin he e, na yatkesni ospaye kin tanyan unpikinhhan de ohmayan ecena unkiwastepi kte?

NOPE! In plain Sioux Indian dialect, you have just read the First Step and the First Tradition of Alcoholics Anonymous as contained in the very excellent A.A. magazine published by inmate members of the South Dakota Penitentiary in Sioux Falls.

* * *

ALCOHOLISM IS TERMED ASPECT OF "SEDATIVISM"

Alcoholism and addiction to other sedative drugs are different faces of the same disease, delegates to an annual meeting of the North American Association of Alcoholism Programs were told.

"Alcoholism is a misnomer. It should be called sedativism," said Dr. Stanley E. Gitlow, associate clinical professor of medicine at Mt. Sinai School of Medicine in New York.

"People use sleeping pills exactly as they use alcohol," he noted, "and many in the alcoholic community have used or are using other sedatives besides alcohol."

"Women alcoholics, in particular, are switching to the solid sedatives," Dr. Gitlow added, "because you don't have to get rid of the dead soldiers, you don't get any calories, and there's no odor to give you away if your husband comes home and you're smashed."

The New York clinician, who has treated more than 2,000 alcoholics over the past 20 years, pointed out that all the sedatives act in approximately the same way on the central nervous system, with only slight differences in amplitude and duration.

In categorizing sedatives, the clinician included paraldehyde, nitrous oxide and even the bromides, adding, "It doesn't make any difference in what form the drug exists: solid, liquid, or gas. It's all the same when it hits the central nervous system."

TREATING WITH SEDATIVES

"Many physicians, however, make the mistake of treating the alcoholic with sedatives," Dr. Gitlow said, "but this is like throwing the patient from the 'frying pan into the fire.'"

"Use of sedatives is acceptable during acute withdrawal from alcohol, provided the patient is in the hospital," he indicated. "But it should be stopped long enough prior to discharge to be sure the patient is withdrawn from the sedatives."

"While withdrawal from alcohol takes approximately three to five days," Dr. Gitlow observed, "withdrawal from the sedatives may require as long as seven to 14 days."

Dr. Gitlow believes that the alcoholic treated on an out-patient basis should be free of all drugs, including tranquilizers.

"The wisest course of treatment for the out-patient," Dr. Gitlow suggested, "is direct and confrontative individual or group psychotherapy, support by peer groups such as AA, and education about the physiology of the disease."

Support for Dr. Gitlow's criticism of what he termed sedativism was voiced by Dr. Vernelle Fox, a former director of the Georgian Clinic and now a general practitioner specializing in alcoholism and drug abuse in Atlanta, Georgia. She told a symposium at the NAAAP meeting that alcoholism is by far the most costly and devastating of the drug dependencies.

"The second most common group of drug abusers, however," she added, "are those addicted to sedatives, with or without the use of alcohol. Many people shift back and forth from an addiction to alcohol to an addiction to other sedatives," she said.

* * *

ANXIETY / TENSION--ALL BAD ?

AN AA SUGGESTS THAT STRESS REMINDS US TO PLUNGE
DEEPER INTO THE PROGRAM

No, serenity doesn't mean a lack of any stress or tension. It means instead the inner security that enables us to bear these stresses and to use them as occasions for growth. I need not fear or shun anxiety, because there is a certainty at the very core of my being, a certainty that remains unshaken by passing disturbances. If I genuinely turn my will and my life over to the care of God, as I understand Him, I need have no fear of the tensions that are essential to my growth. I can meet anxiety with peace as long as there is a quiet place in my soul where I know that I am a child of God and a worthwhile human being.

When I first came into AA, I was thrilled by the concept of serenity. My life had been so filled with anxiety, often bordering on sheer panic, that it was exciting just to know that things didn't have to be that way, that my life could be peaceful. And for awhile I was amazed at how much serenity seemed to be

- Cont'd on Page 6, Column 1 -

ANXIETY / TENSION--ALL BAD?, cont'd

coming my way. A sober life had many fewer fear-provoking aspects than a drunk one. But as time went on I began to wonder about my peace and serenity. Sometimes I reacted to things with anger, or occasions arose that caused me to experience a great deal of tension.

At these times, I was distressed by a fear of losing my new-found serenity. I was constantly taking my emotional temperature, and when I found that I was tense or anxious, I became afraid I was about to lose all the happiness I had found in AA.

The problem, I think, lay in my understanding of serenity. I thought of it as the condition of a cow, contentedly chewing her cud in a lush pasture; or, I thought of it as a perfectly calm, unruffled pond. But, I'm not a cow and I'm not a pond. I am a human being and difficult situations are a part of human life. A certain amount of tension and anxiety is a part of the human condition; why should I have hoped to be exempt? And why should this universal human condition have worried me so much?

I was thinking in a dangerous circle: I was afraid of being afraid! I was creating anxiety by constantly checking my feelings to see whether I was feeling anxious. But finally I realized that my fear of anxiety was a major part of the difficulty. It was like being unable to sleep because of fear of insomnia. I found that I was anxious about being anxious, tense about being tense, afraid of being afraid.

As our length of sobriety increases, so does our ability to endure stress. We find that we can live with anxiety, and can use it. Our tension and our discomfort can spur us on to building something better in our lives.

J. C., Minneapolis

from the AA Grapevine.

* * *

The road to success would have more travelers on it if so many didn't get lost in the woods while trying to find shortcuts.

* * *

Nothing will ever be accomplished if all possible objections are first removed.

DEATH OF AN IDEA

It's so easy to say "No" to it.

You can wipe it out with the sheer logic that *"It's never been done before."*

It's so understandable to want to fix it and make it more conventional and familiar.

It's so reassuring to take the alarming part out of it and smooth the rough edges. *And sandpaper it to death.*

Oscar Wilde put it this way: *"An idea that isn't dangerous is hardly worth calling an idea at all."*

It's the shocking part, the frightening part, the unknown element that makes an idea an idea in the first place.

If you feel comfortable with it from the very first, take another look.

It's probably not an idea.

* * *

"HOO, BOY!" DEPARTMENT

Consideration should be given to putting a vitamin in the rubbing alcohol, shaving lotion, vanilla extract, and bay rum consumed by indigents, the Senate Committee on Poverty was recently told in Edmonton, Alberta, reports a front page story in the Victoria, B.C. Colonist.

In addition, areas should be set aside in cities where transients can go to consume liquor without being molested by police.

Dr. J. D. Craig, presenting a brief from the Gardenside Society, said indigents who drink vanilla extract and other such preparations containing alcohol frequently become ill with liver damage. *"It is quite possible in our modern technology that a protein such as albumin could be added as well,"* said Dr. Craig in his brief.

Senator David Croll, an Ontario liberal and committee chairman, said *"That would take all of the fun out of it!"*

* * *



Utah Alcoholism Foundation

770 EAST SOUTH TEMPLE • SALT LAKE CITY, UTAH 84102 • PHONE 364-9906

NEWS LETTER

MARCH 1971

Vol. 2, No. 2

BILL W.'S LEGACY

The death of Bill W., co-founder of Alcoholics Anonymous, on January 24 was a deeply personal loss to NCA -- for all who work to combat alcoholism are in his debt. In his telegram to Bill's wife, Dr. Luther Cloud, president of NCA, said that *"our organization would not exist today without his transforming experience which ultimately began a revolution in attitudes toward alcoholism. His contribution to mankind is unparalleled."*

ALCOHOLISM IS TREATABLE

The phenomenon of Alcoholics Anonymous was his greatest inspiration. At a time when the alcoholic was looked upon with repugnance, first two, and then a little group of alcoholics began to help each other find a new way of life. The sustained recovery of AA members produced the evidence that alcoholics were sick people who could be helped and were worth helping.

ALCOHOLISM IS AN ILLNESS

In the early 1930's, the alcoholic was considered by most, professional and layman alike, to be weak-willed or lacking in moral fibre. But Bill's own doctor believed there must be some physical basis for the alcoholic's obsessive compulsion to drink. Out of their many discussions, Bill developed his philosophy that alcoholism is a physical allergy

-Cont'd Page 2, Column 1-

FEDERAL ALCOHOLISM BILL

The Federal Alcoholism Bill was signed into law December 31 by President Nixon. The so-called Hughes Bill, introduced early in 1970 by Senator Harold Hughes (D, -Iowa) who is a recovered alcoholic, was much amended in its passage through the Congress in a difficult year complicated by Summer Primaries and the Fall Elections.

Titled the Comprehensive Alcohol Abuse and Alcoholism Prevention, Treatment and Rehabilitation Act of 1970, the bill became Public Law 91-616, one of the last to squeak under the wire on New Year's Eve. Officials of the Department of Health, Education and Welfare had opposed major features of this bill and had recommended that the President veto it.

Major provisions include authorizing \$300 million over a three year period; establishes the National Institute of Alcohol Abuse and Alcoholism; authorizes financial assistance to states, communities, organizations, institutions, and individuals; and requires a comprehensive program of treatment and rehabilitation for civilian Federal employees with alcoholism.

The \$30 million supplemental appropriation for the current fiscal year (1971) approved by the Senate as reported subsequently died because the House refused to appropriate funds prior to final enactment by the President. However, it is anticipated that a similar supplemental appropriation will be approved by the Senate during the 92nd Congress and that the House will concur.



PREVENTION



EDUCATION

TREATMENT



RESEARCH

* * *

BILL W.'s LEGACY, cont'd

coupled with a mental obsession--an incurable though arrestable illness of the body, mind and spirit.

MULTI-FACETED APPROACH TO ALCOHOLISM

One of Bill W.'s outstanding endowments was his great vision. Even as the AA movement was growing, he urged that groups and individuals beyond the recovered alcoholic be given a role in tackling the problems of alcoholism. Through his well-known article, "Let's Be Friendly with Our Friends," he did much to bring understanding between AA members and the professional disciplines about their mutual roles and responsibilities.

He spoke before medical groups, bar associations, legislative assemblies and church groups explaining AA and the concept on which it was based. He was one of the few laymen to address such professional groups as the Medical Society of the State of New York and the American Psychiatric Association.

He repeatedly pointed out that AA probably began in the office of Dr. Carl Jung, one of the founders of modern psychiatry. And he always said that AA might not now be in existence had it not been for the help of several pioneering physicians and clergymen and many other nonalcoholics who encouraged the movement.

CHANGING PUBLIC ATTITUDES

The concept of alcoholism as a treatable disease began to open the doors of hospitals and doctors' offices. It led clergymen to talk and write about alcoholism as an illness rather than a moral problem. And the growing body of recovered alcoholics in AA offered living proof that the "typical alcoholic" was more likely to be a business associate or a next-door-neighbor than a "Bowery bum."

A NATIONAL ALCOHOLISM AGENCY

At a time when his support was crucial, he encouraged Marty Mann to pursue the idea of founding a national health agency on alcoholism. An organization that could conduct national programs and mobilize communities throughout the country to focus their resources on the reduction and prevention of alcoholism. And so, in 1944, the National Council on Alcoholism came into being.

-Cont'd Column 2-

A LEGION OF RECOVERED ALCOHOLICS

AA today has a membership of some 475,000 in more than 90 countries around the world. To this must be added the countless other thousands, going back to 1935, who lived out their lives as sober, contributing citizens with the help of the fellowship of which he was co-founder.

For any of the foregoing, Bill W. would be the last to take any credit. He was always, in his own words, "just another guy named Bill who can't handle booze."

Yet looking back, it can be seen that advances in nearly every area in the field of alcoholism can be traced to his pioneering leadership.

But looking forward was more Bill's style. One of his last "public" appearances, carried out with careful anonymity as always, was to testify at hearings of Senator Hughes' subcommittee on Alcoholism and Narcotics (hearings that culminated in the Comprehensive Act of 1970.)

Here he said, "For me, this is an extremely moving and significant occasion. I think that the activities of this committee and what they may lead to may be a turning point historically. In this field of alcoholism we are now seeing the beginning of the achievement of the impossible."

* * *

Would you consider the following list of major mistakes applicable to the present day?

The delusion that individual advancement is made by crushing others.

The tendency to worry about things which cannot be changed.

Insisting a thing is impossible because we cannot accomplish it.

Neglecting refinement and development of the mind and not acquiring the habit of reading and studying.

Attempting to compel others to believe and live as we do.

Actually, this list was written by Cicero in the First Century before Christ.

* * *

THERE IS AN ANSWER

If one decides his drinking may be occurring in a dangerous pattern, he should realize that there is no reason for being ashamed or feeling guilty. In *"THE DRINKING GAME AND HOW TO BEAT IT"*, (Simon and Schuster), the author says:

"One's state of birth or health or luck has no bearing at all on his chances of getting hooked by liquor. The chap lying on a three-inch carpet or in a three-inch gutter is equally close to the ground."

The realization that a problem exists will make it easier to be honest about drinking and easier to seek help. Doing something about it essentially involves exposing oneself to other people. Many alcoholics delude themselves into believing they can stop drinking without outside assistance, and this is usually just one of many mistakes the alcoholic makes in his attempts to recover.

It is important to remember that there is a point at which everything else in one's life is pretty normal, except drinking. At this time a problem has emerged even though the victim is not an alcoholic. He may have merely reached the conclusion that his drinking pattern has led to consuming a steadily increasing amount of liquor.

If an individual suspects he has become dependent upon alcohol, he should go to a family physician and discuss his suspicions. It is absolutely essential that honesty be employed if the doctor is to be of any help. A clergyman may be consulted for additional help. Also, a telephone call to Alcoholics Anonymous or to the local alcoholism information center can prove to be of immense help.

It is important to emphasize that it is not necessary to become a complete and diagnosed alcoholic in order to seek help from the above sources. And it can be one of the best steps taken in preventive health care.

Early detection of a drinking problem is a good way to win the fight against alcoholism. The disease is less expensive to treat in its early stages, the recovery potential is greater and there is less likelihood that any permanent damage to one's health may have occurred. But equally important is the fact that early detection may help to preserve the family unit.

Senator Harold Hughes of Iowa, chairman of the Senate Subcommittee on Alcoholism and Narcotics believes that if the problem drinking is left unchecked it will eventually

destroy the family. The Senator says:

"In a great many cases, the abuse of alcohol almost always leads to family difficulties. It takes a high toll on the family unit through divorce and fracturing of the home."

INDIVIDUAL RESPONSIBILITY

There is one thing everyone can do about the abuse of alcohol and alcoholism; they can prevent it from becoming a personal problem.

First, a person should be ruthlessly honest about his own drinking. If he drinks every day, he should ask himself why, where, when and how much. Anyone who drinks should try doing without it for a couple of weeks periodically and be really honest in evaluating his response to total abstinence. Does going without alcohol create any anxieties? Is it missed at all?

Even if the answer is no, the drinker is not home free. If the answer is yes, he is definitely headed for trouble and should take action to change his habits.

Closely and candidly, everyone should examine the pattern of his drinking over the last year or so. Has it increased? Has it moved from drinking at the party to drinking before the party, too? Have mid-day drinks over lunch become a regular thing? Does almost every little nervous situation call for a drink?

Are there drinking sprees from time to time and have they been becoming more frequent recently? Has drinking in any way begun to interfere with, or affect, life? Are there ever any regrets about drinking or behavior when drinking?

Have there been more colds, sore throats and other minor ailments? Are there sleeping problems? Has a family member or friend expressed concern?

One need not answer yes to all these questions to be in trouble. In fact, there are some who will say an affirmative answer to even one should cause concern and answering yes to more than one indicates a problem.

If after examining his drinking pattern, the individual becomes concerned, he may be headed for alcohol dependency. The longer his drinking is left unchecked the less capable he becomes of looking at the problem objectively. And the more likely it is he will become an alcoholic.

* * *

Consider the postage stamp. Its usefulness consists in sticking to one thing until it gets there.

-Cont'd Next Column-

MYTHS ABOUT DRINKING

"Women hardly ever become alcoholics" is one of the myths frequently heard.

The fact is, that in the largest cities women alcoholics appear to match men one for one, while in the rest of the country one in every five alcoholics is a female. Women are less noticed as alcoholics than men because they are less exposed to the public view, and they often do their drinking at home.

Most women don't have to hold down jobs and men go out of their way to cover up for them. There is particularly strong revulsion about the idea that a wife, a mother, or a girl friend may be an alcoholic. Because women are so protected, not only is there less chance they will show up in statistics, but they are also less likely to get the help they need.

Sometimes it is argued, "If alcohol were less available, there would be fewer alcoholics."

There are countless liquor stores and bars in America. For example, in New York there is often at least one liquor store and three or more bars in one block of property and the bars are open up to 20 hours every day. This would appear to be inviting alcoholism. However, in Britain where pubs are only allowed to trade for eight hours a day, alcoholism is just as much a problem as it is in America.

Sweden, which has one of the lowest rates of alcohol consumption in the world, suffers from a bigger alcoholism problem than most countries; and Italians, who drink more per capita than any group other than the French, have a low incidence of alcoholism.

It has been observed that alcoholism is less common among groups like the Italians, Greeks and Jews where well-established drinking customs and values exist. How much people drink because of the availability of alcohol is obviously less important than how they drink.

One of the most dangerous myths is "If you can hold your liquor, you'll never become an alcoholic."

The man who gets high on just one or two drinks quickly becomes conscious of how easily he gets drunk and this may help him develop a cautious attitude about drinking. However, the guy who can "drink anyone under the table" may never feel any need for caution and may tend to drink indiscriminately. This capacity to drink more than the average person can lead to poor drinking habits.

As one doctor put it: "The big drinker may not always show how much he drinks, but there is a chance his liver eventually will."

MANY WRITERS ARE ALCOHOLIC

Writers, especially famous American writers, have possibly a higher rate of alcoholism than any other group, according to St. Louis psychiatrist, Donald W. Goodwin.

He declares it may be because writing is an obsessional job, and that restricting obsessions to that part of the day spent working is difficult.

Goodwin says that of the seven Americans who have won the Nobel Prize for literature, four were alcoholics, according to their biographers, and a fifth was a very heavy drinker.

(Among the Americans who won the awards were William Faulkner, Ernest Hemingway, Eugene O'Neil, and John Steinbeck.)

"Whether, as Hemingway said, most good writers are alcoholic, is uncertain," Dr. Goodwin says, "Apparently a large number are."

According to Dr. Goodwin, a list of well-known American writers of the past century would include a third or possibly half that could be considered alcoholic.

He speculated why:

Writing is a form of exhibitionism; alcohol lowers inhibitions and makes it easier for people to show off.

Writing requires an interest in people; alcohol makes people more sociable and makes them seem more interesting.

Writing involves fantasy; alcohol promotes it.

Writing requires self-confidence; alcohol bolsters that.

Writing is a lonely work; alcohol assuages loneliness.

Writing requires intense concentration and discipline; alcohol relaxes.

The most important suggestion of Dr. Goodwin's is that careful writing requires an endless number of decisions. "Choosing the best word, excluding this and including that--the good writer, while writing, is an obsessional."

Restricting obsessions to a 9-to-5 workday is difficult, the wheels keep turning, and writers are notorious sufferers of insomnia. Alcohol, for a time, emancipates the writer from the tyranny of mind and memory.

* * *

Sometimes a person or a Nation abolishes God, but very fortunately God is more tolerant.

STOP FEELING SORRY FOR YOURSELF

The fastest way to drive people away from you is to drench yourself in self-pity. Constant complaints about the weather, your health, and the state of the world in general are soon going to fall on deaf ears. For nobody, not even your best friends, can stand a never-ending tale of your particular woes.

Aside from alienating your friends, feeling sorry for yourself damages your appearance. Unpleasant thoughts make an unpleasant face. Discontent, sorrow, and hate leave an imprint which no skin lotion or massage can erase. For the turned-down mouth, the lusterless eyes, and the heavily furrowed brow are all part of an ugliness that comes from within.

No one, of course, is completely free from an urge to parade his troubles and win sympathy. The great statesman, Disraeli, capitalized upon this perfectly human weakness when he couldn't remember the name of an acquaintance.

"Whenever this happened to me," Disraeli said in his later years, "I would give myself two minutes. If I still couldn't remember the name, I would always rescue myself from embarrassment by asking, 'And tell me, pray, how is the old complaint?'"

Yes, there are few things more gratifying than an invitation to list our grievances. Successful department stores do it for their customers. Doctors do it for their patients. And clever wives do it for their husbands. But when people complain constantly, without an invitation, that's a different story. It is the beginning of the end of getting along well with others.

One trait the weepers and wailers share is a tendency to hurt themselves. Because their woes are a device to attract sympathy, they enjoy suffering. Of course, they would be the last to admit it, but frequently they manage to fall into situations from which they emerge with a physical or mental raw deal. Then they bitterly blame anybody but themselves.

Psychiatrists call such behavior "masochistic"--a term they apply to the entire trend of an individual's actions if his actions have a way of pushing him into trouble.

Until recently it was assumed that if a man smashed his car, fell off a ladder, or burned his hand, it just "happened". But when it was noticed that certain people were having many accidents and others were having very few, the matter went under psychiatric study.

Why, doctors asked themselves, do some people get involved in disasters almost as if by habit? And why is it that other persons practically never do?

Researchers found that a high percentage of all accidents do NOT happen by "accident". They are brought about by people's unconscious conflicts. Mostly, they are purposeful in character.

One study backs up this idea. Twenty miners from an isolated mine in Colorado were chosen for an experiment. Ten of them were accident-free, and the other ten had records of numerous mishaps. The two groups were sent to the University of Colorado and given thorough psychiatric and psychological tests.

The men who were worried about problems at home or who felt insecure on the job or angry at their immediate bosses were found to have the most accidents.

Another form of masochism, although a less violent one, is the wish to be a martyr. Very few persons who whine about a despotic boss or a demanding friend, or a selfish spouse, would think of making a change. They enjoy their misery too much. It's a sure way of attracting attention and they wouldn't dream of doing without it.

One of the loudest complaints of the weepers is about lack of success in their work. They will explain that the boss does not appreciate them, their talent is being wasted, and their paycheck is a disgrace. They blame the whole thing on "bad breaks" or a more mysterious factor called "politics". It never occurs to them that they fail because they don't want to succeed. It's not that they're short of energy; they have plenty of it. But they fritter it away on long afternoons of golf, even longer evenings of bridge, lengthy phone conversations, or on anything else that will waste time and yet make them appear occupied.

Why do they behave in this self-damaging fashion? The answer is basically this: these men and women would rather accept failure than endure the challenge it takes to succeed. They don't want to run the race because they fear the competition, so they unconsciously do their best to fail.

Fundamentally, what ails these people is an overdose of self-centered thinking. It amounts, in fact, to too much selfishness. They expect so much from each day that it never occurs to them to murmur, "Thank you, God, for what I have." Their prayer, instead, is, "God, give me a lot more."

STOP FEELING SORRY FOR YOURSELF, cont'd

If you want to stop feeling sorry for yourself, there are specific steps you can take. One of them is to do more for others. Here is a spiritual narcotic better than all the pills your doctor can prescribe.

Talking to other people about your difficulty is also a sound idea, if you don't let it become a selfish indulgence. Make sure the people are close friends or relatives, who have sympathy, strength, and judgment.

Finally, the surest way to lighten unhappiness is to call on your faith. Having faith doesn't mean denying that trouble exists. On the contrary, intelligent faith points out the reality of our sorrows; but it asks that we put them into the proper perspective. Most important of all, it leads us past the fear of chance and "hard luck" into the bright fields of effort and self-reliance.

It is only after we learn these constructive ways of dealing with our complaints that we find ourselves getting along better with others. The weeping-and-wailing method drives people away. But an unfolding of good faith and courage makes them want to be your friends. For, plunged as they probably are in their own sorrows, they will delight in your company if you give them strength and hope.

* * *

Stroh's Brewery in Detroit has embarked on a crusade. It wants, an executive says, "to bring young people back to beer."

In some parts of the country, marijuana appears to be making inroads on the sale of liquor. While most tavern owners and liquor salesmen deny that the *joint* has replaced the *jigger*, or ever will, there are signs of at least a partial trend around the country toward drugs at the expense of drinks.

A beer distributor in Denver says that 1969 sales at one college tavern were down 27 percent from a 1967 base.

"Our retailers say they can tell when a big shipment of marijuana hits town," the distributor states. "The sales go down. But what do you do? Tell them to drink beer?"

One recent Colorado University graduate, an admitted marijuana fan, confirms the beer man's fears. "You can get your kicks from beer or booze," he says, "but pot is more of a calming, euphoric thing."

-Cont'd Next Column-

Robert Salter, assistant manager of the discotheque, Evil People, says, "Marijuana spells disaster to the liquor trade. If they ever legalize it, the liquor business is dead."

Well, that's one way of getting rid of the drug problem--make it legal. Of course, some day it will really clobber us, like alcoholism for instance.

* * *

A MATTER OF TEAMWORK

I become fearful (or maybe the word is "angry") when I hear statements that there is only one way to recover from alcoholism.

It is high time we began serious dialogue as to the various helping components, in order to create an atmosphere of good living for these people we are all concerned about. In talking with other agencies, facilities or groups, I hear only about the positive aspects. However, I know all too well the negative aspects of our own program, and am highly suspicious that other programs have them too.

Let's all get together to put the patient's best interest in front, and all work together for his recovery. Let's try a switch. Let's focus on the alcoholic's needs--not the agency's needs, staff needs, or clergy needs, but the patient's needs. If the wife, mother, children, or any family member needs help in dealing with their own attitudes, certainly it must be provided. But first, let's all get on one team for the alcoholic's sake.

Although alcoholism is the cause of much human misery, fundamentally human misery is at the source. It is my hope that soon everyone will understand that alcoholics are people, that alcoholism is treatable, and that censure only complicates the problem.

Extract from a lecture delivered by Phyllis K. Snyder, executive director of the Chicago Alcoholic Treatment Center, at the 6th annual West Virginia School of Alcohol and Drug Abuse, at West Virginia University, June 14-19, 1970.

* * *

Every man has three characters--that which he exhibits, that which he has, and that which he thinks he has.

* * *

SENATE SUBCOMMITTEE LEGISLATION

The Senate Subcommittee on Alcoholism and Narcotics will hold a special hearing March 18 to determine the monetary needs to implement the Comprehensive Alcohol Abuse and Alcoholism Prevention, Treatment and Rehabilitation Act of 1970, which was signed into law December 31, 1970, by President Nixon.

Senator Harold E. Hughes of Iowa, the principal author of the legislation and chairman of the Subcommittee holding the hearing, stated that, "Whereas alcoholism is recognized by the Department of Health, Education, and Welfare as the Nation's number one major health problem, neither the Secretary of HEW nor the President has as yet requested appropriations to combat alcohol abuse and alcoholism problems under the provisions of the law."

The Act, Public Law 91-616, establishes a National Institute on Alcohol Abuse and Alcoholism within the Department of HEW to coordinate all alcohol abuse programs of the federal government, and to provide aid to states and communities in combating these medical-social problems. Of the \$300 million authorized by the law, up to \$180 million is authorized for block-formula grants to the states over a three-year period and \$120 million in project grants to public and private non-profit agencies, with funding authority to begin with fiscal year 1971.

No state alcoholism authority is to receive less than \$200,000 for any one of three fiscal years. The larger states are authorized to receive more than \$1 million per year each. The determining formula is to be based on economic need and incidence of alcohol problems. These funds are authorized for planning, evaluating, maintaining and operating state-wide comprehensive programs to combat problems of alcohol abuse and alcoholism.

Hughes, known for his ability to cut through red tape, stated, "This legislation was co-sponsored by more than half of the United States Senate. It was drafted after extensive hearings to determine the need and structure it should take. It received overwhelming bipartisan support in both houses of Congress. It was fully endorsed," he continued, "by a representative spectrum of American society, including the medical profession, the labor unions, industry, the workers in the field of alcohol problems, the churches, the beverage industry, recovering alcoholics and their families and friends."

-Cont'd Next Column-

"Clearly," he said, "the Nation has expressed its desire to move on this massive problem in the manner called for by this law. The expectations and the aspirations of the states and helping professions have been greatly heightened by its passage. I intend to do what I can to help the President and the Department of HEW seek adequate funding at the earliest possible time so that this Act does not become an empty gesture."

NAAAP NEWSLETTER
March 17, 1971

* * *

HOW TO HELP AN ALCOHOLIC WHO INSISTS HE DOESN'T NEED HELP

It is part of the obsessive nature of the illness that the alcoholic usually believes there is nothing wrong with his situation that he can't somehow handle himself. All too often his family, friends, and working associates go along with the sick man's diagnosis of his own condition.

Even those who have set themselves up to aid the alcoholic to recovery tend to withhold their help until the alcoholic says he is ready to accept it....

...Formerly it was thought that the alcoholic must reach the stage of utter defeat, in order to be treated successfully. Clinical experience has shown, however, that this "defeat" can be induced long before it would occur of itself; and that even incipient alcoholism can be intercepted.

...Research from many sources indicates that first attempts at formal treatment, whatever the method, are often unsuccessful. Thus the fact that formal treatment resources, including AA, do not attempt motivation is not an argument that motivation won't work. Rather it is a reflection that motivation is a step which they can't accomplish easily or alone.

The explanation for this lies in the way the rationalization process of the alcoholic works. Even as a patient in an alcoholic hospital, it is a relatively easy thing for him to explain away his current situation.

(Extracts from a treatise by R. Michael Swift, executive director, Fairfield County Council on Alcoholism, Inc., Westport, Connecticut.)

* * *

...BOOZE BY ANY OTHER NAME...

POINTS TO PONDER

Drinking has become an important part of America's life style, and it has been given an honored place. There are inventions such as the cocktail party, the champagne supper, the bloody mary brunch and all sorts of other occasions where drinking is featured. Even a language has been developed to accomodate it.

There are dozens of intriguing names for drinks. Some sound very feminine and proper like Pink Ladies, Orange Blossoms, and Brandy Alexanders. Others have a real he-man ring to them such as Stingers, Rusty Nails, Screw-drivers and Rob Roys.

It is easy to lose track of how many drinks one has had by having them "topped-up," "spiked", or "freshened-up". It's all too common to "put another one under the belt" or "have one for the road". Then there is the "night-cap" and on the morning with a hang-over, there is "hair off the dog that bit me."

Of course nobody ever gets drunk. He gets "bombed", "tight", "clobbered", "smashed", "let", "soused", "plastered", "swacked" or "high as a kite", but, NEVER, NEVER DRUNK.

It is just as if the threatening aspects of alcohol go away by burying the truth in the camouflage language.

UNFORTUNATELY, it doesn't WORK THAT WAY.

* * *

PIGS IS PIGS

While their country cousins wallow around in good old earthy mud, a very special group of swine on Columbia's University of Missouri campus is reeling around the trough while slurping up a potent formula of beer and vodka. It's all in the name of science--not that the pigs care as each kills about a fifth of the stuff each day. The experiment at the Sinclair Comparative Medicine Research Farm is to determine whether genetic traits may cause mammals to become alcoholics. Dr. Russell Brown, associate professor of biological sciences, said he is ordering beer in increasing quantity because the hogs are developing quite a taste for it.

* * *

If we can't love our enemies, we can at least treat our friends a little kindlier.

1. Alcohol is the commonest drug of dependency in our community; alcohol is the commonest drug of dependency in our State; alcohol is the commonest drug of dependency in our Country; alcohol is the commonest drug of dependency in the world.
2. Beverage alcohol is used socially with safety by the majority of its users.
3. The young alcohol abusers usually show only an abnormal drinking pattern, not its long-term consequences.
4. Many young alcohol abusers never live long enough to manifest chronic alcoholism.
5. The funding of programs of prevention, research and treatment of alcoholism is inadequate at Federal, State and local levels.
6. Public apathy will be most effectively countered by inspired leadership.
7. The economic cost of alcoholism is unknown but is clearly astronomical; the cost in terms of unrealized human potential for achievement and human happiness is even greater.

While the public is outraged at the growing rate of crimes against property, the value of property destroyed in accidents attributable to drinking drivers was six times that of the property taken in all the robberies, larcenies and burglaries in the country.

Alcoholism in Utah increased more than 66 percent over the past year.

Alcoholism in Utah increased 144 percent over the past five years.

Since each alcoholic directly involves at least five other persons, 14 percent of our total State population is affected!

MAYBE IF WE'LL JUST SHUT OUR EYES THE PROBLEM WILL DISAPPEAR!!

* * *

Will Rogers was once asked, "If you had but 48 hours to live, how would you spend them?" The indomitable cowpoke replied, "Just one at a time."

* * *



Utah Alcoholism Foundation

770 EAST SOUTH TEMPLE • SALT LAKE CITY, UTAH 84102 • PHONE 364-9906

NEWS LETTER

SEPTEMBER 1971

Vol. 2, No. 3

APOLOGIA PROFUNDIS

Down through all the millenia of the *HOMO SAPIEN EPISODE*, man's demographic record is fraught with the phenonoma of coincidental experience---circumstances running parallel which produce startling alterations in the course of history.

The *ANCIENTS* believed, as do a surprising number of *20TH CENTURITES*, in starry predestination of the passing parade, in irrevocable signs and portents discernible in the austere *USES* and *CUSPS* of the *ZODIAC*.

Was it, do you suppose, *Saggitarius* ascendant in the *HOUSE* of *VIRGO*, some 4004 years B.C., that set up Adam, Eve and a certain slippery "You-Know-Who" in the apple-bearing underbrush? *ERGO*: 6,000 years (take or leave a few) of total chaos!

Could it have been, do you think, *TAURUS* (the "BULL") bashing and crashing around *GEMINI'S* chinashop, run by those spinster twins from *LESBOS*, which fulminated the historically bewildering array of episodes such as: Caesar conquering Egypt, Cleopatra conquering Caesar, Anthony conquering Cleopatra, that same old slippery "You-Know-Who" conquering the whole shebang! And again, *ERGO*: the whole Roman Empire came unglued. (*Egypt didn't do so hot, either.*)

You're maybe asking what has all this historical trivia to do with the Utah Alcoholism Foundation.

Good question!

During the past few months, alas, the delivery of our regular Newsletter has been most conspicuous because of its absence.

You have, no doubt, considered us seemingly remiss.

And rightly so.

For this, we most humbly profer our profound apologies.

But like they say in the Courts---mitigating circumstances.

We are torn asunder in our beliefs, ambivalent.

Coincidence? Or a dire conspiracy between the *TWELVE ZODIACAL GODS*?

During the passage of a mere few moons, many events have come to pass!

Good events!

OUR CUP RUNNETH OVER!

Each time our monthly Newsletter has been composed, typeset and ready for ink impression, some new and entirely preempting "Headliner" has rendered the issue as dead as a *DODO BIRD*, as mortified as last Sunday's Tribune supplement.

What to do?

DECISIONS! DECISIONS! DECISIONS!

Win some, lose a few.

Para-mutual-wise, we're *STORMING THE WINDOW*.

Our Governing Board is off and running--an unbeatable TEAM!

-Cont'd Next Column-

- Cont'd Page 2, Column 1-



PREVENTION



EDUCATION



TREATMENT



RESEARCH

Our Chairman and Executive Committee are steam-rolling the track!

Our editors are practically climbing the walls with enthusiasm!

Let us list a few reasons why.

...OUR RECOVERY CENTERS ARE OPERATING AT CAPACITY---WITH WAITING LISTS!

...WE'VE INAUGURATED A TRAINING PROGRAM TO FURTHER TOTAL RECOVERY OF THE TOTAL MAN!

...WE'RE IMPLEMENTING A \$97,000 PROGRAM TO HIT ALCOHOLISM WHERE IT HURTS THE MOST!

...WE'RE PILOTING A PROJECT FOR THE DIVISION OF AGING INTENDED TO FIND PERMANENT RELIEF FOR THOSE ALCOHOLICS IN THEIR SENIOR YEARS!

...WE NOW HAVE A TOTAL COHESION AMONG ALL OF THE BOARDS AND STAFF---DEDICATED TO ONE CONCEPT, AND ONE CONCEPT ONLY---WE ARE OUR BROTHER'S KEEPER!

-Cont'd Next Column-



NEW FOUNDATION HEADQUARTERS

The Utah Alcoholism Foundation's expansion into new areas of projects, grants and training programs has necessitated personnel increase and the consequent need for more space. Thus, our new Headquarters at 2875 South Main Street, Salt Lake City, Utah.

Oh there's more---*MUCH MORE!*
But we're not going to tell it to you---not just yet.

Neither are we going to publish a comprehensive "Magazine-type" Newsletter on a periodic basis.

We're going to send you the news while it IS news---maybe two or three times each month---WHENEVER!

We're going to keep YOU informed!
One page--or fifty. Whatever it takes, it takes!

And to BLAZES with the *GODS of the ZODIAC!*
NUTS to coincidence!

We'll do what we do by TOGETHERNESS and HARD WORK!

We'll BEAT alcoholism *YET!*

UP THE FOUNDATION!

RIGHT ON !

* * *

The recently acquired facilities will comfortably house the executive and accounting offices, as well as those of the U.A.F. Neighborhood Services Field Director and the Public Relations staff.

Also, within the complex, adequate space is provided for the Publications Division, which includes press room, shipping department and stock room.

A further advantage in the Foundation's new address is its convenient location, parking facilities, close proximity to other main agencies concerned with alcoholism and related problems, as well as a separated but close working alliance with the State Division of Alcoholism and Drugs.

Under the splendid and progressive leadership of its Chairman and Governing Board of Trustees, the Utah Alcoholism Foundation is happily and healthily growing toward the fulfillment of its stated objectives---the all-out war and ultimate victory over the tragic and costly forces of alcoholism.

You are most cordially invited to drop in at any time for a visit---we'll be most delighted to see you!

* * *



Utah Alcoholism Foundation

2875 SOUTH MAIN • SALT LAKE CITY, UTAH 84105 • PHONE 487-3276

NEWS LETTER

DECEMBER 1971

Vol. 2, No. 4

SEASON'S



GREETINGS

THE MOST PRECIOUS GIFT

We who live today
stand at the apex of a vast pyramid
of human development, slowly accumulated
through the many long struggling generations of the past.

We are the heirs of all that has ever been accomplished,
all that man has ever done to improve himself and the world in which he lives.
We are the heirs of all that man has ever dreamed, thought out, fought and died for---
all that he has eloquently written or expressed and left behind
for the guidance of future generations.

Today, when we face what is probably the greatest challenge history has ever known---
today, when millions of people are troubled, uncertain, and confused---
the rich deposits of inspiration left by preceding generations
take on a new and vital significance.
There has never been a time when people were more desperately in need of faith and hope,
of courage and peace of mind,
of standards and ideals by which to live,
and above all,
an abiding belief in the future and in the progress of mankind.
There has never been a time when the tried and tested philosophies of the past
were more urgently needed to give perspective and understanding---
to give people something to cling to,
something on which to build the strong, firm structure of their own lives
within a glowing aura of happiness.

Down through the centuries men have sought to explain the meaning and the art of happiness.
Millions upon millions of words have been written on the subject.
Poets and priests, philosophers and scientists,
teachers, preachers and leaders of every age have sought to work out a simple formula
for what Sir Phillip Gibbs called "*THE ETERNAL QUEST OF MANKIND*"---
a happy and contented life.

For in the end, *HAPPINESS*
is what all people want,

-(Continued)-



regard less
of the many ways they seek it
to be happy is the ultimate goal
of all ambition, all endeavor, all hopes and plans.
*"Happiness is the meaning and purpose of life, the
whole aim and end of human existence,"* declared Aristotle,
supreme philosopher of the ancient world.

But what is happiness?
Clearly, it means vastly different things to different people.
Since earliest time
men have sought and found their happiness in amazingly divergent paths---
in work, achievement, success, in love and family ties,
in the affection of friends, in belief.

There is one point,
however,
on which philosophers in every age agree:
*TRUE HAPPINESS STEMS FROM A QUALITY WITHIN OURSELVES,
FROM A WAY OF THINKING OF LIFE.*
Of all the millions of words written on happiness,
this is the oldest and most enduring truth.

This thought has been expounded by writers and thinkers since civilization began;
but never more beautifully and effectively
than in Maeterlinck's play, *"The Blue Bird."*
Tyltyl and Mytyl, the woodcutter's children,
search far and wide for happiness,
only to find it on their return home.
("We went so far, and it was here all the time!")
"Happiness," said Maeterlinck, *"is everywhere around and about your own heart."*

"How little is needed to be happy,"
wrote Confucius in the Analects.
"It is all within yourself, in your ways of thinking."

And so,
in this season for rejoicing,
we wish you the wonder and the joy
of looking inward and finding there,
within the vaulted chambers of your hearts,
the precious gift of
HAPPINESS.

We wish you an abiding calm and peace of mind---
not only through the coming year---
but ALWAYS and FOREVER.

The Officers and Trustees
of the Governing Board

UTAH ALCOHOLISM FOUNDATION