1910 — PRINCE RUPERT DAILY NEWS — 1961

An independent newspaper devoted to the upbuilding of Prince Rupert and Northern and Central British Columbia.
A member of the Canadian Press — Audit Bureau of Circulation
Canadian Daily Newspaper Publishers Association
Published by The Prince Rupert Daily News Limited

JOHN F. MAGOR, President — J. R. AYRES, Managing Editor

Authorized as second class mail by the Post Office Department Ottawa

FRIDAY, JANUARY 20, 1961

The 13 steps to alcoholism

The age-old injunction "Physician, heal thyself," could very well be the motto of Alcoholics Anonymous or any man or woman who wishes to drag themselves out of the pit of degradation into which they have allowed themselves to slide. AA, being a fellowship of alcoholics, doesn't worry why alcoholics drink, or how much, or about the trouble that drinking may have caused a person in the past. The AA approach is a simple one. In effect the fellowship tells a newcomer:

"We understand your problem because we are alcoholics, too. The only difference is that we do not drink any more. We concentrate on staying away from alcohol one day at a time, which is something even the worst drunk can do.

"If we can do it, you can probably stay sober, too. We are here to help you all we can but only you can decide whether you really want to be helped. There are no musts in AA."

In other words AA is not going to tell the alcoholic he mustn't drink. If he wants to drink, they'll let him. He doesn't want to be helped. By the same token no one forces a man or woman to start drinking, to become a lush, then a souse and then an alcoholic.

The Alcoholism Foundation of British Columbia, which delves deeper than AA, using medicine, psychiatry, pyschology, and rehabilitation centres, has found that a careful study of the drinking histories of many alcoholics reveals a common pattern. This may be broken down into the following 13 steps:

(1) Like many people, the potential alcoholic begins to drink in a moderate social way. Most of the six million users of alcoholic beverages in Canada never go beyond this first step.

(2) The alcoholic begins to lose control. He starts out to have one or two drinks and consistently winds up drunk.

(3) Alcohol begins to mean more to the potential alcoholic than to the people around him who may also be drinking, and he needs more of it more often.

(4) "Blackouts" occur — not "passing out," but loss of memory for part or all of a period spent drinking.

(5) The alcoholic begins to think up excuses for his drinking.

(6) He starts to need "eye-openers" in the morning to face each new day.

(7) The alcoholic chooses to drink alone, preferring the private, distorted world of his own imagination.

(8) He becomes anti-social, not just avoiding other people, but picking fights with them.

(9) Real benders occur — periods of blind, desperate drinking during which the alcoholic will do literally anything to get more alcohol.

(10) Deep remorse, and deeper resentment — the alcoholic first condemns himself bitterly and then turns to hating the world and everyone in it.

(11) A deep, nameless anxiety, a vague fear of retribution attacks the alcoholic and stays with him.

(12) The alcoholic finally realizes that drinking has him licked—his excuses for drinking no longer satisfy even himself. He struggles to solve his own problem.

(13) He gets help . . . or he faces a complete breakdown.

Anyone who has passed that first step is in trouble. They need help but first they have to be honest enough to admit to themselves that they are overdoing it. By the time they reach Step No. 5 they won't be honest any more. It may be too late.

It is no use for the alcoholic to say: "If I could just get to the stage where I can have one drink and then leave it alone, then I'd have it licked." That is absolute nonsense. The alcoholic has to resign himself or herself to a non-alcoholic life for the rest of their life.

For anyone with a drinking problem, it is time to take stock right now. If they can admit they are an alcoholic, there's hope for them. They've taken the first step on the road back.

Are YOU an alcoholic?

For a great many people the three preceding editorials on alcoholism might have made interesting reading. It's been all about the other fellow.

Below is a 20-question test used by Johns Hopkins University Hospital, Baltimore, Md., in deciding whether or not a patient is an alcoholic.

To see if the editorials **WERE** all about the other fellow, ask yourself the following questions and answer them as honestly as you can. The editorials might have been about **YOU!**

Yes No

(1) Do you lose time from work due to drinking? .....

(2) Is drinking making your home life unhappy? .....

(3) Do you drink because you're shy with other people? .....

(4) Is drinking affecting your reputation? .....

(5) Have you ever felt remorse after drinking? .....

(6) Have you ever gotten into financial difficulties as a result of drinking? .....

(7) Do you turn to lower companions and an inferior environment when drinking? .....

(8) Does your drinking make you careless of your family's welfare? .....

(9) Has your ambition decreased since drinking? .....

(10) Do you want a drink the next morning? .....

(11) Do you crave a drink at a definite time daily? .....

(12) Does drinking cause you to have difficulty in sleeping? .....

(13) Has your efficiency decreased since drinking? .....

(14) Is drinking jeopardizing your job or business? .....

(15) Do you drink to escape from worries or trouble? .....

(16) Do you drink alone? .....

(17) Have you ever had a complete loss of memory as a result of drinking? .....

(18) Has your physician ever treated you for drinking? .....

(19) Do you drink to build up your self-confidence? .....

(20) Have you ever been to a hospital or institution on account of drinking? .....

If you have answered YES to **one** of the questions, there is a definite warning that you may be alcoholic.

If you have answered YES to **any two**, the chances are that you are an alcoholic.

If you have answered YES to **three** or more, YOU ARE DEFINITELY AN ALCOHOLIC.

FIREMAN AND FIRE CHIEF — Three-year old Gary Newman arrived at the annual Christmas tree burning in London, Ont., wearing a hat inscribed "Fire Chief". Here Gary, son of Mr. and Mrs. Keith Newman, shakes hands with fireman Frederick Wenechuk as the trees blaze in the background. — CP Photo

FANTASTIC TRAFFIC

Closer ties, benefits seen from Alaska-B.C. ferry link

By EDNA ATKINSON

ANCHORAGE (Reuters) — Ties between Canada and Alaska will be drawn a little tighter when a proposed new "marine highway" becomes a reality.

Approval was given by Alaskan voters in last November's election for a $23,000,000 bond issue for a big state ferry system to link British Columbia with Alaska.

One British Columbia observer foresees "fantastic traffic" through the hinterland upon completion of the system.

The bond money covers a ferry between Kodiak Island and south-central Alaska, but the bulk of the funds will provide for three vehicle ferries in southeastern Alaska and includes $5,000,000 for building of access roads through a trackless Alaska area.

CARRY AUTOS

The marine highway will connect Prince Rupert, B.C. with Alaska's Ketchikan, Wrangell, Petersburg, Sitka, Juneau and Haines. Big car ferries, capable of handling 100 vehicles and up to 700 passengers, will provide daily service during the summer tourist season and less-frequent sailings in winter.

Southeastern Alaska, geographically closer to the U.S. Pacific northwest than the rest of the spread-out 49th state, is somewhat of an anachronism as far as transportation goes. The air routes which connect Alaska with its sister states ironically are developing more distant, central Alaska faster.

The capital city, Juneau, finds itself figuratively "off the map" except for summer steamer service and airline schedules.

There is no overland route between Juneau and anywhere.

Other southeastern Alaskan towns are semi-isolated on islands of the richly-resourced Alexander archipelago off Canada's west coast.

Sitka is on Baranof Island; Ketchikan on Revillagiegdo Island; Wrangell on Wrangell Island; and Petersburg on Mitkof Island. Juneau and Haines, mainland towns, are only a few minutes apart by air, but only a foot-traveller, following mountain trails, could visit by land between the two, and nobody ever attempts this.

INTEREST HIGH

The proposed ferry sysem will change this leap-frog situation and provide a new means of surface communication between Alaska and Canada.

The car-ferry service received enthusiastic backing at an important conference held last November in Victoria, attended by delegates from British Columbia, Alaska and Washington state.

Richard A. Downing, Alaska's commissioner of public works, noted that the new system will cause heavy traffic to flow through British Columbia, sandwiched between the U.S. and Alaska. He said: "B.C. has almost as much to profit from our ferry system as Alaska itself."

The new ferry system will give travellers a choice of two routes to Alaska. They can drive to Prince Rupert, B.C., board a ferry for the voyage along the "inside passage" and disembark at Haines, whose access road leads to the Alaska Highway, joining it at Milepost 1016 north of Dawson Creek.

SAVE TIME, MONEY

With the car-ferry service, they will be able to go north one way, south another.

The new, shorter route will save time and costs. It is estimated that the new land and water links will cut the distance between Seattle and Fairbanks to 1,700 miles from the present 2,400 miles.

While a tourist boom is seen as one benefit, another likely result will be the building of roads through river valleys in the Alaska Panhandle, which fences in much of coastal British Columbia. These will connect with a growing network of B.C. provincial roads now under construction to provide badly needed corridor links between Canada and the Pacific Ocean.

The ferry system should be ready for operation by 1962, with immediate benefits expected for the 1962 tourist season.

Short sermons

Happiness is a perfume which you cannot pour on others without getting a drop on yourself.

✣ ✣ ✣

If the roof falls in, build something with it.
—Joe Connor.

✣ ✣ ✣

No matter how much you nurse a grouch, it won't get better.—Herb Dickson.

✣ ✣ ✣

Good ideas come from thinking up a hundred hunches then thinking down 99 of them. P. K. Thomajan.

✣ ✣ ✣

The best way to make your dreams come true is to wake up.—J. M. Power.

✣ ✣ ✣

Enthusiasm is the greatest asset in the world. It beats money and power and influence.—Henry Chester.

The lighter side

There were four brothers who inherited a banking business from their father. A fifth brother, the disinherited black sheep, applied for a loan. The brothers agreed but set the interest rate at 9%.

The bad brother winced. "Brothers," he said "what will poor father say when he sees his sons gouging 9% out of his own flesh and blood?"

"Don't worry," the brothers said. "From where Papa is it will look like 6%."

✣ ✣ ✣

"Do you believe in clubs for women?"

"Yes, if reason fails."

Quote and unquote

Letter in The New York Times:

"In this paradise of gadgets in which we live, with its electrick drink mixers and shoe polishers, why does it still take two hands to mail a leter?

"I'm sure that many readers have arrived at a mailbox with an armload of packages and a letter to mail. This generally means putting the packages down and dealing with that insane flap that closes the mouth of the mailbox."

✣ ✣ ✣

Robert M. Campbell, of Kenyon & Eckhardt advertising agency, Toronto:

"In selling things that are bought out of the household budget and even many things that are not, men dont matter. Forget them. For your purpose they might just as well be illiterate. The woman is the household purchasing agent."

EDITOR'S NOTE—Signed articles and editorials credited to other newspapers do not necessarily reflect the views of The Daily News.

LETTERBOX

The Editor,
The Daily News:

I have paid contributions into the Unemployment Insurance fund for 18 years to this date.

Started when I was in Prince Rupert drydock in the spring of 1942. I was later at the air base at Woodcock, B.C. and then on highway work with Campbell Construction. This was followed by fishing in the summer on the Skeena area fishing grounds.

I have tried to apply for seasonal benefits for 18 years. The third time I got turned down because I have not enough stamps. Yet I see newcomers to the province get full benefits and I am not entitled to one cent. Some get a renewal claim for more benefits.

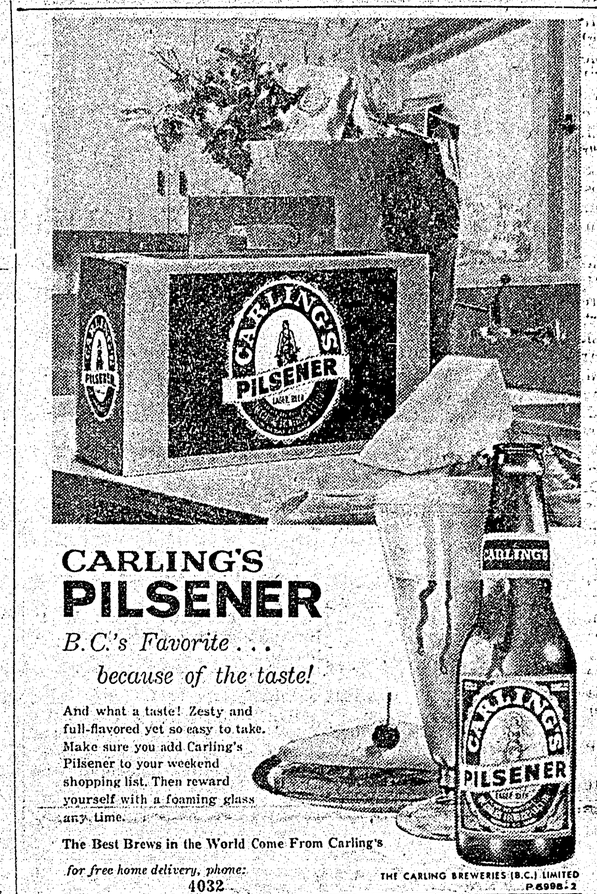
Now here is another point. Many of us pay plenty of taxes. We buy cars, trucks and store items and pay 5 per cent tax on all of them. This really pushes the original residents of Canada. We only get $15 from the Department of Indian Affairs Welfare department while a single white person gets $66 a month.

A second degree fisherman goes into dept deeply, twice in a row counting last season, when we could only fish two days a week and three days when there was no fish in the river.

The fishing area opens with no fish yet fishing gear remains sky-high. I don't know where we'll end up. We started out fishing with small boats and the cheapest nets. Now we're in debt.

I realize we must respect residents of other provinces but local residents are getting pushed out of their jobs.

James Fowler,
Kitwanga.



CARLING'S PILSENER

B.C.'s Favorite . . .
because of the taste!

And what a taste! Zesty and full-flavored yet so easy to take. Make sure you add Carling's Pilsener to your weekend shopping list. Then reward yourself with a foaming glass any time.

The Best Brews in the World Come From Carling's

for free home delivery, phone: 4032

THE CARLING BREWERIES (B.C.) LIMITED P-6598-2

This advertisement is not published or displayed by the Liquor Control Board or by the Government of British Columbia