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Canada being affected by re- Alcoholics Anonymousduced working time, or being

those who are juniors with the

least number of years of service.

men would go on the spare list

and be employed, during the cur-

tailment, in handling extra train

work or to replace seniors who

are absent through sickness un-

til the restoration is made of

coming along all right. Several

One day, with the temperature

50 below zero, it was necessary to

for there was danger of the dogs

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It was pointed out that these

Under union agreements, sen- Drinking Can Be Stopped And and the men displaced would be New Life Started By Joining

By ED COSTELLO (In Trail Times)

When the tall, soft spoken young man said he was from Alcoholics Anonymous the other morning, I thought:

"Ye gods, don't tell me they've heard about Sat-

urday night, too!" It transpired that if they had, they weren't men- holic wants heip, it will be forth-

No Cockiness

The woman's husband, like the

wife of the man who was an al-

them is or has been an alco-

The thing perhaps that im-

applied to every-day living. It's

not like going away for a "cure"

Drugs, I was told are like liquor.

walk alone, without the help of

One of the first things I asked

How does one know when one

"You'll know. If you black out

where it will be available in times

The first 'A.A." member was

cured in 1934. More than half its

members have never relapsed

Shattering Illness

They think of alcoholism as ar

considered incurable.

They both laughed.

Liquor, is a "crutch". The "A.A.

flip and believer in A. A. Neither of

ing hand to others.

so to speak.

tioning it. He didn't stick an application for under my nose. brought her to health and hap-(That isn't the way they oper- piness, mental and physical, ate, I was to learn later.) He just wanted to know if I others that have the affliction society he is paving off.

knew that Alcoholics Anony- she's overcoming. of Maine, was, when last heard continue the work of a move- In both cases it was plain to of, in the State of Maine and ment that has brought new life see there had been helpful unand new hope to thousands of derstanding from the mate. "incurable" alcoholics. extra cold snaps had been exeh? coholic is a strong supporter of

I was interested. Alcoholics Anonymous, Alcoholics Unanimous, we ones had usually called them.

We made an appointment for holic, but they wouldn't have a have warmth and shelter all day, last night Today, while there is drink any more than would much about"A.A." that I don't their mates. There was a point near the know, I am convinced of the Swift River, along the B.C.- fact that here is a worthwhile pressed me most about the two Yukon border, where the temper- movement that can bear invest- "A.A." was their complete huature dropped to 73 below. Moore | igation by any alcoholic who mility. There's nothing cocky and his dogs avoided the local- sincerely wants to stop drink- about them, nothing flip or ing and who just isn't able to smart-just a feeling of gratistop drinking and who isn't tude, complete and self-effaciable to make it alone.

Two Who One Last night I met the two originators of the local unit, (there are 1500 in B. C., mostly n Vancouver) and after talking to them for three hours came away impressed and even exhilarated. I was exhilarated no drugs in the treatment, for perhaps because that is a feeling that is contagious, I had talked to two people who were ionestly and sincerely happy They were alive again after ministered in order to effect a long years of acute alcoholism. long enough period of sobriety They were happy that they had to allow the alcoholic to under been able to overcome the hor- stand empletely just what he rible, inner clawing that drives, them to drink, makes them slaves to John Barleycorn.

They weren't supermen. They Let us help you plan were just ordinary people, the type we meet on the street. One that new home under of them, as a matter of fact was way of life helps the alcoholic to woman. Phone Green 883 Box 586

Both had a "glow" on, but it the "crutch". wasn't from liquor. It was the result of the new life that mem- was: bership in Alcoholics Anonymous brings. The man had been is an acoholic?" a chronic "drunk" for 20 years. Right now he hasn't had a drink for four months and he's while on a party you're well on reasonably confident that he the way. If you find you have to won't ever have to have an- have a drink the next morning to other as long as he attempts sober upon, it's got you. If you! to live up to the precepts as just cannot meet any sort of laid down by "A.A." He's in the situation without having a drink process of "drying up." Liquor to bolster your courage or steady has taken its toll of this man's your nerves, and if you cannot health, perhaps, but he's get- stem the desire for liquor and go ting it back. His eyes are clear, to the exeremes of hiding He eats better every day. But more than that his conscience of need, you're an alcolohic."

It hasn't been easy giving up chiatry and upon spiritual prinstrength and the desire to win God helps, I was told But their the battle. She has found new "God" can be the acceptane of family.

It was she who brought back the zeal and spirit that is responsible for the forming of the illness; an obession of the mind Trail group of "A.A." She had coupled with an "allergy" in the pent two months in Vancouver body. It is a shattering sicknessself. She knows how it has There is only one requirement

teachings of "A.A." Meetings usually held on Saturday night, the dangerous night in the life of most alcoholies. I was impressed with what I

must be wanted.

learned of it. It's a system of give and take. The alcoholic gets a "lift" by helping someone along the road to recovery. If an alcocoming from an alcoholic at any time of the day or night. That helping hand given by the "A.A." and her one aim is to help member is part of the debt to

for "A.A." membership. That is

an honest desire to stop drinking.

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There are no dues. The meet-

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at an institution. And there are it is not physical but mental True in some cases it might be necessary to have drugs admust aim at through participa-A new home built right tion in Alcoholies Anonymous But after that he's on his own,

is never too cold or too hot

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Monday, January 16, 1950

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