

DID YOU EVER PLAN TO BECOME AN ALCOHOLIC?

No one who begins drinking ever intends to be an alcoholic. All will dismiss from their minds the thought that their drinking may become uncontrolled, that they are weak-willed, etc.

A drinker may not realize that at present his chance of becoming an alcoholic is one in ten. Some people having psychotic tendencies are predisposed toward alcoholism.

Every drinker is subject to the risk of alcoholism and medical science has not yet determined which drinkers will remain social or moderate drinkers.

"A little drinking is all right, it is excessive drinking that is wrong," is exactly what the beverage alcohol trade would lead us to believe.

They recognize only too well that the drunkard and alcoholic are the worst of all possible advertisements for their business.

In fact, if our towns and cities were equipped to rehabilitate all compulsive drinkers properly, the numerous clinics and rehabilitation centers might hurt beverage alcohol sales materially.

It would require 1,203 hospital-type clinics of 58 beds each to treat the minimum estimated number of chronic alcoholics, 930,000.

Initial investment in plant and equipment for these clinics would involve \$600,000,000 and operating costs of \$168 per patient adds \$162,000,000, for a grand total expenditure of 762 million dollars!

If this were done, then increasing public awareness of the problem might alter public opinion toward alcohol, a narcotic, and generally classified as a drug of addiction.

The World Health Organization (WHO) of the United Nations has stated its opinion on the addiction producing potentialities of alcohol.

The Expert Committee on Mental Health, Alcoholism Sub-committee, (WHO) reported during its first session, "... the subcommittee has been interested to note the definition of drug addiction adopted by the Expert Committee on Drugs Liable to Produce Addiction in the report of its second session:

"Drug addiction is a state of periodic or chronic intoxication, detrimental to the individual and to society, produced by the repeated consumption of a drug (natural or synthetic). Its characteristics include:

(1). an overpowering desire or need (compulsion) to continue taking the drug and to obtain it by any means;

(2). a tendency to increase the dose;

(3). a psychic (psychological) and sometimes a physical dependence on the effects of the drug.

"At this stage, the subcommittee believes that a condition of addiction in

The Tsungani Club



The Tsungani Club not only engages in social activities, but also is proud of the civic contributions that they make in their community annually.

The club has given flutes to Fairview School, purchased TB bonds for several years, donated to the Red Cross, Com-

terms of that definition may be said to exist with the reservation that point (2) (a tendency to increase the dose) is not necessarily present.

"It is uncertain whether or not the pharmacological concomitants of drug addiction exist in the sense of a profound modification of physical dependence on the drug.

"This is a matter urgently demanding research and the subcommittee recommends that consideration should be given to the setting-up of a Subcommittee on Alcohol of the Expert Committee on Drugs Liable to Produce Addiction to consider this and other matters concerning alcohol (as opposed to alcoholism) ..."

An Alcohol Advisory Panel to the Section on Drugs Liable to Produce Addiction of WHO has been established. The first session of the panel met in October, 1953 and their report will be official in January, 1954.

The panel reviewed all the work performed on alcohol and alcoholism, especially on the central nervous system, the metabolism of alcohol, the mechanism involved in the development of alcoholism, alcohol and road traffic, and nutritional aspects on the role of alcohol in the diet.

From the January-February, 1954 issue of The Foundation.

munity Chest, Y.W.C.A., conducted recreation for teen-agers and adults at Fairview School and gives an annual scholarship to the highest ranking student in the sixth grade at Fairview School.

Members of the club, reading from left to right are:

Mytrolene L. Graye, principal of Fairview School, Beatrice B. Lomax, Galatia E. Lynch, Janie K. Williams, Mattie C. Robinson, Annie L. Jones, Lessie E. Flowe, club president, and Magnolia M. Hart.

Not present when the picture was taken were:

Lavinia M. Greenwood and Nettie C. Moss.

Y.W.C.A. Extends Welcome To State Federation

Down through the history, the YWCA has been a home away from home, additionally in the atmosphere of understanding. A room registry in the Y office helps to meet social aspect of housing needs. The building includes a club room, an assembly room which may be used for lounging, games, dances, dinners, classes, parties, religious services, group meetings, exhibits, movies and limited library accommodations. The kitchen and utensils add to making various events possible. Also cloak rooms that are used for make-up, refresh-up and such as is needed. The Y office is used by staff and volunteers. The Executive Director, Mrs. Rezelia W. Armstrong extends a most cordial welcome to the Federation in making use of the YWCA facilities.