

The Psychiatrist's Corner

By JAMES H. CARTER, M.D.
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ALCOHOLISM
The attraction of man to alcohol has existed throughout history. Countless fruits have been produced by countless techniques, many forms of alcoholic beverages. Always, too much of this good thing led to excesses and intoxication, and the struggle within society for and against the use of alcohol was waged.

Primitive societies early identified intoxication with religious fervor. During intoxication, primitive man felt that his mind was expanded and he could then converse with his gods. Even as alcohol freed him from the bonds of his inner self and his outer reality, the transcendental state of intoxication caused a decreased capacity for battle and an increased vulnerability to attack. Therefore, laws and limits had to be controlled, giving us our first moral attitudes for and against drinking. It is the morale attitudes that have continued today to prevent our of the dietary and social uses

reaching a more complete understanding of alcoholism.
The study of alcohol problems and alcoholism has been the concern of many investigators to include psychiatry. What is alcoholism? The terms "alcohol addiction, chronic alcoholism, abnormal drinking, problem drinking or alcoholic problems", have all been used which to me points out our lack of understanding about alcoholism.

Many physicians use the definition of the "World Health Organization" which states "Alcoholism is a behavioral disorder of long standing, as seen by repeated drinking of alcoholic beverages in excess of the community and to an extent that it interferes with the drinker's health or his social or economic function." I am not totally happy with that definition because I have had patients who were clearly "Alcoholics" to argue the point that they were not alcoholics because they were able to "hold a job." Apparently they had seen or read that definition and were using the fact that they were employed as an excuse to continue drinking rather than admit their problem. The use of alcohol has been an integral part of most societies during their recorded histories, and there is no evidence to indicate that drinking alcohol will, in the foreseeable future disappear.

My own definition of alcoholism is that I see it really as a long standing disorder manifested by the undue preoccupation with alcohol and its use to the detriment of physical and mental health, by loss of control when drinking is begun and by a self-destructive attitude in dealing with personal relationships and life situations. I wish to focus on preoccupation rather than on amount or excess. Too often the emphasis on excessive use of alcohol is a means of self protection for our social system that actually promotes alcoholism. In this sense, the teetotaler who has never tasted alcohol but who is constantly uncomfortable in the presence of alcohol or others using it is preoccupied to a sufficient degree to produce his own dysfunction and difference and could also be thought of as suffering an alcoholic problem.

The self-destructive component of this definition is quite important. Man is a social animal, and his ability to relate emotionally to others is a measure of his psychological development. Furthermore, his

ability to function, and adapt to his environmental stresses and needs constantly test his emotional stability. When he responds behaviorally so that all efforts of progress are offset and the only key to life's problems is in alcohol, I see his behavior as self-destructive.

There is no single personality configuration in alcoholism but rather, as experience has shown, alcoholic problems may and do occur in any and all types of psychological disorders.

Of 80 million users of alcohol in this country, it is estimated that there are 5 million alcoholic persons. Male alcoholics exceed females by 5 to 1. However, more women seek treatment than men. Whenever people talk about alcoholic beverages, they are, in effect, talking about ethyl alcohol. Although a large number of compounds may be chemically designated alcohols, ethyl alcohol is the common denominator of beverage alcohol, whether wine, beer, or whiskey. Ethyl alcohol in its pure state is a colorless liquid with little odor but a strong stinging taste. The characteristic alcohol breath comes from the odor of the aromatic oils resulting from alcohol and water mixture rather than from alcohol itself.

There are many treatments of alcoholism. That there are many forms of treatment does not mean that treatment is ineffective but merely indicates the wide diversity of problems that have to be dealt with in the treatment. Treatment has to be tailored to the needs and resources of the individual.

Whatever the treatment made, the evidence indicates that the most important factor is the relationship of the patient with another person or group. Whether in a clinic, group, physician or Alcoholics Anonymous, there must be a positive tie between patient and treatment setting. Too often the evaluation of alcoholism treatment is based on the criterion that there must be permanent abstinence. Like in all long-standing conditions, relapses are the rule rather than the exception. This fact which is often misunderstood, frustrates and infuriates therapists and creates in patients feelings of guilt, failure and hopelessness.

Family adjustment, and occupational effectiveness along with a reduction of drinking behavior may be more effective than imposing total abstinence on the patient, making him miserable and nonfunctioning.



BANKERS LIKE LONGUETTE-Executives at National Bank of North America have included a mid-career collection from which its lady tellers may select their fall working wardrobe. A pants suit, jacket, short dress, and skirts round out the ensembles, making it possible for a girl to choose from twelve different combinations. The longuette is worn here by Olivia Preyor.

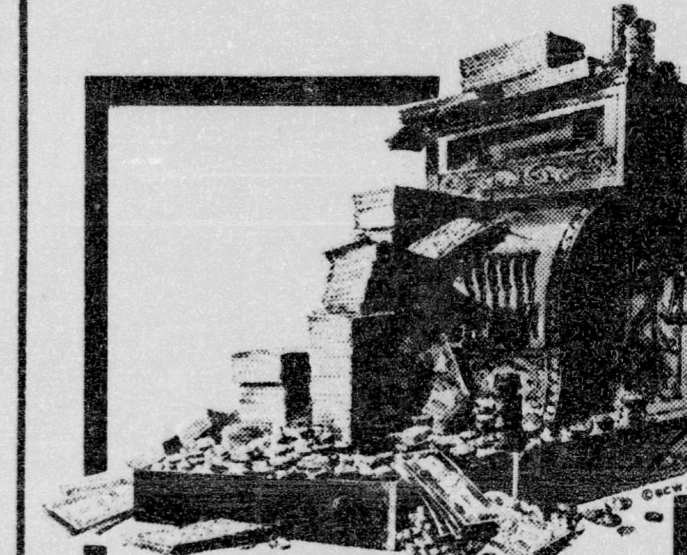


LT. EDNA VANCE
Wace Officer Speaking At City Colleges

The Commanding Officer of Navy Recruiting Station, Raleigh has announced that Navy Lieutenant Junior Grade Edna Vance, 1967 graduate of North Carolina Central University, in Business Education will be on the campus of St. Augustine's College on Oct. 7, and Shaw University on Oct. 8, to talk to students interested in the Navy.
LTJG Vance is presently assigned to the Navy's Bureau of Personnel in Washington, D. C., where she is part of a team of Naval Officers, who direct and coordinate the Navy's Recruiting on the Nation's college and university campuses.
Miss Vance came from Fla. in December 1969 where she was stationed at the Fleet Intelligence Center in Jacksonville. Before her duty there, LTJG Vance attended the Navy Intelligence School in Norfolk, Va. and Officer Candidate School in Newport, Rhode Island.
While at North Carolina Central, Miss Vance was a member of the Alpha Kappa Alpha Sorority.

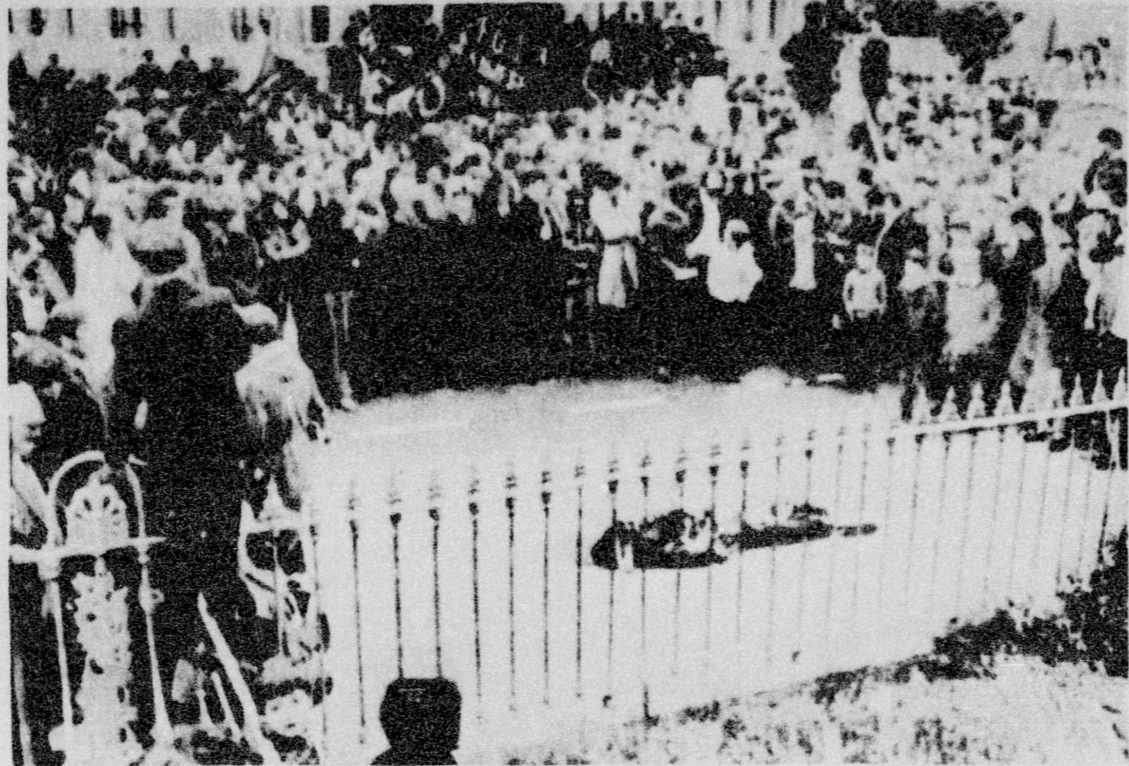
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NIXON BURNED IN EFFIGY IN IRELAND-Dublin, Ireland: A group of demonstrators watch as an effigy of President Richard Nixon burns outside U. S. Embassy here Oct. 4, during protest against U. S. policy in Vietnam. At one point a group of 15 extremist Maoist students briefly battled with police as they tried to get into the forecourt of the Embassy. (UPI).

Shaw Plays Host As UNCF Kicks Off Drive In State

The United Negro College Fund (UNCF) formally opened its 1970-71 fund raising campaign last week.
The fund, composed of 36 predominately Negro institutions of higher education, with 6 of the institutions located in North Carolina, officially opened its campaign with a press conference at Shaw University, one of the member schools.
Administrators of the six private colleges and universities in North Carolina were present to launch the \$400,000 Drive which will be used for operating expenses for member institutions.

of black youth and how best to assist them in realizing their potential. They are the most probable future source of the leadership which will bring the races to a better understanding of the contributions which both are capable of making.
The UNCF has set a national goal of \$10 million for the current year, with some \$800,000 scheduled to be returned to the State of North Carolina and the six member institutions located in the State.
Dr. Robinson reminded those in attendance that in Raleigh alone some \$3 million dollars

would be funneled back into the city's economy annually by Shaw University. He added, "The services these schools offer benefit their communities in many ways."
UNCF member schools represented at the conference included: Barber-Scottia College, Concord; Bennett College, Greensboro; Johnson C. Smith University, Charlotte; Livingstone College, Salisbury; Shaw University and St. Augustine's College both in Raleigh.

PREGNANCY PLANNING AND HEALTH

By Mrs. Gloria Riggsbee



DEAR MRS. RIGGSBEE:
Do you mind if I use your shoulder to weep on? I have just been told by my son that he is going to marry his girl friend because she is pregnant. He is a freshman in college and I am just sick about this because all my hopes and dreams have been wrapped up in this boy and I have always told him I would make any possible sacrifice to see that he go through college.
Now he says he will have to quit school and go to work to provide for his family. I am just heartsick about this. Johnny's father died when he was very young, and he and I have always been so very close! I will feel lost without him. We have never been separated. I was almost glad I could not afford to let him go to college away from home because I would have missed him so.
I know I can't prevent his marrying this girl, and in a way I realize it is the decent thing for him to do. I think they really love each other, too. I have told him I would be willing to pay the expenses of the doctor, and hospital, if he and his wife would live with me. Otherwise, I couldn't swing it. But this way he could stay in school.
He won't agree to this kind of arrangement. He says it

would be too hard on me. I think it will be harder on me to be left alone. I am only 38 and have a long, lonely life ahead of me.
One thing I can't understand, always answered all Johnny's questions about sex, since he was real little, and after he grew up I even told him about birth control (rubber), and I know he has used them because several times I came across some in his dresser drawer. Why didn't he use them with this girl, if he had to have an affair? I would like to ask him but am afraid he would get mad. Besides it's too late now.
What I really want to ask you is this, don't you think the best solution to this problem is for Johnny and his wife to live with me so he can keep going to college? Please answer soon and thank you. MRS. D. N.
DEAR MRS. D. N.:
I'm afraid I can't agree with you, Mrs. N. Sometimes such a living arrangement works out well, but often it does not. Your son seems to be determined to take care of his wife and baby on his own and this is admirable. So many young people these days seem to take it for granted that Mom and Dad will continue to support them indefinitely, even after marriage.
Apparently, a college degree is not as important in your son's eyes as in yours. You do not mention his grades, or whether he was happy in school. A college education is not for every person. And lack of a degree is not the worst thing in the world.
At least Johnny has his high school diploma, which will open many doors to him in his job hunting. And he may well work his way up into a responsible, well-paying position.
If Johnny is determined to live apart from you and work to support his family, I can only say let him go with your blessing. If you antagonize him either by arguing or weeping and sulking, you may lose him entirely. Rather, make your home a happy and welcoming one that he and his little family will want to visit often.
Whatever you do, don't ever ask him why he didn't use birth control with his girl. As you said yourself—that is spilled milk and not to be wept over at this point. And please, be proud of his determination to face up to his responsibilities like a man, and let him know you are proud.
Don't feel sorry for yourself. You are still a young woman and can look forward to a very interesting life even though you live alone. Take part in your church's social activities—take some courses at the Y—offer to do volunteer work at the hospital. Keep busy, make an effort to meet lots of people,



TARHEEL ELKS ON THE MOVE

BY A. J. TURNER
N. C. Publicity Director
vision-Bessie Wallace, Mary White, Dorothy Baker, Alberta Hicks, Mae N. Hopson, Annie Allen, Elizabeth Pugh, Mary L. Brodie, Freddie M. Williams, Martha Rivers, Lillian DeLane, Florine Moore and Aretha King. From Durham were Elizabeth Burroughs, Hatlie Singleton, Odessa Allen, Minnie T. Forte, Willie Mae Harris, Jessie Nunn, Jacqueline Brittan, Eula Mae Laney and Ida Roberson. Daughter Genevovia Dunston represented Method. Mildred Council and Gladys Lassister held up the banner for Chapel Hill.

DURHAM-Bull City Lodge, No. 317, and Salome Temple, No. 704, played host to Exeter Council No. 127, on Sunday at 3 p.m. It was interesting to watch Brother Elks rushing in the parking lot, trying to get in the hall before Chief Antler Hilton Riddick sounded the gavel. Those of you who know Brother Riddick realize he is going to start on time. I am sure there are others like your scribe who usually have to get a little help, I mean remembering the password, but I still will go to the meeting. I only said that so you will not stay away from the meeting just because you don't know the password. There are plenty of them who are in the same boat, especially in the men's department.

There were forty-three persons in attendance at the meeting Sunday. Brother McCowan of Durham led brief discussions on the State Education Dept., the Shrine and the extra collections and fees at the State meeting. State vice president, A. A. Vance of Raleigh in his statement to the group on Sunday, put in a strong plea for financial support for the Shrine, pointing out some of the things that will be offered on completion. Among them were a rest home for the aged members, a strong educational program and a recreation center with a swimming pool and all the necessary things to attract the young as well as the old. Twenty men and twenty-three ladies represented lodges from Chapel Hill, Durham, Henderson and Raleigh. We are concerned as to why Sanford has not been represented at the last two meetings. I am sure they will have a good explanation at the meeting in Henderson on the second Sunday in November.

We were sorry to hear of the loss of a former Raleighite and a brother-in-law of Brother Julius R. Hayward, who was living in New Jersey, and also to know that Brother John Walston of Durham is still on the sick list.
The desegregation of schools has certainly taken its toll on Black secondary principals in the two Carolinas. Out of some two hundred, a few years ago in the Tar Heel State, I don't think you can count ten now. The same thing applies to the former Black principals of secondary schools were made assistant principals and you should see their duties. According to the reports given your writer, they range from bus duties, including janitorial service and, of course, there are some who help with administration when it comes to the Black students. I wonder if this was the plan of HEW? See you next week. Don't forget to read your CAROLINIAN.

Daughter Bessie Wallace of Raleigh stated that the women had a fine meeting and initiated three new members. Among the men present were Brothers A. A. Vance, Thomas Wilder, Willie White, Issac McClain, Hardin Lee, Louis Dunbar, H. V. Rouse, Artise McCabe, Gaither Harris, James H. (Happy Day) Mitchell, and your scribe, representing the Capital City; G. L. Parker, Robert McCowan, George King and Harold Poindexter, representing the "Bull City." George C. Gouch and Dennis W. Moore answered the roll call for Henderson, and District Deputy Peter Moss and Edward Perry stood in for Chapel Hill.
On the feminine side, Capitol City was represented by Daughters Evelyn Franklin, Fannie L. McLean, Margaret D. Thomas, Ruth O'Neal. State Secretary of the Women's Di-

Rare Music Scheduled Here Sun.

Seldom performed baroque and rococo music are the specialty of a Dutch chamber music ensemble, Sonata da Camera two violins, harpsichord and viola da gamba which will open the Raleigh Chamber Music Guild season Sunday, October 11, at 8 p.m., in N. C. State's Student Union Ballroom.
Later Sunday night concerts offered by the Guild's subscription series include the Guarneri String Quartet; Beaux Arts Trio of New York; and New York Woodwind Quintet. Season tickets are available at the door with special rates for students.

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RECEIVES "MISS BRONZEVILLE" SCHOLARSHIP - Durham Business College coed, (Miss) Laurice Yvonne Allen, receives a \$100.00 scholarship as second runner-up in the "Miss Bronzeville" contest in a recent "welcome students" program, held at the college. Left to right presenting the \$100.00 Scholarship is John Edwards, Director of the North Carolina Voter Education Program; Mrs. L. McCauley Harris, president; and Miss Laurice Yvonne Allen, freshman.