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**FACTS ABOUT ALCOHOL, ALCOHOLICS, NEUROSIS  
AND NEUROTICS**

**By D. O. CAULDWELL, M.D., Sc.D.**

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## WHAT IS AN ALCOHOLIC?

Medical dictionaries define an alcoholic as a person who is addicted to the excessive use of alcoholic beverages. Addiction is an habitual practice or enslavement to something specific—as a drug. When the term alcoholic is used other than with reference to a person, the term relates to something containing or produced by alcohol. Certain manifestations are referred to, or described as, alcoholic effects.

## WHAT IS ALCOHOL?

There are approximately 50 recognized forms of alcohol. Alcohol is found in the tissues of persons who have never swallowed a drop of alcoholic beverage. Absolute alcohol is ethyl alcohol. Ethyl alcohol is the alcohol of liquors, wines and other beverages. It is also known as grain alcohol and is ethyl hydroxide.

## PERSONS KNOWN AS ALCOHOLICS

It has been estimated that there are 500,000 persons in the U. S. who are classified as alcoholics. There is no way of definitely knowing the exact number. In a total population of 140,000,000 persons, the estimated number of alcoholics represents one person in every 280 persons. It has been estimated that there are probably 10,000,000 positive neurotics in the U. S., and this means that one person out of 14 is a positive neurotic. According to these figures there are nearly six times as many neurotics in the country as there are alcoholics.

## WHAT IS NEUROSIS?

A neurosis is a nervous disease. It is specifically a nervous disease of functional manifestations, in which there are no apparent or demonstrable lesions. A neurosis is also a condition wherein there is tension, over-excitability, or irritability of the nervous system. There are numerous kinds of neuroses.

## WHAT IS NEUROTIC?

A neurotic is a person suffering from any form of nervous disease. Neurotics and psychotics are sometimes confused by those who do not understand the differentiation of the term. A psychosis is a mental disease, and a psychotic is a person suffering from some form of mental disease.

## PSYCHO-NEUROSIS

In a psycho-neurosis there are manifestations of a combination of mental and nervous symptoms and disorders. A person who is defined as a psycho-neurotic is one who suffers from a psycho-neurosis. There are many forms of psycho-neurosis.

## CHRONIC ALCOHOLISM

This is a state which may be found in nearly all true alcoholics. It is a diseased state involving principally the nervous and digestive systems or the gastroenteric system. Chronic alcoholism is also defined as a chronic state of alcohol poisoning. It is differentiated from acute alcoholism by such symptoms as the nausea (and often vomiting) of acute alcohol poisoning; temporary paralysis, loss of equilibrium, disturbances of the mind, inability to control muscular coordination, and temporary stupor.

### DOES ALCOHOLISM CAUSE INSANITY?

Rather, the reverse is true. Invariably a person becomes a true alcoholic because of an underlying personality disturbance which often manifests as a psycho-neurosis. As alcoholism develops its manifestations frequently mask the psycho-neurotic symptoms or manifestations and a state of alcoholism is blamed for the peculiarities, eccentricities, whims, etc., of the person affected.

### ARE ALL DRINKERS ALCOHOLICS?

By no means are all drinkers alcoholics. The "Drys" have estimated that there are 50,000,000 drinkers in the United States. This estimate seems high. Children must be considered. Yet, there are approximately 84,000,000 persons in the United States who are 21 years old or older. The World Almanac for 1947 places the figure at 83,996,652. Naturally the number of drinkers who are under 21 years of age is not small. According to the estimates, one person out of each 100 drinkers is an alcoholic. An examination of the figures indicates that problem drinkers are not the great bugbear temperance shouters would have us believe them to be.

### WHAT ABOUT TEMPERANCE?

The actual figures would seem to knock the preachments on alcoholic intemperance into a cocked hat. Hospital statistics indicate that other forms of intemperance, such as intemperance in eating, sleeping, working, etc., take great precedence over alcoholic intemperance. Stripped down to the bone alcoholic intemperance appears to be one of our smallest and most insignificant temperance problems. Many temperance workers (in the alcoholic field) are not only tipplers—they are actual alcoholics. Their temperance work expands their otherwise deflated egos and personality defects. There is little question but that our greatest national intemperance is an intemperate indulgence of intolerance.

### WHO IS WHOSE BROTHER'S KEEPER?

There is no way of knowing how many self-appointed brother's keepers there are in the U. S. Ask the average man you meet in the street and if he gets the idea he'll be rather apt to let you know in one

way or another how he feels. If he professes to be deeply religious he'll tell you that the "saved" like himself are under sacred obligation to act as their brother's keepers. Naturally, being of God's elect, he needs no brother as his keeper. If he is superficially religious he may profess that every man owes some sort of obligation as a keeper of his fellow man. If he faces cold facts he'll ask you what you mean by keeper. These statements are not guesswork or fictitious ideas. I put the idea of seeking opinion into practice. Frankly when I was asked what I meant by "keeper" it was necessary for me to admit that I'd bite—that I'd like to know fully what is meant by brother's keeper. My personal opinion in the matter did not represent the ideas of the average man and woman as to what constitutes a brother's keeper. Seeking opinion on this I found a diversity of opinions—yet most of the opinions added up to something like a moral responsibility owed by one individual to all others to keep the morals of all the others straight. It didn't make sense. It doesn't. It can't. Appointing yourself as your brother's keeper, usually means sticking your nose places where it has no business—and sometimes (perhaps quite rightfully, too) getting something besides the nasal secretions and pie or jam on your nose—namely, blood. The safest, sanest, and hence best, way of being your brother's keeper would seem to be following that old adage which reads: Mind Your Own Business.

Thousands of church and religious workers regard themselves as their brother's keepers. Perhaps a better estimate would be millions. And to this number we may add an ordinarily respectable organization—the Confederation of Alcoholic Beverage Industries, Inc. Through advertisements and posters this organization is telling the public: "Yes—You Are Your Brother's Keeper."

None of these self-appointed keepers offer substantial help. If you're broke and hungry, stay away from them. They are not the keepers of your actual needs.

## IS ALCOHOLISM A MENACE?

Yes. Alcoholism is a menace. Anything that threatens the best interests of even one individual is a menace. In an occasional instance, alcoholism aids in the destruction of an individual. Any neurosis is likewise a menace. Venereal disease, tuberculosis and various other diseases are menaces. Ignorance is a menace. Intolerance is a menace. When it is considered that only one person out of every 280 is an alcoholic and that one person out of every 14 is a neurotic, and should we add the number of syphilitics capable of spreading the infection and sufferers from various infectious diseases which may be spread, we can readily see that alcoholism, although a menace, is a minor menace.

## ALCOHOL AND THE HOME

Does alcohol destroy the American home? Now and then alcohol is blamed for the destruction of a home and the disruption of a family. This is a case of putting the shoe on the wrong foot. First, when actual alcoholism exists in a person or in a family, there was an underlying neurosis in each individual affected. To aggravate this, alcoholics in families have been goaded and aggravated by other members of families who were not alcoholics. In the end, neurosis, rather than alcoholism within itself, is the actual destroyer and disrupter. In the well-regulated home (and family) where any existing neurosis is but mild, alcohol may be, and is, consumed, no unhappiness being caused by the fact of the alcoholic consumption. And as strange as it may seem, many families never suspected, even by their close associates, are moderate

consumers of alcoholic beverages. When alcohol impairs the happiness of a family, or when it destroys or disrupts a home or family, or rather when it is said to do this, investigation will usually reveal that the real disrupter was one or more cases of willful neurosis. The willful neurotic is often spiteful. The system—body or physiological structure—of the willful neurotic, may abound in self-generated poisons which inflame the brain and boil it to the point that it must let off steam and this invariably occurs through actions of spite or such other actions of a willful nature which may cause suffering in which the willful neurotic may delight.

## THE SEXES AND ALCOHOLISM

There is no way of knowing the proportion or ratio of alcoholics by sex. It is generally conceded that there are more male alcoholics than there are female alcoholics. It stands to reason that this is true. At the same time, there is no small number to represent the female alcoholic population.

Social standards have always frowned on alcoholism among females. For this very reason there has been greater secrecy cloaking alcoholism among females than is true in the case of males. Woman has always been granted the privilege, socially and otherwise, of displaying symptoms of hysteria, when such a practice in man was frowned out of school. Alcoholism is an escape. To a considerable extent hysteria is an escape. According, therefore, to social traditions, it has been more natural for woman to resort to the escape mechanism of hysteria while man has resorted to the escapism afforded by excessive indulgence in alcohol. Almost daily the observant person familiar with the manifestations of hysteria may see that apparently there are many more hysterics than there are actual alcoholics.

## ALCOHOLISM AND INTOXICATION

Alcoholism has been defined. Intoxication is defined as the act of intoxicating; drunkenness; extreme excitement. One may become intoxicated with joy, with sadness (strangely, sadness excites), with music and almost any number of various entities. The extremely hysterical person may be said to be intoxicated with hysteria. One may be intoxicated with fear. Anger is intoxicating. Alcohol causes but a negligible percentage of the intoxication prevalent.

Fads of various kinds have intoxicated an entire populace. Religious excitement intoxicates to an extent that it may cause more actual crimes than have ever been chalked up against alcoholic intoxication. Religious intoxication is epidemic. Alcoholic intoxication is rarely epidemic. The alcoholic never, while pretending absolute sanity, makes a public spectacle of himself by ranting to others that they should emulate his example and become alcoholics. The religiously intoxicated shout, plead, rant and pray to others to follow their examples of dereliction. There are even persons who become intoxicated on politics. These intoxicants may even commit murder, presumably for a political principle which does not exist or for a candidate who wouldn't even sign their bonds to keep them out of jail for murdering, as they believed, in his behalf.

Alcoholic intoxication has been much overrated. Other forms of intoxication have been underrated.

## ALCOHOLISM AND MARRIAGE

It is not necessary that one partner to a marriage be an actual alcoholic in order to be accused of so being. A neurotic mate can readily

make a mountain out of a molehill and can practically exaggerate one little jigger of rum into a barrelful. As a rule, the female neurotic is the worst nagger of a spouse who does some tipping. On the other hand, if the male mate is an abstainer and his wife is a moderate tippler or even an alcoholic, the manner of the male mate to marriage is far more insidious and mean than is the manner or attitude of the female marital partner. The male resorts to the dirtiest form of tactics known and accuses his wife of sexual unfaithfulness on every occasion wherein he has knowledge of her having taken a drink. This attitude is an inexcusable one. The actual alcoholic of the female sex finds escapism in alcohol—not sex. It is true that alcoholics of both sexes may be what is regarded as sexually unfaithful—but so are mates who do not touch the stuff. Unfaithfulness is rarely as great among actual alcoholics as it is among those who are not alcoholics. Could the truth of this but be realized, much unhappiness, and occasional dire results, could be avoided. The alcoholic (basically a neurotic) may have fantastic sexual dreams—but his or her sexual aberrations usually end at the dream stage. Actual alcoholism quickly produces a state of temporary impotence.

In a state of temporary impotence caused by alcohol, it is true—and this is rather well known—that the male is incapable of functioning sexually while the female is capable of submitting to the sexual act. As a rule she doesn't want to be bothered. And no self-respecting male can appreciate the charms of the female in a state of alcoholic stupor with the I'm-not-actually-interested attitude.

Alcoholism is not responsible for the so-called sexual vice it is accused of being responsible for and any person who has experienced a suitable state of temporary alcoholism knows this. It is the person who has not experienced the feeling who kindles the fires of gossip, scandal, hatred, intolerance, and who wages war to get anti-vice legislation passed—such legislation being anti to something which actually does not exist—but which becomes a legal creation.

## NEUROSIS AND THE EGO

In many of the neuroses the ego is severely deflated. From time to time the neurotic person with a deflated ego seeks a means of expanding the ego. The actual alcoholic thus affected will often get on the water wagon, and, for months, abstain from touching a drop of alcohol. The means of ego expansion thus come through reform and holding himself (or herself) out as a shining light—an example of what the alcoholic can do if he or she will but follow the system advocated by the crank who'll be swimming in the gutter when the expansion provided by the heroics reaches peak and deflation again begins. Beware of the person who has defeated the demon rum. Invariably such a person sounds mighty sincere. Of course, if you want to permit such a person to indulge in ego-expansion by making a monkey out of you, then go right ahead—but remember to get your head examined by a specialist at the first opportunity.

## NEUROTIC HUSBANDS AND ALCOHOLIC WIVES

Among the low forms of the human species you will find the neurotic husband of an alcoholic wife. Bear in mind, however, that the wife does not necessarily need to be an actual alcoholic. If she is a moderate, even a thoroughly temperate drinker, she is, to her neurotic husband, an alcoholic of the first water—the worst kind. Not every husband in this category is actually a low creature—but husbands in this category can reach about the lowest point on the scales.



Some neurotic husbands (who even drink, also) are dyed-in-the-wool introverts with regard to the tipping done by their wives. Many neurotic husbands who do not drink at all are members of this category of introverts. They'll even deny that their wives ever take a drink.

On the other side of the fence in this category are the neurotic husbands (who drink some or who are teetotalers) who are extraverts. They want to tell (and usually do) everyone who will listen all about their alcoholic wives, and what a terrible thing it is, and invariably how they themselves are martyrs and long-suffering humans. Many of them recount every fancied injustice done them by their wives and some even manufacture a few special injustices for the occasion. If they are sexually inadequate and dirty-minded, they tell all who will listen (and as often as possible total strangers) what nymphomaniacs, even whores, their wives are—all because of the demon rum. You'll have to look a long way and a long time to find human beings who are on a lower scale than these wretched creatures.

## NEUROTIC WIVES AND ALCOHOLIC HUSBANDS

Neurotic wives with alcoholic husbands (or with husbands who are moderate tipplers) seldom drop as low on the human scale as their opposites or counterparts (whichever way you want to look at it) of the male sex descend. Women find more ways and greater ways of escapism. Often they consult psychiatrists about their husbands. Wise psychiatrists know which of the marital partners is in need of psychiatric treatment. They know that the husband is the transference object. Tactfully, they induce intelligent husbands to assist in the treatment of the wife's neurosis.

Many neurotic wives who eternally nag their "alcoholic" husbands and apparently seek to force such husbands to consult a psychiatrist, would be severely disappointed should their husbands consent. As long as the husband refuses, the neurotic wife has an excuse for going to see the psychiatrist. Always to her friends, neighbors and acquaintances, and even in pretense to the psychiatrist himself, it is "about the husband." In actuality, the wife knows that she is undergoing a form of psychiatric treatment and vaguely (sometimes acutely) realizes that she needs such treatment. But she has, like the Orinets, a *face*. She thinks she is saving her face by using the husband as an excuse. And she gets a certain amount of escapist or escapist satisfaction through martyring herself on behalf of her derelict mate whom "she loves very dearly despite his terrible habit."

Often the neurotic wife pictures her "alcoholic" husband as losing everything of value to him—or to them. His "alcoholism" is ruining his business—he's going broke fast—and they'll soon be on the brink of ruin—unless she succeeds in curing her husband's terrible habit—or at least brings about improvement. When it occurs to her that her husband is prospering and that people in whom she "confides" (so that everyone can know of the confidence) are aware of his prosperity, she "has succeeded in getting the husband to improve greatly. Why, he rarely touches the stuff at all any more."

It is a pitiful outlook, indeed, and who is *your* keeper, if you fall within any of the special categories mentioned, that you should be persuaded to change?

Ptaterns are used for cutting garments. Models are used for building skyscrapers, giant bridges, steamships and airplanes. A qualified person who is nobody's keeper may be able to offer a few patterns which may at least lead to better mental poise, tolerance, and a degree of healthful happiness.

## NEUROTIC AND ALCOHOLIC MATES AND SOCIETY

By society is not meant society as a whole but the special society of one's most intimate circle of friends, acquaintances and associates. One of the reasons why people meet in a social way is to promote their pleasure through contact with each other. Not infrequently what is known as social tipping—taking a few sociable drinks—is resorted to as a means of putting guests in a more jovial and social frame of mind.

At small social gatherings there are likely to be neurotic wives and husbands who do not as much as take a social or sociable drink. The neurotic non-tipping mate is quite likely to start nagging when, or even before, the first round of drinks is served. A neurotic non-tippler thus makes himself or herself anathema to others in the crowd.

After a few clashes between husbands and wives who are divided as to their manner of escapism, hosts and hostesses carefully avoid inviting the opponents at the same time. Often the non-tipping wife gets the impression that her husband has been excluded because of his drinking. The truth is that the husband is invited in the evening and as a sort of salve to the wife she is invited during the day time—when, as a rule, persons present are not inclined to tittle. Or something on the reverse order occurs in the case of the anti husband and the tipping wife. Friends are careful not to make it difficult for the mate who is a decent social drinker.

## INTOLERANT HATERS

There are persons of a psycho-neurotic nature who make intolerant hating a passion. They are never happier than when they have something of which they can, under the guise of sanctity, actually hate with fervor. Intolerant professional haters of alcohol and everything alcoholic often enjoy an apparent popularity which encourages them in their intolerance and magnifies their hating-pleasure to the near-ultimate heights. They are pleased with their hating when those whom they regard as their peers pat them on the back and tell them what great work they are doing in their pious opposition to alcohol. They are actually happier when they meet with a certain amount of opposition because with opposition they can vent their hatred on an opposing object.

Whenever a group of professional intolerant haters assemble, unless some point or points of pronounced disagreement can be brought to the fore, gloom may settle over the atmosphere. If there can just be some point of disagreement, then argument can be brought about and each party to a side of the argument can increase hating pleasure by tossing in a few generous pinches of hatred against an opponent or opponents. Ego expansion comes about at the same time — partly through the increased tempo of the hating — and partly through being heard. The professional psycho-neurotic intolerant hater rarely resorts to inflicting physical injury upon the objects of hatred.

Few people destroy their idols—few deists destroy their gods.

## SICK FOLKS

It is naturally conceded that a psycho-neurotic person is a sick person. Psycho-neurotics are sick folks. Mere drinkers, consistent drink-

ers and social drinkers are not alcoholics. It has been explained that an alcoholic is a person addicted to excessive use of alcoholic beverages. Only the true alcoholic, the actual addict who goes to excess, is considered, without further evidence, a neurotic or psycho-neurotic. But the non-alcoholic psycho-neurotic person is apt to regard everyone who touches a drop of the vile stuff, as an alcoholic.

The psycho-neurotic hater of alcohol and everything which pertains to it, often provides himself (or herself) with a massive array of so-called medical figures and statistics. They acquaint themselves with every alleged fact concerning the detrimental effects of alcohol upon the body—upon the mentality—the personality.

This type of individual can often quote chapters of medical data alleging that alcohol does this or that damage to the vital organs, and such an individual never finds it difficult to do some special manufacturing of his own—quoting such fabrications as coming from eminent medical authorities.

Genuine alcoholics (who are basically neurotic or psycho-neurotic) are sick folks. Psycho-neurotics are sick folks, too.

## INTELLIGENCE AND TOLERANCE

Intelligent persons of normal mentality are aggravated to the point of temporary neurosis by alcoholics and their psycho-neurotic haters—yet they exercise remarkable tolerance and intelligence. Few of them require the services of a specialist of the mind for diagnosing something wrong, with genuine alcoholics and their psycho-neurotic haters. Except for the stabilizing influence of persons of normal mentalities who exercise wisdom and tolerance in their treatment of their fellow humans who are not so well blessed, the situation would be completely out of hand and this would be indeed an insane world.

## IS THERE A CURE FOR ALCOHOLICS?

Whether there is or can be a cure for alcoholics is a question which can be answered with application to individuals only. There can be no general alcoholic cure.

There are individuals capable of responding to the right kind of treatment and the right kind of treatment for any individual is treatment designed for the individual case only. Broad general rules cannot be applied. Persons cannot be successfully treated for alcoholism by groups.

To cure an alcoholic the underlying neurosis, psychosis or psycho-neurosis must first be cured. This requires thorough individualistic study on the part of the psychotherapist. Various mental diseases can often be quickly cured if the underlying cause can be discovered and purged—given the air. There are those who advocate that an alcoholic cannot be cured unless he or she can be brought to become a total abstainer from the spirits. This may be true in individual cases. It is a weak philosophy and a weaker practice. The cured alcoholic is the person who can be permitted to drink if such is his pleasure—and with the resoluteness (which should not be an effort) to drink as do normal individuals who never become excessive drinkers and hence who never become alcoholics.

The so-called institutional cures are cures for the immediate effects of alcoholism—or in other words alcoholic poisoning. These cures are often tried on alcoholics but they never break the habit of excessive drinking.

Psychiatrists—psychotherapists—are human beings and the majority of them like to make their work as pleasant as they possibly can. As

a rule, they discourage alcoholics (and the families of alcoholics) from applying for professional services. Rarely will a psychiatrist say that alcoholics cannot be cured, but the majority of psychiatrists offer either little or no hope. Who can blame them?

## WHO CAN CURE ALCOHOLICS—WHAT CAN CURE THEM?

Physicians can cure alcoholics. They have demonstrated this fact. But, as a rule, physicians do not choose to accept the responsibility attendant upon an effort at cure. And, it must be admitted that physicians often are alcoholics. This applies to some excellent physicians. Many physicians would be rather mediocre practitioners were they not alcoholics. Some are the so-called periodics. In other words, they are true alcoholics, but they vent everything in an occasional spree. They are not consistent drinkers. They may go for weeks or months and never touch a drop—then, suddenly, they go off the deep end. Just before reaching the point of alcoholic poisoning which might lead to death, they stop—they have reached the point of saturation. Now and then this protective point is not reached before death takes its toll.

There are those who may contend that the periodic is not an habitual. This is not an cannot be true. His (the periodic's) spree habitually comes every so often—even if but once a year. He is thus an habitual—he drinks to excess—and he is an alcoholic. Behind this there is a nervous or mental condition.

The physician who is a periodic (and an alcoholic) is brilliant because, during his weeks or months of abstinence he feels that he must atone (make up) for his deficiency—his great fault. He is a more attentive clinician—and his interest in humanity—particularly suffering humanity is sincere and acute. Somehow he feels that he must, during his good periods, stand head and shoulders above the crowd. For this reason he is industrious and studious. He is an assiduous reader. Nothing new comes out—either in the various medical literature or from the pharmaceutical houses—but what he posts himself.

When a physician who is, himself, a genuine alcoholic, although he may be self-conscious because of that old admonition, "Physician Cure (Heal) Thyself," undertakes to treat an alcoholic, his chances of success are reasonably good.

Psychiatrists know that the average true alcoholic does not want to be cured and that the majority of cases are more thankless than they are hopeless. (The psychiatrist is a physician who has completed all of the requisite studies and requirements in medicine and surgery, plus a thorough and sometimes long, period of training in the diagnosis, investigation and treatment of diseases of the mind.) Psychiatrists can cure alcoholics. They seldom do and they seldom attempt to do so.

An individual always stands some chance of curing himself or herself. The underlying nervous or mental condition (or both) is sometimes relieved, ventilated, purged, and cured by the individual, and when this occurs, alcohol habitually and excessively taken is automatically abandoned.

Families have often cured an alcoholic member. Cures have never been brought about by scolding, nagging and threatening. Wives have tried the threat method or curing their husbands. Many such wives have been cured by desertion or divorce. Husbands have attempted cure (or satisfying their own uneven natures) by scolding. They have not been repaid with success but have, rather, been repaid for their scolding in the bad coin of numerous things rather distasteful.

Husbands, wives, families, by seeking calmly, and entirely without malice or resentment of any kind, may discover the cause of the underlying neurosis, and by seeking to remove this, may succeed. An alcoholic may be automatically cured through the cure of his (or her) underlying neurosis.

## HELPFUL PHYSICAL METHODS

In treating alcoholics physical measures which are invariably at hand may, if conscientiously applied, enhance the chance of cure. In many cases a nervous or mental disorder may contribute to poor appetite, faulty digestion and metabolism, or to gluttony. The positive alcoholic rarely maintains firm muscles. He (or she) is rarely a healthy individual. And, the positive alcoholic, getting energy from alcohol, may suffer from what is known as avitaminosis or mineral deficiency, or both. But merely resolving to improve eating habits is far from enough. There must be suitable activity—vigorous exercise which will regulate the appetite and influence the metabolic processes of the body to utilize the materials ingested in the form of food.

No set form of exercise or exercises can be given. Brisk walks, various form of calisthenics, horseback riding when convenient, actual manual labor—and bicycle riding (which is naturally under one's own power), are suggestions. Exercises, if possible, should be taken in the open air. Various workouts at gymnasiums are excellent.

It is useless to say that the appetite should not be petted for petted it will be in spite unless suitable physical exercises are indulged, thereby causing the body economy to call for food in such a way that the patient will eat with zest, seeking such materials as the body actually needs. Various forms of baths are extremely helpful—particularly sweat-producing baths. The stimulation of the cold shower has exhilarating effects.

## HELPFUL PSYCHOLOGICAL METHODS

Beware of fads — and beware of magic formulas and remedies. Plenty of sleep is imperative, but too much sleep can so slow down body processes as to be detrimental, helping adverse circumstances to create and retain harmful toxic substances in the body.

Reassurance has great value. The positive alcoholic should be led to feel that there is every chance for recovery and that his (or her) case is by no means hopeless.

Relaxation must come through a mental state. It will give release from nervous tension. Determination to think calmly will help to bring on a state of relaxation. The surroundings should suggest relaxation and restfulness.

Reeducation of the impulses, emotions and thought patterns is necessary and may sound difficult. Good reading (preferably but little of this concerning the patient's condition) helps to relax and to re-educate. Humor is excellent and highly desirable.

A hobby can give reassurance, can bring about a great degree of relaxation and can serve as an excellent medium of re-education.

A social life should not be abandoned. It need not necessarily be over-active.

## EXAMPLES CONTAINING WORTH-WHILE HINTS

The examples which are given here are entirely true with the exception of names and such data as would be positively identifying of persons now living or dead.

## William and Martha

William was a highly qualified office worker. Martha was a bank bookkeeper. William was Martha's senior by about five years.

When World War I involved the U. S., William enlisted. At the time they had three small children.

Martha was a minister's daughter, but was by no means inclined toward religion. Her father and mother, however, were determined that she should marry a young preacher whom they regarded as a desirable potential son-in-law. Martha detested the man. She felt that she was interested in a certain young man—but William came along and paid her court—and they eloped.

The truth was that Martha wasn't actually ready, mentally, for marriage. She accepted William as she did because she liked him and because she was determined to defeat the scheme of her parents.

William realized the truth soon after the marriage. At the time he was an extremely moderate drinker. He was more devoted to his work than to anything else other than his family. And his position did not permit excessive drinking.

Returning from the war William was an irresolute, youngish man. He apparently felt like a fish out of water. His wife and children seemed almost like strangers to him. Within a short while he simply wandered away and was not heard from for many months. Returning to his home he knocked on the door like a stranger. When his wife opened the door he inquired as to whether he still had a home there. Martha gave him every assurance possible. For a few weeks he worked and appeared to be quite contented. Suddenly he began drinking and then, as suddenly, he disappeared again. This procedure of leaving home, remaining away, returning, etc., was repeated several times.

Martha fell into ill health and was advised to move for the sake of her health. She followed the advice of physicians and moved. After some time, William learned of her whereabouts and went to see her and the children. He gave them little or no help. Shortly, he went on a spree, and after actually causing Martha humiliation, disappeared.

Having gone to a place where work at which she was qualified was not available, and having been advised to rest and relax, Martha had a rather difficult time making ends meet. In time she found a friend who stood behind her efforts in a substantial way. This provided loans—yet she continued to fail. During this time she obtained a divorce from William. She did not marry someone else—and William paid occasional visits to her and the children. At the beginning of each visit he was one of the most agreeable of men. Then suddenly, he drank as though overtaken by some strange insanity. He always remained near Martha and the children for his drinking sprees and whether he had any intention of doing so, he caused them deep humiliation.

During these years Martha's parents (becoming aged and somewhat senile) joined her even though they lived in separate homes. The parents moved into Martha's community. They had always been extremely intolerant of William as a son-in-law. After the divorce their attitude toward William was quite pleasant. This seemed to have a salutary effect on William and his attitude.

After a number of years of divorce William made a speedy trip home at Martha's urgent request. All three children were ill. As they improved, Martha was filled with dread. She dreaded for William to leave—and she dreaded for the time to come when he should decide to leave. It meant, perhaps, another humiliating spree.

Resolution overtook Martha. She kept quiet until the morning William went to pack for his departure. She entered his room as he was in the act of packing. "What are you doing?" she asked. He paused, his body bent at an angle, ready to toss something else into his bags. "Packing," he answered.

"Why are you packing?" Martha asked.

"Kids are well," William replied. "No point in staying longer. Better get back to my job."

"I think," Martha declared, "that we had better go to the county seat today."

William grinned, holding his packing-pose. "Asking me for my promises?" he queried.

"Not one," Martha informed him.

William stood erect. "That settles it," he stated, declaring, "I" never take another drink."

Now I knew both William and Martha extremely well for a number of years and I know that William did not take a drink during those years. He always told me that he liked the taste of alcohol—but he was afraid to ogive in and drink even one bottle of beer. "Just can't control myself," he explained.

Naturally I was interested in knowing why William had been an actual alcoholic. He had great faith in my abilities as a physician—and he liked me as a friend. He never told me why matters had been as they were and I never asked. But between the lines I think I read a fair analysis. It was this:

Even before being exposed to the horrors of war (William was rather stoic) he realized that he had not actually been Martha's choice—that in a manner she had accepted him as a matter of expediency. He was shown frankly time and time again that Martha's parents resented him. And he was what we know as the friendly, accomodating kind, and genuinely courteous.

The circumstances described, perhaps, influenced him to enlist just as much as the circumstance of war and his personal patriotism. The army was an escape. During the war he no doubt developed something akin to what we now call war neurosis. Returning home a psycho-neurotic, he did not desire that Martha's family become aware of the fact. Pride and fear caused him to leave. He gained the notion that he could drown his troubles in drink. He permitted drink to drown his personality. His return home had been an irresistible desire to see his wife and children. He was no longer ashamed for Martha's parents to know that he had sunk to the depths. During subsequent visits he formed the opinion that his sprees humiliated Martha's parents rather than Martha. He deliberately went the limit on these sprees in positive rebellion. When Martha's family treated him decently he lost his desire for vengeance. When Martha asked no promises—he had what he had wanted in the way of an excuse (solely to himself)—an excuse to get well. He had done many things in a spectacular way. This was spectacular. Martha had asked him to make no promises—she had again accepted him for himself. He was accepted. And he had something to tell—something which was real. Doubtless he had lived some rather lonely years.

Somewhere along the way and during the unhappy years he became purged of his war-neurosis. Possibly it was transferred to Martha's folks—and to Martha because she divorced him. When all concerned accepted him and made no demands, catharsis (mental) was completed and cure was automatic.

My interpretation may not be entirely correct. Positive knowledge justifies my statement that it certainly cannot be altogether incorrect.

Cases quite similar to this are legion and I do not need to point out the hints bearing upon various cases which appear in the little narrative concerning William and Martha. As a sober man, William was a

manager par excellence. He and Martha prospered. And I am convinced that they became perfectly adapted to each other and that their conjugal relations were all that either of them could ever have hoped them to be.

### An Alcoholic Who Became a Moderate

This little narrative is much briefer than the story of William and Martha. Ol was apparently a confirmed alcoholic. During the first few months of his married life circumstances did not permit him to indulge his desire for alcohol. He and Renee (his wife) were quite happy. He was away from old haunts and his regular vocation. When circumstances permitted him to return to his old haunts and his regular vocation he began drinking—moderately at first. As his vocation made greater and greater demands on his time and inroads on his energy, he relapsed and became again a true alcoholic. (In actuality he had never ceased being an alcoholic even though he had abstained for months.) He was brilliant and capable and in operating for himself his patronage was heavy (as has been shown), and it became heavier. People did not worry about his alcoholism. He could do what they needed done—usually with almost unbelievable efficiency. His vocation outgrew him in time and he threw in the sponge. Following this he joined a large organization as a salaried worker—but he continued as an alcoholic. His efficiency brought forgiveness for his alcoholism. Greater and greater responsibilities were placed upon him. He drank more and more.

Ol's drinking sometimes put a strain on his marital life—yet an understanding wife sought to help him. Eventually, however, in desperation, she announced to him that she was leaving him. She loved him, she explained, and she did not want permanent separation or divorce. She believed that were she away from him he might improve. Her plan was to place him on a year of probation.

"The moment you leave," he announced, "the year will be over. And so will everything between you and me be over." She immediately recanted.

Ol joined a new organization. The matter of being an alcoholic made him enemies, but he was a fighter—a fighter in work, in deeds, in words, and in action. Being an alcoholic did not destroy his personality—it did not submerge it. For a short while he enjoyed popularity by reason of his efficiency. He meant money to his firm. His knowledge, his tactics and his shrewdness saved his firm hundreds of thousands of dollars each year. The machine he was driving at such a rate of speed cracked up, however, and he collapsed, physically. He was forced to give up, and to rest. Physicians could find no organic lesion. Psycho-analysis revealed the cause of his trouble. In college he had slapped the face of a faculty member in retaliation for an insult. The college had conferred upon him the highest honors. And then, in retaliation, had, through a powerful organization, thrown a shadow across his vocational path causing him to have to fight for his right to pursue, honorably, his chosen vocation, for years. He was aware of the situation but was impotent to do other than fight for his rights. Alcohol had been his *forte*.

Under psycho-analysis he was brought to realize that he had won a complete victory long before—and that even the victory now meant nothing more than personal satisfaction. Basically a neurotic, he remained a neurotic—although improved in that respect. By accepted methods he was later examined by a group of specialists (regarded as experts) and was declared cured as an alcoholic regardless of the fact that he had continued to be a moderate drinker.

His records are in my files. He is again establishing a brilliant rec-



ord—but, relieved of the major symptoms of his neurosis—and cured as an alcoholic—efficiency has led him to delegate and he does only a normal amount of work. This was impossible as long as he was an alcoholic.

Alcoholics can be cured and the means of cure, although complicated in their workings, are often quite simple in the final analysis.

## The Case of Lolita

Lolita was a young woman of talent and charm. Hers was the Spanish type of beauty and she was of Mexican birth. From her early childhood she drank wine as many children drink coffee. At 20, she had a college degree and was in vibrant health. She married a physician some 10 years her senior, who was more politician than physician. His practice was a shadow, no more. He was regarded as handsome and was popular with the opposite sex.

Her Mexican birth and Spanish descent did not place Lolita in the category of jealous wives. She appreciated that her husband was popular with both sexes.

I saw Lolita many times before I knew who she was—in fact, I did not learn her identity until she came to consult me. I had seen her in public places in a state of intoxication. Later I learned that she had kept her marital vows inviolate—and not from her lips, but from the so-called Casanovas and “wolves.”

I was crossing a street on my way to my office one morning when she accosted me. “Doctor,” she addressed me, “do you speak Spanish?” “Indeed,” I answered in Spanish, adding, “but why should that be necessary? You speak excellent English.”

“Perhaps I can express myself better in Spanish,” Lolita said.

My office nurse was instructed to prepare Lolita for examination. Her complaint had been of a terrible “hurting” in the chest. An incident which is, years later, humorous to me, occurred in the office. The nurse explained that I wanted the chest bared for examination. “Ho-kay,” said Lolita, and with a sweeping movement of her hands she lifted the one garment she wore and stripped it off over her head. The nurse draped her, but I found humor in the incident.

Careful examination revealed no apparent lesion. “Your chest is tense,” I explained to Lolita. “You need to cry.”

“You are a good doctor,” she said. “I know it, but I can’t cry. Three other doctors have told me that there was nothing wrong. I know that’s it. I am all full—but I can’t cry. I can’t even get on a crying jag any more. What can I do?”

“You can cry.”

“No.”

“Of course you can.”

I had learned her identity. Engaging her in conversation, I sought to probe the depths. She had never known real kindness. She certainly learned something of kindness during the next few minutes and suddenly she burst into tears. “You are too kind,” she declared. Her cry was soon over and the pain was gone from her chest. She was surprised that she had cried. It had been, she told me, several years since she had cried.

The alcoholic problem then came up. She had been an alcoholic for five years—or since the age of 15—and she felt that she was hopeless.

“Perhaps not,” I told her, adding that if I could ever help her again she was to call on me. It was then that she realized that I had actually “psyched” her into crying.

She asked concerning her bill. “By no means would I accept a fee from the wife of a colleague,” I told her. She insisted. I was adamant. Then she hung her head and said, “Doctor, I am a very bad girl.”

“I don’t believe it,” I stated with emphasis.

"Yes. I am a bad girl. No one does anything to me, but I get my money by writing bogus checks. I always write them where the people know who I am and anyone who knows me cashes the checks. They don't even present them to the banks. They just send them to my husband and he pays them."

"Then," said I, "your husband is pure gold."

She shook her head negatively. "No. He collects double from my grandfather who hates me."

It was strange indeed. I learned that she often bought drinks for the house no matter what house she happened to be in and no matter how short of cash she happened to be. Her bogus checks were actually good.

Lolita became my particular problem and as a problem she lasted for months. I was her haven. I made her cry and I made her laugh. I sobered her up—pumped her stomach, gave her an occasional physic, and because she refused "nurse service" personally administered enemas. But, inasmuch as she insisted and "grandpa" was paying the bills, I accepted the usual professional fees.

It seemed that Lolita simply could not, under any circumstances, bring back to memory and conscious thought anything which could have been the basic cause of her trouble. She had been reared by a grandfather, an austere old don, and his housekeeper. She had always hated him or she had at least feared him in early childhood and the fear had turned to hate. He hatred had apparently been reciprocated. She could not understand why her grandfather who would not give her a cent (and he was immensely wealthy) paid her bogus checks without grumbling. She had not even seen him since she was 16.

While in college, she had married. Married life had been happy then. For a year, however, she had hated her husband. She did not know why, but she would not divorce him.

And eventually analysis crystalized. It was actually simple in its apparent aspects.

One evening, when Lolita was sober, she called. In the course of conversation, she mentioned that she would have to go and get under the influence of liquor in order to be bold enough to cash a check. She needed money.

"You are not a bogus check writer," I told her. "You are a dirty little blackmailer."

"That's it," she cried. "That's it. I *am* a blackmailer but I only blackmail two people—my husband and my grandfather."

"Why?"

"Because—" and then it came. She had been a large girl at 10 and she and her grandfather had been alone at their lonely hacienda on a rainy night when servants and others had been water-bound and could not return to the ranch from a fiesta. Her grandfather had sought to have incestuous relations with her. She had not even understood but she had been frightened. After that, her grandfather had spent but little time at the ranch until time came for her to leave for college. And in her fright she had forgotten all—everything except that she hated and feared her grandfather. He had always seemed to be menacing her. She had learned that enough wine had made her sleep. She had been a pronounced alcoholic at the time of entering college. The meager allowance her grandfather had allotted had been insufficient for alcohol purchases and she had given her first bogus check and almost landed in jail.

As to her husband and her hatred—he was not at fault. She had always adored him and regarded him as one of the handsomest of men until, returning from a deer hunt, she saw he had not shaved for several weeks. His beard had reminded her of her grandfather—but only when they were in bed and in the darkness. She had felt the beard against her face. She did not know why she had been so affected, but she had become hysterical.

She eventually agreed, at my suggestion, that perhaps the whole thing had been a horrible nightmare. She was willing to obey me and I instructed her to pay a visit to her grandfather and to cause herself to act—to force herself to act, if necessary—as though he were the dearest and grandest person in the world.

"But, it's all right," she said. "I suppose it was my imagination. I really owe my grandfather some love. I'm sure I have done him a real injustice. Doubtless he wonders why I became such a hateful child."

"Then go," I said, "and make it convenient to tell your grandfather that you do not even know your way about the old ranch house and make it clear to him that you remember but vaguely that you ever lived there."

"But that's true," Lolita declared. "I could never find my way around the house alone now. And I barely remember how my grandfather actually looked."

"You'll have to leave off alcohol," I explained.

"Oh, but I don't want it—it nauseates me to think of it."

"You are still neurotic," I told her, "but I think you'll get over that in time."

Lolita's physician-husband was acquainted (by Lolita) with the whole truth. Their reunion was a happy event—and he gladly gave up politics, which had been an escape. The old grandfather was happy and presently settled a neat fortune on Lolita—and without being black-mailed for it. Some years later I knew that Lolita was one of the most moderate and daintiest little wine drinkers in the country.

The road to cure is invariably long, steep, tortuous, and even torturous—but it's worth trying to travel.

## "DOCTOR, I DEMAND THAT YOU TALK WITH MY HUSBAND"

An attractive-looking woman in the early thirties walked into my reception room one hot summer afternoon while I conferred for a moment with my receptionist. I had just returned from an emergency call. There were at least a dozen persons of both sexes in the reception room. I had never seen the lady before.

I felt embarrassed for the lady's sake. After assuring her that I would be glad to speak to her husband, I left her in the hands of a tactful secretary, and slipped into my inner sanctuary, where a patient was waiting. Within the space of minutes the "demanding" lady had disclosed not only the cause of all of her troubles—alcohol—but had disclosed intimate details to all present, and in such manner that all but two elderly sisters, who did not hear well, left somewhat hurriedly.

My receptionist needed fortitude rather than tact. Tact was unavailing. The woman was the victim of a severe psycho-neurosis. Her closest friends had no idea of the truth and had even influenced their husbands to ostracize the lady's husband.

Investigation disclosed that the husband was a temperate drinker, and a model husband. Treatment was attempted by three exceptionally well-known psychiatrists, but the lady ended in an asylum. I never knew whether state institution psychiatrists had any success in treating her. Her husband divorced her when he learned that she had been the cause of his ostracism.

## TIPS FOR WIVES OF TIPLERS

There are wives who have lived in an atmosphere of such astute dryness previous to marriage that one might judge them to be thoroughly intolerant of drinking, regardless of how moderate, regardless of how temperate, on the part of their husbands. This is rarely true of the

woman of average normality. The woman of average normality, even though reared in a home of teetotalism, sees no harm in her mate's tipping. A nurse who worked for me some time ago was reared under the constant preaching of hatred of alcohol and all persons who partook of it. She drank nothing but water. She was as careful to see that her tipping husband had wine in the house as she was to attend any of his needs. In fact, this lady and her husband were about as congenial a husband and wife (with each other as well as with outsiders) as I have ever known. And strangely, the woman was 35 when she married. Women who do not marry before this age seldom make ideal wives. She was not 100 percent perfect in tolerance, yet she was one of the most tolerant women it has been my pleasure to know. What was the secret of her tolerance? She was as normal mentally as she was tolerant, understanding, intelligent, and a number of other things laudable.

You may be regarded as a woman of average normality, and yet, without knowing it, you may be neurotic. Many neurotic persons are extremists although not all extremists are neurotics. If you do not drink, or if you drink ever so lightly for the sake of sociability, and have a husband who actually tips and likes it, and if this irritates you, be careful. If you are not neurotic you are on the verge of becoming so. You are what is called a "border-liner." If you find yourself magnifying your husband's tipping, and feeling sorry for yourself and bitter toward your husband for tipping—then you have crossed the border-line. You are a neurotic.

Of course, you do not know this and doubtless you have referred to your acquaintances of both sexes with the implication that you regarded them to be neurotics.

Some psychiatrists and not just a few psychologists have boldly advised people to be glad that they *are* neurotics. To me this is a strange sort of psychology and it makes it seem more strange when I consider that it comes from those who are regarded as being qualified to speak on the subject of neurosis.

All of us are transitorily neurotic. That is—at times all of us are the victims of a mild temporary neurosis. This is as normal as life. But if your husband tips and you are opposed simply because you do not even like the taste of alcohol and because you were taught that alcohol is a terrible evil, go carefully in the matter of nagging or scolding your husband. The chances are that if he did not tipple you would find something else in him to blame as a major fault. If you merely scold and nag at home or in private there is hope for you. You can improve your outlook by observing people whom you consider as persons who act with more than a passable degree of decorum. Study other people. Keep your own troubles to yourself—and when others want to "beef" to you about all their pet gripes, listen. Avoid being like the person who simply has to tell a "bigger and better one" no matter what sort of tall tale he may hear someone else tell. In other words do not join the person who seeks to use you as an escape valve. Just listen—and in such a person, picture yourself. If you will but listen attentively and keep quiet instead of seeking a mutual escape it may surprise you to discover that you hold the griper in mild contempt.

Counselors have often advised: "See yourself through others." The person who first gave this advice was wise indeed. If you can listen and keep quiet I can assure you that a few "grippers" who tell you everything morbid and sordid about their marital and family affairs can cure you more surely, and doubtless more quickly, than any professional psychiatrist can cure you.

## PSYCHO-NEUROTIC INTOXICATION WITHOUT ALCOHOL

Out in Los Angeles there is a group which styles itself, "The Great Rainbow Holy Ghost and Fire Revival." I have just received a mimeo-

graphed sheet addressed to "Box Holder." The paper is filled with material indicating psycho-neurotic intoxication without benefit of alcohol—or pure insanity, alcohol or no alcohol. There is a large heading saying, "This Is It." And another which reads, "With Signs Wonders and Great Healing." No commas, mind you. Signs wonders and great healing.

An announcement proclaims that the "reverend" of the group and a group of his "pray-ers" are glad to pray, then lay hands on a handkerchief, and send it to anyone asking prayer for their healing, or God's blessing. A statement explains that all who request prayer for spiritual blessings or the Baptism of the Holy Ghost will be sent a yellow handkerchief, and that those who request prayer for healing will be sent a white handkerchief. If you do not want either you are admonished to send in your name and address so that you may receive the "paper" twice a month. The work is carried on "as the Lord supplies the money to do so, therefore any offerings received are greatly appreciated." The "Lord supplies the money" but they expect the gullible to send it.

Let's look at some of the examples of letters from the *intoxicated sans alcohol*.

From an Oklahoma woman: "I received your most kind and welcome letter. I praise God for healing the cancer. It is completely well. Praise his name. You may broadcast this on the radio or print it in the papers, I don't care, and use my name. I want people to know what God and his wonderful mercy has done for me."

And so, a handkerchief, a letter and a prayer, healed a cancer. But be careful. If you have a cancer better seek competent medical treatment. A Wisconsin woman wrote that after receiving a letter and a handkerchief, she was miraculously healed of a tumor the size of her fist. This was evidently much to the consternation of her doctor. She added, "The Lord sure is good." Isn't it strange that she didn't blame the Lord for permitting the tumor to get her in the first place, and that she had no hard feelings because the Lord thought more of a group of fakers out in California than he did of her and many others?

One Mrs. G., of Louisiana, wrote thanking "the dear Lord who gives power to your hankerchiefs and prayers." Isn't it a shame the dear Lord is so partial?

Naturally the testimonial writers are a group of hypochondriacs in need of first class psychiatric treatment—even though many of them are beyond help. The paper referred to contained many more testimonials and the fact that such things exist is proof that alcoholics who, themselves, need treatment, yet who are so roundly condemned by good people and hypochondriacs, constitute but a minor problem to society. Alcoholics, of course, do injury to people, at times, but their number constitutes a mere handful. Millions of "miracle-loving" hypochondriacs injure people and commit crimes, yet who shouts epithets?

## A SPIRITUAL CURE GROUP

A few days ago I make an investigation in order to obtain facts concerning a spiritual group "cure for alcoholics." The organization calls itself anonymous. I read good reports in reliable publications concerning the group. Only the spiritual and prayer-minded, it seems, may be benefited through association with this group. The group, therefore, seeks to substitute one so-called evil for a really great evil. It is difficult to understand how anyone not a psycho-neurotic suffering from hypochondria could swallow the "prayer" dope and exchange fairly decent alcoholism for a worse brand of partial insanity.

Concerning alcoholism Sadler states that more people today seek solace in the bottle than in the Bible.

## WHY DO PEOPLE DRINK?

There are many reasons why people drink. I have just reviewed several thousand words on the findings of various investigators and investigating bodies. The purpose of the investigations was purely scientific. When the findings of several individual investigators were offered for correlation, it was found that each investigator had associated some psychopathological condition with not merely alcoholism, but with the most moderate use of alcohol. One member of a committee of investigators had written up one set of findings on psychopathic personalities and had then prepared a different set of findings on alcoholic personalities. There seemed to be considerable differentiation. A close analysis proved that the findings of this investigator (who had been aided by numerous scientific organizations) were essentially the same on alcoholic personalities and psychopathic personalities.

Admittedly, nearly 50,000,000 persons in the U. S. consume alcohol without ever becoming psychopathic and without becoming addicted to alcohol per se. It is true, however, that a large number of the 50,000,000 suffer from mild or transitory neuroses.

Basically most people, whether or not they realize or admit it, drink as a form of escapism or compensation. A mild inferiority complex is often overcome (temporarily, at least) under moderate influence of alcohol. Poor eaters have found that alcohol stimulates their appetite. (Many persons and groups label this as pure imagination and, at the same time, such persons gurgled gallons of "stomachics," the main appetizing qualities of which are attributable to their alcoholic content.)

Alcohol being found in the tissues of persons who never touched absolute alcohol, it has been found that evidently the physiological processes manufacturing alcohol in the tissues, is responsible for what is known as a chemical craving for alcohol. Scientific concessions label the "chemical craver" as a secondary drinker.

Many people drink because they find that alcohol controls the inhibitions which make them socially shy. Both men and women, though principally men, drink to overcome sexual inhibitions.

Because alcohol is a vaso-dilator its effects as such serve indirectly to relax nervous tension and many persons drink for this reason even though they do not understand it.

Innumerable persons drink because they have learned that through drinking they can expand or exalt their egos.

For many alcohol relieves pain and they drink because they have learned of this narcotizing effect of the drug.

Sadler states that psychotic drinkers who constitute a group of demented patients drink because they are psychotic and that in no discoverable manner is alcohol a cause of the dementia. This is substantially what I have explained on preceding pages.

There are, of course, other reasons why people drink, but the reasons stated constitute the principal reasons scientifically classified. Into the various classifications may be fitted the thousand and one individual reasons.

## ALCOHOL AND DISEASE

Alcohol has been named by eminent medical authorities as being to blame for innumerable diseases and disease conditions. It is strange indeed that such eminent scientists have failed to recognize that persons

who have never partaken of alcohol are afflicted with the same diseases and disease conditions.

One surgical patient of mine, a lady in the fifties, who had never partaken of alcohol and who did not use tobacco in any form, was found, after the abdomen had been opened, to have a liver as hard as cement. This condition has been attributed almost, if not wholly, to the effects of alcohol.

Because of the fact that alcohol furnishes energy it can and does contribute to the deficiency diseases.

## ALCOHOL AND GENIUS

Nearly all of the world's greatest geniuses have been partakers of alcohol. There are far too many of these for enumeration. In my opinion, Omar Khayyam, author of the Rubaiyat, is one of the most outstanding. He actually sang the praises of wine in his philosophy. Persons are not geniuses because they partake of alcohol — neither does partaking of alcohol keep persons from becoming geniuses.

## MENTAL MEDICINE FOR ALCOHOLICS

Bear in mind that persons who imbibe and yet are not addicted to the excessive use of alcoholic beverages are not alcoholics according to accepted definitions.

Each alcoholic can do much to cure himself (or herself).

### Seeing Yourself

Time and time again I have heard actual alcoholics speak of their utter detestation of other alcoholics who were in a drunken state. If you are an alcoholic try seeing yourself in a state of detestable drunkenness. Try, just for brief periods, to imagine yourself in a detestable drunken state. In time there is a chance that your mental picture or imagery of yourself will revolt you. This is worth dozens of cures in an "institution."

### Face the Cause of Your Escapism

Why did you begin drinking excessively in the first place as an escape? What was it that you wanted to escape from? Was it yourself? Then what was it that you so despised about yourself that you wanted to escape from self? Try hard enough and you will know just why you wanted to escape from self. Then try and see yourself (without making excuses for anything that you are or have been) in a better light and as a person capable of doing things under your own power. If the cause was fear, analyze that fear. Read all of the anti-fear literature you can find and have time to read. Some of it will be bad, but your state of mind will be able to reject the bad and utilize the good.

Your analysis may lead you to conclude that a chain of circumstances led you to drink excessively as an escape from the various circumstances of the chain. After realizing such facts as you are able to put together, then face the fact that the same circumstances do not now exist and seek to find out for yourself if excessive drinking is being presently used as an escape. If so, face whatever it is that you seek escape from. Can you not rise above or conquer the problems leading you to seek escape? Are the problems larger than you are? And face this: Is it that escape is no longer necessary and have you become a

"chemical craver"? If the former is true try to see whether, by cutting out the excess you cannot more readily rise above and conquer your problems. Try to see if you cannot get a real kick out of mastering your problems and enjoy the battle through moderation. If the latter is true—that is, if you have become a chemical craver, try getting more exercise and changing your diet as completely as you possibly can. The latter has worked wonders. And finally, on this score, remember that few "excessives" actually enjoy their drinking. It is the moderate drinker who enjoys his drinking.

## Realizing Self-Importance

There are actual alcoholics who, as has been mentioned, drink excessively as a form of ego-exaltation. The effects of the excess alcohol cause a certain feeling of expansiveness. You can be really greater as your normal self and thus realize self-importance in a true sense. Alcoholic expansiveness is not yours. Try to realize that your personal importance is greater than your alcoholic importance. If you are an alcoholic you have more than one self—your natural normal self, and your alcoholic self. Which of the two do you honestly like the better?

Do you care what others say about you and do you drink to excess just because you feel that others are critical of you? Do you do any particular thing just because you feel that others are critical? To yourself you are the most important of all beings (or you should be), and for this reason you should not let herd criticism worry you. You live with yourself 24 hours each day. Are you satisfied with yourself? If not, then why not take every step necessary to cause yourself to measure up to a self-set pattern? And whether or not you are satisfied with yourself—a herd pattern will not fit your individual self, your ego. Let herd criticism go hang because whatever you are concerns you more than it can ever affect you through what herd thinks you should be.

## Alcoholic Brooding

When, if you are an alcoholic, you are under the influence of an excess of alcohol, are you given to brooding? Melancholia? Then know that persons who never touch a drop of alcohol are often the most melancholy people. Many persons become alcoholics as an escape from melancholia. At first the escape may be or appear to be perfect, but after a certain "deadening" stage has been reached, the melancholia returns—often greatly exaggerated, or greater or more magnified than it was before an escape was sought.

Alcoholic brooding is no worse than any other sort of brooding. The person who broods needs first to change defective habits of hygiene, and next to find and become buried in new interests. In various types of brooding there has been, it is believed, a certain amount of brain damage. This damage may heal but it cannot be materially repaired. The habits caused by such damage can be changed, mended or repaired—substituted. This constitutes a process of re-education.

People sometimes change locations because they have a desire to make new acquaintances, to view new scenery, to form new associations, and because they feel that such a change will have tonic effects—both physical and mental. They change in anticipation of new experiences—and new thrills. The alcoholic brooder will find that through moderation he may, without moving a step, find many new interests and enjoyments. These exist in his present environment.



## Picking Fun Out of Your Mail Box

The moderate drinker sees humor in many things. The alcoholic rarely knows humor. Yet the alcoholic can know humor and can substitute humor for some of the excess alcohol.

Rarely does mail reach my desk but that it brings something humorous—and often something humorously instructive and thought-provoking. Such has just occurred and it has given me an idea that I'd like to pass along.

First, let me ask: Do you read circulars or do you toss them into the wastebasket or fire the moment you observe that a piece of mail is an advertising circular? I give each circular something more than a casual glance.

A circular received just now opens with the question: "Have You Forgotten How to Laugh?" Has anyone? The letter goes on to state: "The terrific strain of living these days is such that relaxation must be made a part of your daily program. It is too great a risk to deny yourself some fun to relieve the tension. No man can long continue at his top best during these trying times without the wholesome tonic of laughter."

Now to me it's downright funny that any sane-thinking person can consider the present times any more trying or straining than other times in the past—in history. Surely life today is easier and more pleasant and less trying than ever before. We'd miss some of our present conveniences greatly were we to be suddenly deprived of them. Remember some of the shortages during the war? And can you think of a few that still exist? But why are the present times so straining?

What caused the writer of the circular to hit on such an idea as to suggest that present times are more straining than have been other times since the beginning of history? Our ancestors fought flies and dug parasites out of their skins and scratched insects off of their hides, and often took heat, cold and rain like the beasts of the wilderness. Many of them faced constant danger—and at one time some of them never knew from one day to the next whether they would become victims of the Inquisition, be burned at the stake as heretics, or be burned because of having been accused of being witches. Yet the composer of an advertising letter reminds us that we are living in "straining times."

There was a laugh in that for me.

Of course, the psychology of the letter was to sell a book. I can think of dozens of better ways to sell a book than by using such adverse psychology. In fact, when I suggest that the alcoholic reduce his intake of alcohol, I do so because I know that he will feel better, and further, when I suggest moderation, I know that both taste appreciation and effect are more enjoyable thus. Personally, I hope that no reader has gotten the idea that I have sought in this book to preach about the evil effects of alcohol—or that I have meant to suggest that those who enjoy alcohol should become *dry*. Far from it. If you like it, drink it. Exercising your free will so long as it is not thoroughly anti-social—so long as it does not injure others (even though others may *think* they are injured), is one of the greatest things of all to keep this country and humanity *free*.

The writer of the advertising letter states: "All of this is preliminary to what I want to say to you about a book that I want to prescribe as 'good medicine.'" I don't have to be made sick by being faced with the "gloom of these straining times" to be able to enjoy a good book or a good drink. Nor should this be done to you.

Incidentally the book was said to be filled with good laughs and,

as an example, two supposedly laugh-producing anecdotes were offered. There was the one about someone asking Secretary of the Navy Knox about the secret sailing of ships. Knox asked the party if he could keep a secret, and upon being assured, Knox confided that he could, too. And the one Abe Lincoln told about a small boy carrying a larger boy up a hill. When asked if the burden wasn't too much for him, he replied that it wasn't a burden, it was his brother.

I see nothing funny about the jokes but I get a laugh out of the advertising writer who sought to sell laughter and offered stale jokes as a sample.

All of this may seem to be getting away from our main subject, but I have included it to show that one may get fun out of things and places if one but looks for it, and such fun will often take the place of excess alcohol.

## ESPECIALLY FOR THE MATES OF ALCOHOLICS

If your spouse is an alcoholic you may sometimes need fortitude even though you are not neurotic. And if you are a neurotic you are in worse condition than your alcoholic mate regardless of what you think about it. If you are neurotic, instead of trying to treat your alcoholic mate or get such spouse treated, better try treatment for yourself.

The first thing not to do is to get some patent advertised remedy to put into the alcoholic's coffee to cure him. Federal food and drug laws have safeguards against fatal poisoning in such "remedies" but the safeguards do not always work. Anyone can buy aspirin, but aspirin sometimes kills. The killing is usually slow, but sometimes it's almost instant—just as soon as the aspirin disintegrates in your stomach and, according to the phony advertisement of one company offering aspirin for sale, the killing may be like lightning. (Lest anyone misunderstand about aspirin, let it be explained that several minutes are required for aspirin to either relieve or kill. After aspirin reaches the stomach and dissolves, it must pass into the duodenum and small intestines because it is never absorbed through the stomach wall. Alcohol is the only substance known which does that. The aspirin must be absorbed though the walls of the small intestines and even after it is in the bloodstream it is ineffective until it is carried by the circulation to the lungs where it is oxygenated.)

Remember that you may kill your mate with an alcohol "cure." It is better to cure yourself because nothing you can do other than being kind, cheerful, wise, humane and considerate, can help your alcoholic spouse. The neurotic mate of an alcoholic spouse may be a menace to the alcoholic and to family and friends. And especially if the mate is unalterably opposed to alcohol.

If you can cure yourself of your intolerance all will be well and good. If you cannot, then do not try to cure your mate. It would be kinder in every instance to get a divorce—and pronto. But if you are bound to be neurotic and intolerant—then know that the only happiness you will ever know will be the sadistic or masochistic pleasure you find in neurosis.

If you really want to help your life-partner (so-called, for this is not always true), then the first thing to seek to do is to help yourself. Intolerance is not easy to conquer. I hate certain kinds of ignorance, but I am not intolerant of ignorant people. Often their ignorance is not their fault. I am unalterably opposed to seeing billions spent in the name of religion when such billions could improve the state of mankind if spent to improve education and to provide the greatest facilities possible for genuine mental and physical health programs. Yet, I am not intolerant of people who are religious. Some of the best friends I have ever had were priests. Intolerance can be conquered.

## WHAT HAPPENS WHEN YOU FEEL INTOLERANT?

Have you ever stopped to think of this? I have observed persons who were intolerant of cigarettes. I have observed them as they watched a smoker inhale the smoke and exhale it. I have seen their chests heave and their faces color. The chest gets tight and sometimes the head aches. Now and then a good spell of intolerance, whether it be of smoking, alcohol or the swearing many persons indulge in, prostrates the intolerance victim and medical services may be needed. Genuine anger can produce similar symptoms and when the final analysis is faced, intolerance is a form of anger. A great deal of intolerance may be required to bring about personality disintegration. Just a little intolerance starts the process of personality disintegration. The moderate use of alcohol does not cause personality disintegration. Habitual excessive use of alcohol can, and often does, destroy the personality.

In this we must consider two important things. Many persons can attain a greater degree of intolerance than others without undergoing personality disintegration to any great extent. And many persons can consume vastly more alcohol than others without being positively affected by the disintegrating factors of alcohol or alcoholism.

There is no easy cure for intolerance. There is no easy cure for anger. Various toxins in the body so affect the glands of the body (and especially the endocrine glands) as to make anger, hate and intolerant producing processes, become quickly manifest. And when these and comparable conditions materialize, further toxins are created and in greater volume. Some such toxins may stimulate the heart and dilate the blood vessels (or relax them) thereby causing a "stroke" of one kind or another—and even death. Fear can, of course, do the same thing. There is such a thing as a person being "scared to death," and there is such a thing as a person being "mad enough to die."

By telling you of these things I seek to bring to your attention that intolerance, hatred, anger and like qualities may be health-wrecking or killing. Such factors are far more dangerous than alcohol. And to realize their danger may help one to seek means of curing rabid intolerance, to overcome the temperament of getting angered easily, and of actually hating.

A really good fit of intolerance can make you feel worthless for days, and can even put you in bed.

If your mate is an alcoholic and you are a nagger and scolder you may rest assured that your mate is likely to drink all the more in rebellion against you.

The best way to cure anything which you personally dislike is both to ignore the thing you dislike and your dislike equally.

You can do more for an alcoholic mate by ignoring the fact of the mate's alcoholism than in any other way. And if you can do this you will have conquered an intolerance that is damning—to yourself.

## PHYSIOLOGICAL FACTS AND ALCOHOL

It has been estimated that with certain exceptions an average adult person can metabolize about two ounces of alcohol in 24 hours. This agrees with what I explained previously about the capacities of various drinkers. Certain foods have an alcoholic effect upon certain individuals. I have observed persons in whom food had produced alcoholic effects who worked off the alcohol (which was an excess to them) by

saying every deprecating thing they knew to say about alcohol and alcoholics.

It is true that alcohol has produced paralysis and numerous other serious conditions. It is equally true that these were often cases not of poisoning by alcohol, but poisoning by alcohols.

Early I showed that approximately 50 different forms of alcohol (or alcohols) have been recognized. Numerous of these alcohols are deadly poisons.

Many persons who lived during the prohibition era in the U. S. will remember of the cases of wood alcohol poisoning and cases of "jake leg." Others will have read or heard of these cases. Such cases were not the result of using ethyl alcohol but the result of the strictly poisonous alcohols. A small dose of certain of the alcohols may be fatal.

When absolute or ethyl alcohol (ethyl hydroxide) is taken in a quantity sufficient to produce serious symptoms further alcohol is usually rejected by the victim. And it is a strange fact in physiology that of all powerful drugs and poisons, ethyl alcohol is one most readily recovered from with seldom any permanently damaging effects.

Persons who literally eat tobacco, snuff, aspirin, the barbiturate and other lethal drugs may be persons who are the most intolerant of alcohol and drinking of alcohol in any form.

Persons who practically poison themselves to death on foods may be insanely intolerant of alcohol. Nearly all such persons preach about the evils of alcohol. One of the reasons for this is that their systems and indirectly their minds are, and have been, poisoned by other substances to the extent that they are incapable of logical reasoning.

## FOODS, DRUGS AND PEOPLE

Coming under the latter classification, and having written several thousand words herein in discussion of foods, drugs and people, it seems but just that I should, in discussing people, explain just a little about myself. Readers may wonder: Where does this writer stand on the question of alcohol? What does he think in actuality of neurotics? And, of course, there may be other questions.

Quite frankly, I enjoy food, living, loving, working, playing, and drinking—all alike or on the same basis. For as long as I can remember there was alcohol in my home. I was never forbidden to partake of it. As I grew up I came to enjoy alcohol just as I enjoyed food, or play or work or sleep—or any of the other natural things of life. Yet, I have been intemperate in the loss of sleep, by overworking and otherwise, but I have never been intemperate with food or alcohol.

Foods, it has been explained, can produce intoxicating effects. This is especially true when a person is afflicted with a disease of metabolism. In certain metabolic disturbances, however, the body will gain energy from moderate alcohol dosage when it will not metabolize foods for energy.

If you have ever observed a diabetic person closely—especially one in no way addicted to alcohol (even one opposed to alcohol), you may recall having observed changes of the temperament quite similar to changes produced by alcohol in non-diabetics. This is especially true regarding the mental mechanisms involved in anger.

In the matter of narcotizing drugs, alcohol is the least damaging of all. A member of a temperance union will tell you that this is not so and such person will likely stuff with drugs which permanently damage the human economy.

A Mrs. J., of my acquaintance, is a snuff fiend. She is incurably religious. And she is unalterably opposed to alcohol. She is a diabetic. Once when she was in that diabetic state which so nearly approaches alcoholic intoxication of a type, I heard her preach a sermon on the ill

effects of alcohol—and what a terrible thing alcohol is. If she had her way (and remember she was an incurable Christian), all persons who made alcohol would be killed.

I interrupted her to ask if she had the will power to quit taking snuff. She admitted she hadn't. Snuff was about her only consolation. I then explained that persons who actually craved alcohol craved it just as much as she craved snuff and I asked if she thought the snuff makers should be killed. She admitted that perhaps they should be killed but that she hoped they wouldn't be. I then advised her to take a dose of insulin. She complied and presently regretted that she had ever said that anyone should be killed. Of course, in such a person we have a psychoneurotic personality — but there is probably nothing to be gained by going into the details of her particular type of psychoneurosis in the short space left.

Not infrequently neurotic mates of imbibers (not necessarily alcoholics) have some particular habit. Perhaps it is the aspirin tablet, and to them aspirin represents medicine and they feel that anyone has a right to take medicine. There is no argument against rights. Yet, an aspirin habit is far more damaging to the body and to the personality than the alcoholic habit. The damaging effects of overindulgence in alcohol come out into the open and are, generally, quickly and readily overcome. The damaging effects of the aspirin habit are hidden and insidious. They are like the dog which does not bark but which sneaks up behind a person and snaps at the heels.

Even so, the neurotic mate of an alcoholic finds extenuating circumstances in his or her case.

## THE FUTURE AND PROHIBITION

### Can Prohibitionists Win Again?

No discussion of alcohol would seem complete without either a reference to, or a study of, the question of prohibition. Perhaps you have thought but little of the possibility of a return of national prohibition. But there are those to whom making liquor (alcoholic beverages) unlawful is more important than providing treatment facilities for 10,000,000 neurotic citizens. Yet, persons allegedly alcoholics in the U. S. number 1/20 of the neurotic figure.

In spite of the fact that 50,000,000 persons in the country are said to be drinkers, 500,000 alleged to be alcoholics, Drys estimate that if 6,500,000 of the voters of the country (in addition to those already in favor of dryness) swing over, national prohibition could be put over by vote.

Prohibition never has caused dryness in the U. S., and there is little chance that it ever will. Were one sufficiently interested and possessed of infinite patience, a library could be filled with the horrid facts of attempted prohibition. Just now in States allegedly dry and legally dry, alcohol flows to the tune of several times the cost in dollars per unit than in States legally wet. During a part of the time in which we were involved in World War II, I was living in a legally dry State. In an adjoining wet State, and one wherein there were State liquor stores, liquor cost from just more than \$2 per quart up. In the legally dry State the \$2 whiskey (rum, gin, etc.), sold for \$12. Concerning the legally dry State to which I referred, I have just read that the federal government collected \$200,000 in liquor licenses in 1945.

There are three States which are said to be legally dry—Kansas, Oklahoma and Mississippi.

*Nation's Business* for September, 1946, published the following statement:

"Sale of whisky by physician's prescription, wine for religious ceremonies, and 3.2 beer in Kansas and Oklahoma, and 4 percent in Mississippi, is legal."

It seems a travesty on justice and decency that the law of a dry commonwealth provides legality for alcohol for religious ceremonies when all of the temperance unions are said to be under the auspices of religious groups.

When it is considered that only three States in the union are legally dry, it gives us food for thought to learn that another State has voted dry but that its legislature will not enact a dry law until another source of revenue is found. This is the State of South Carolina.

Even now in legally wet commonwealths there is what is called local option. This means that while certain parts of certain States, as for instance counties and municipalities, are wet, and the sale of alcoholic beverages in such States is legal, one is breaking the law if one transports to, or uses in, a dry county or municipality, the alcoholic beverages which are legal in other counties and cities.

### **Antics of the Anti-Salooners**

The Anti-Saloon League, whose featured crusader is one Reverend Sam Morris, sought to block the renewal of the radio license of Station KRLD because the station had sold time for beer advertising and had allegedly refused to sell time for prohibition advertising. Had a station sold (or given) time to some religious group for carrying on over the air and refused it to an atheistic group one doesn't have to guess that the reverend and his pals would have been sitting back saying amen.

It has been said many times that it is a poor rule which doesn't work both ways.

### **If You're Not a Dry**

Being a wet you may find any day that you have ordered a bill of goods only to receive it with prohibition stickers pasted all over the containers. Of course, if you are a Freethinker you may receive mail any day with a lot of religious propaganda in it: There is no need to feel resentment either way. Feeling resentment may indicate that somewhere deep down within you you have a little feeling that maybe you are wrong.

### **A Dry Propaganda Campaign**

Just now Dry organizations are busy bombarding the mails with post cards, letters and broadsides. Most of this propaganda is directed, not to individuals, but to publicity agents, such as radio stations, movie producers, newspapers, magazines, and other advertising mediums which are in the habit of accepting advertisements for alcoholic beverages. It goes without saying that the literature is dry.

Dry enthusiasts devote a great deal of time to "research work" in public libraries, where they nose out the alcohol ads and then start a post card propaganda campaign protesting to the magazines carrying the advertisements.

It is not to be denied that the campaigns mentioned are meeting with considerable success. In a group of commodities such as soap, food,

drugs and clothing, the advertising of one item in the group went above 16 percent of its sales in dollars and cents. Distillers-Corp-Seagram, with \$6,033,000 of business, spent 2 percent for advertising.

Evidently it is more profitable to advertise commodities and items other than alcoholic beverages. I do not have the data showing which item in the group named spent above 16 percent for advertising. But *Nation's Business* (September, 1946) is the source from which the figures are taken. In such matters *Nation's Business* makes it its business to be accurate and reliable. My guess is that the special item was drugs. And, if this is correct, almost anybody would know that ethical pharmaceutical manufacturers do but little advertising. Most of their advertising goes as detailed information of an educational nature to doctors and to druggists who distribute the pamphlets and similar material to physicians. Patent medicines—nostrums—*advertise*. Glance through a few magazines and newspapers, and then listen for a few moments or an hour to your radio and you will doubtless guess with me that the high volume advertising was that of drugs—principally, patent medicines. The druggists would do well to check on the alcoholic content of numerous patent medicines. And if the druggist will use donations effectively in a campaign against having every radio announcer in the country act as a quack doctor in proclaiming (or even operating the transcription equipment) the virtues of remedies for "acid indigestion" (there isn't such a thing — as any doctor), gastric stomach complaints (whose stomach complains?) and drugs which are habit forming and should be taken seldom under a doctor's direction and never otherwise, I'll gladly donate.

## Prohibition's Chance to Win

Literally speaking, there are no wet organizations. The manufacturer's of alcoholic beverages and their direct customers are countering anti-propaganda.

On the other side of the fence there are millions of Gideon Planishes who are working with the druggists.

The U. S. will not, so long as alcohol is known and remembered, be dry—but as a nation we are the law-passingest nation on earth. Will we have another prohibition law? It would not surprise me in the least to awaken some morning in the not far distant future and find that decent citizens will have to start sneaking their drinks again.

## MANKIND'S ARCH ENEMY

Let no one shout intolerance when I state that organized religion is the arch enemy of mankind. During the recent war organized religion literally forced the federal government to call off an educational campaign against venereal disease which might well have made of venereal disease a minor problem. It will be many years before the public psychology will be as favorable toward preventative measures against venereal disease as was true during the recent war.

Organized religion rants that man is conceived in sin. Let all who subscribe to this philosophy—to this alleged belief—stop propagating. It is they who yell sin and they are those who have no particular inhibitions against sinning frequently. If they will stop conceiving and thus propagating, the population of the world will decrease—but a better and sinless strain of humanity will be able to carry on a better civilization as a result of having gotten rid of sinners even though through unnat-

ural means. These sinners see the beauties of procreation in the spring-time when the world is green, and when choice meat, the result of animal procreation, is served on their tables. They claim to love their children whom they profess to have sinned to beget. And they, who even write poems about the wonders of Nature (whose principal source of beauty is procreation), label sex as dirty. Yet, but for sex, the earth would be lifeless and sex would again have to evolve and animal life (including mankind) would again have to start from the lowly amoeba—the one-celled creature.

Man can eat the grape and yet if Nature ferments it—the fruit of the fermentation is anathema to those who have erected unotld billions of dollars in shrines to ignorance, intolerance and murder—in their preachments. Among people whom any of us have known sufficiently well, we have known as many alcohol addicts among the religious as among others.

Just so long as the hordes of organized religion hold the mind of man bound in superstition and in bondage to the shrines of ignorance—just that long will we have an abundance of persons mentally afflicted.



