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**Want To Drink? That's Your Business;
Want To Stop? That's Our Business**

Alcoholics Anonymous Are Ready To Help You

A few days ago the editor of this newspaper found three neatly typed manuscripts on his desk. He had no idea of the identity of the writer but he was impressed with his sincerity and terseness. We will present these three manuscripts in this and the two succeeding issues of The Post. We think our readers will be interested in the problem they discuss. More than that, if you know any one who needs help in

order to face the problem discussed here and has reached the point where he or she sincerely and honestly admits it, just call The Post. The author of these articles or one of his associates will be glad to help at any hour of the day or night.

—The Editor

By AA Member

I am an alcoholic—one of the lucky ones! I escaped from the not so tender trap set by old John Barleycorn for the unwary drinker. Since becoming a member of Alcoholics Anonymous eight years ago, I haven't touched a drop. This after 27 years of hard drinking. I know from experience, my own and others', that once a person becomes addicted to alcohol, he can never again indulge safely. "Once an alcoholic, always an alcoholic."

I am not a crusader, nor am I trying to invade anyone's private life. Neither do I intend to argue the pros and cons of drinking. We in AA say, "If you like to drink, that's your business. If you want to stop, that's ours."

But I will try to clear up some misconceptions concerning this vital social problem. If we for a moment consider the destructive role that alcohol plays in the number of broken homes, divorces, commitments to hospitals, jails, and institutions; the large unemployment and relief rolls, and last but not least, the many death certificates issued 20 to 30 years too early, it will remind us how important this problem is to hundreds of thousands of our citizens. Every thinking American should give it serious consideration.

Too many people look upon the alcoholic as a no-good bum that chooses to live that way. This attitude is unreasonable. When men or women drink themselves in and out of trouble, losing friends, family, jobs, and social position in the process, there is something definitely wrong with their personality make-up. An emotionally healthy individual wouldn't think of putting into his mouth a substance which steals away his dignity and self-respect, and brings on physical and mental torment. But the sick alcoholic, although he knows what the final result will be, continues to drink again and again. He just cannot resist the compulsion to drink.

Non-alcoholics may scoff, but the victim is ill, physically, mentally, and spiritually. How can we expect rational behavior from one so afflicted? Many will unjustly ask, "Why doesn't he use his will-power?" He does! He wills to drink. Try to stop him and you'll learn how much misguided will-power he can exert. Sociologists tell us that wherever drinking is a socially accepted custom a certain percentage of the population will become alcoholic. Why? No one knows. Sometimes the most promising members of a community are destined to ride the alcoholic merry-go-round. Once fine creatures, with many good qualities become objects of scorn.

The question arises: What type of personality is susceptible to alcoholism?

Doctors and psychiatrists specializing in nervous diseases have long

been aware that people whose emotional development is faulty are set-ups for the narcotic effects of alcohol. The late Dr. Abraham Myerson, of Boston, warned against further drinking if a man or woman indulged with any of the following motives in view:

1. Enjoying a party or gathering ONLY when liquor was served;
2. Longing for the time of day to arrive when one can drink;
3. Considering alcohol necessary to relaxation and pleasure;
4. Turning automatically to alcohol each day to overcome anxiety, disgust, fatigue or frustration;
5. Having a drink objective which is different from a casual drink itself. In other words, using alcohol to acquire a mental glow, or lift, which one cannot attain through normal means. These are all red-lights on the melancholy route to chronic alcoholism.

Why do certain promising individuals become alcoholic, while others, with qualities no finer, drink with safety? There is no conclusive answer.

Next week: "Alcoholic Behavior."

Teen-Agers Group Attends Retreat

The Teen-Age group of Gate of Heaven School attended a retreat at St. Gabriel's Retreat House, Scranton, Saturday and Sunday.

The following girls attended: Mary Lou Daley, Frances Lenahan, Tally Thomas, Marian Mascali, Betsy Johnson, Carol Rinehart, Jane Czajkowski, Phyllis Zambetto, Carol Klings, Faith Jacobs, Elizabeth, Marion and Eleanor Elenchik, Geraldine Letner, Maryanne Kupstas, Barbara and Maryanne Cooney.

Marian Elenchik was parochial chairman of the retreat.

The group was accompanied by the following parents: Mr. and Mrs. John Butler, Mr. and Mrs. John Elenchik, Mrs. Frances Lenahan and Mrs. Nettie Dailey.

Plan Self Service Snack Bar At Beach

Mr. and Mrs. Sam Slomowitz, proprietors of Sandy Beach Drive-In Theatre, have returned from the Drive-In Theatre Convention at Cleveland, Ohio.

Highlighting the convention activities was a discussion of a recent survey, which indicated that the latest trend is to convert Drive-In Theatre snack bars into self-service cafeterias. This provides for more efficient service for patrons.

In keeping with this latest trend, the Sandy Beach Drive-In Theatre has purchased the very latest equipment in order to convert their snack bar into a self-service cafeteria, which will provide its patrons with the very best in food and service.

Express Gratitude

The family of the late Jennie McMillan wish to thank all their friends and neighbors who so kindly sent flowers and food, lent cars, and helped in any way during their recent bereavement.

Farmers Warned About Seed Oats

Urged Not To Buy Unadapted Seed

Farmers are again cautioned to be on the guard against smooth talking oats salesmen who each year attempt to sell unadapted varieties in this state. Each year many farmers are sold unadapted varieties on the basis of yield data secured from other states. This practice has in previous instances proven disastrous for farmers since even though the figures were correct, the varieties were simply incapable of producing as well under Pennsylvania's climatic conditions.

Farmers can protect themselves against becoming unfortunate victims by asking three questions suggested by the Pennsylvania Crop Improvement Association.

1. Is the source reliable? If you do not know the company or dealer and can find nothing out about them, don't buy.

2. Is the variety recommended? If the variety is new or strange, don't accept it at face value. Check its performance record and location where grown.

3. Is the price reasonable? No one variety is so much superior to others that an excessive price should be charged for it. Old stand-bys are still good according to Extension Service trials.

If in doubt as to recommended varieties, check in the new 56 page Pennsylvania Crop Improvement Association Certified Seed Directory, a copy of which may be obtained for 5c postage from P.O. Box 536, State College, Pa., or from your local certified seed dealer.

Ham Supper

A ham supper will be served at the Dymond Hollow Church under the auspices of the WSCS tomorrow

night starting at 5:30. The public is invited.

The lowest ebb is the turn of the tide.—Longfellow

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1953 Ferguson tractor, like new; tractor mower; set of plows; tractor manure spreader; Oliver side rake; New Holland Baler with P.T.O.—like new; 3 section harrow; lime spreader; 1951 Dodge truck; electric clippers; 32 ft. extension ladder; platform scales; tractor seeder; wheelbarrow seeder; quantity lumber; 8 tons baled mixed hay; chicken equipment—4 electric and 2 gas brooders, feeders; gas heater; bucket-a-day heater; hot water boiler; set heavy harnesses; 2 saddles; carriage; quantity small tools.

House Furnishings

3 pc. living room suite; 9 pc. dining suite; chairs; studio couch; 3 bed-room suites; rockers; gas stove; refrigerator; rugs; dishes; 5 benches and 5 long tables suitable for picnics.

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