

ALCOHOLICS ANONYMOUS

St. Ignatius in his rules for making a good decision recommends "reckoning up, how many advantages and utilities follow for me . . . and, consider likewise, on the contrary, the disadvantages and dangers" that would come from making a certain decision.

One of the groups of the Alcoholics Anonymous has a chart made by a woman alcoholic, which chart conforms fairly well to the suggestions that St. Ignatius makes. While it ignores the specifically spiritual motivation, this spiritual motivation was the basis for this self-evaluation.

The Alcoholics Anonymous are much more successful with people over forty than they are with people under thirty. They find very few high-bottom alcoholics. A high-bottom alcoholic is one who can see the bottom before he hits it. A low-bottom person is one who has to splash on the bottom before he is convinced that it exists.

On this page we give an analysis by a woman alcoholic who has completed ten years of total abstinence. The analysis was made before she stopped drinking. It is hoped that some alcoholic novices may use her experience and become high-bottom.

MEET YOUR PRECINCT CAPTAIN

There are probably about 130,000 voting precincts in the United

FACTUAL GAIN and LOSS CHART ON UNCONTROLLED DRINKING

ASSETS	Liabilities
New Feeling of Maturity.	Silly and Foolish.
Disappearance of Self-Consciousness. Pleasure of Disregarding Conventions.	Pseudo Maturity. Pulling Boners. PENALTY OF INDISCRETIONS.
Magnified Feelings of Friendships for "Pals." False Feeling of Superiority and Grandeur. Mental Elations—Good Parties.	Indifference to Feelings of Others. Temporary Depression. Inferiority Reactions. Hang-overs. UNFAVORABLE PUBLICITY.
Temporary Elimination of Business and Family Worries. Source of Companions of No Import Self Esteem in "Going on the Wagon." Wishful Thinking!	Loss of Real Friends. Disruption of Family Affections. Divorce? "Boss' Hatred—Auto Accidents. Serious Trouble; Loss of Self-Respect. Debts—Disregard of Honesty. Fear of Society, other than Drunks. INCREASING RESENTMENTS.
Compensations of Feeling of Inferiority Temporary Physical and Mental Well-Being. False Courage Relating to Social, Sex and Business Life.	Sapped Vitality—Worry about Health. Loss of Memory—Gradual or Serious. Business Losses (Time Out?) (Fired?) Worry, Relative to Reputation and Dependency, and Size of Liquor Bills. Disintegration of Central Nervous System. Fear of Wasted Life. DISSIPATED APPEARANCE.
Satisfying Flight from Reality.	Jails—Hospitals—Continuous Borrowing or Pan-handling—Mooching—Fear of Insanity. Fear of being Sober Enough to see Depleted Self in True Light. CHRONIC Insomnia— HORROR — DREAMS. ALCOHOLIC ILLNESS — BITTERNESS — MELANCHOLY
Satisfying a Craving and Addiction.	Loss of Zest for Life—Chronic Illness. Contemplated Suicide. Accentuation of Insanity Characteristics. WET BRAIN. INSTITUTIONS. DEATH !!!
ASSETS	LIABILITIES

A. A.

Humiliation leading to humility leading to God's promised help to the humble has prospered the growth of the Alcoholics Anonymous (Post Office Box 459, Grand Central Annex, New York 17). Their most recent report shows that they have 19,000 members in 535 centers in every state of the Union and Canada, Honolulu, Australia, Mexico, and Brazil. Archbishop Cushing of Boston recently spoke to the A.A.'s of Dorchester, Massachusetts, on their first anniversary. Archbishop Murray of St. Paul has addressed them several times.