



# Lifeline



AN INTERGROUP PUBLICATION

519 N. GRAND AVE.  
SUITE " C ", SANTA ANA, CAL.

TELEPHONE  
542-7217

VOL. I.

ORANGE COUNTY, CALIFORNIA - FEBRUARY 1965

NO. 23.

# AN URGENT REMINDER!

ARE WE FORGETTING THAT " OUR  
PRIMARY PURPOSE IS TO STAY SOBER  
AND TO HELP OTHER ALCOHOLICS  
ACHIEVE SOBRIETY" ?

Central Office is the point of contact for these new suffering alcoholics, and we seem to be letting our groups forget that it is their monthly contributions that keep this valuable life line open.

At meeting after meeting we hear people tell what A.A. has given them, and enabled them to achieve by working the A.A. program.

We must impress upon these people that it is a program of sharing and giving, and not let them forget that when they needed a point of contact it was there ready for them, and that it is their responsibility

now that they are sober, to help with what what they can afford to give, not the least they can get by with giving!

Make a monthly contribution yourself to the Central Office. Try to encourage your group to make a monthly pledge and live up to it, or put out a coffee can for them to put their contributions in, so they will know that it is going directly to Central Office to help keep it open.

DO YOUR SHARE! HELP OTHERS DO THEIR SHARE IN THE FURTHERANCE OF A.A. GROWTH AND EFFECTIVENESS IN ORANGE COUNTY!

ANSWER THE CALL!

.....Bill B.  
(Chairman Intergroup Association Orange County A.A.).

# G.S.O.

EVERYTHING IN A.A. STARTS WITH  
YOU!!!

Remember how you got started? You had a sponsor, and you needed him. Just as your sponsor had needed his sponsor. And as the three of you needed each other. So you became a Group.

Now! The Group needed things. A place to meet. A coffee pot. Somebody to see about the hall. And make the coffee. And arrange the meetings.

Of course, the Group did the local 12th Step work. But where do you draw the line? What about the alcoholics in the state hospital 30 miles north of town? There were other towns, and other Groups as close or closer than yours. So the Groups got together. Cooperated. And served.

That's how it's been with A.A. right from the start. As the Fellowship grows, so do our service obligations. And somehow we always manage to provide whatever is needed. Locally. Regionally. Nationally. Worldwide.

We need intergroups. And special prison and hospital committees. The General Service Conference to meet annually. And G.S.O.- our General Service Office.

So the next call for help may make your phone bell jump. Or it may be a letter to G.S.O. from Zanzibar, written in Swahili. Both will get answered, because-

G.S.O. ISN'T "THEY"-

IT'S YOU!!!!!!!!!!!!!!!!!!!!!!

.....You, Your Group and A.A.  
Worldwide- New York.

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## **Answer The Call!**

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# ORANGE COUNTY ALL-TIME LOW

## CENTRAL OFFICE FINANCES

At the January Intergroup Meeting the Group Representatives voted to replace the usual detailed monthly financial statement with a brief summary and to publish the complete report on a quarterly basis.

In January, contributions by Groups dropped to a NEW ALL-TIME LOW of \$293.77, with the result that your central office showed a deficit for the month of \$179.89. Elsewhere in this issue you will find a complete listing of all Groups in Orange County showing the amount contributed by each. If you are not satisfied with the showing of your Group, perhaps there is some way you can help to make its members aware of the need to support their Central Office.

.....Jim M.

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## L.A. HAS ITS TROUBLES TOO!..... LAST MINUTE LETTER FROM A DEDICATED MEMBER-

Dear Sybil:

Every time I see the Central Office report of contributions by groups the blank lines showing no contributions bug me a little.

If every group would give even as much as \$1.00, your deficit would just about disappear. I think every group would want to be represented as having a part in the running of the Central Office which is doing such a great job. We are not competing with each other in the amounts we give and I feel that is more important that we do give rather than how much.

I am sure there is not a single group that cannot give one dollar, and wouldn't it be marvelous if every single group could have even a small part in the great work we are trying to do?

Sincerely, Bill C.

San Marino, Calif.

.....L.A. Central Office Highlights

EXCERPTS FROM THE SAN FRANCISCO  
CENTRAL OFFICE BULLETIN

(Reprinted from the Los Angeles Central  
Office Highlights.)

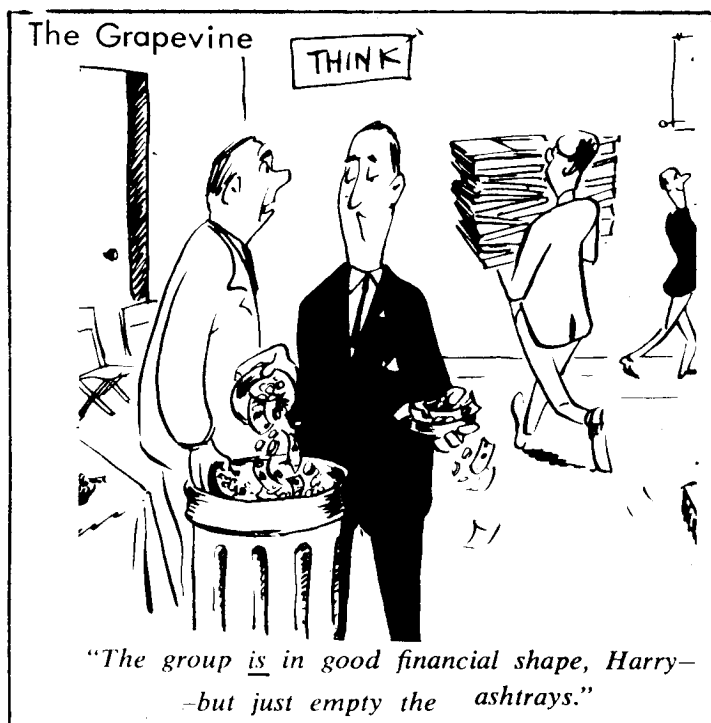
"The chief source of income for any Intergroup Association is, and should always be, the Group Contributions. Of course the real problem is that ALL the groups DO NOT contribute every month. Yet, we have the same expenses every month, but for some reason many secretaries think it is OK to 'skip' the intergroup office. Our support is good, excellent...as a matter of fact, but it should be better.

"There are many ways we can raise money and by-pass the groups. But, this is not good for the groups. The only way the groups can control their operation is by discharging the group's responsibility for the upkeep of the office. Of course we know and understand and approve heartily the tradition which says that financial support is not a condition of membership, either for a group or an individual. On the other hand, the support HAS to come from somewhere and it should be from the groups. At least, the major portion. If every group would send in a contribution every month (no matter how small) we would be in good condition. Any amount is better than none.

"Another thing which experience has taught us is that for a group to build up a large reserve is bound to lead to disaster. There is no reason for any group treasury to be the repository of any more money than is required for the next month's operation. All surpluses should be distributed. Some group treasurers may not agree with this - but it is nevertheless the absolute truth that such practice inevitably leads to trouble and there is no valid reason to build up the group treasury. There is no shortage of money today as the country is in one of its greatest booms, and alcoholics do not 'tighten up when they dry up'. Alcoholics as a class are the most generous and warmhearted people imaginable. When we have trouble with money, it is only because some secretary or chairman does not explain the thing to the members. We are timid, vague, apologetic. Sometimes the basket is passed surreptitiously, when no one is looking, as though we were doing something wrong.

"A.A. is greatly admired by the 'outside' people, and one of the principal reasons they admire us is because of our policy of being self-supporting. We are the only organization in the field of public health which does not have its hand out, does not conduct drives, does not beg for money. Alcoholics, the greatest 'gimme' artists extant, - sober up and become self-reliant and self-supporting.

"Let's be honest. As long as we need money, let's say so and stop inferring, by acts of omission or commission that we don't."



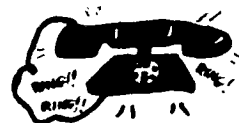
FROM "THE FIRST BOOK OF A.A.  
TRADITION" - 1947

WE QUOTE: "MONEY - PART ONE"

"Suppose we begin with voluntary contributions. Each AA finds himself dropping money 'in the hat' to pay the rent of a meeting place, a club, or the maintenance of his local or national headquarters. Tho' not all of us believe in clubs, and while a few AA's see no necessity for any local or national offices, it can be said fairly that the vast majority of us believe that these services are basically necessary. Provided such facilities are efficiently handled, and their funds properly accounted for, we are only too glad to pledge them our regular support, with the full understanding, of course, that such contributions are in no wise a condition of our A.A. membership. These particular uses of our money are now generally accepted and, with some qualifications, there is little worry of dire long range consequences."



# YOUR CENTRAL OFFICE



## FINANCIAL REPORT

<u>RECEIPTS:</u>	<u>JAN. '65</u>
GROUP CONTRIBUTIONS	\$ 293.77
DEFICIT	(\$ 179.89)

<u>STATISTICAL REPORT</u>	<u>JAN. '65</u>
NEW INQUIRY	31
PUBLIC INFORMATION	151
LITERATURE	31
GROUP MEETINGS	126
INTERGROUP ACTIVITY	125
OFFICE VISITORS	130
ALANON	19
SPEAKERS	3
12TH STEP CALLS COMPLETED	69
<u>TOTAL CALLS</u>	<u>685</u>

<u>GROUP CONTRIBUTIONS</u>	<u>1965</u>
	<u>JAN.</u>
<u>ANAHEIM</u>	
SUN. A.M.	○
SUN. P.M.	○
MON. STAG	○
TUES. STAIRWAY	○
WED. PEOPLE'S CHOICE	○
WED. WOMEN'S	○
THURS. PIONEERS	○
THURS. COUPLES	\$ 30.03
FRI.	○
SAT.	○
<u>BUENA PARK</u>	
TUES.	15.00
FRI.	○
<u>CORONA DEL MAR</u>	
MON. WOMENS	○
FRI. REBEL	50.00
<u>COSTA MESA</u>	
SUN.	○
MON. STAG	5.00
TUES.	○
FRI. WOMENS	○
CYPRESS	○
<u>FULLERTON</u>	
TUES. RECOVERY	○
THURS. STAG	15.00
SAT.	○
<u>GARDEN GROVE</u>	
MON. DAYLIGHT	○
MON. EASTGATE	○
WED. BELFAST BELLES	○

WED. BELFAST STAG	○
WED. SERENITY	○
WED. SPEAKERS	○
THURS. WOMENS	○
FRI. TODAY	○
SAT. SPEAKERS	15.00
<u>HUNTINGTON BEACH</u>	
MON.	○
WED.	5.00
<u>LAGUNA BEACH</u>	
SUN. FAMILY	32.00
MON. STAG	○
TUES. NOON-A-TICKS	○
TUES. STUDY	○
WED. SOUTHCOAST	○
THURS. WOMENS LUNCH	○
THURS. BEGINNERS	○
FRI. UNDER 40	○
<u>LA HABRA</u>	
SUN. BREAKFAST	○
FRI.	○
<u>MIDWAY CITY</u>	
FRI #1	○
FRI. FIFTH TRADITION	○
<u>NEWPORT-BALBOA</u>	
TUES. TRADITIONS	○
THURS. #1	○
SAT.	○
WED. AA-ALANON LUNCH	20.00
<u>ORANGE</u>	
TUES. ORANGE-TUSTIN	17.74
FRI.	3.00
<u>SAN CLEMENTE</u>	
SANTA ANA	○
<u>SUN. PATIO</u>	
SUN. A.M.	○
SUN. VILLA	○
MON. VILLA WOMENS	○
MON. EL MODENA	○
TUES. OUR WAY	○
WED. MENS STUDY	○
WED. SPEAKERS	○
WED. DISCUSSION	○
THURS. RESEARCHERS	○
FRI. PARTICIPATION	○
FRI. EBELL SPEAKERS	○
FRI. FRIENDLY	○
SAT. BEG. Q. & A.	○
<u>STANTON</u>	
<u>WANDERING GROUPS</u>	
MON.	10.00
SAT.	33.70

WESTMINSTER	
SUN.	○
TUES. WOMENS HARMONY	5.00
THURS. FAMILY	5.00
WHITTIER-LAORCO	3.00
MISCELLANEOUS	
G.S.R. WORKSHOP	5.00
INTERGROUP	9.30
MATT TALBOT	○
OTHER DISBANDED GROUPS	○
<u>TOTAL CONTRIBUTIONS</u>	<u>\$ 293.77</u>

A BIG SPECIAL BOUQUET TO Betty A. for the beautiful Third Anniversary Birthday Cake at the recent Central Office Birthday Dinner. Betty is one of those rare people who works quietly with no fan fare- gets things done, and we want her to know that her diligence does not go unnoticed. Thanks again, Betty!

THANKS

We wish to thank Henry W., Intergroup Representative from the South Coast Group for his help in getting out the January edition of the Lifeline. Along with Lee and Bert R., and our own ever faithful, Jim M., they got the paper in the mail in one day's time.

ACCIDENTS

Pearl D., wife of Frank D. of Costa Mesa was seriously injured in an automobile accident recently, but is on the mend.

Bob C., Lifeline Publisher, was recently hurt, and has been running around with his right hand in a splint. It doesn't seem to slow him down any.

IN MEMORIUM

HEARTFELT SYMPATHY  
TO THE FAMILIES OF

MARY SMITH

LURIE ABERNATHY

MARTIN VOGHT

ROY SANCHEZ

THE TWELVE STEPS OF YESTERDAY

1. I stated that I could hold my liquor and was master of my own life.
  2. Believed I was sane and rational in every respect.
  3. Decided to run my own life and be successful in all my undertakings.
  4. Made a thorough and searching inventory of my fellow man and found him lacking.
  5. Admitted to no one, including God and myself, that there was anything wrong with me.
  6. Sought through alcohol to remove all my responsibilities and to escape from the realities of life.
  7. Got drunk to remove all these shortcomings.
  8. Made a list of people who had harmed me, whether real or imaginary, and swore I'd get even.
  9. Got even whenever possible, except when to do so would further injure me.
  10. Continued to find fault with the world and the people in it, and when I was right, promptly admitted it.
  11. Sought through lying, cheating, and stealing to improve myself materially at the expense of my fellow man, so doing, only for the means to get drunk and stay drunk.
  12. After having a complete moral, physical, and financial breakdown as the result of this kind of living, I tried to drag those who were dear to me down to my level and
- I PRACTICED THESE PRINCIPLES IN ALL MY AFFAIRS!
- ... (By a practicing alcoholic who remains anonymous.)
- .....Submitted by John L.

ANOTHER THANK YOU!

John L., Director of the Orange County Institutional Committee, wishes to let you know that the Christmas candy and cigars, distributed to the inmates of the O.C. Institutions, were greatly appreciated. To those of you who helped in this worthy cause, Thanks.

.....John L.

# ORANGE COUNTY A.A. CALENDAR

## GROUP NEWS

The Costa Mesa After Hours Group has folded. Not enough people stay up that late we presume...

### ST. CALLISTUS WEDNESDAY NIGHT SPEAKERS GROUP

Schedule of Speakers for March:

- MAR. 3 - Don R. (Hollywood)
- MAR. 10- Herb B. (Alhambra)
- MAR. 17- Lou H. (Hollywood)
- MAR. 24- Art W. (Long Beach)
- MAR. 31- Dick W. (Hollywood)

This meeting begins at 8 P.M.

### SAN CLEMENTE FRIDAY SPEAKER- PARTICIPATION GROUP

Bob C. celebrated his first A.A.  
Birthday- Friday, Feb. 12.  
Jack V.S. was leader for this meeting.

### ANAHEIM SPEAKER GROUP SUNDAY A.M.

Schedule of Speakers:

- FEB. 28- Jack C.
- MAR. 7- Clint P.
- MAR. 14- Al D.
- MAR. 21- Al G.
- MAR. 28- Bob S.
- APR. 4 - Ladies Day

This meeting begins at 11 A.M.

### NEWPORT #1 THURSDAY SPEAKERS GROUP

The following members will celebrate  
their Birthdays Thursday, February 25th:

- Barbara J. 2/3/56
- Lennox H. 2/5/62
- Claire T. 2/6/48
- Cam C. 2/6/63
- George B. 2/7/61
- Bert R. 2/10/60
- Tom M. 2/10/60
- Hazel C. 2/19/61
- Candy B. 2/23/55
- Mack H. 2/27/54
- Ed S. 2/28/62

Congratulations!!!!!!!!!!!!!!!

### INFANTS WELCOME AT NEW BUENA PARK GROUP.....

Buena Park has come up with the answer to the baby-sitting problem that besets so many of our members in the form of a new group which will have its first meeting, Feb. 26th, Friday Morning, 10 AM at 8714 Los Altos Drive, Buena Park. For further information about this new group please call Laverne W., 827-0281.

### GARDEN GROVE SERENITY GROUP

New meeting time for this group will be 8:00 P.M. - Wednesdays.

### SANTA ANA ONE HOUR SPEAKER GROUP- EBELL CLUB

The Santa Ana One Hour Speaker Group will host the next All-Group Meeting, March 7, 8 P.M. at St. Callistus Church School Auditorium. Howard H. from Hollywood will be the guest speaker. Hank W. is group coordinator for this one.

### ORANGE COUNTY SATURDAY WANDERING GROUP

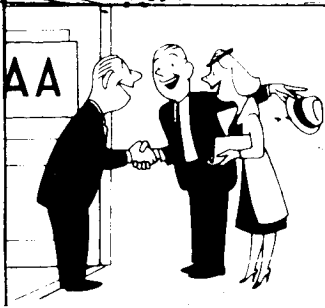
The Wandering Group will host the April Fourth All-Group Meeting honoring the Second Anniversary of the Orange County Lifeline, at St. Callistus Church. Chuck C. will be the speaker for this one.

### TORONTO CONVENTION NEWS

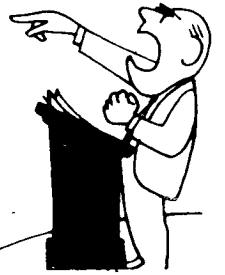
SPECIAL CHARTER FLIGHT TO THE  
30TH INTERNATIONAL CONVENTION  
IN TORONTO, CANADA.,.....

For those interested in attending the convention in Canada this summer there is a special AA Charter Flight planned. All information concerning this can be given to you by calling your central office at 542-7217.

# BIG SPRING GALA IN APRIL!



# ALL GROUP A.A. MEETING



8 P.M.  
Hosting Group  
SANTA ANA ONE HOUR  
SPEAKER GROUP (FRI.)  
HANK W.  
(GROUP COORDINATOR)

SUNDAY - MARCH 7 TH  
ST. CALLISTUS SCHOOL AUD.  
LEWIS ST. & GARDEN GROVE  
GARDEN GROVE

GUEST SPEAKER  
HOWARD H.  
(Hollywood)

INTERGROUP  
COORDINATOR  
GEORGE A.

ALL PROCEEDS ABOVE EXPENSES GO TO THE ORANGE COUNTY CENTRAL OFFICE!

A.A. WOMEN'S ANNUAL BANQUET  
MAY 19 - 7 P.M.

KNOTTS BERRY FARM  
GARDEN ROOM  
DONATION \$3.00

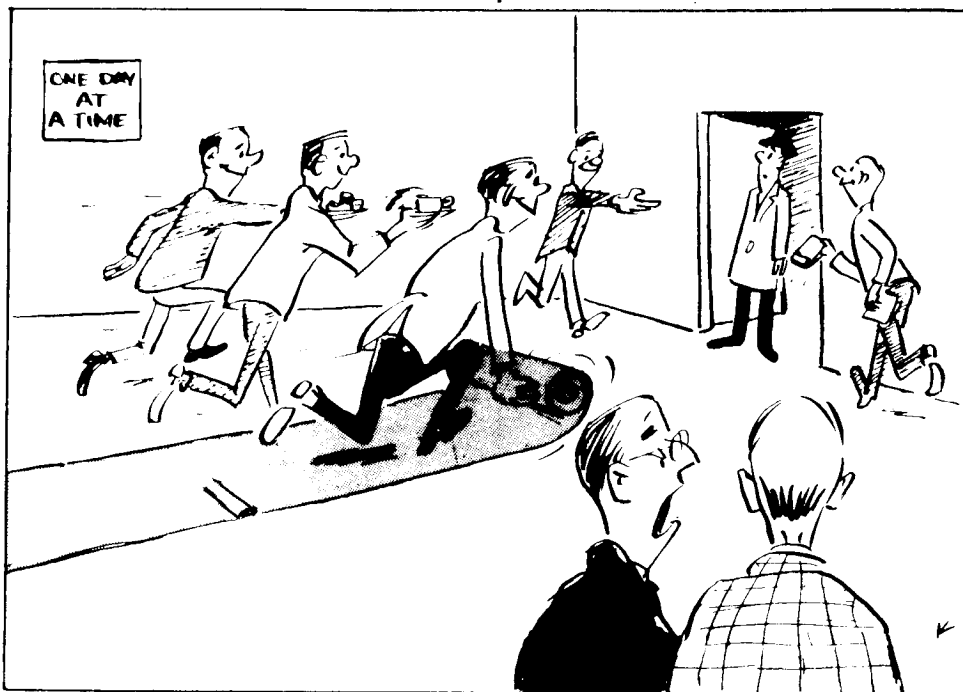
TICKETS ARE LIMITED SO RESERVE  
YOURS NOW!!!!!!!

Call: Mary R. 539-8897  
Ginny H. 871-2355  
Ruthie B. 539-4016  
Roberta S. 539-0705  
Colleen D. 897-2882

# LIFELINE

The Orange County Intergroup Lifeline will celebrate its second anniversary at the All-Group Meeting in April. Although subscriptions keep coming in, we are far from the number needed to hit the 1000 printing mark we were able to set before the postal requirements made it necessary to have a bonifide subscription list. Any comments or suggestions as to ways and means of improving Lifeline will be greatly appreciated. Please send them in!

...From The Grapevine



"This group goes all out to make the new man feel welcome!"

# LETTERS

## LETTER FROM A GRATEFUL AL-ANON!

I am Theresa, and my gratitude for having the privilege of this wonderful program is beyond description. For, when I arrived, I was just as sick, just as hysterical, just as insane as my poor daughter, whom I know now, was suffering from a deadly, devastating disease, the disease of alcoholism.

Not long after I came in, I heard Oscar Levant say, on television, that his doctor had said to him, "Oscar, I don't know what's eating you but, if you had been a house, you'd have been condemned." And this was the story of my life in a nut-shell. But I was a human being and I was given a reprieve—another chance. For I found, through Al-Anon, that I had a choice—that there was a fork in the road of life, and I could choose between the two paths. I could continue to let myself be destroyed by my daughter's disease, or, I could find a new, comfortable, secure way of life for myself by working our steps, one day at a time, to the best of my ability, and I could try, in my small way, to help some other parent who suffered as I had. I could "burn a candle" instead of "cursing the darkness".

I was so sick, the night I arrived that I saw nothing, heard very little, but, thank God I could still feel and I felt that wonderful emanation of understanding, faith and hope as I had never been aware of it before in my headstrong life. I had known for a long time that my God and I were growing farther and farther apart, day by day, but I was too insane to know that it wasn't He who was moving over. I had deserted Him, but He found me that night at the one moment, at which I had to become aware if I was to find help. I heard no steps or traditions but my poor, sick, brain cleared long enough for me to hear you as you stood together and asked God to give you the serenity to accept the things you could not change. And suddenly I knew that I had never in my life accepted anything I didn't like. If I disliked a person, I rejected him. If I disliked a thing, I fought it. You can't play

God and find Him, and this was what I had tried to do.

Because my poor daughter had rejected A.A. a few hours before her AA sponsor took me to that meeting. I was, thank God, on the bottom rung of my ladder of despair. For this I am grateful, for, through the acceptance that came to me as I used our serenity prayer, I believed everything you told me, used everything you gave me, to the best of my ability, one day at a time.

This devastating disease destroyed my daughter but my program has restored to me every other thing that is precious to me and brought me many more blessings. I am comfortable with you. I belong to you and I feel that you belong to me. I am secure and happy today. You gave me the wonderful gift of today. I no longer live in grief and bitterness over yesterday. I no longer live in fear and dread of tomorrow. I am happy. I have achieved an age which I dreaded all my life but, because of this program, it is the most challenging, wonderful period of my life. I was completely rejected by all my family when I arrived because of my insane behavior. Today, I have the confidence and love of my beloved grandchildren. I have the affection of innumerable friends whom I treasure dearly. I have a God of my own, who is with me at all times, guiding me constantly. I can trust Him implicitly and turn my loved ones over to Him. I am relieved of my mistaken sense of responsibility in things which are too big for me.

I thank God and each and every one of you every day of my life as miracles unfold. God bless you all.

.....Theresa G.

## FROM ALATEEN ALATEEN SPONSOR

Dottie M. from the Monday Laguna Daytime Al - Anon Group is the new sponsor for the Costa Mesa Searchers Group, replacing Jan Y. Thank you, Jan, and welcome, Dottie.





# FROM ALANON



## TWENTY QUESTIONS AN AL-ANON CAN ASK HERSELF OR HIMSELF....

1. You can admit intellectually, that you are powerless over alcohol; but have you accepted this fact?
2. Did, or do you, resent being married to an alcoholic?
3. Can you see your situation realistically?
4. Can you recognize yourself reverting to old patterns of self-pity and reverse the trend you are taking?
5. Do you sometimes feel or show superiority over your alcoholic mate?
6. Are attitudes of superiority, resentment, etc., affecting others in your family?
7. If past incidents come up, can you respond without bitterness—perhaps even with humor?  
Have you stopped focusing all your thoughts and attention on your alcoholic partner?
8. Have you stopped focusing all your thoughts and attention on your alcoholic partner?
9. Have you REALLY Let go - Let God?

10. Are you waiting for your mate to work the program before you begin?
11. Do you catch yourself trying to control, manage and direct those about you?
12. Recalling past incidents, can you see progress in your attitudes of CALMNESS, OBJECTIVITY, UNDERSTANDING, and SILENCE at such times?
13. Do you think your attitudes (hostility, protectiveness, etc.) MAY have prevented your alcoholic from seeking help earlier?
14. Do you feel that resentments hinder your emotional and spiritual growth?
15. Supposing you sense resentments in your mate, how many of your own have you kept warm, covered up and tenderly preserved? It takes time and energy to nurse a grudge.

## RASH JUDGEMENT

A fable tells of an ancient Persian King who wanted to discourage his four sons from making rash judgements. At his command, the eldest made a winter journey to see a mango tree. Spring came and the next oldest was sent on the same errand. Summer followed and the third son went. When the youngest boy had returned from his autumn visit, the King called them together to describe the tree.

The first said it looked like a burnt old stump.

The second disagreed, describing it as lovely in lacy green.

The third declared its blossoms were as beautiful as the rose.

The fourth said all were wrong. "Its fruit was like a pear."

"Each is right," the king said, "for each of you saw it in a different season."

And so it is when we view another's actions. We should withhold judgement until we are certain we've seen "The tree in all its seasons."

.....submitted by Dorothy M. at the Laguna Monday Alanon Meeting.

16. Recognizing that some of us become extremely independent during the drinking days, do you now include your mate in plans in an effort toward a more normal life?
17. Since your mate stopped drinking, have you found that you have more difficulties with your self than with your partner?
18. Has your life changed significantly since you came to Al-Anon?
19. Have you recently taken an inventory of yourself, remembering to list credits as well as debits?
20. Have you come to realize that YOU are the only human being about whom you can do anything?

## " AN OLD WAY TO NEW LIFE".

by  
Fulton Ousler

---

In the cemetery office a uniformed chauffeur approached the clerk at the desk. "The lady is too ill to walk," he explained.

"Would you mind coming out to the car with me?"

Waiting in the car was a frail elderly woman whose sunken eyes could not hide some deep, lonlasting hurt.

"I am Mrs. Adams," she said. "Every week for the last two years I have been sending you a five-dollar bill for flowers to be laid on the grave of my son. I came here today because the doctors have let me know I have only a few weeks left. I wanted to drive out here for one last look, and to thank you."

The clerk blinked at her irresolutely. Then with a wry smile, he spoke: "You know, ma'am I was sorry you kept sending the money for the flowers."

"Sorry?"

"Yes---flowers last such a little while! And nobody ever sees them."

"Do you realize what you are saying?"

"Oh, indeed I do. I belong to a visiting society. State hospitals. Insane asylums. People in places like that dearly love flowers--and they can see them and smell them. Lady, there are living people in places like that."

Some months later the clerk was astonished to receive another visit; doubly astonished because this time the woman was driving the car.

"I take the flowers to the people myself," she announced with a friendly smile. "You were right; it does make them happy. And it makes me happy. The doctors don't know what is making me well--but I do! I have something to live for."

A physician friend of mine seems to possess miraculous healing power. Without drugs or knives he makes many of his patients well and happy; difficult cases too, people suffering not only from personal difficulties but from heart trouble, alcoholism or paralysis. His colleagues are often mystified but he insists it is childishly simple:

"My patients make themselves well by using a prescription given long ago in Galilee. I wonder what would happen if

the Sermon on the Mount were taken literally by the medical profession? Certainly Jesus gave us dependable keys for mental and physical well-being. Unselfishness is the greatest safeguard against self-pity, hate and fear; therefore it is a kind of specific against many forms of insanity."

One day a girl named Emily came to Prof. Ernest M. Ligon, head of the psychology department of Union College. She wanted to know what she could do with her life. She was a hapless, chapfallen figure, too tall and bony, instinctly awkward. When Emily shook hands the professor winced--her palms and fingers were nervously cold and moist. And she had poor taste; her clothes, he declared in unacademic language, "were a mess!"

He said to her, "Emily, I want you to go out and buy yourself a new dinner dress--but remember, just ask the saleswoman to select a dress, that she thinks becomes you. Then I want you to get a new hairdo--but again, just ask the hairdresses to do what she thinks is best for you. Then I want you to come to the church social next Tuesday night".

Emily shook her head. "I'll get my hair fixed and I'll buy the dress, but I won't come to the party."

"And I know why!" exclaimed the professor. "You think you won't have a good time. When you arrive don't look around with a sickly smile, hoping to heaven somebody will be polite to you. Just stand composedly and as soon as you see some man standing alone go over and ask his name and then inquire if he has a hobby. Then come and tell me. If he collects stamps I'll introduce him to another collector; if he likes to fish, I'll bring him a fisherman. Meanwhile, you go looking for another candidate. Keep yourself busy as if you were hired for the evening to look out for everybody's comfort. And promise me you will stay till the party is over."

Now, such are the unsearchable ways of life, Emily had a fine time. She was actually popular that evening. The professor could never make her lovely--but she was making herself lovable.

(Continued on Page 11)

( Continued from Page 10 )

My doctor friend is a famous New York neurologist, and many dipsomaniacs come to him after having been pronounced incurable by other specialists.

"Know what I do with them?" he asked me. "I'll tell you about a man we'll call Bill Wilkins."

Bill Wilkins, Wall Street broker, woke up one morning in a hospital for drunkards. Despondently he peered up at the house physician and groaned:

"Doc, how many times have I been in this joint?"

"Fifty! You're now our half-centuryplant."

"I suppose liquor is going to kill me?"

"Bill," replied the doctor solemnly. "It won't be long now."

"Then," said Bill, "How about a little snifter to straighten me out?"

"I guess that would be all right," agreed the doctor. "But I'll make a bargain with you. There's a young fellow in the next room in a pretty bad way. He's here for the first time. Maybe if you showed yourself as a horrible example, you might scare him into staying sober for the rest of his life."

Instead of resentment, Bill showed a flicker of interest.

"Okay," he said. "But don't forget that drink when I come back."

The boy was certain that he was doomed, and Bill, who considered himself an agnostic, incredibly heard himself pleading with the lad to turn to some higher power.

"Liquor is a power outside yourself that has overcome you," he urged. "Only another outside power can save you. If you don't want to call it God, call it truth. The name isn't important."

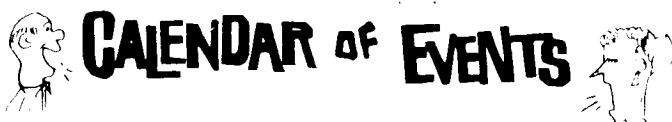
Whatever the effect on the boy, Bill greatly impressed himself.

Back in his own room, he forgot his bargain with the doctor. He still hasn't had that drink. Thinking of someone else at long last, he had given the law of unselfishness a chance to work on him; and thru him it worked so well that he became a founder of a highly effective movement in healing faith---

ALCOHOLICS ANONYMOUS.

...From Reader's Digest- as reprinted in The Path, Atascadero State Hospital .

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&

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.....Jack S.

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