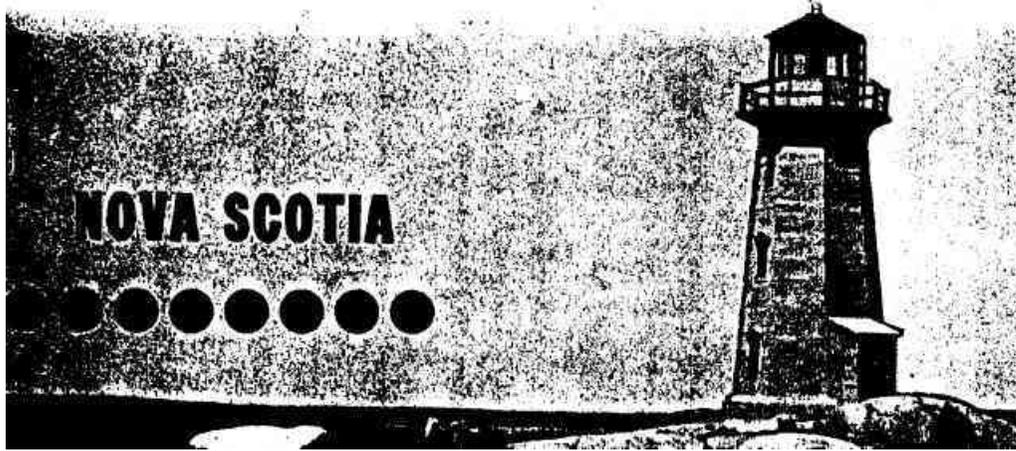


May 1951



THE editor and publisher, the barrister and solicitor, the agent and sales manager, the druggist and the real estate broker, all five past masters of all degrees of alcoholism, met on the night of April 8th 1948, in sober and solemn mein — thus came into being another group of "Alcoholics Anonymous." Perhaps it is wise not to re-call much of the pre-birth and bearing down pains preceding this advent, suffice to say that the labor was quite excruciating and extended over a long period.

Some time previous to this meeting, a friend in the U.S.A. who was much interested in the welfare of our editor and publisher, sent him a weighty volume entitled "Alcoholics Anonymous." At first glance of this book our editor experienced mingled feelings, mostly cynicism, doubt, scorn and derision. The second glance partly penetrated his alcoholic haze — but just enough to sense some possible amusement

to be had with his boon, bosom and and boozing companions, so he took his book along on his next visit to the druggist who was then in alcoholic consultation with the lawyer - now the ball was rolling and gathering weight — and they promptly sent for the sales manager and the broker — *and then began round one of a championship fight*, Remember, these were men who on awakening in the morning had an "eye-opener" before dressing, then a "bracer" before shaving, next a "pick-me-up" while preparing the coffee, and an "appetizer" before breakfast (if any?) - then after these ceremonies *they had their first drink for the day!* Now they were all set for another day of confusion and frustration.

These were the men who now stood up and before God and their fellow men admitted "that they were powerless over alcohol" and "that their lives had become unmanageable." These men carried on

the local fight, round after round, and are ever on the alert for more contestants.

— *Anonymous, Nova Scotia*

A MEMBER of the Yarmouth AA Group, a man of 53 years, a drinker for at least 30 and definitely an alcoholic for the last 15, after an initial period of membership and sobriety for about three months had the following to say in open meeting: —

"Realizing that I am a very recent convert to the 12 Steps of AA and not at all qualified to lecture or get up in meeting and testify, nevertheless I feel that I should put on paper some of my thoughts and impressions during this early stage. It will serve me as a record to be read over in the future and perhaps will help me to remember the debt of gratitude and loyalty I owe to my fellow ex-drunks for their assistance, both spiritually and materially, in directing my footsteps along the path by which I may regain my status as a decent citizen of my community. Even in the short time since joining I find a great change, both physically and mentally. I awake in the morning in full control of myself and with the determination that this day I will accomplish something worth while, even if it is only another short step along the road to recovery. My appetite for food has bounded back with a bang and I am now able to enjoy a wholesome breakfast - which hasn't happened

to me for several years past. Although the cost of most foodstuffs is rather frightening, I am quite convinced that the cost of eating decently is not within shouting distance of the high over-all costs of drinking. My mentality, it seems to me, is improving.

I am sure my power of concentration is rapidly returning. Recently I have been able to arrive at decisions on different matters which formerly would have rolled back and forth, or up and down in my mind, cursed at, reviled, and finally consigned to some dark recess, preserved in alcohol, for some future day's settlement. Procrastination is certainly a virulent off-spring of alcoholism!!!

The spirit of tolerance, friendship and willing assistance that I find among my fellow AA members is to me a cause for much serious thinking, as well as wonder and amazement. Surely the Grace of God enters here somewhere — not even an unbeliever would be brash enough to deny that.

If, and when, (more procrastination!!) I think myself fit to ask the Almighty for a resumption of diplomatic relations, you may be sure I will humbly and earnestly implore His help and blessings on all AA efforts in re-habilitating our fellow men, as well as render sincere thanks for strength and guidance received in the past."

To which, we all say *Amen.*
— *C.C., Yarmouth, Nova Scotia.*