

ALCOHOLISM...AN ADDICTION?

What is alcoholism? According to the American Medical Association, it is a disease, like cancer or diabetes. Alcohol (ethanol) is a mind-altering drug, which has the qualities of inducing tolerance and withdrawal syndrome — two qualities which are associated with physiological dependence or addiction. This happens after a varying, but usually long preliminary period of heavy social drinking. We don't yet know why one out of every 15 adult U.S. drinkers ends up as an alcoholic. Why don't the other 14?

Nobody knows the answer to this basic question, and surprisingly little is being done to find out, considering the diseases prevalence. There are now six and a half million Americans suffering from alcoholism, according to Dr. Roger O. Egeberg, Assistant Secretary for Health, Education and Welfare. Dr. Egeberg has described alcoholism as the nation's number one neglected health problem. Statistics show that the average untreated alcoholic's life-span is shortened by 12 years, yet most cases of alcoholism in the U.S. fail to get adequate medical attention. Early symptoms often go unrecognized because U.S. physicians are not adequately trained to de-

tect them. Alcoholism still suffers from the effects of social and moral prejudices which retards its recognition as an illness and therefore discourages urgently needed professional treatment.

If your answer is "yes" to any of the following key questions, prepared by the National Council on Alcoholism, you have some of the symptoms that may indicate incipient alcoholism:

- Difficult to get along with when drinking.
- Drinks "because he is depressed."
- Drinks "to calm his nerves."
- Drinks until he is "dead drunk" at times.
- Can't remember parts of some drinking episodes.
- Hides liquor.
- Lies about his drinking.
- Neglects to eat when he is drinking.
- Neglects his family or job when he is drinking.

If you even suspect that you are slowly drifting into alcoholism (along with other Canadians), you should seek expert advice right away. There may be a local Alcoholism Information Centre or a local office of Alcoholics Anonymous close to your home.

Like many other diseases that get worse by degrees, al-

coholism is difficult to spot but easiest to treat in its early stages. The line that separates heavy drinking from alcoholism is a thin one. Yet the physician, who should be an expert in the detection of all disease, is often poorly equipped by his early training to detect the early signs. This was brought out at the Medical Session of the 1970 Meeting of the National Council on Alcoholism. Dr. William R. Willard, Dean of the University of Kentucky School of Medicine said, "The student has not learned to experience the satisfaction of dealing constructively and successfully with an alcoholic patient."

What kind of people are alcoholics? Many of them are women. Few alcoholics are of the "Skid Row Bum" variety, less than 5%. A high proportion of alcoholics are well-off in a financial way, and many hold high paying jobs, which they are gradually forced to neglect as their disease gets worse, unless they are among the lucky few who now receive treatment. Many alcoholics have a lot of "strength of character" by anybody's standards. Yet they become alcoholics. Why? Much work remains to be done to disclose the answer. Alcoholics have in common only the fact that

their daily intake of the drug — alcohol — exceeds their body's ability to handle it effectively. All of us who drink socially — even if we are quite moderate drinkers — could be prone to the disease of alcoholism. For this reason,

if for no other, we must all try to help establish a climate of public opinion which recognizes alcoholism for what it is — a disease — and to support the establishment of expanded research and treatment facilities.

ALCINDOR BAGS SCORING TITLE

New York — Lew Alcindor, Milwaukee Bucks' seven-foot two-inch giant, added the scoring championship to his Most Valuable Player award in the National Basketball Association's final regular season statistics released today.

Alcindor, voted the MVP last week, averaged 31.7 pts. a game, scoring 31.7 points in 82 games as he led the Bucks to the Midwest Division title.

John Havlicek of Boston Celtics was second with a 28.9 average and Elvin Hayes of San Diego Rockets third at 28.7.

The field-goal percentage title went to Cincinnati Royals' Johnny Green, who hit 58.7 per cent of his field goal attempts to Alcindor's 57.7.

Wilt Chamberlain of Los Angeles Lakers won his ninth rebounding title with 1,493 for an average of 18.2 per contest. Chet Walker of Chicago Bulls was the best free throw shooter for the first time, making 85.9 per cent.

The assist leader was Norm Van Lier of Cincinnati with 832, or 10.1 a game.

Following Hayes in the NBA's top 10 scorers were: Dave Bing, Detroit Pistons, averaging 27 points in 82 games; Lou Hudson, Atlanta Hawks, 26.8 points in 76 games; Bob Love, Chicago, 25.2 points in 81 games; Pete Maravich, Atlanta, 23.2 points in 81 games; Bill Cunningham, Philadelphia '76ers, 23 points in 81 games; and Tom Van Arsdale, Cincinnati, 22.9 points in 82 games.



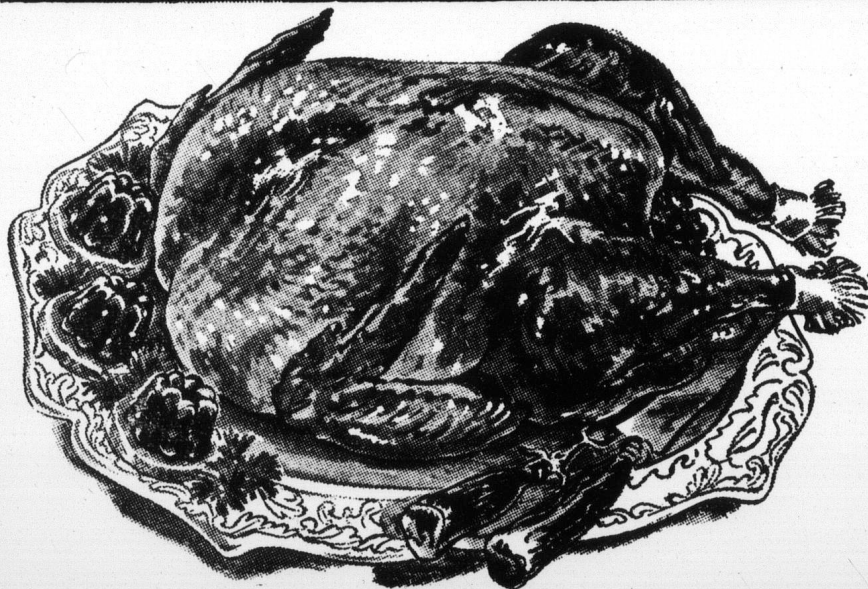
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