

More Doctors Urging AA The Answer To Alcoholism

An increasing number of medical men now regard alcoholism as an illness which, in the light of present medical knowledge, can be controlled only through total abstinence. More and more they urge problem-drinking patients to turn to help to Alcoholics Anonymous, a worldwide fellowship of 350,000 former problem drinkers.

At the same time, many doctors and psychiatrists support A.A. activity in community and industrial health programs, in medical and correctional institutions, and in special information and educational programs.

Although medical men have been close to A.A. since its beginning in 1935 those doctors who endorsed the program in the early days did so at considerable risk to their professional reputations.

The first doctor to endorse the ideas and techniques that later became known as the A.A. program was Dr. William D. Silkworth, resident specialist in a private hospital for alcoholics. In 1939 he wrote an unsigned introduction to the book 'Alcoholics Anonymous,' prophesying that the A.A. approach could mark a "new epoch in the annals of alcoholism," and said that A.A. members "may well have a remedy for thousands of such situations."

In 1951, 12 years later, this prophecy had been realized. The American Public Health Association presented a Lester Group Award to Alcoholics Anonymous "in recognition of its unique and highly successful approach to that age-old public health and social problem, Alcoholism."

The citation went on to add a prophetic note of its own: "Historians may one day recognize Alcoholics Anonymous to have been a great venture

in social pioneering which forged a new instrument for social action, a new therapy based on the kinship of common suffering; one having a vast potential for the myriad ills of mankind."

The first psychiatrist to study and apply the A.A. recovery program, which is based on the proposition that one alcoholic who has stopped drinking has a good deal of experience, strength and hope to offer those who still suffer, was Dr. Harry M. Tiebout.

Dr. Tiebout's paper on the "Therapeutic Mechanism of Alcoholics Anonymous," prepared for the 1943 meeting of the American Psychiatric Association, was a milestone in the growing medical understanding of A.A.

During the following years, the mutual understanding between members of the medical profession and the men and women in A.A. has continued to deepen.

The administrators of many general hospitals, for instance, are now willing to admit alcoholics as patients. This was virtually impossible 25 years ago — unless another cause was named.

Today there are A.A. groups in more than 500 medical institutions, most of which are public facilities. Some large general hospitals have even set aside special facilities for alcoholics with all admissions screened by qualified personnel. The Hepburn Hospital group meets every Tuesday evening at 8:30 in Ogdensburg, N. Y.

As A.A. has grown, it has become an important ally of many doctors who specialize in industrial medicine. The magnitude of this aspect of the problem is shown by studies which indicate that there are some two million problem

drinkers in American industry.

The medical departments of many large companies have set up practical programs in which A.A. is a key element in the worker's recovery.

These industrial programs recognize that the alcoholic is a sick person. They are designed to give the patient new awareness of his illness and to expose him to the experience of A.A. members who have coped successfully with the same problem.

In many communities, the A.A. program is becoming a vital part of a community-wide approach to the problem of alcoholism. Local commissions or committees in such cases cooperate with A.A. groups in making the recovery program available to men and women whose drinking has created a community health and welfare problem.

As a fellowship, A.A. cooperates with, but never affiliates with, outside agencies. By the same token, A.A. itself does not own, sponsor or endorse hospitals or convalescent homes.

Individual members of A.A. often contribute specialized experience as members of local and national information programs, commissions on alcoholism, in public and private clinics and in industrial programs. Members have also opened rest homes or "farms" catering to alcoholics. All of this, however, is strictly an individual matter and in no way involves A.A. as a whole.

Notable development in recent years has been the growing interest of doctors overseas in the A.A. program. Progress has been hampered somewhat because of the language difficulties, but a good deal of A.A. material is now being made available in foreign languages.

While A.A. has apparently come a long way since 1935, few members claim to have all the answers for the solution of the problem of alcoholism. Statistically, the 350,000 members of A.A. represent only a small percentage of the estimated 5.5 million people in the United States who have a problem with alcohol. Many doctors are still unfamiliar with the A.A. program. And while the progress thus far is encouraging, it is at best only a beginning. There is still a long way to go.

Asian Culture SLC Gets \$82,000 Program Here In State Aid

The State University College at Potsdam is sponsoring a Cultures of Asia program for the third consecutive summer from June 28-July 31.

Professors representing five Asian nations each will lecture for one week during the college's summer session. Five lectures, which will be open to the public, will be July 8, Hing Aung, Burma; July 14, Kwang-Chung Yu, China; July 20, Dolores Magnayo, Philippines; July 28 Keizaburo Maru yama, Japan; one was held June 28 by T. R. Rajasekhariah, India.

Each lecturer will focus on the history, geography, religion, literature, arts, social and political life of the peo-

State Comptroller Arthur Levitt has announced the distribution of \$5,170,032.63 as the initial installment of the newly enacted per capita assistance program to counties.

ples of his nation. Coordinating the program is Dr. Luther Gulick, Jr., chairman of the college's department of geography.

The program will be complemented by three events on the college's summer artists series. They are today, lecture-recital, music of North India, Sushil Mukherjee; July 7, recital, dances of India, Lovelene Bhatia; July 26, lecture-recital, music of the world's people, Henry Cowell.

Included in today's distribution is \$82,093.50 for St. Lawrence County.

"I am gratified," the Comptroller said, "that counties have now been included in the per capita assistance program. Three years ago I caused a bill to be introduced which would have extended per capita assistance to the counties. The present law is a step in the right direction, but we must recognize that it can be only a step.

"The expansion of services at the local level, coupled with the spiral of increasing costs result in constantly changing patterns of local government needs." Levitt added, "These cannot be met by inflexible formulas, but must be the basis for continuing study and revision of the law. My office stands ready, as always, to place its full re-

IRS Lists Rule For Deductions

It's time for summer school again and many teachers will be thinking about educational expenses as a Federal income tax deduction.

Expenses for education, William E. Williams, Albany District Director of Internal Revenue which services Northeastern New York State said, are deductible if the course or courses improve the skills required by the person in his job, or meet requirements set by his employer.

Expenses are not deductible if the education or training is undertaken to obtain a new

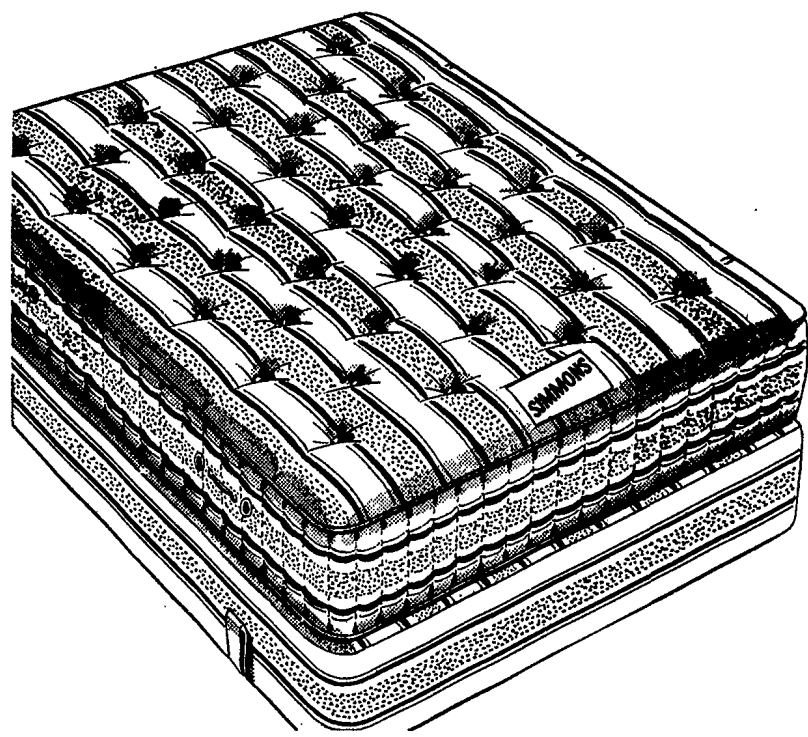
position, or to attain general educational improvement. If you travel as a form of education, your expenditures will generally be considered as primarily personal in nature and not deductible. This includes travel as a form of education while on sabbatical leave.

Deductible educational expenses are claimed in Part IV on page 2 of Form 1040 if you itemize your deductions. They cannot be claimed if the standard deduction is used.

On the other hand, the cost of travel, meals, and lodging while away from home overnight for qualified educational activities may be allowable as a deduction and may be claimed on Part III of page 2 of the Form 1040.

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Clarkson To Become New Colloid Center

The establishment of an international center of education and research in the field of colloid and surface science at Clarkson College of Technology was announced last week by Clarkson President William L. Whitson, at the concluding session of the 39th National Colloid Symposium being held on the Clarkson campus.

"As a leading center of colloid and surface science in this country, Clarkson is recognized as a pioneer in this field," Dr. Whitson told the 250 research scientists attending the Symposium.

"Through the formation of the new Institute of Colloid and Surface Science, we will be able to make an even greater contribution to knowledge and research in the world scientific and educational community," Dr. Whitson said.

The Institute is designed to improve and extend education and research in colloid and surface science by bringing into close contact those individuals who are now engaged in research and education in the field.

In addition, the Institute will sponsor fellowships, visiting professorships and research professorships at Clarkson, and will provide a world-wide center of information and research for educational institutions, industry, government, and other scientific organizations.

Dr. Stephen Brunauer, chairman of the Clarkson chemistry department, will serve as director of the Institute. Dr. Brunauer is now on an extended lecture tour through Europe, where he is visiting many of the major universities doing work in the colloid and surface science field.

In addition to Dr. Brunauer, members of the Clarkson faculty who have been elected to charter membership in the Institute include Dr. Milton Kerker, dean of the School of Science; Professors Eggon Matijevic and Hans Jellinek; Associate Professors L. Guy Donaruma, Frank Goodrich, and Alvin Granderna; and Assistant Professor Josip Kratochvil.

Dr. Whitson pointed out that colloid and surface chemistry plays an important role in many areas of American life. The three primary areas of aerosols, coagulation and membrane biophysics have immediate practical application in smog and smoke control in urban areas, water pollution problems, and the desalination of water for industrial and drinking purposes.

In addition, many major chemical industries are based wholly or partly on colloid and surface chemistry. These applications range from the production of petroleum products and fertilizers, to the manufacture of textiles, plas-

tics and many other necessities of life.

In recent years colloids have also become especially important in medical, biological and biochemical research, as applied to the areas of drugs and medicine.

Children Need Seat Belts Too

Preventing Accidents. Seat belts prevent serious accidents. How? By protecting the occupants of the car in minor property damage accidents, says the New York State Department of Motor Vehicles. Many minor property damage accidents—in which the car is only dented or scraped—become serious injury accidents when the unrestrained occupants are smashed against the windshield or interior frame, or are thrown out of the car. Seat belts hold the occupants in place and prevent serious injuries, or death, in minor accidents.

Children. Do children need seat belts? Yes, says the New York State Department of Motor Vehicles, even when the youngsters are riding in the back seat. In several cases, children were killed or seriously injured when they were smashed against the back of the front seat during accidents and panic stops. The Department urges motorists to have lap-type seat belts installed in the back seat for children of five or older, and harness-type belts for smaller children.

Double Trouble. In many traffic accidents, the impact pulls the driver away from the wheel, and the car goes out of control. Sometimes, the runaway car plunges into another accident. Drivers can help prevent such double-trouble by using seat belts, says the New York State Department of Motor Vehicles. Seat belts hold you in place, and give you an opportunity to bring your car under control.

Belts Worthless? Seat belts are worthless—when they aren't fastened. When they are fastened, they can be worth their weight in silver dollars, says the New York State Department of Motor Vehicles. It takes a lot of silver dollars to pay for medical expenses, plastic surgery, and even funerals. These are very expensive things—as well as tragic.

Three Seconds. It only takes three seconds to fasten seat belts, says the New York State Department of Motor Vehicles. But you won't have that much time if you wait until an accident catches you by surprise. You'll be out of luck. And you may suffer needless injuries, even death, that could have been prevented by seat belts.

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Marine Midland is building for the future, too. You will see it reflected in the statement below and in our new offices and other improvements scheduled for later this year.

STATEMENT OF CONDITION

June 30, 1965

Assets

Cash and Due from Banks	8,924,529.70
United States Govt. Securities	20,394,623.72
State and Municipal Obligations	10,319,076.67
Stock of Federal Reserve Bank	180,000.00
Loans	49,309,096.90
Mortgages	15,581,908.17
Bank Premises and Equipment	882,767.68
Accrued Interest Receivable	473,631.03
Other Assets	677,709.38
TOTAL ASSETS	\$106,243,338.25

Liabilities

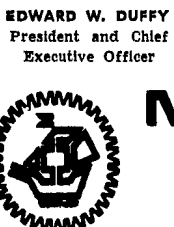
Capital	2,760,000.00
Surplus	3,240,000.00
Undivided Profits	3,223,139.24
	9,223,139.24
Reserve for Possible Loan Losses	2,808,935.24
Unearned Discount	2,579,766.58
Taxes and Other Liabilities	710,208.56
Deposits	90,921,288.63
TOTAL LIABILITIES	\$106,243,338.25

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