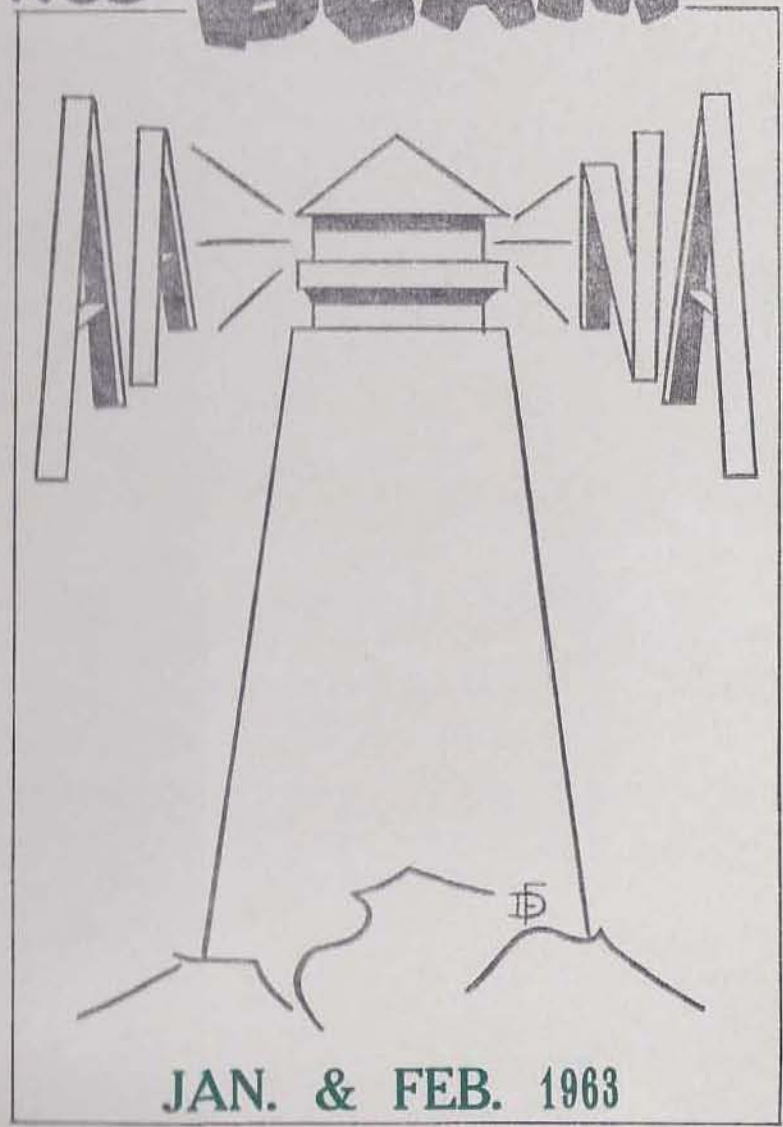


This was the only issue they had.



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The BEAM



JAN. & FEB. 1963



The Twelve Steps

1. We admitted we were powerless over alcohol and that our lives had become unmanageable.
2. Came to believe that a power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to god, to ourselves and to other human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly ask Him to remove our shortcomings.
8. Made a list of all persons we have harmed and become willing to make amends to them all.
9. Made direct amends to such people whenever possible, except when to do so would injure them or others.
10. Continue to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

*God grant me the serenity to accept
 the things I cannot change,
 the courage to change the things I can,
 and the wisdom to know the difference.*

"THE BEAM"
 BRANCH PRISON "II"
 BOX 779
 MARQUETTE, MICHIGAN

Raymond J. Buchkoe Warden
 Ernest L. Riopelle Sponsor
 Bob J. Editor

* * * * *

THE LIGHTHOUSE GROUP

A fellowship of men within the institution who have admitted they were powerless over alcohol and wish to do something about it.

This publication hopes to acquaint our readers of the hopes and problems of our members, and to establish a better understanding between Society and the AA program as it relates to the inmates of a penal institution.

The Beam magazine presents the experiences and the opinions of AA's and others interested in alcoholism. Opinions expressed herein are not to be attributed to Alcoholics Anonymous as a whole, nor does publication of any article imply any endorsement by the officials or Administration.

The Beam accepts all manuscripts as the work of the contributors...unless they are otherwise credited, and we assume no further responsibility.

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"IN THIS ISSUE"

The Lighthouse Group.....	1
"Thoughts", Not So Random.....	3
War Against Alcoholism.....	5
Remember.....	8
Beamsville Humor.....	9
Let's Think About Thinking.....	10
I'm No Alcoholic, BUT.....	11
New Way of Life.....	13
My Answer.....	14
Award.....	15
Whats The Difference?.....	16
A Hard Look At AA.....	18
Safeguard.....	21
Experience With Alcohol.....	22
What AA Has Done For Me.....	23
From The Editorial Desk.....	24
The Paragon Group.....	25
Treatment Facilities.....	26
How Does It Start?.....	28
Fight For Survival.....	29
The Narcotics Problem.....	30
Drugs Failed Me.....	32
Gerry Mulligan.....	34

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"THOUGHTS" NOT SO RANSON

Being a salesman of sorts and a firm believer in the positive approach your editor is happy to inform our readers that the feature article of this issue of The Beam was penned from the very capable hands of our good friend...and Catholic Chaplain, Father Malcolm Maloney. The good father has a real interest in the AA program and is a strong believer in the philosophy of Alcoholic Anonymous.

Of course there is a hitch in the whole thing. As this is written I haven't been able to inform the good Father as yet, of the honor I have bestowed upon him. But knowing him as I do, and in spite of his very busy schedule, five will get you ten that his article will appear. That's where the positive approach comes in!!! And, if it works, we will, in the very near future try the idea out on our Warden and also our Sponsor.

Our editorial this month describes a few of the early Aversion Treatments used to fight alcoholism, with a few of your editors thoughts thrown in for good measure. It has not been my intention to slight any particular group of individuals or professional people. However, having read and studied hundreds of publications these past few years plus listening to all sorts of records, radio and TV programs, I still think it all boils down to one simple answer and way of life...that being...Alcoholics Anonymous.

The wife of an alcoholic has a task nearly as hard and difficult as her husband's. For years she has been trying everything to get him to stop drinking...hints, suggestions, pleas and finally threats....all to no avail. And when he finally decides to stop, he does it not for her, but for Alcoholics Anonymous or an Alcoholism counselor. Or so it seems to the wife. Actually, the alcoholic gives up drinking for himself.

* * 3 * *

In the next issue of The Beam we will try our best to portray a few of our thoughts concerning the wife of an alcoholic and the problems she faces. Of course this is contingent upon your editors forgetfulness.

While looking over the mailing list a few days ago we discovered The Beam has been going to places and people that don't exist. And that ain't easy! Inserted in this issue is an extra page to be used by our good readers so that they might send us their correct names and address. If we do not receive your renewal blank, then we shall assume that you do not wish to receive The Beam in the future and your name will be taken off our mailing list. And while your at it...why not write down a few of your AA thoughts and send them along?

Narcotic addicts figure prominently in the crime picture portrayed each day in the headlines. Not a pleasant picture but one society must solve, somehow. You have probably noticed the Narcotic Section of this publication usually to be found the last few pages of The Beam. We have had a lot of comments on this and we might add we're rather proud of this section, it being one of the first's in penal publications.

The NA Group would appreciate any information our readers might run across concerning narcotics or narcotic addiction. Information should be sent to the NA Sponsor, Mr. E.L. Riopelle, Box 779, Marquette, Mich.

Many thanks to all our friends who sent Christmas Cards to the Lighthouse Group. Your thoughtfulness will not be forgotten in our prayers.

It seems that before we started to publish this issue of The Beam that all of our poets had either left for home or other places. So we had Jim K. of THE WEEKLY PROGRESS write us a few lines of humor for the Poets Corner this issue, hope you like it.

Until the next Beam, take care...and go with God.

* * 4 * *

WAR AGAINST ALCOHOLISM

Aversion Treatments are among the oldest of man's many efforts to fight alcoholism. All such ways, designed to make the alcoholic disgusted with liquor, were forerunners of modern aversion therapy, or so-called conditioned reflex treatment which has the same aim.

Screech owl eggs mixed in a drunkard's wine for 3 days will surely cure his drinking. This assurance was given by Pliny the Elder, who lived in Rome from 23 to 79 A.D.

Alcoholism and efforts to cure it date back to man's earliest history. In the 6th century B.C. India had a complete system of medicine...Ayurveda... which described the symptoms of alcoholism in detail and with considerable accuracy and outlined a course of treatment. This consisted of using herbs, oil, incense, massage and prayers. It is still used in India today.

In 1601, a recommended English cure was to serve the alcoholic wine in which an eel had been "suffocated. Or if no eel were available, "the green frogges which use to leap about springs" would do.

Two Frenchman brought this up to date in 1907 by suggesting that the alcoholic drink the milk of an ass or a sow in which oysters or frogs had been drowned. In Hungary, it was the custom of wives secretly to drop sparrow dung in the drinks of their alcoholic husbands.

Charlemagne handled the drinking problem directly. The first time a man got drunk, he was whipped privately. The second time, he received a whipping in public. The third time he was killed. This turned out to be a sure cure. (cont. on page 6)

* * 5 * *

Maybe Pliny's method worked, and certainly it was no more ridiculous than some of the rehabilitation ideas still in fashion in modern times.

Punishment is a good example of a worse than useless treatment still current. It only increases the alcoholic's resentment and drives him to heavier drinking as a way of revenging himself on society. Scolding is as useless as punishment.

Modern treatment of alcoholism dates back only a few years. Briefly, it calls for correction the alcoholic's medical problems, his emotional entanglements, his family difficulties and his employment and financial troubles. It tries to take away his bottle and show him how to get more satisfaction out of life than out of liquor.

This is a very big order, which probably explains why treatment fails as often as it does. First, it asks a great deal from the alcoholic. It requires him to give up his alcoholic world of fantasy, where he can be as big a hero as he wants, and to face a real world where he is regarded as a coward, a weakling and a social leper.

Furthermore, the alcoholic faces the real world with his emotional resources warped and stunted by alcoholism. His road back is littered with old debris from his alcoholic years. His family and friends resent the way he has treated them. Employers are wary of hiring him. Debts have piled up. If he does get a job, it is apt to be one below his capabilities because of his drinking record. And the sober alcoholic resents this.

It is one of the paradoxes of alcoholism that the alcoholic must give up hope before he can be rehabilitated. He must admit that drink has beaten him, that he is helpless to stay sober by his own efforts. Until this happens, he will refuse the help of others and their efforts will go wasted.

* * 6 * *

This is the first step in the treatment of Alcoholics Anonymous... "We admitted that we were powerless over alcohol, that our lives had become unmanageable." The next AA step is to believe that some higher power can help. The other 10 steps embody sound principles designed to relieve the alcoholic's inner tensions and to help him find satisfactions to replace alcohol. Although AA is not a religious organization, the religious emphasis in its program is strong.

AA was the first organization to treat alcoholism successfully on a large scale. Started in 1935, it is today still the most important part of any alcoholic rehabilitation program.

AA is effective because of its sound principles and its excellent group therapy. The men who do the treating are recovered alcoholics themselves. The patient and the therapist have a common bond of experience. An alcoholic need not be ashamed in such circumstances to admit his shortcomings. Talking with other AA members, he learns, perhaps for the first time, that they had experiences like his. His troubles turn out to be not so unique after all.

Lack of diagnosis of the underlying causes of alcoholism is the only serious weakness of the AA program, according to psychologists, this does not seem important in the light of AA's accomplishments. There are now some 400,000 members of AA throughout the world. Clinics can perform some of the functions now done by AA. They can, with good social work, straighten out family problems and guide the alcoholic to an understanding of why he drinks. Often clinics use AA members because of the bond between alcoholics and former alcoholics.

Medical treatment may be important primarily because an alcoholic can't think intelligently about his troubles until he is physically well. And medicine may offer some "crutch" treatment to help keep him sober until the rest of the program starts taking effect.

* * 7 * *

But the fact remains that of all the programs of cure and therapy offered the alcoholic by Doctors, Psychologists, Sociologists, Penologists and Clinics, you name them, not one group has come forward with a positive workable solution.

Until such time that someone or some group produces a medical or rehabilitation program with the sound and proven philosophy of Alcoholic Anonymous, can obtain the successful and proven results of Alcoholic Anonymous in such an amazing short period of time with no outside help or interference...Well, this editor is from Missouri.

REMEMBER

No matter what you are doing, from your cradle days through to the end, you are writing your life's secret story.

Each night sees another page penned. Each month ends a thirty day chapter. Each year means the end of a part and never an act is misstated, nor never one wish of the heart. Each day when you awake the book opens revealing a page clean and white.

What thoughts and words and doings will cover its surface by night?

God leaves that to you. You are the writer and never one word shall grow dim. Until some day you write the word FINISHED...and give it back to HIM.

Love is a ring of shining gold
Love is a clock of many hours
Love is a garden, bright with flowers
Love is a glory through and through
Love is heaven--Love is YOU!

8

BEAMSVILLE



"That's all right, Baby, I'll find that bottle you hid on me if it takes all year."

9

LET'S THINK ABOUT THINKING

When we think we cannot do much about our alcoholism because we are in here...we are wrong. We can accomplish much by self brainwashing.

Fortunately, we have the keys in the Twelve Steps, especially the Fourth...make a searching and fearless moral inventory of ourselves. When we do that honestly we won't like our own conclusions; in fact we won't even like the exposed person. That will spark the desire for a change of self-image, one suitable to us.

But how does one go about making such a change? The method is easy...but the goal requires a lot of uphill thinking. Every day, four or five times daily.

When we give second thought to this fact...we are what we think...then it stands to reason we can be what we want to be through thinking. When we think good thoughts they will automatically smother ne-good-value thoughts.

One might think...what causes me to think adverse thoughts so much of the time? If we'll accept just one cause we'll have the problem 99 per cent licked. Fear! Fear of what? The next time you catch yourself entertaining a series of negative thoughts just stop and ask yourself...how did this come about? What caused me to think out of this bag? With a little hard-nosed pondering you'll most likely see they were born of fear. Fear of failure, lack of confidence, opinion, ridicule etc. Those fears or feelings, along with self-pity are factors that cause improper thinking, which in turn causes negative actions...in our case drinking.

Every action, good or bad, developed from a thought, Therefore why can't we be the masters of our destinies through the acquired habit of thinking? We can.

Leo W.

** 10 **

I'M NO ALCOHOLIC, BUT.....

I have on several occasions met Mr. John Barleycorn. To me, New Years Eve was always an exciting time of year. For one thing, the bars and nightclubs stay open until 4 o'clock in the morning. What could be more exciting?

Even though I've celebrated most of my adult New Years Eves in an adobe such as this, I do recall a few happy times before John Law accompanied me downtown.

Now these few "happy" times I speak of, a group of us would find ourselves seated in a smoky, noisy and crowded nightclub waiting patiently for the stroke of Midnight.

One nightclub was so tough they used Mickey Finns as chasers.

Everything was done in style. They even had a midget waiter to serve shrimp cocktails.

This particular place was full of drunks. It's sort of a well lit location.

They serve something called an Old Soldier Cocktail. One drink and you fade away.

Actually, they've got the nicest tables I've ever been under.

The waiters are all tip top. If you don't tip, they blow their top.

They have three waiters for every table. One gives you the check and the other two revive you.

I ordered a magnum of Stone's '26. They tell me the hops were excellent that year.

I asked the waiter to bring a phone to my table but he couldn't get the booth off the wall.

I had some corn liquor. That's sort of a hillbilly pick-me-up. One drink and a hillbilly HAD to pick me up.

Personally, I like that Russian whiskey--Vot? 69? Now I'm drinking Scotch with chlorophyll chasers. Keeps me from getting stinking drunk.

** 11 **

I told the waiter to bring a bottle of gin, a bottle of vermouth, and a towel. I wanted to make dry martinis. Sometimes it takes me hours to mix a martini. I use sloe gin.

Ever drink a Lottery Cocktail? One glass and bingo! They'll never bring back prohibition. Why even little babies are wets.

I'm very public-spirited. Do nothing but drink spirits in public.

I'm very particular about what I drink. It has to be liquid!

I'm not a heavy drinker. I only weigh 138 pounds.

I do other things besides drink. I hiccup.

I'm really a split personality. One side of me likes vodka, scotch, gin, beer and pretzels. Then there's the other side of me that doesn't like pretzels.

I drank an awful lot but when I saw THE LOST WEEKEND, I swore off. I haven't seen another movie since.

I drank two fifths of Old Taylor and didn't even stagger. Stagger? I couldn't even move.

I drink so much, I've got the only bonded ulcers in town.

Remember, it only takes one drink to make you drunk. Usually the tenth.

I had one rye after another. Six, seven, maybe eight slices.

I had one drink that was called an enthusiastic highball. The bartender put everything he had into it.

Then I went on a champagne diet. In just three days I took off \$90.

One day I put whiskey in the parakeet's water cup by mistake. Before I could stop him he tore two bars from his cage and chased the cat up the street.

I'm a man of action. I get the D.T.'s every night.

When I get a cold I just buy a bottle of whiskey and in two hours it's gone. The cold? No, the whiskey.

There's nothing like a good workout before breakfast. Why I've even got my own parallel bars. One for vodka and one for scotch.

In conclusion, I'd like everyone to read my autobiography. It's entitled: THE KEG AND I.

** 12 **

JIM KELLY

NEW WAY OF LIFE

Since I have been in the AA program I have learned a new way of life. I can see my mistakes and I conduct myself the way I should. If it was not for AA I would have never gotten this experience. I have turned my life over to a Higher Power, and I pray that he can restore the remains of my life to sanity as the AA way of life provides.

Now I can thank the man who introduced me to the AA program and a better way of life ahead. I have learned with some tolerance and understanding I can live better. I believe this has improved my thinking and hope that I can overcome the alcoholic problem that has ruined my life to date.

Before coming to prison and finding the way that AA offers, it is a foregone conclusion that upon release from prison, I would have again reverted to type and taken that first drink which would have led me right back where I am now.

So by praying that I refrain from alcohol, I shall live a better life than before. I shall keep on with my personal daily inventory and try to overcome my hate and bitterness towards other people. I shall try to live by the Twelve Steps of AA and practice their principles in all my affairs. This is my story. With the help of AA I can live up to it.

"You look depressed my friend, what are you thinking of?"

"My future."

"What makes it seem so hopeless?"

"My past."

** 13 **

MY ANSWER AA

What is the answer to my trouble? My name is Don C. and I am an alcoholic.

I am a heavy drinker. I drink all the time when I am on the outside. I drank so much that my loved ones hated me. That is, I thought so. But it was me who was doing all the hating. If I had stayed sober I would still be in the "free world."

Now when a man gets drunk he thinks everyone in the world is down on him. He blames all the troubles that drinking brings on the law, the judge and his people. He blames his troubles on everyone but himself, where the blame really belongs. I know, I have done the same thing but it did not help me. There is only one way a fella can help himself if he drinks...join AA. I know because I belong to the group here in the prison and it has helped me a lot.

To listen to the men get up and tell their troubles as though they were mine, makes me stop and think. We all know we have troubles or we wouldn't be here.

I have talked to one of the fellas in AA who has been in the group about a year. He has talked to the fellas about writing for the Beam Magazine. I think we should let everybody know his name, but they told me not to mention it. He has helped me with this article, and I want to thank him for taking the time to do it. If it wasn't for his help, I don't think I would have written it.

If we would all stop to think and help the editor we would get more done. For I know if we do not help him we will not be helping our AA members at all. So men please help us all to help the editor with the Beam Magazine. (Ed. note...I'll buy that 100%)

* * 14 * *

I had a long talk with my friend just before he went on parole. He said, "the first thing he was going to do was get in touch with some AA groups, then he is going to see his girl friend. Then home...to spend a sober Christmas with his mother."

Don C.

* * * *

AWARD

If it were possible to give an award for the best article submitted for this issue of The Beam. You, Don would have won it hands down. Not because it was the best article ever submitted, but because of the sincere effort that has gone into it's writing. This editor knows that you are sincere in your AA work, and this, your first article came from the heart where it counts.

It has been mentioned at meetings and in The Beam that we do not care about the manner in which a story or an article is assembled, all we want is the "meat" and the AA ideals of the writer. We will do the rest. Don has been a very active worker in our AA group and his willingness to work the program is indeed commendable and a fact he will never be sorry for.

Of interest to our outside readers it might be noted that Don could not read or write a year ago. He has come a long way and has worked hard for the rewards he has reaped in prison. He is one of the few that has learned to let time serve him, and taken advantage of the opportunities presented him.

Please accept this little note as tangible evidence of your fine efforts Don. As you will see the Parole Board before this is published, we wish you luck and hope you will be reading it at home. Remember...attend every meeting you can to insure yourself against a return trip.

* * 15 * *

WHATS THE DIFFERENCE?

My name, whats the difference? I am an alcoholic and that does make a difference. Some people may be able to take a drink or leave it alone, but I to my great sorrow am not able to do so. One drink and I am will on the road to oblivion. The reason for this, not I or anyone else seems to know. What I do know is that I can't afford to drink if I expect to stay out of places like this...not even that first drink. I know, I tried and lost, but thanks to AA I will have another chance.

During 1957 I had been on a trip to Florida and upon returning I went on a drinking spree. I drank until I ran out of money and then went to different friends trying to borrow money but had no luck. I finally went over to my fathers house and finding him gone I entered and took an old check book.

I wasn't satisfied to cash the checks myself, I had to have my wife write some out for me. Needless to say we didn't last very long at our little game. Oh, we managed to cash a bunch of them and had plenty of money and goodies but when we decided to quit and return to Florida we didn't stop to think that a car had to be in good condition to travel the highways. Not very far out of Detroit the State Police stopped us and finding us both drunk and me with no drivers permit and the tail lights not working on the car they decided to take us to the State Police Barracks. When they got us there and searched the car and found all the things we had purchased from different stores with the hot checks...we had it!

When they tried us on a check charge we were found guilty. We received three years probation each plus court cost and restitution to the people we had taken in our little escapade.

* * 16 * *

With the threat of prison hanging over my head, I walked the straight and narrow path of honesty and left the drinking to others for a little over two years. I then thought I had the drinking problem licked and could handle it once again. I found that it just would not work in my case. I go on a real good drunk and was arrested for drunk and disorderly. For this bit of misconduct I was sentenced to ten days in jail. That I could have taken but I wasn't released when the ten days were up. Instead I was turned over to the probation authorities. They in turn took me before the judge that had put me on probation. He sure didn't waste any time on me, and before I knew what happened I was doing one to fourteen years in Jackson Prison.

I was very bitter with the authorities over my sentence and served 14 months of it before I was released. I know that every day that I was in prison I was dreaming of the day I would be released and be able to get something to drink again. I still hadn't learned my lesson. I still hadn't realized that drinking was not for me...that I couldn't handle the stuff.

Since returning to prison, (which proves my point) with a sentence of three to fourteen years, I joined the AA group and can already see that it has been a great help to me. I still have about 18 months before I am eligible for parole. But by following the Twelve Steps I'm sure I will never return to this place or any place like it, as the only time I get in trouble is when I am drinking. Knowing that I am an Alcoholic and not being able to drink without getting into some sort of trouble, I pray to God that with the help of my fellow AA members I will be able to turn away from that first drink.

Mitch.

* * * * *

Fools wonder; wise men reason.

* * 17 * *

A HARD LOOK AT AA

I suppose I should say right from the start that I am a firm believer in Alcoholics Anonymous. Otherwise I wouldn't even bother writing about it. I believe that AA is a great program on both sides of prison walls. It is for this reason that I would like to get something off my chest. I have asked for space in THE BEAM to air a gripe that has been a stone in my shoe for a long time.

Because I am a priest I have plenty of chances to talk to people who have trouble with the bottle. And I never talk long before I mention Alcoholics Anonymous. That's because I believe AA is the only thing that can keep a man dry over the long haul. The thing that saddens me is the reaction I get when AA is mentioned. You probably know that the average alcoholic doesn't think much of the program. And he has his reasons too. He says, "Joe so-and-so was in A.A. and it didn't help him." Or he says, "Joe S. is a big wheel in the program and he gets drunker than I do."

The thing that bothers me is that many people who need A.A. condemn it before they even know what it is. Actually their beef shouldn't be against A.A., but against some of the people who are in it. I certainly don't want to say that members of Alcoholics Anonymous make a practice of cheating the program, but I do think that too many try to bend the program to suit themselves. I contend that if A.A. is to work, a person must put the whole program into practice, or forget the whole thing.

Take the Twelve Steps for example. It is my personal belief that next to the Ten Commandments and the Eight Beatitudes, the Twelve Steps are among the most powerful sentences in print. Anybody, not just alcoholics, can take the Twelve Steps, apply them to a personal problem, and come out a better man. You must do more

than just read them, of course, you must live them. They guarantee success only if you let them replace alcohol in your bloodstream.

Alcoholics Anonymous doesn't fail the alcoholic. It's the other way around. And usually it is one (or more) of the Twelve Steps that gets beat into the ground.

The First Step is the easiest one to take. If a man has the courage to attend a meeting, it's almost automatic to admit the grip alcohol has on his life. But then we come to this "Power Greater than ourselves." Here is where some begin hedging. They make the "Greater Power" anything from the friendship of another alcoholic to a strong north wind. Just as long as it isn't GOD! (I often wonder if alcoholism and atheism aren't hand in glove.) The existence of God is implied in seven of the Twelve Steps. If a man can't get past the second Step he might just as well renege on the First.

Every member of A.A. must turn his life over to God "as we understand Him." This is the third Step. The Catholic, the Protestant and the Jew can all sit at the same A.A. meeting. Yet each will live the third Step a little differently, because each understands God a little differently. I am convinced that for a Catholic to be a good A.A. man he must become a good Catholic. Protestants must become good Protestants, and Jews must become good Jews. Otherwise the whole thing becomes a farce. Yet you hear members say, "A.A. has become my religion." The last group in the world that claims to be a religion is Alcoholics Anonymous!

The "Greater Power" isn't the only stumbling block to the man who wants to stop drinking. The other one involves the "moral inventory." I often wonder how many members sit down and seriously take a searching and fearless moral inventory of themselves. Not many, if the fifth Step is any indication. In that Step the

member is told to admit to another human being the exact nature of his wrongs (which he learns from the moral inventory.) How many members have done that??

I have been a prison chaplain for four years. There are four A.A. groups here. I would expect that at least some of the members of these groups would choose the chaplain to supply the ear of "the other human being." Yet in four years I can't even count five. I'm not trying to drum up business, I'm only wondering about the other members who are supposed to be taking this thing seriously.

Things on the other side of the prison walls aren't much better. How often does a priest or minister sit down to a serious talk with a sober alcoholic? What often happens is that the doorbell rings at three in the morning, and someone stone drunk wants to take the fifth Step.

These are some of my thoughts about A.A.. I think it is a wonderful program. But I think there would be a lot more people in it, and a lot more sober people in the world, if more members of A.A. lived the Twelve Steps instead of playing hopscotch with them.

Mr. Malcolm Maloney..

A tavern in San Diego, California is serving two new space cocktails. The Cosmonaut has a vodka base, the Astronaut, a bourbon base. You pay your dollar and take your choice. Do you want to go around the world or just up and down?

Jim K.

Do you wish to find out a man's weak Points? - Note the failing he has the quickest eye for in others.

** 20 **

SAFEGUARD

Of the Twelve Steps in this AA program, I think the first step where "We admitted we were powerless over alcohol — That our lives had become unmanageable", is the hardest step for any alcoholic to take.

Having served time in two prisons, I have talked with many inmates in regard to alcohol and drinking. I have heard this remark so many times, "I am not an alcoholic" or, "I am no wino." Yet, I find that most of these returnees, have returned to prison because of their inability to control their drinking.

I say that the AA program in prison is the best safeguard against returning to prison. Because while in prison we are dried out and our minds and thinking are more clear and more sensible, We can plainly see where we made our mistakes. We say, "If I were sober, I wouldn't have done it." So, for anyone who has a drinking problem, now is the time to look into it, and the AA program. Find out how it can help you achieve sobriety and happiness.

Life is too short to be wasting it in prison. I for one, intend to make good use of what years I have left! Therefore, I will try to get all that I can out of the program while I am here by getting acquainted with the Twelve Steps and the AA way of life.

When I am released from here, I will be able to put into use what I have gained through the program. Also, to help others see the AA Way of Life.

Fools wonder; wise men reason.

Many a man takes a drink to drown his sorrow
Only to wake, facing tragedy.

** 21 **

EXPERIENCE WITH ALCOHOL

I learned to drink in a workman like manner, while out on the road selling insurance trying to make an honest dollar. I started drinking at a young age. In back of me was the normal life of a painters son. My parents were unusually understanding people. They had tried every way possible to stop me from drinking. But it didn't do any good. Every penny I made I spent for liquor and ended up losing my job. Since then I have been in and out of jails, and now prison.

Not too long ago a friend of mine talked me into joining the Lighthouse Group. Since coming into the AA program I feel I have been helped 100% with my drinking problem. I know what you put into AA will help yourself and others. But you have to be sincere about it. You have to help yourself. AA can't do it alone.

IMPRESSES

My impressions are numerous and would probably fill a book. I never realized that the Alcoholics Anonymous program is as big as it is. In fact, I never heard of it until a friend of mine mentioned it to me.

Why all the anonymity about the use of names? As an AA member they can write my name across the heavens. And if I can ring a bell by getting through to somebody, they can shout my name from the highest building.

I've fallen down, and I've fallen upstairs, and the bottom of the barrel fell out with my incarceration.

I have always believed in a power greater than myself, and working on the twelve steps is not hard for me. I have accepted the program thoroughly ... I am climbing back.

Tommie B.

** 22 **

WHAT AA HAS DONE FOR ME

Here is an institution where liquor is unavailable, AA has enabled me to fully understand that I am an alcoholic, and must always combat alcoholism by all means available.

AA has given me the wonderful experience for the first time in my life of working in fellowship with others for the common good.

The AA way of life has shown me the difference between love and like. That although I may have no special like for an individual, I can have true love for him as a fellowman, and work with him to combat our common problem...ALCOHOL.

AA has enabled me to more fully understand tolerance, and I must always in my mind, allow the inherent right of an individual to his opinions and ideas, AA has taught me that I must never adopt an attitude of crusade against alcohol as a beverage in the world in general, but strive only to combat alcoholism in help to other alcoholics.

The living of AA has given me a wonderful serenity based upon an inner feeling that in living AA, I am living life based upon the "GOLDEN RULE" as taught by my Higher Power.

AA has taught me a spiritual awakening, consisting of a true realization and acceptance, that in life's train I am but a passenger. God is the engineer. That to obtain the best in life, AA, or any other aspect, I must truly let go...and let God....

The wonderful serenity experience in AA here has given me faith that upon my release I can, and will, with the continued grace of God live a serene, useful and truly sober life in all respects.

** 23 **

FROM THE EDITORIAL DESK

There comes a time when every magazine or newspaper in the country finds itself uprooted from the circle of routine because of a sudden loss of an important member of the editorial staff. That is what happened to "The Beam" this month when our former editor Bob J. packed his bags and turned over his typewriter to the new editor, Jack M.

I'm sure that all members of the Lighthouse Group wish Bob the best of luck on his new adventures and hope that he continues the wonderful work that he did here no matter where he is. Already I notice that all his little friends in the aquarium are swimming around with sad looks on their faces. Since Bob willed the fish to us when he left, they even miss their old friend.

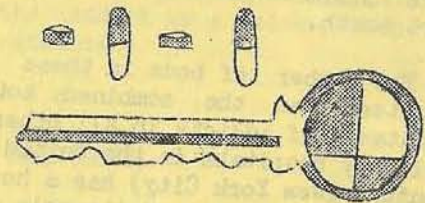
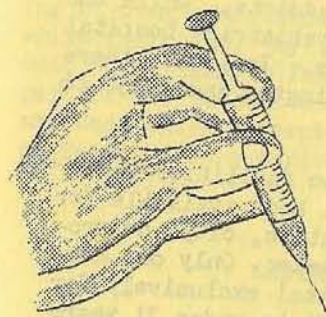
Since I have taken over my new duties as editor I hope to turn out the fine piece of work that its former editor did. With pencil in hand, I welcome all contributions from our many readers and am looking forward to hearing from you.

Don't miss the next issue of "The Beam" as it will feature something new in the field of AA. By something new, I mean an article written by an outsider with the outsiders viewpoint on AA and people with an alcoholic problem.

We noticed a line in the WEEKLY PROGRESS, that fine weekly paper put out by our fellow inmates here, that they never make mistakes. We members of THE BEAM staff don't like to brag but we never make mistakes either.

THE EDITOR.

** 24 **



THE PARAGON GROUP

The Paragon Group of Narcotics Anonymous is an informal society of former addicts who aim to help fellow sufferers recover their health.

Banded together as a group, we aim to help fellow users recover health. Not being reformers, we offer our experience only to those who want it. There are no fees—N.A. is an avocation. Each member squares his debt of gratitude by helping other addicts to recover. In so doing he maintains his own freedom from the drug habit.

NN Narcotics Anonymous is patterned after Alcoholics Anonymous. We believe that alcoholism and addiction are basically the same and have found that the A. A. program can be applied to our problem. Just as a member of the AA will tell you, "Only an ex-alcoholic can truly help the sick alcoholic," so we have learned that only an ex-addict can fully help the addict.

** 25 **

TREATMENT FACILITIES

The two largest facilities providing treatment for narcotic addicts are federal hospitals...one at Lexington, Kentucky, and the other at Fort Worth, Texas. Combined they have a total of 1800 beds. The Lexington hospital is devoted exclusively to addicts, while the Fort Worth facility is a general psychiatric hospital with a section for addict patients. In 1961, there were 3,374 addicts admitted to Lexington and 1,050 to Fort Worth.

The number of beds in these two facilities is far greater than the combined total beds available for treatment of addicts in all other state, city and proprietary hospitals in the United States. Only one community (New York City) has a hospital exclusively for drug addicts and it admits only addicts under 21 years of age. California is planning a large hospital for treatment of addict patients.

Treatment in the federal hospitals consists of giving the addict a continually diminishing dosage of a synthetic opiate until the habit is broken. It is a fairly routine medical procedure, often followed by psychiatric treatment. If it were as easy for the addict to remain off drugs as it is for him to be withdrawn from them, the problem would be rather simple.

But, there is not one community in the country which has an integrated program of hospitalization, psychiatric treatment and rehabilitation. Especially lacking is any program for post-hospital and post-withdrawal care of the addict. New York, Detroit and Chicago are among the few cities with any rehabilitation programs.

In the light of all the attention given these days to the "drug menace," it is startling to find the community action so slow. A recent national survey by the American Social Health Association of current treatment and rehabilitation programs for addicts reveals

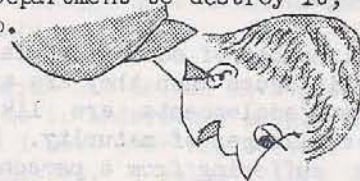
that 35 of the 50 states have no such programs. Some of those 35 states, the survey points out, have a very substantial narcotics problem.

Much of the difficulty in treating addicts stems from the public's lack of information about understanding of drug addiction. Many people are repelled, even while fascinated, by the addict, viewing him as a demonic "dope fiend." This is unfortunate, for a necessary part of any effective treatment program is a community attitude which accepts the addict as a sick person, suffering from a serious disease.

* * * * *

LADIES, SKIP THIS!

Ladies, skip this paragraph! It is really unfit for publication. It got into the Beam by mistake. We asked the Mimeograph Department to destroy it, but they set it wrong side up.



If there's anything worries a woman,
It's something she ought not to know;
You can bet that she'll find it out somehow,
If you give her the least kind of show.
Now, we'll wager a half to a jifney
This poem she's already read—
We knew she'd get at it somehow,
If she had to stand on her head.

HOW DOES IT START?

Most addicts begin using drugs as a result of being in association with those already using drugs. It must be pointed out however, that many, if not most persons who try drugs out of curiosity do not use them after the first trial, and certainly do not become addicted.

It is likely that only those persons who sense that drugs serve as a method of coping with serious personal problems continue to use narcotics and ultimately become addicts. It is not possible to make generalizations about the reasons for drug use because it appears that drugs meet different needs for different persons. For example, some addicts may begin using a drug to be like the members of a group they admire, while others may develop the habit to accent their individuality and to set them apart from a group that does not use drugs.

A substantial number of addicts in large cities begin using narcotic drugs when they are around 16 years old, the age when adolescents are likely to be confronted by new challenges of maturity. Many of these teen-agers are suffering from a personality disturbance so severe that they may seek to "tune out" on reality and its commitments and decisions. Different kinds of inadequate persons may begin and sustain the use of drugs. There seems to be no general agreement about the type of personality makeup that is most likely to be found in addicts. There is urgent need for more research in this field to determine the common denominator of the addict personality, if such there be.

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MEMO TO JEFF: Good luck on your parole but remember, don't take that first drink. We enjoyed your company and comments in AA and if you follow through on that plan of yours, then there is no reason you should ever return. Amen... * * 28 * *

FIGHT FOR SURVIVAL

The main problem of the dope addict today is to adjust his way of living to society as a whole after he has made his withdrawal from the habit. He is prone to think that all people are against him; and, in a sense, he is correct. He will not be accepted by society until he can prove to them that he is, and can, be a worthy citizen among them. He must learn to be able to face daily problems without the aid of narcotics to give him confidence and courage.

It is my belief that by overcoming negative thinking, he can adjust himself to a better and more useful way of life. By attending NA meetings and taking an active part in the program, he is automatically reaching out to grasp the knowledge and therapy that NA has to offer him. Through this means he can find humility and peace of mind.

The NA program has helped me a great deal thus far. It has taught me to understand people and to have more tolerance than I have ever had before. This was one of my former weaknesses. I believe that the program will help anyone who has the courage strength to help himself. Naturally, this will not be easy. At first, it will be a bit confusing. However, this will gradually clear up, and he will find that the program is indeed a simple one.

It is my honest opinion that by following the NA program, I will eventually be on the way to having my problem liked. And that when I leave here, I will find the road to happiness, serenity, peace of mind and a much better way of living.

TGJ..

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THE NARCOTICS PROBLEM

Exposure to narcotics crosses all economic and social lines. It knows no barriers of race or color. No youngster can be insulated totally from possible contamination.

In the peculiar tough lexicon of the narcotic officers, "Hypes love company! They are always trying to turn somebody on."

As a general rule, there are no casual "users". Every narcotic user is addicted.

There are addicts who think in their own distorted fashion that they are "joy poppers," that they can take it or "kick it" as they wish. They are wrong. Young people should stay clear of that first shot, which is said to be for kicks. Frequently this first shot or fix will lead to addiction, total destruction of the will and personality, and eventually to prison.

It is important that young people understand what narcotics do to human beings. Physiologically, they produce a transcending dream world experience where the user is transformed into precisely what he or she wants most to be. A coward thinks he has become courageous. A dullard thinks he has become a genius. An awkward youth features himself a super athlete: It's all in his mind.

The only true physical change that is wrought is one which saps the individual's strength and vitality, reducing him in time to a pathetic wretch, worse by far than the caricatures produced by alcohol.

With addiction, the blood cries for narcotics. The will is destroyed. Nothing is consequential except the drug. The user is ready and willing to do anything to

* * 30 * *

procure his ever increasing daily requirement. He is led to all sorts of crime. Ultimately, of course, he is arrested.

Whether forced withdrawal during incarceration helps him kick the habit, or sickness, is largely an individual matter. There are authorities who insist that "once a hype always a hype." In any case the road back is long and difficult.

The user is stigmatized. He is always susceptible to frightful temptations. He is the target of the pusher and the unregenerate hype who never stops trying to turn him on again.

If you should ever be exposed to narcotics, shun it as you would a fatal disease.

Remember this, the use of narcotics for other than valid medical purposes has never done ANYONE the least bit of good. It merely brings tragedy, degradation, and ultimately...death.

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I'D LIKE TO KNOW

If this is such a small world, why does it cost so much to run it?

Why people get themselves into debt trying to keep up with those who already are?

If practice makes perfect, why doesn't it apply to people who talk so much?

Why those who burn the candle at both ends get more light but still can't see what they are doing to themselves.

Why I can't get more outside contributors to "THE BEAM."

* * 31 * *

GERRY MULLIGAN

When young jazz sax player and composer, Gerry Mulligan, appeared before the judge in a California court and told his story, the judge threw the book at him.

"I have never seen a less believable witness" the judge intoned. Months later, when sentencing time came, Mulligan got six months in jail plus three years probation. It was the beginning of a hell Mulligan never forgot, and it appeared to close down his career forever.

The charge: narcotics addiction. Years before broke and desperate, Mulligan had watched his friend and tutor, Jazz genius Charley Parker, needle himself to an early death with heroin. He turned to the drug himself when the shallow artistic rewards and empty pockets of a musician's life got too heavy to carry. He threw away countless opportunities. He was fired from Benny Goodman's band for telling Goodman how to run it and from Gene Krupa's band for shouting at a performance that his fellow musicians were playing badly.

Ironically enough, when at last Mulligan's music found its audience and he had reason to hope a stable, happy life might have reached him, Mulligan himself sought help in curing this second addiction, only to be turned down out of fear of the law, which makes no provision for addicts curing themselves without declaring themselves as criminals and suffering a possible jail sentence. Gerry sought out doctor after doctor.

In April of 1953 the explosion came. Police raided the apartment where Mulligan's trumpet player kept a few cigarettes of marijuana. Mulligan knew that if he did not get help the heroin would eventually destroy him. He took the blame for the marijuana, then led police into the yard and dug up for them his own private cache of heroin. (Cont'd page 35)

Mulligan had heard of the drug addicts' hospital at Lexington, Kentucky. He had reason to believe he would receive treatment there, and come out at last able to enjoy the career which his years of deprivation and hard work had finally opened to him.

Instead, Mulligan got "cold turkey" withdrawal in isolation, then the honor farm in Saugus, California, where he was thrown into the maximum-security compound.

Mulligan spent twenty days in a six-by-four cell which he shared with two other men. With only two bunks, one man had to sleep on the floor every night. They stood at attention when the guard came; once a week they received showers; there was no mail; food consisted of two thin meals a day.

After maximum security, there was time on road gangs. Then the influence of Mulligan's friends told, and he was released—a lucky break for Mulligan, but a bitter comment on those who wind up in such circumstances without the mitigating factor of being one of the best jazz musicians in the world.

As a convicted narcotics offender, he had a lot to buck. For a long time he did not get police permission to perform an extended engagement in New York City, the world capital of jazz.

One thing that Mulligan learned firmly in prison was a lasting hatred for a system of law which actually drives addicts further into addiction by preventing them from receiving treatment without subjecting themselves to abuse such as he underwent. In this he finds himself in agreement with leading authorities on narcotics, who feel that if treatment were made available without the current stiff laws, the criminal racket in narcotics would dry up from lack of profit.

The second thing Mulligan learned from his experience was a firm determination never to let things get so bad again that he might once more "climb the needle to get out of this world." His comeback after his release from prison was spectacular, and it has been guided by a new tolerance and feeling for others which may result from his own suffering. Mulligan no longer insults other musicians on the stand or off. Before 1953, the world of jazz spoke of Mulligan as a young man of promise, who in his teens had written and played for orchestras such as those of Kenton, Goodman, Krupa, and Claude Thornhill. Twice he set the music world on its ear, once with a set of records which initiated the period of "cool jazz" of today, a second time with his quartet.

Today Gerry Mulligan is playing with a small combo again, after a short period leading a big band which broke records for jazz innovation. Some refer to this big band as "Mulligan's third musical revolution" miles ahead of its time in fresh ideas and execution. He influences other young men personally as well as musically, and those in the know wait to see the outburst from his pen and horn which may change the nature of jazz as radically as Louis Armstrong, Benny Goodman, and Charley Parker changed it before him. Mulligan continues his newfound life, working continually on new material, free from the old desperation which drove him to troublesome solutions. For those who like music, and for those who can take jazz or leave it alone while they watch the activities of those who are making the future in every field—Gerry Mulligan is a man to keep your eye on.

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"waiter—hic—bring me a dish o' prunes."

"Stewed, sir?"

"Thash none o' your bishness."

* * 36 * *

The Twelve Traditions

1. Our common welfare should come first; personal recovery depends upon A. A. unity.
2. For our group purpose there is but one ultimate authority a loving God as He may express himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for A. A. membership is a desire to stop drinking.
4. Each group should be autonomous except in matters affecting other groups or A. A. as a whole.
5. Each group has but one primary purpose—to carry its message to the alcoholic who still suffers.
6. An A. A. group ought never endorse, finance, or lend the A. A. name to any related facility of outside enterprise, lest problems of money, property, or prestige divert us from our primary purpose.
7. Every A. A. group ought to be fully self-supporting, declining outside contributions.
8. Alcoholics Anonymous should remain forever non-professional, but our service centers may employ special workers.
9. A. A. as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Alcoholics Anonymous has no opinion on outside issues; hence the A. A. name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films.
12. Anonymity is the spiritual foundation of our traditions, ever reminding us to place principles before personalities.