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THE

NEW LOOK

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TABLE OF CONTENTS

	Page
Acknowledgements.....	2
Foreword.....	3
A salute of gratitude.....	4
What is the N.A. program.....	5
Editorial by Tommy H.....	6
Complete election coverage by John B.....	8
Aftercare by Robert F.....	9
You, a wholesome person by Park R.....	13
I, myself and drugs by Don W.....	15
What causes addiction? by Eddie G.....	17
My triumph over self by Robert S.....	19
The poet speaks.....	
In this new world by Carmin Auld Goulbourne.....	20
Knowledge & Awakening by Cedric D.....	22
As I Am by Tommy H.....	23
A Look at the Square by James 'Kid' W.....	24
Poems and Maxims by Tyrone C.....	26
Don't Let the Id win again by Mr. M.J. Keyser, M.A.....	29
The Astrological Pathway by Cedric D.....	33
In Retrospect by Mr. Ex R. Barham.....	40

PUBLISHED EVERY TWO MONTHS AS A SPECIAL PROGRAM OF NARCOTICS
ANONYMOUS AND PRODUCED BY SOUTHERN MICHIGAN PRISON INMATES
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FOREWORD

THE NEW LOOK: Our intent is not to editorialize, moralize or evangelize; to be relevant and to relate the problems along with the many causes of Narcotic addiction is our objective. In our efforts to do this we probably wont be rational, nor relevant all the time, but we shall try to be interesting most of the time. We of N.A. as a therapy group (I take the liberty to speak for the group) feel that if we can prevent "one" person from using drugs or aid "one" person in discontinuing the use of drugs, then we can say in unison, "a job well done."

We have not been told by any official or administrator, as to what we can or cannot say; therefore, we shall use this freedom as a criteria for what we deem conducive to the furtherance of our aims.

The Editor

A SALUTE OF GRATITUDE:

We of the N.A. editorial staff would like to extend our gratitude to Mr.G.Price, who is responsible for the anniversary cover of this month's "New Look."

Mr.Price, who has rendered his services toward the New Look celebration, is one of our most talented painters.

We hope that his time and efforts will be long remembered among our expressions of appreciation.

WHAT IS THE NARCOTICS
ANONYMOUS PROGRAM

N.A. is a non-profit fellowship or society of men and women for whom drugs had become a major problem. We are recovered addicts who meet regularly to help each other to stay clean. This is a program of complete abstinence from all drugs. There is only "One" requirement for membership, the honest desire to stop using. There are no must in N.A. but we suggest that you keep an open mind and give yourself a break. Our program is a set of principles, written so simply, that we can follow them in our daily lives. The most important thing about them is that they work.

There are no strings attached to N.A. We are not affiliated with any other organizations, we have no leaders, no initiations fee or dues, no pledges to sign, no promises to make to anyone. We are not connected with any political, religious or law enforcement groups, and are under no surveillance at any time. Anyone may join us regardless of age, race, color, creed, religion, or lack of religion.

We are not interested in what or how much you used or who your connections were, what you have done in the past, how much or how little you have, but only in what you want to do about your problem, and how we can help. The newcomer is the most important person at any meeting, because we can only keep what we have by giving it away. We have learned from our group experience that those who keep coming to our meetings regularly stay clean.

EDITORIAL

by

TOMMY H.

Among the many activities that are taking place within our Narcotics Anonymous program, the semi-annual election (etc.) We are mainly celebrating the anniversary of N.A. and the New Look magazine. I think these dates should be closely observed by our members, because both the N.A. and the New Look are dedicated to helping every member of our group, who suffers or has suffered the various problems so common to drug-usage.

With this being the case, and considering the fact that we live in a closed society, we are as excited over this occasion as those in the free society are over national holidays.

Our first acknowledgement and tribute to the anniversary of the magazine, was to put together as fine an issue of publication as possible. Which was indeed most soothing to me, because during our last issue we had so many obstacles occur, such as; the printing equipment temporarily out of order, the misplacing of various articles, and the modification of staff.

The magazine was hardly the New Look we intended. However, let me hasten to assure our members and readers, that precautions have been taken to prevent a recurrence of this situation in future editions of the New Look.

Fortunately for us and on a more happier note, we have had a change in personnel and procedure, which should provide all the competence, efficiency, and dedication necessary to the publication of a relevant magazine.

Note: THE FORTH-COMING ANNIVERSARY PARTY WILL BE OUR MAJOR EVENT, WITH YOUR COOPERATION OUR ANNIVERSARY WILL BE A TREMENDOUS SUCCESS!

MAXIMS

by

TOMMY H.

I am weak from using my strength to be strong...I am strong from converting my weakness to strength. Am I less weak than I would be strong?

I would be unselfish and love, because love is in my heart an inborn need...

Thus I would not love, that my loves' object loves me in return. It would be selfish of me.

COMPLETE ELECTION COVERAGE

by

JOHN B. STAFF REPORTER

The semi-annual election was held on the first Wednesday of April, in accords with our N.A. "by-laws." The following is the results of the election.

The total number of votes cast was fifty-five. The officers up for general election was Chairman, Co-Chairman, and Secretary. Incidentally, our Co-Chairman is elected by receiving the second highest amount of votes in the run off for General Chairman, thus the winners for the Chairman and Co-Chairman is Tommy P. and Cedric D. respectively. Our Secretary, Kid W. was elected by unanimous approval.

CANDIDATES AND RESULTS OF GENERAL CHAIRMANSHIP RACE

<u>CANDIDATES</u>	<u>RESULTS</u>
Tommy P.	27
Cedric D.	14
Robert C.	10
Lindbergh H.	4
total	<u>55</u>

AFTERCARE....

by

Robert M.H. Fitzpatrick

During one of our meetings last month one of the new members inquired as to whether we had a follow-up program for members of the NARCOTICS ANONYMOUS group after they are released. He was surprised that we are not providing this vital sequel to the present program. The interest and motivation which seems to develop through association with the group is much too important to allow it to abort. I suppose this is also a real problem for any group, institutional or private, It is a matter of long-range planning. The crux of the matter is; he caught us with our long-range plans down!

After-care is the most important phase in the entire rehabilitation program, and it is to this phase of the problem we must address ourselves. Listen to these appalling statistics :

"Over a period of 5 to 10 years, in which the addicts may suffer many relapses, about 33 percent eventually MATURE out of addiction. This group, is characterized by stable marriage, ability to sustain employment with the absence of criminal activity or drug abuse."

"The middle third make only marginal adjustments with unstable family relationships and erratic employment and revert to alcohol, barbiturates, and amphetamines. The final third are either DEAD, readdicted or in PRISON ! "

ADDICT HELP, 'BIG BROTHER STYLE'

This headline appeared in March of 1969 under the by-line of one Clark Hallas, Detroit News Staff Writer, with a date-line Lexington Ky.. In it the question is asked: "Is there a permanent cure for drug addiction?" Until very recently the answer has been- "very few kick the habit for good."

One of the subtitles read:

VERY OFTEN THE FAMILY NEEDS TO BE TREATED MORE THAN THE PATIENT

"When a patient arrives, he or she is taken to an admitting room for a complete physical examination to determine the extent of the habit and any other health problems.

He then spends about a week in a withdrawal ward to be weaned physically from narcotics. Users of heroin and other opiates receive gradually diminishing doses of methodon, a non-damaging, but addictive, synthetic drug. The drink also helps to free the addict from ~~needle~~"dependence.

When morphine was used as the withdrawal drug, addicts named the ward "the shooting gallery."

Now, drinking the reddish-colored methodon from a small glass, they refer to it as the "cocktail lounge."

A 30-day examination period follows the withdrawal treatment to determine the addict's suitability for the program. He is examined by a physician and a psychiatrist and if accepted, then begins up to six months of hospital treatment.

Dr. Jimmie D. Hawthorne, acting chief of clinical services, says the rejection rate is running about 50 percent.

During the second phase of the treatment, patients undergo group therapy and psychotherapy and receive vocational training, such as bookbinding and garmentmaking and remedial education.

When the addict is discharged from the hospital, he then begins a three-year phase of after-care, during which time he may suffer many relapses. Patients are eligible for 43 months of in-hospital treatment, so they may relapse several times and still be included in the program. "Very often the family needs to be treated more than the patient," Hawthorne said.

The family is encouraged to view addiction as a chronic illness and to cease destructive, interactions with the addict which tend

to reinforce his addiction. About 90 percent of the patients were classified by Lexington doctors as easily frustrated, impulsive, unstable, and unable to plan ahead. As a general rule they were passive rather than violent, and those with criminal records had committed crimes against property.

"A great misconception about addicts is that they are violent, and often predisposed to sex crimes, says W.F. Owaley, Hawthorne's administrative assistant. "Actually, a guy on heroin wants to sleep more than anything else and will curl up; in a corner if there's no bed around."

Many of the so-called experts in the field have estimated the cure rate to range from a low of ten percent to a high of thirty-three percent. The most interesting part of the research project was the conclusion of the thirty-seven year old acting chief of clinical services. He has spent the major portion of his career working with addicts and is reluctant to make any bold claims for rehabilitation.

YOU,A WHOLESOME PERSON

By Park R.

The importance of self-esteem,an awareness which has found its rehabilitative niche within our N.A. group here at S.P.S.M. We take the position that unless the morale of the individual is good,unless he feels reasonably self-confident and hopeful,the germs of failure are present. Healthy self-esteem indicates wholesale acceptance of self. Sometimes,unfortunately, a man's spirit is so low that he rejects himself. One of the major challenges of our N.A. group is to advance the ex-addict's willingness to give himself a chance to achieve his own better self-esteem.

Some of us our full of feelings of having been wronged by society. To others,these attitudes may seem immature. They may be considered illustrative of projection,of casting the blame for defeat elsewhere. We may rationalize our feelings of injustice by citing cases of others with like offenses who got probation or terms in the House of Correction. Usually we do not know all of the facts of the others cases,

being so full of self-pity and self excuse, we only see the comparative unfairness to us and not our own guilt. Sometimes, to be sure, there are circumstances in our cases which seem to offer some justification for our complaints. But usually we are using self-excuse and self-pity as escape reactions, as the means to avoid really facing our own guilt. Is not the whole frame of mind wasteful? Would there were some magic to dissolve these feelings. Our goal: Awareness, Reality, Maturity!

I-MYSELF AND DRUGS

by

DON W.

Hi groovey people. My name is Don and I'd like to lay on you what kind of existence a doper lives. I am or should say was a doper, so my information is first hand. First let me say, dope in any form has no respect for what or who you are. It affects all levels of society.

I started using dope at sixteen and have messed around with it up until fall of last year. I can assure you, trying to live from day to day is a hassel. First you have to get some money, then find a pusher and a safe place to drop (or shoot; whichever) this takes up all your time that you are straight enough to think clearly.

Trying to get money is the big problem as you have maybe two hours a day to devote to it; so work is out. You therefore work your way down from borrowing money from friends and relatives (you know you will never pay it back) to lastly robbery. It comes to robbery because its easy. All you need is a victim and that's easy to find and doesn't take long. So once you've pulled your job and got your bread you make it to the man and buy your stuff. Than its off somewhere to flop and drop and later on to crash down after you've peaked. So there you have it; Beautiful life isn't it? Or is it? I might say that although I do not or have ever fooled with herion, its routine will be somewhat close to the fore-mentioned.

This is what American youth is faced with today.

Its there and they are for the most part willing to try it (It being dope). Some stop, some go on and drop only and others graduate to the big time and Herion.

The time to stop it and the people to reach are the Young and Now is the time. Take them in, show them the results, don't just try to tell them, SHOW THEM. Show them the ruined lives, the sorrow the bitterness of having year's in prison to look forward to.

Seeing is Believing. Show them first then tell them about it. Then we might be able to control a big percentage of the problem. I do not believe it will ever be completely stopped and more than the worlds oldest profession. But it can be cut down to a minimum.

The young are the important one's, take care of them first, then work on the older people, who are hooked.

But get the young and show them and teach them NOW.

I leave you with that thought.

WHAT REALLY CAUSES NARCOTIC ADDICTION?

It has been said by many that narcotic addiction comes from frustration brought on by the environment in which we had the misfortune to have been born in.

These frustrations to which I refer are those pertaining to our parents being unable to supply us with the necessities for survival in this society. The proper clothing, and the necessary food and housing. Possibly there was only one parent to provide, care for and discipline the child. This would constitute a corollary to the surroundings of family and other environmental factors which serve to shape the behaviour of the developing personality.

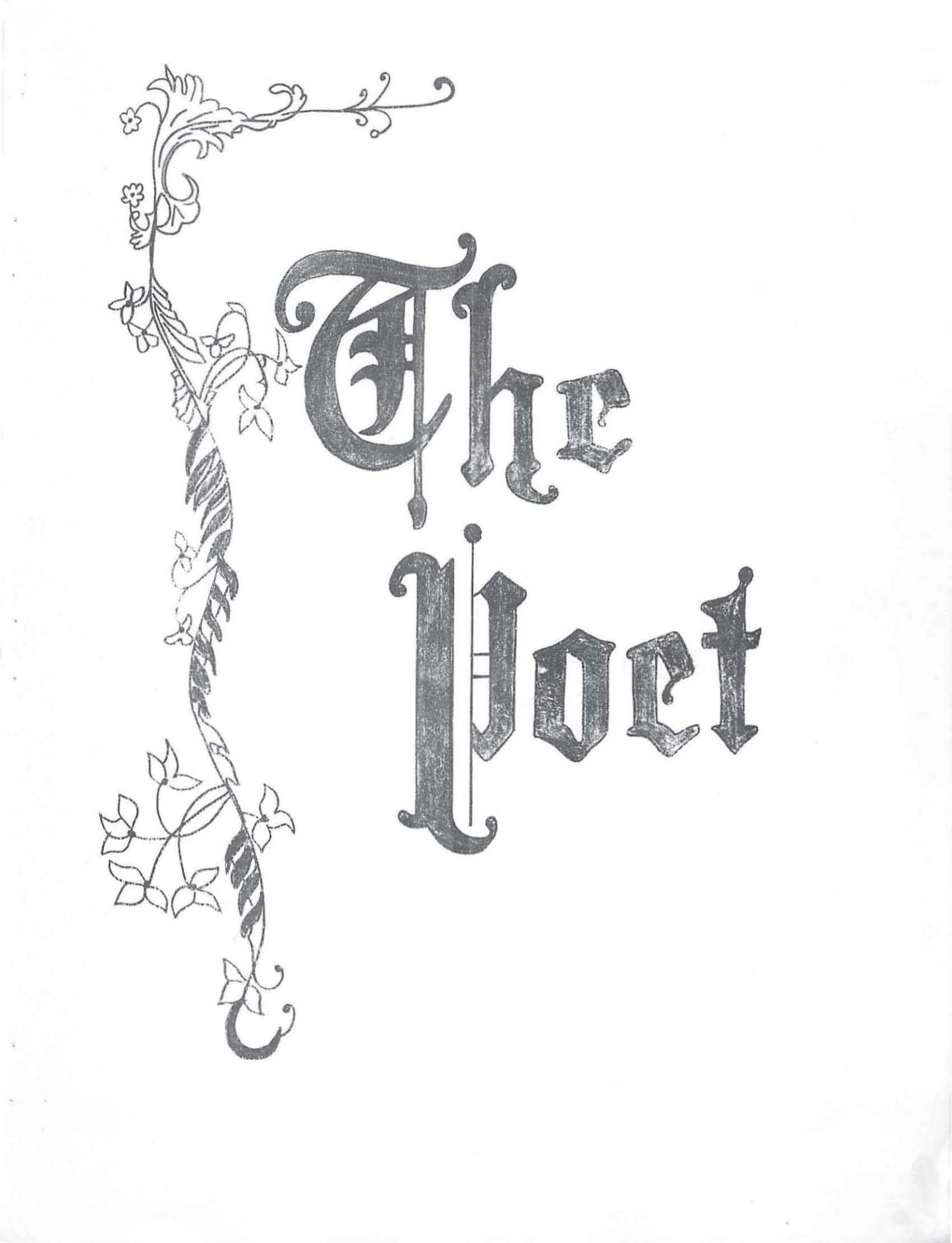
I, myself have been victim of the pains and discomforts I have mentioned above, yet I have not been compelled to use narcotics.

This leads me to wonder if this is really the cause of narcotic addiction or is it just a defense mechanism which we use to cover up the fact that we have made a dreadful mistake which is causing us more pain and suffering than our previous condition ever had.

It, the drug that is, was probably interjected into our lives by someone seeking to profit by our IGNORANCE, playing upon our lack of recreational powers, subjected us to a thing which was to lead us into a state worse than the conditions we were lately in, and we found ourselves making excuses for our unwise moves. The steps taken not in the pursuit of an environment more conducive to our equilibrium, but seeking only the possibilities of happiness, joy, and recreational release in the present dreadful surroundings.

Although I have never been an addict or otherwise subordinate to narcotics, and therefore cannot express the deep feelings of one who is or was a victim of this terrible malady; but I sincerely believe that if a person knows where his problem stems from, and how he became enmeshed in the toils of his present condition, and he aid the "experts" in diagnosing and solving his individual problem as well as those of other like conditions. That this is an individual problem is not to be denied, but it can only be solved with the aid of others similarly concerned. As long as the individual continues to rationalize, and find excuses for the use of narcotics, he will continue to be a slave to drugs. But if he will have taken the major step toward ridding himself of the need for the use of narcotics. Thus the steps become strides and the strides will lead to ultimate victory over weaknesses incurred in an unsavory environment.

By Eddie R.G



The
Poet

MY TRIUMPH OVER SELF

by

ROBERT S.

I find the birth of me to be the most perplexing transpiration of my life. Within this phenomena there has emerged an insatiable desire for me to learn about self.

It took me nineteen years of living haphazardly before I could recognize the fact that I had a serious problem lurking within the framework of my psychological makeup. The primary step towards remedying this problem was for me to learn how self works. As I proceeded to follow this trend of thinking, I became aware of a unique sense of balance and coordination growing within my being; giving powers over my previous difficulties like I had never known before.

Just as an animal instinctively realizes that food will supply it's need to quell hunger, so did I realize that knowledge of self would supply an infinite need towards self-control; thus compelling me to know self as thoroughly as possible. After a period of study, I arrived at the astounding results that ignorance of self is my arch-enemy.

I am affirmatively stating this for reasons--once being a victim of the lustful id impulse of self, thus causing me to become a user of narcotics.

So I conclude, to the degree of control that I maintain over the impulses and desires of self is the degree in which I will continue to triumph over self.

In This New World

Days to remember, and forget,
In this new world where I have lived
Boundaries of jeopardy; I, being jet.
Where you and I are three,
And the one in between us is the enemy.
Days that I ponder most are one of test,
And still I tarry here... you do not see
The rivers in my eyes, the lost, drowned
Everest, the tapers burning inwardly...
I rally with beliefs and cease to be dismayed
Counting denials, the gulf between us testifying
Where frontiers strive impaled, and borders bleed-
Could you endure like me, the unyielding aisle
That snuffs identity, the mildewed premisses,
The tray of crumbs, and not flee or decry
The hour benumber past hope, past tolerance?
The parcelled flesh knowing hungers of a sort,
Amidst too vibrant needs, and yet you ask
What is this hunger-thing for which I grope-
Can you read trauma suffered by a yoke
With a microscope- a scrutiny through glass?
Ask the black earth whose veins abide in all,
How kindred are our hearts; alike our blood runs out.

What so I crave? Not crusts, not ant-hill
Citadels, Whose tenants, crawl! A comrade's call,
A hand of trust, I ask. Have you not seen
How well I bore humility with clownish art,
How planting certitude within, I conquered fear?
Yet you do not believe that I shall win?

-Carmin Auld Goulbourne-

Knowledge & Awakening...By Cedric D.

Knowledge:

Knowledge, a gift of virtue
that sings a song.
To determine the difference
from right and wrong.
So vast a difference
that I should have seen
while wasting my life
in a slumbering dream.

Awakening:

Life blooms from the common crowd
my ears hear it speak.
Using words a little, less loud,
to awaken my drunken sleep.
Oh, is it bliss these guided days
that amends the old trite crowd.
Changing the once, dreadful days,
to a life of awakening proud.

A S I A M

by

T H O M A S H.

I am living...

I feel my presence
of the present in life
I see my soul...

Invisible to the outward darkness...

A drop of living water...

I am released from the Ad infinitum...
Heated by passion...Garmented in love...
Soothed by the drink of wisdom...

I am living being...

Son of the father of the first man and the last...

I am a man...the laws of the Universe rule me...
Make me adhere to all-all that is...is oneness...

I am one other thing too of great importance today...
I need not say really but...I will! I am proud of it-
I am pitch dark as the night is....

"A LOOK AT THE SQUARE"

by

THE KID

Lames, on their way to work;
Some driving cars, others catching the bus;
Squares, got to beat the clock,
Don't have time to stop and talk with us;
Suckers, some with white shirts and ties;
Others in blue uniforms...
Fools, getting migraine headaches...
Broken finger nails...greasy arms;
Squares, going to school for a trade,
What good will it do?
Lame, just work on a job that pays...
A hundred dollars or two...
Chump, using credit cards, to buy food...
Clothes and gasoline;
Paying monthly installments, just to live by their means;
Lame, there you go again, on your way to the bank;
Saving must be a sensation...
Square, you don't know...if your son wants to finish
High school...have a college education; But like father,
like son...
He's probably square too and don't know what it means to be
hip and cool...bound to end up a business man, contractor, doctor
or a dean at some elaborate school...

Yes, look at those squares, they're called the clean-cut guys;
They think reality is where it's at...
I wouldn't be shocked if that chump has never been high,
Look at that square, talking about us...
Saying what our lives lack...
Now the square's got a job with a weekly in-come...
Thinks that's where it's at...
Look at that square, as he walks proud...
Hurriedly passes us by...Not that he thinks he's better
than us...Just that he can't communicate...
Don't know how to say Hi!
See that lame, never knew how to talk hip...slick, or clever...
Uses words we've never heard..,Keeps it at that level...
Funny thing...I don't understand...
As I sit here and talk about game!
I've used dope, and stayed in the same boat...
Now I want to be like that lame....

CONTEMPLATION

I have seen the velvet moon
From the window of my imprisoned room.
The sparkling stars that hang in the sky
the blowing wind and the night's cry.
Painful nights, so dark and drear
the painful nights of being here.
Will this end or fade away, or
are these moments destined to stay?
Sometimes I wonder, is it worth wondering
will life forgive my childish blundering?

Tyrone C. 1/27/68

THOUGHTS...

How delicate a thought comes from a mind,
unwoven expressions it tries to unwind.
Discovering life along with its glee,
revealing truth and all that may be.
Enduring memories when they're so not wanted;
concealing a heart that's so desperately haunted.
Unfolding words so blessed and dear,
an unrehearsed song, so sweet to the ear.
Life, alone is a velvet expression,
life and its thoughts make a beautiful posession.

Tyrone C. 2/25/68

How could I have slept till night?

Tyrone C. 2/13/69

As I awoke, I could vaguely see the moonlight.

My eyes were blurred with smoke, how could I
have slept till night?

MAXIMS BY TYRONE C.

I have found life only to be beautiful among the
nature of beauty, and only to be desired among the
nature of the living.

Matching hearts have forever made beautiful love, and
so relevant have been their collective thoughts.

She was a gift for all seasons, one's wants for many
reasons; yet could not bring out the clear sparkling
brilliance of the gem she was endowed.

The running tongue often speaks with haste, yet remember,
the heart must endure its every word.

The art of readable perception comes from astute knowledge
of oneself.

You cannot lie awake and pretend you are not part of the
fallacy; you can only be the least to submit to it.

To cross the bridge of knowledge one must study its many
rivers.

Quotations are so often said but not so often followed.

A thousand mistakes lie in only one....

One look at life is at least, one feeling of understanding.

Within a soul there is a heart, assembled together or torn apart.

To persuade is to have acquired the dexterity of independent survival.

DON'T LET THE ID WIN AGAIN!!

by

MAURICE J. KEYSER, M.A.
CHIEF PSYCHOLOGIST, RDC

Within the psychoanalytic framework of understanding man, the use of terms; Ego, Id, and Super-Ego have been utilized to describe personality and behavior.

In a very simplified sense the Ego is that part which is conscious of man's surroundings and of himself. We tend to stress the self awareness aspects when we speak of the Egotist or Egoistic type of person.

In an equally simplified manner we ascribe the Id to be the energy force for primitive impulses, seeking pleasure.

The Super-Ego functions are those that control the impulses of the Id. In the Freudian sense this is an unconscious process.

People who learn from the mistakes of others are considered smart, good students of life, and are usually very successful. Those who seem to learn only after trying and failing--profiting from their own mistakes--are the more average types we see around us. Men who continue to fail because of making the same or similar mistakes, apparently, "do not profit from experience." These men can be called psychopaths. We could become more specific and state that they suffer from a weak or defective Super-Ego. We might infer that these persons have over-strong Id impulses that dominate their behavior which is not only pleasure seeking but immature, unsocialized,

and frequently illegal.

If we take the Freudian view that man is dependent on an unconscious element to function adequately--the view of the addict is depressing. He just doesn't have the necessary qualities to adjust in a restricting, complex society. We then could not justify ever turning him loose once he had been caught and put in prison. Within this theory any efforts of rehabilitation would be wasted.

Fortunately, modern thinking and new concepts of penology are based on the philosophy that Super-Ego elements are learned and can be consciously strengthened. Addiction can be viewed as a psychological maladjustment or even mental illness. Addicts, within this framework, are in need of clinical understanding and treatment. In a prison setting much of this type of therapeutic growth and help is of a necessity assumed by the individual himself. He must sincerely seek self understanding--use the group techniques offered by narcotics anonymous and constantly seek personal strengths. If we use the "unconscious" aspect of the Super-Ego as a controller or "censure," then we can view the prison and its controls as being an artificial, external, Super-Ego. Society sees this as necessary for a man whose own controls are ineffective. Studies, tests, and clinical proof justify the fact that conscious control of impulses can be learned. Many men show this higher degree of socialization by inhibiting their impulses and demonstrating inner control, direction, and strength. Appealing to the Ego factors which can use the conscious intellectual forces of the person is also effective. This then can have the deep effect of giving the weak Super-Ego the alliance of Ego strength and support.

The ideal institutional setting would provide the necessary external controls for only as long and be as strict as the individual requires for his development. As the internal censures or guardianship abilities of the Super-Ego and Ego develop, the external controls would be reduced. Unless some form of regression takes place later, the institution would theoretically "cure" everyone.

Modern penology is a positive step in this overall process. When handling large groups practical limitations prevent the ideal situation. Each individual would reach different levels at different times. There is danger in that under-control could have serious consequences for the total institution--overcontrol and overcensure-ship can have a stifling effect on the individual who is attempting to develop greater controls.

Narcotic addicts would take specialized relearning as they are not the simply impulsive or Id types. They usually show strong Ego needs to the degree that could label them as Egoistic. It is possible for the Ego to dominate or seem to extinguish all Super-Ego forces.

In an idealistic clinical setting we could take an alcoholic or narcotic addict through steps of re-learning and strengthening. As each phase was reached we could decrease the protective controls. We could make the final step by providing the alcoholic the opportunity to obtain his favorite drink. The strength to resist the impulse and desire would increase. The narcotic likewise could test his powerw of denial if drugs were available.

Following through this plan from institution to street again would be a gradual process. Go to an outside church service - work at an outside job - attend a movie in town - have a week-end with the family--, each step demanding the use of inner direction and control. Each successful experience would demonstrate to society and to the man himself that he was ready and capable to meet the challenges and temptations of his Id impulses.

It must be understood that this program could not fit entirely within a big group institutional setting. Don't make the institution responsible for not providing this when you can set up your own personal plan. You can set limits for yourself - you will need to be cautious--you are starring and producing the show--. The reward and punishments are established. In the final analysis you are responsible, accept this!

Psychologists can describe and illustrate the Ego, Id and Super-Ego functions in man but recognizes that he cannot make them "real measurable" elements of the personality. Science is trying to more fully understand and help men--institutions are progressing and changes are all around us.

Are you working on Ego control and Super-Ego development? Will you consciously direct your resocialization program when you are released? If you leave the institutional controls and walk out without this inner direction and strength within you, then you may react again as you did in the past. The outside environment, that tempted you before will still have powerful influences. Approach these temptations as your Ego and Super-Ego direct--don't let the Id win again!

THE ASTROLOGICAL PATHWAY

by

CEDRIC D.

We are "free" according to our wisdom, and we are "fated" in proportion to our lack of understanding. Astrology teaches when to expect changing circumstances in life and their nature; by it one may prepare to manipulate, transform and improve so-called "adverse" conditions before they appear and manifest better responses than otherwise. Our object is to present the subject of astrology in such a manner that many of the valuable truths contained within its vast domain may take a useful, active and prominent part in assisting those who are participating in the present forward movement, thus making for still greater advancement toward individual excellence, development and expansion-materially, mentally and physically-through conscious co-operation with Natural Law indicated by the solar system. That law creates conditions which provide opportunities for us to rise above the common illusions of life by spiritual interpretation and finer reactions.

(ARIES: MONTH-BY-MONTH) LLEWELLYN GEORGE

Aries, the Pioneer-for persons born March 21 to April 19.

Ruling Planet: Mars, Keyword: Action. Part of body governed: Head, face. Gem: Diamond, bloodstone. Color: Red. Flower: Buttercup, daisy, broom, star-thistle. Metal: Steel, iron. Element: Cardinal, fire. Tendency: Impulsiveness. Location: Large cities, corner houses, corner rooms. Friends: Gemini, Leo, Sagittarius, Aquarius. Luck day: Tuesday. Lucky No. 9

APRIL: Although responsibilities weigh heavily your thoughts and feelings "get through" to others. Problems will seem less cumbersome if you willingly shoulder the heavy load. New financial crisis will be overcome. Favorable days: 2, 6, 8, 14, 15, and 19. Adverse days: 4, 10, 22, 24, 27, and 28.

(TAURUS: MONTH-BY-MONTH)

Taurus, the Reactor-for persons born April 20 to May 20. Ruling Planet: Venus. Keyword: Stability. Parts of body governed: Throat, neck. Gem: Sapphire, turquoise. Color: Blue. Flower: Cowslip, daisy, goldenrod, violet. Mental: Copper. Element: Fixed, Earth. Tendency: Persistence. Location: Quiet places, center rooms, middle of block. Friends: Cancer, Virgo, Capricorn, Pisces. Lucky day: Friday. Lucky Number: Six.

APRIL: Work on self-esteem. The potential is there but you are not yet ready to use it. Even when you're not doing much from a practical standpoint much is being accomplished inwardly.

Learn patience, perseverance. Favorable days: 1, 6, 8, 10, 17, 26. Adverse days: 2, 4, 12, 25, 26, 30.

(GEMINI: MONTH-BY-MONTH)

Gemini, the communicator-for persons born May 21 to June 21. Ruling Planet: Mercury. Keyword: Versatility. Parts of body Governed: Shoulders, lungs, hands, arms, nervous system. Gem: Agate, chrysolite, beryl, aquamarine. Color: Blue and Silver gray. Tendency: Diffusion. Elements: Mutable air. Location: High places. Friends and companions: Aries, Leo, Libra, Aquarius. Lucky day: Wednesday. Lucky number: Five.

APRIL: There's a lot going on in that mind of yours that doesn't exactly meet the eye. Guard against bluntness of speech in dealing

with others. They might not appreciate your candor. Flirt to your heart's content. Favorable days: 3, 11, 12, 16, 17, 21, and 30. Adverse days: 1, 5, 7, 9, 14, 28, and 29.

(CANCER: MONTH-BY-MONTH)

Cancer, the introvert-for persons born June 22 to July 22.

Ruling planet: Moon. Keyword: Tenacity. Parts of body governed: Breast and stomach. Gem: Emerald, pearl, moonstone. Flowers: Water plants, lotus, iris, lily, white rose. Color: Opalescent tints and green. Metal: Silver. Element: Cardinal water. Tendency: Patriotism. Location: Near water, kitchens, eating places, warehouses, grocery stores and shady places. Friends: Virgo, Scorpio, Pisces, Taurus, Leo. Lucky day: Monday. Lucky Number: Two.

APRIL: Now your energies are directed positively and you can make up for whatever prestige damage you suffered last month. Friends now rally about and you will be happily aware of the value of these ties. Favorable days: 2, 3, 8, 14, 19, and 23. Adverse days: 7, 12, 16, 17, and 30.

(LEO: MONTH-BY-MONTH)

Leo, the extrovert-for persons born July 23 to August 22.

Ruling body: Sun. Keyword: Power. Parts of body governed: Heart. Gem: Diamond, topaz, amber. Color: Orange. Flower: Poppy, peony, sunflower, red rose. Metal: Gold. Element: Fixed fire. Tendency: Leadership. Location: Outdoors, mountains and streams. Friends: Aries, Libra, Gemini, Sagittarius. Lucky day: Sunday. Lucky number: One.

APRIL: This month you will accumulate those possessions you have so dearly wanted. Be generous as you only know how. Express your ideas now and travel to promulgate them if ne-

cessary. Ideas will be beneficial. Favorable days: 1, 3, 7, 8, 16, 26, and 29. Adverse days: 5, 6, 9, 14, 18, 19, and 31.

(VIRGO: MONTH-BY-MONTH)

Virgo, the server-for peoples born August 23 to September 22. Ruling planet: Mercury. Keyword: Discrimination. Parts of body governed: Solar-plexus, bowels. Gem: Jade, carnelian. Color: Grey-blue. Flower: Lavender, azalea, maiden-hair, morning glory. Metal: Quick-silver. Element: Mutable earth. Tendency: Chastity. Location: Quiet places, away from large cities. Friends: Taurus, Capricorn, Scorpio, Cancer. Lucky days: Wednesday. Lucky Number: Five.

APRIL: The greatest thing you have to sell now is yourself! Be the effective somebody you can be for service to all. You may be rewarded sooner than you think for your services either through a gift or inheritance. Favorable days: 1, 3, 6, 10, 17, 19, 24, and 28. Adverse days: 7, 8, 11, 13, 14, and 21.

(LIBRA: MONTH-BY-MONTH)

Libra, the harmonizer-for persons born September 23 to October 22. Ruling planet: Venus. Keyword: Balance. Parts of body governed: Kidneys, loins. Gem: Opal, coral, diamond. Color: Crimson, turquoise, pastel tints. Flower: Goldnerod, violet, mint. Metal: Copper. Element: Cardinal air. Tendency: Justice. Locations: In places of social activity. Friends: Aquarius, Leo, Gemini, Sagittarius. Lucky day: Friday. Lucky number: Six.

APRIL: If you can hold to practical ideas in finances the money should roll in effortlessly. Profit or loss from the marriage angle; it's up to you. You can sway the emphasis to the positive side by curbing irrational behavior. Favorable days: 1, 3, 5, 12, 16,

20, and 21. Adverse days: 7, 8, 14, 22, and 23.

(SCORPIO: MONTH-BY-MONTH)

Scorpio, the executive-for people born October 23 to November 21.

Ruling planet: Pluto. Keyword: Emotional drive. Parts of body governed: Generative system. Gem: Bloodstone, beryl, aquamarine, carbuncle. Color: Green. Flower: Thistle, honeysuckle. Metal: Iron, steel. Element: Fixed water. Tendency: Investigation. Location: Near water, outdoors. Friends: Cancer, Virgo, Capricorn, Pisces. Lucky day: Tuesday. Lucky NO. 9. APRIL: Keep the faith for unexpected events can prove startling. Work hard and think clearly as possible to overcome the nebulous state you are in now. Extravagance is not the answer for the Piper must be paid. Favorable days: 1, 2, 5, 7, 14, and 23. Adverse days: 11, 12, 16, 19, 25, and 26.

(SAGITTARIUS: MONTH-BY-MONTH)

Sagittarius, the Social Revolutionist-for people born Nov. 22 to December 21. Ruling planet: Jupiter. Keyword: Foresight. Parts of body governed: Thighs. Gem: Topaz, chrysolite, turquoise. Color: Purple. Flowers: Holly, carnation. Metal: Tin. Element: Mutable fire. Tendency: Honesty. Location: Airy, elevated places. Friends: Aries, Leo, Libra, Aquarius. Lucky day: Thursday. Lucky number: Three.

APRIL: Be discriminative in business dealings, you cannot be too choosy. Even when it looks good examine the facts of the situation again and again. After hours is the time to shine! Romance never looked so good. Favorable days: 2, 7, 8, 15, 16, 17, and 26. Adverse days: 1, 6, 18, 27, 28, and 29.

(CAPRICORN: MONTH-BY-MONTH)

Capricorn, the conservative-for persons born Dec. 22 to Jan. 19. Ruling planet: Saturn. Keyword: Ambition. Parts of body governed: Knees. Gem: Ruby, Onyx, jet. Color: Black, dark green and brown. Flower: Moss, ivy, amaranth. Metal: Lead and coal. Element: Cardinal earth. Tendency: Caution. Location: Secluded places. Friends: Taurus, Virgo, Pisces. Lucky day: Saturday. Lucky No. 8.

APRIL: The folks need your help now. Pay attention to matters dealing with security of home; it can be useful as well as an attractive refuge when business affairs "bomb". Good time for publishing. Develop goals. Favorable days: 1, 7, 9, 10, 18, 25, 28, and 29. Adverse days: 3, 6, 16, 17, 22, and 30.

(AQUARIUS: MONTH-BY-MONTH)

Aquarius, the progressive-for peoples born January 20 to Feb. 18. Ruling planet: Uranus. Keyword: Forward. Parts of body governed: Ankles. Gem: Sapphire, garnet. Color: Mingled colors, plaids, changeable hues. Flower: Pansy, daffodil. Metal: Radium, uranium. Element: Fixed air. Tendency: Progressive. Location: High places, where there is activity. Friends: Aries, Sagittarius, Libra, Gemini. Lucky day: Sunday. Lucky Number: Four.

APRIL: Be guided by relatives-they're for you now. You should be able to express your wishes clearly. You stand to gain from others this month and will easily get the credit you need. Be worthy of that stewardship! Favorable days: 2, 3, 11, 12, 15, 16, 17, 21, and 30. Adverse days: 1, 4, 5, 18, 19, 23, 24, and 29.

(PISCES: MONTH-BY-MONTH)

Pisces, the diplomat-for persons born February 19 to March 20.

Ruling planet: Neptune, keyword: Sympathy. Parts of body governed: Feet. Gem: Amethyst. Color: All tints of the ocean. Flower: Water lily, lotus, tube rose. Metal: Artificial metals. Element: Mutable water. Tendency: Idealism.

Friends: Cancer, Scorpio, Taurus, Capricorn. Lucky day: Monday.

Lucky Number: Seven.

APRIL: By now you should have realized the bonanza. Still pretty money-conscious. Careful planning and thought will protect what you have just gained. You can now work at both the idealistic and the practical. Favorable days: 5, 6, 13, 14, 18, and 22.

Adverse days: 1, 2, 7, 15, 16, 20, and 28.

IN RETROSPECT

by

MR. EX RHODES BARHAM

N.A. SPONSOR

As I reflect upon the more than four years during which I have served as sponsor for the Narcotics Anonymous group, I find myself concerned with three principal questions regarding the program: (1) What does it mean in relation to the individual? (2) What does it mean to the group? (3) What does it mean to the society as a whole? Needless to say that after having closely observed and interviewed a great number of men who suffered from the illness of narcotics addiction, I have some conclusions regarding the users of narcotics. One of my conclusions is that the narcotic addict, for the most part, suffers from very strong emotional disorders, such as immaturity, instability, etc. This, I might point out, does not in any way discredit any of the related motives which must be taken under consideration when we examine the complex illness of narcotic addiction in its entirety.

Certainly there are social, economic, and educational factors which have their own significance as contributing causes. Consequently I have concentrated much of my efforts toward bringing our members into a keener awareness of themselves as individuals. However, I'll be the first to admit that, this in itself, is not a panacea for a disease that has baffled scientists by eluding any specific cure; and even more baffling is the almost incredible relapse or recurrence of the illness after it has supposedly been cured, but proved only to be arrested. Thus, the problem of narcotics is a very grave and complex one; of which we in the N.A. program have set out to deal with real-

istically. Nevertheless it must be noted that over the past years we have enjoyed some degree of success however minute.

We have men in our group who are affected by the same problems as men in the past groups have shared, and this is the principal problem to which we in the present group address ourselves. I'd like to make it clear at this point, in reference to the present group; most of the men now participating in it have indicated a willingness to rid themselves of the torment and degradation caused by narcotic addiction. They have also shown a dedication and commitment to continuing their search for help for themselves and for others of like concern.

This, to me is evidence that most of our members still have hope, and where there's hope, there's help! It is because of this factor that I would be inclined to a significant amount of optimism toward the possible success of this group, (meaning if out one hundred members, five can leave here and take an active part in the larger society, without ever yielding to the lure of drug abuse again, then I would refer to this as a modicum of success.

As I think and reflect over the last five of the ten years the group has been in existence, I am highly pleased that the wholehearted response that the men give forth in pursuit of the answers to their individual problems allow me to be ever mindful of the possibility of them solving them.

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