

Alcoholism definitions weighted toward investigator's theory

(This is the sixth in a series of seven articles dealing with the problems of alcohol. It is prepared by Nicholas County Comprehensive Care Center, located at the Court House, Carlisle, phone 285-5596.)

There are many definitions of alcoholism, each weighted toward the particular theory of the investigator. For the average person, however, the most understandable and useful are those which describe the nature of the drinking and its effect. The implication is that a person who meets these conditions described in the definition probably has alcoholism but is referred to as an alcoholic.

COMING "The Watchmen"

Monday, April 16, at 7p.m. at the Saltwell Methodist Church Everyone is welcome

Sponsored by Methodist Youth

Following are several widely-used definitions of this type:
—Seldon Bacon describes an alcoholic as one who has a regular use of alcohol regularly deviates from the norm of his behavior, and whose life is clearly damaged emotionally, socially, or physically by such deviant use of alcohol.
—"An alcoholic is someone whose drinking causes a continuing program in any department of his life," Marty Mann, Founder and Consultant of the National Council on Alcoholism.
—"An alcoholic is a person whose drinking frequently interferes with his business life, his social life, or his health." Arresting Alcoholism, a

pamphlet issued by the Christopher D. Smithers Foundation.

"An alcoholic is anyone whose drinking interferes frequently or continuously with any of his important life activities and interpersonal relationships."
—"An alcoholic is the excessive drinker who gets into serious difficulty with his drinking and generally cannot stop drinking, even if he wants to, without outside help." John C. Ford, S.J. (M.D.), who has written a book on alcoholism as a chronic behavioral disorder which may be characterized by the drinking of alcoholic beverages in excess of dietary and social uses of the community and to an extent that it interferes with the

drinker's health or his social and economic functioning." World Health Organization.

"Alcoholics are those excessive drinkers whose dependence upon alcohol has attained such a degree that it shows noticeable mental disturbances, or an interference with his bodily and mental health, his interpersonal relations, and their smooth social and economic functioning."
—"Alcoholism is a condition in which the drinking of alcoholic beverages becomes persistent, repetitive, uncontrollable and progressively destructive of the psychological and social functioning of the individual." Straus and McCarthy. Although differing slightly in language,

all of the above definitions indicate that the drinker is in serious continuing trouble with himself and everybody else because of his excessive, repetitive, uncontrolled drinking. Whatever the cause, this is alcoholism in action and it may strike any social or economic level, any occupational or professional category, and is no respecter of sex, age, color, or race.
The Nicholas County Comprehensive Care Center has set up a 24-hour Emergency Toll Free phone system for those persons who need help or have questions. The number is 1-800-372-2969.

MEDICINE CHEST

by H. BOSWELL YORK, R. PH.

Is there any drug which I can take for sinus? I have high blood pressure which is being controlled.

If you have sinus congestion, you could use decongestant nasal spray (Citicin nasal spray) or temporary relief. Sinus pain may be lessened with aspirin, and sinus infection should only be treated by a physician. If you use all these remedies, you should definitely be treated by a physician.

My doctor prescribed a nasal spray (Afrin) for congestion. It works fine. The directions say to use only in the a.m. and p.m. My question is: What would happen if I used it more than twice a day? Also, can I use it indefinitely?—R.N.

If you use this nasal spray more often or indefinitely, you may experience a "rebound" effect. The decongesting action becomes less, and congestion between nasal sprays becomes worse. Use the spray or any spray only when absolutely needed, as directed and watch for signs of nasal spray "rebound."

Is it true that aspirin can cause an increase in bleeding time?—G.M.

Absolutely. That's why doctors tell their patients not to take aspirin for at least two weeks before surgery. That's why hemorrhoids may stay away from that. That's why those with peptic ulcers avoid taking it. The list goes on and on. Admittedly, the risk of bad reactions is quite small. Yet, there is a reason why it is that some multiply vitamins for pregnancy require a prescription while others do not? Those requiring a prescription contain folic acid in excess of 1 mg. The amount of folic acid is usually 1 mg. in prescription vitamins. Lack of folic acid results in anemia. From 1 to 4 per cent of pregnant women develop this folic acid anemia. Medical Expense Record Book... 1973 is the easy, orderly way to keep track of your medical expenses during the year in case they exceed the standard deduction (1 per cent for medicine and drugs and 3 per cent for medical care). For a copy send your name and address, plus \$1 and two 8-cent stamps to Medicine Chest in care of this newspaper. Do it today.

WOMAN'S WORKWORLD

by JULIE THOMAS PITMAN
Here's a unique business operated by a network of housewives working at home. Vacation Services Unlimited, Inc. (VSU) is a twist on the temporary help contract business... what it provides are professional "nannies" for affluent traveling parents.

VSU is the creation of Robert Schidt (133) Jonestown Dr. Archburch, N.J. 07080—who is a paraplegic. His disabling accident occurred in the fall, 1967. After rehabilitating for several months, the kind of business he could best operate from his home, Schidt found a need and filled it. He recognized the difficulty parents have in finding a reliable person to care for their children while they are traveling. In January 1968, Schidt opened his company and spent the next four years working out the bugs. One problem was how to attract clients. He found the best solution to be consistent advertising in weekly suburban newspapers.

The ads produced clients, and by 1971, Schidt was ready to begin his "director" job, in which homemakers (dynamic organizer types) were recruited on a quasi-franchise basis. Currently, VSU has a dozen area directors in four states: N.J., N.Y., Conn. and Pa. They earn \$3,000-\$4,000 a year on the average; a few make as much as \$5,000. VSU is not yet in an advance for the name and know-how, but must be ready to spend about \$1,000-\$1,500 for start-up expenses (travel, advertising, telephone, etc.).

Parents pay \$24 per 24-hour care for one child, plus \$2 for each additional child. The average tax for traveling parents is \$200, Schidt says. The fee is split: 50 per cent to the governess, 25 per cent to the area director, 25 per cent to VSU. Safe but... Schidt will know who to call to watch over the kids when he and his wife take a vacation here. (c) 1973, McNaught Syndicate, Inc.)

POWER MOWERS

LAST DAY - SATURDAY -

REXALL

SALE

Garlisle Drug

SALE

Garlisle Drug

OVER 3,000 BOYS

AGED 10 THROUGH 14

WILL WIN AN ALL EXPENSE PAID TRIP TO SOUTHERN CALIFORNIA

Prices from \$59.95

GARRETT'S Furniture Co.

FLY UNITED JET TO LOS ANGELES

OVER 3,000 BOYS

AGED 10 THROUGH 14

WILL WIN AN ALL EXPENSE PAID TRIP TO SOUTHERN CALIFORNIA

and one of the lucky winners could be your son, grandson, nephew, neighbor... or just a friend. Just imagine all these fantastic stops:

- WINNERS WILL... Universal Baseball
- ★ Knott's Berry Farm ★ Marineland
- ★ Cars ★ Stars ★ AND THE GREATEST SURPRISE OF ALL... Disneyland

SPEND ONE FULL DAY AT Disneyland BELIEVE IT OR NOT, THERE'S MORE!

"THERE ARE ONE OR MORE WINNERS AT EVERY PARTICIPATING SUPERMARKET!"

OFFICIAL REGISTRATION BLANK

Worth 100 BONUS VOTES!

LOCALLY

2 boys will win California Trip

Departing Sunday, June 17

Returning Thursday, June 21

Third & Fourth Place Winners will receive 20" High Riser Dragster Bikes

Next 10 boys will receive Official Little League Baseballs

Jr. Woman's Club members will tally votes

MAGICWORD

by JULIE QUART

HOW TO PLAY: Read the list of words. Look at the puzzle. Circle these words in all directions—horizontally, vertically, diagonally—backward. Draw a circle around each letter. If you find a letter that has been used but will leave a hole in the puzzle, put an asterisk word. Find the big words first. When letters of all listed words are circled, you will see the even or odd number left over. They'll spell out your MAGICWORD.

THE JESUS REVOLUTION: Sol: 13 letters
CLUES
A-Afire; B-Bible; Brothery; C-Christ; Coppe; D-Deep; Divine; E-Extraordinary; F-Faith; Free; H-Hope; Followers; G-God; Gospel; H-Her; L-Life; Love; M-Message; Messiah; N-Night; O-Order; O-Open; P-Passion; Peace; Pentecost; Pray; Purity; R-Religious; S-Sense; Sharing; Sign; Sincere; Spiritual; Symbol; T-Talk; U-Ultimate; V-Vision; W-Word; Y-Youth; Z-Zeal

ANSWER NEXT WEEK
Last week's Answer: TROTTERS 48
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Senator Dee Huddleston

REPORTS TO THE PEOPLE OF KENTUCKY

One of the most important bills now pending before the Congress, at least as far as Kentucky is concerned, is the Federal Highway Bill. This legislation authorizes money for the construction of interstate, primary and secondary, and urban road systems. It also permits the use of urban system funds for the purchase of buses in urban areas. The bill was passed by the Senate on a 75-8 roll call vote and is now before the House Public Works Committee, which should report out legislation sometime this week or next.

The most controversial aspect of the bill is whether highway trust fund monies—derived from taxes on gasoline and automobile products—should be used for nonhighway purposes such as subway systems. The Senate passed 40-44 (I voted yes) an amendment to allow the use of up to \$500 million of the trust fund in each of the next three fiscal years for urban mass transit systems. It is uncertain whether the amendment to "bait the trust fund"—already rejected by the House Public Works Committee—will survive a possible veto on the House floor. If the amendment is barred from the Senate, a joint conference committee will have to reconcile the Senate and House versions of the bill.

I voted against the amendment to open up the highway trust fund not because I oppose helping mass transit—indeed, I cosponsored the legislation and research by state and local governments will be disabled from \$57 billion in 1970 to \$11.4 billion in 1980, Kentucky. The Tax Foundation, Inc.

SCOPENTE COSTALK

C R L A T O N E M E V O M G
Y R L I G I O U S O B E S G
G O N W A H S E R F M X E I A
H O U O U G O D Y T X N N S
N T S N L T M S R N M I C S
B G U P G S L I A I D N V E E
R P I O U S Y R A F E I D E E
T P F R A D H N P H T S L M
H A E E I S C O R T A B E I
E F Z N E T T A I I H C D
R I A N L Y S Y A B R O A S
L R S E V L O I H F O H P E T
Y E F J L R O V R E F C E P N

THE FAMILY LAWYER

Trailer Park Trouble

To stimulate business, the owner of a suburban trailer park installed a set of climbing bars for children. However, in disregard of the manufacturer's advice, he placed the apparatus over a solid strip of bricktop.

One day, a seven-year-old boy lost his grip on the bars and fell heavily to the pavement. In short order, the park owner found himself on the target end of a lawsuit.

And the court ruled that the boy was indeed entitled to damages. The court said the defendant was guilty of negligence in creating a condition of special danger to the young boy.

The rapid spread of trailer parks has focused attention on the responsibilities of management in case of an accident. The law says the management must show both foresight and diligence in the way it maintains its premises.

But not every accident that happens in a trailer park is the park's fault. In another case, a woman was injured when a crane came crashing down on her trailer during a storm. She too sued for damages, arguing that the sign was decayed and should have been out down. Yet, there had been no signs of decay visible on the outside of the tree, nothing to put the management on the alert for trouble. The court laid the accident to an "act of God" and turned down the woman's claim.

Nor will the law blame the management if the victim has voluntarily "assumed the risk" of injury. Thus:

A woman taking a shower in a trailer park shower room grabbed her foot on a broken tile. But when she demanded damages in court, the management pointed out that there were two other shower rooms which she knew could have been used with greater safety.

Rejecting her claim, the court said: "One who chooses to follow a dangerous course when there is a safe course known and available is said to have assumed the risk. This relieves the defendant of responsibility."

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BUTTER LOOKS AT Agriculture

COMMISSIONER

Wendell P. Butler
Commissioner of Agriculture

Kentucky has regained its "cholera free" status after the hog cholera outbreak last summer that caused the USDA to remove Kentucky's cholera free designation.

The "hog cholera free" status, which Kentucky obtained in 1970, was the result of a comprehensive eradication program launched during its first term as Commissioner. At that time producers throughout the State and representatives of various organizations and agencies joined the Department's Division of Livestock Sanitation in its effort to remove the threat of this costly swine disease.

Because the program was successful, I am of the opinion that some swine producers can ship their animals into other states without special restrictions being placed upon them. This is particularly important to Kentucky, because we are a major producer of feeder pigs, and it is important that our production be shipped pig to states having free feeding operations.

LAST DAY - SATURDAY -

REXALL

SALE

Garlisle Drug

Bob Fryman says, if you have been thinking of a New Car or Truck or a good used Car or Truck

SEE HIM before you buy—A lot of people do. His goal is to make you happy—

SEE OR CALL BOB AT

LITTON FORD SALES

Flemingsburg, Ky. Flemingsburg 849-2321

Carlisle 289-2102

Got questions on health care protection?

We're bringing the answers to you

Wednesday, April 18, in front of the Carlisle Courthouse

Michael Chandler, Manager Mobile Information Center

The Mobile Information Center is being brought to your community as a public service of Blue Cross and Blue Shield of Kentucky.

This is an opportunity for you to discuss any questions you may have about today's cost of health care... or your own health care protection plan.

Form Blue Cross members are welcome to inquire about benefits available through the Blue Cross and Blue Shield Farm Bureau Plan. Stay by the Blue Cross and Blue Shield Mobile Information Center. You'll find our Representatives will be happy to assist you and answer your questions.

Blue Cross Blue Shield of Kentucky

3101 Bardonia Road Louisville, KY 40205 Phone (502) 452-1511

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Bourbon DRIVE-IN

At 8 p.m. Fri.-Sat. Claudia Cardinale Franco Nero and Lee J. Cobb in "Mafia" PG

At 9:50 An R Rated Film "Dirty Girl I Ever Met"

LAST DAY - SATURDAY -

REXALL

SALE

Garlisle Drug