



The user-friendly
information tool
for the prevention
and treatment
of alcoholism
and other
drug addictions

Amethyst

NATIONAL COUNCIL ON ALCOHOLISM AND DRUG DEPENDENCE, INC.

WWW.NCADD.ORG



The year was 1944.

World War II was raging in Europe and the Pacific – but events were finally pointing to victory for the Allies over the Axis powers. The Allied forces, commanded by **General Dwight D. Eisenhower**, invaded the European continent (April) and the Japanese Navy was virtually destroyed during the Battle of Leyte (October).

Franklin D. Roosevelt was President of the United States. **Henry A. Wallace** was Vice President.



A new world political body resulted from a meeting of world leaders, held at Dumbarton Oaks, just outside Washington, D.C.: **The United Nations**.

Major books were *Unfinished Business*, *A Bell for Adano*, and *Forever Amber*. A fourth – *Lost Weekend* by Charles Jackson – was published on January 27 by Farrar & Rinehart. Price \$2.50.

The United States Supreme Court upheld the right of black people to vote in state primary elections.

Popular songs were “Sentimental Journey,” “Accentuate the Positive” and “Don’t Fence Me In.”

An actress named **Marilyn Monroe** (then 18) was beginning to attract attention, but **Betty Grable** and **Rita Hayworth** were the undisputed pin-up favorites of the military forces.





Oscars went to **Bing Crosby** for *Going My Way* and **Ingrid Bergman** for *Gaslight*. Broadway hits were *Harvey*; *On the Town*, *I Remember Mamma*, *Ten Little Indians* and *Anna Lucasta*.

Nobel Prize winners were **Otto Hahn** (chemistry), **Isidor Isaac Rabi** (physics), **Joseph Erlanger** and **Herbert S. Gasser** (physiology and medicine), **Johannes V. Jensen** (literature) and the International Red Cross (peace).

The London Missionary Society issued a report stating that 4,000 British churches had been destroyed or damaged by German bombs.



Mayors of major cities included **Fiorello LaGuardia** (New York), **Maurice J. Tobin** (Boston), **Edward J. Kelly** (Chicago), **Frank J. Lausche** (Cleveland), **M. L. Kline** (Minneapolis), **Fletcher Bowron** (Los Angeles), **William S. Devin** (Seattle) and **Lloyd J. Marti** (Lincoln).



Horse racing was banned in the United States because of the war, rationing of everything from food to lipstick became stiffer, **Casey Stengel** resigned as manager of the Boston Braves, **Joan Blondell** divorced **Dick Powell**, 40,000 coal miners went on strike in Great Britain and the U.S. Bureau of Internal Revenue reported 1943 tax refunds of \$56,965,127.



The fellowship of **Alcoholics Anonymous** was nine years old.



A new magazine called **The Grapevine** commenced publication.

The first woman to achieve sobriety in AA celebrated her fifth anniversary and founded NCADD. Her name was **Mrs. Marty Mann**.



1944 was quite a year...

An answer... it may affect you

by *Marty Mann* (Reprinted from Guideposts Magazine, 1947)

I tossed and turned on my crumpled bed, then looked for the twentieth time at my alarm clock: 2 A.M. How slowly time passes when you can't sleep. And how many nights I'd had like this since I stopped drinking nearly five years ago. No wonder so many alcoholics "slip" while struggling up the rocky road to recovery. Insomnia is the very devil himself, come to taunt us... and tempt us. I'd better pray... "Lord make me a better instrument for Thy work. Help me fully use my capabilities. Give me work that will stretch them beyond what I think I can do..."

For what, I thought miserably. So I could live in a better place, with better comforts? No, that wasn't it. "Use me, Father. Give me something useful to do, something that's really needed, truly helpful."

I thought of the people I tried to help in my spare time. So many alcoholics couldn't seem to make it. Were they sicker than I had been? That didn't seem possible, for I had been very sick indeed.

I thought of the families who couldn't even get their alcoholics to accept help, of the friends who fumblingly tried and failed, of those few kindly employers who sought information of us, the recovered ones. Well, we couldn't help everyone, that seemed certain.

Apparently, we were the lucky ones, we who had learned the true nature of our problem. We had learned to accept the fact that we suffered from a relentlessly progressive disease, the end of which was insanity or early death unless we ourselves took drastic steps about it. And we had to learn those steps, and to have help in using them. Earthly and heavenly help. But first we had to have knowledge. Information. Understanding. Most people didn't have them.

So those of us who tried to help had to do the best we could in a dark fog of ignorance and misconception, groping through mists of hostility, smothered by the stigma surrounding us and what we were trying to do. It was a wonder we could do anything at all!

The woman executive burst into tears as she talked of her younger son. "Why didn't I know these things? In the light of what you've taught me about alcoholism, I've done every possible wrong thing to that boy. But I didn't know! There must be thousands of others like me. We need to know what you know. Why don't you teach us?"

There was the stevedore's wife who told me, "I thought my Joe was just a brute – that he liked beating me up, to show how much stronger he is than me when I speak of his weakness for drink. He's a good man when he don't drink, but that's hard to remember lately. Is this you say true? That he has a sickness? That way it's easier for me to bear – maybe I can help him now."

I remembered the frosty-eyed industrialist who said bitterly, "The boy's no good. Just pleasure-mad with his drinking. I've done everything for him, and this is the thanks I get. I run my business efficiently, and I intend to run my home the same way. He's out." Nothing I said touched that man. I wept inwardly for his boy.

Must we accept this dark climate of hopelessness, of abysmal ignorance? Suddenly I was praying again.

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

It was 3 A.M. that cold night in February 1944. I turned on the light and went to my typewriter. Quickly, with an ease far beyond my own capabilities, a workable plan unfolded on paper. A plan to "change the things I can." A plan to teach the people the facts about alcoholism. A plan to remove the stigma surrounding it, so people could face it unashamed and unafraid, armed with the weapons of knowledge and able to take constructive action.

A plan for action, to be taken by organized local groups, including (1) a constant spreading of information and education; (2) Alcoholism Information Centers where wives, mothers, fathers, friends, employers, and yes, doctors and ministers, could learn how to handle their alcoholic and find help for him; (3) hospital beds for acute cases; (4) diagnostic and treatment clinics.

And always education: for the general public, for doctors, nurses, social workers, ministers, for industry, schools and colleges. This was a big order. I prayed again for courage.

The next day I took my plan to the woman who had cried, "We need to know what you know." She was excited – she thought it would work. After asking a few others in to discuss it, we agreed we needed three things to begin: an organization, even if only a small committee of interested people; money to provide office space, literature, salary and travel expenses for someone to lecture and organize local groups; and scientific endorsement so our teaching about alcoholism would get a hearing.

Up at Yale, a group of scientists had been working on this problem for years. We approached them, and they adopted us and our plan.

On October 2, 1944, the National Committee for Education on Alcoholism opened its doors in New York City. We were subsidized by the Yale group for our first two years. Since then we have had to depend on our growing list of friends for the voluntary contributions and membership fees which make our work possible.

It hasn't been easy – it isn't easy now. People don't change deep-seated convictions lightly, no matter how unfounded they may be. Often it takes all the courage I called for that night so long ago, to keep on trying to "change the things I can," to keep on trying to make each dollar do the work of five. But we believe in the power of prayer at the National Committee office, and it has often worked miracles for us.

We believe our work is guided – that God works in many ways to help His children, and that our work is one of those ways.

For we are lighting up "the road back" for many alcoholics, by helping create a bright new climate where they may seek help without shame. And that is a satisfying task. I don't have insomnia any more. I barely have time, before I fall asleep, to give thanks to God for my own continuing sobriety, and for the sobriety of countless thousands of my fellow alcoholics.

And from the front page of the October 1944 issue of *The Grapevine*

(By Dwight Anderson, Director of Public Relations, Medical Society of the State of New York)

Those who read this issue of *The Grapevine* are privileged to be present at what may very well prove to be an historic event. The birth of the National Committee for Education on Alcoholism, first publicly announced in this issue, means far more than the mere name would imply. It is the beginning of a new public health movement. It is the first step toward getting the alcoholic out of the jail and into the hospital; toward making it possible for the medical man and the psychiatrist, the social worker and the lay therapist, to pool their skills with Alcoholics Anonymous in modifying the ravages of an illness to which society has been indifferent almost until this very moment.

Alcoholics Anonymous made possible such an institution as this by first laying the groundwork in its thoroughly proved and tested rationale for group therapy, which convinced people that an alcoholic can be helped. A further contribution AA has made is in giving the new organization Marty Mann, as executive director. A better qualified person for this task it would be impossible to find. For years AA has been making constant and regular impressions on the public through newspaper publicity, and what is better, word-of-mouth publicity, of the concept that the alcoholic is sick, that he can be helped, and that he is worth helping. The foundation has been laid, over the last ten years, so that today the public is ready for educational work on a broader scale, such as the new organization is to undertake. Unless this bold, widespread pioneering work had been done, such a movement as this would have been laughed to death. Everybody would instantly classify it as just another "blue-nose, kill-joy" Prohibition organization in disguise.

So gradually and imperceptibly do important changes in the public mind take place, that few except those who make a specialty of studying public opinion, realize when they are happening. But looking back ten years we realize that the idea that the alcoholic was an utterly hopeless person was practically unanimous, not only among the public as a whole, but among the medical profession as well. We have gone in the meanwhile perhaps a quarter of the way toward sufficient acceptance by the public to make the new thought dynamic in results. This is an accomplishment principally of Alcoholics Anonymous. The writer regards this as fully as great, if not greater, than any other achievement of this organization. Its members are unaware of this contribution; few persons will ever recognize it or stop to appraise its far reaching consequences.

The public is now ready and waiting to receive the facts which this new Committee has been formed to publicize. Authorities estimate that there are in the United States 66 million persons not arrayed on either the "wet" side or the "dry." They are neutrals sitting in the "bleachers" while watching the contest between two opposing teams who are calling each other names, asserting and denying every statement made in favor of, or against, the use of liquor.

The National Committee for Education on Alcoholism will address its material to the man in the "bleachers" while talking about somebody else – the alcoholic. A public relations program to influence these 66 million people may have as its objective to inform them:

That the compulsive drinker, or alcoholic, is a sick man, exceptionally reactive to alcohol.

That he can be helped.

That he is worth helping.

That the problem is therefore a responsibility of the healing professions, as well as of the established health authorities and the public generally.

The minds of the people in the "bleachers" are open to receive these four kinetic concepts. After fully accepting them, what would follow would be an interest in knowing whether they or their friends might be on the way toward becoming alcoholics. With the stigma of alcoholism removed by acknowledging that it is a sickness, the whole subject can be brought out in the open and discussed. The time will arrive when the hostess at a cocktail party will not insist upon a guest taking a second or third cocktail, or even the first one if he has once declined, recognizing he might be one of those persons who should never take a drink at all. The social sanctions surrounding drinking – the prestige factor – would be discouraged automatically and voluntarily. The whole door would be opened wide by this new approach to change the mores in favor of moderation in the use of alcohol.

This is what is meant by saying that we who read this issue of *The Grapevine* are witnessing an historic event. Previous efforts have been stalemated by the two opposing teams who have played the game for the sake of killing each other off, rather than for the benefit of the people in the "bleachers." For the first time in the history of mankind's efforts to control the use of alcohol, we have an instrument which offers real hope of affecting the behavior of a majority of the people of the country by their own voluntary and spontaneous intention.

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Marty Mann: She Opened America's Eyes

(Excerpted from the Marty Mann Memorial Issue of Alcoholism Magazine, November/December 1980)

If the nation's alcoholism movement was ever to construct a Mt. Rushmore-style memorial, Marty Mann's forceful yet benign profile would surely appear there – perhaps with Bill Wilson, Dr. Bob Smith and Dr. E.M. Jellinek. Bill W. and Dr. Bob established Alcoholics Anonymous, the fellowship which has helped more alcoholics overcome their disease than any other method of recovery... and Dr. Jellinek's disease concept of alcoholism provided a philosophical and methodological foundation for a new public health movement.

But it was Marty Mann, the first woman to maintain sobriety in AA, and founder of the National Council on Alcoholism, who publicly carried the message to America and the world for over forty years. When she died in July [1980], those suffering from the effects of alcohol abuse and alcoholism, the disease she helped identify and frustrate, lost one of the best friends they ever had.

It's difficult to resist writing hyperbolically about Marty, so towering and pre-eminent a figure, literally the patron saint of the alcoholism movement in this country. But, of course, her genius lay as much in down-to-earth directness as in her visionary and crusading zeal, so her spirit in part demands that any eulogies be brief and forthright. Above all, her spirit demands that her work be carried on as tirelessly and selflessly as possible.

Millions of alcoholics don't know who Marty Mann was; after all, even if she did reach millions with her hope-filled message about the reality of recovery from alcoholism, there are many millions more she couldn't reach. But those she inspired, and the work she initiated and is being carried on today, constitute an abiding legacy that ranks as one of the most important contributions in this century to medicine, public health and the nation's welfare.

When Marty testified before the original Senate Subcommittee on Alcoholism and Drug Abuse, chaired by Sen. Harold Hughes in the late '60s, she remarked that, when she established the National Council on Alcoholism in 1944, she was certain it was going to take 50 years to change public attitudes about alcoholism. Her lifelong struggle to remove the stigma of alcoholism certainly made tremendous inroads into national attitudes; and the fact that much work remains to be done only verifies both her realistic vision and the enormity of the task.



Marty Mann with Dr. E.M. Jellinek (right).

For there never was a more timeless crusader than Marty Mann. She averaged over 200 spellbinding lectures a year for 35 years; traveled all over the world; authored the classic *Primer on Alcoholism* and *Marty Mann Answers Your Questions About Drinking and Alcoholism*; effectively served as a public advocate for various alcoholism causes; sponsored an untold number of people in AA and directly changed – even saved – the lives of hundreds of others. Even at the time of her death, she was still on the frontlines, serving as Special Consultant to the Director of the National Institute on Alcohol Abuse and Alcoholism, and helping to shape the direction of the new landmark National Commission on Alcoholism and Other Alcohol-Related Problems.

Born in Chicago in 1904, Marty was educated in girl's schools in the U.S. and abroad. In the 1930s she was a writer for fashion houses and worked on radio scripts, and by 1936 had become research director for the American Society of Composers, Authors, and Publishers (ASCAP).

But as her drinking grew out of control, so did her life, which entered a dark, confused period from 1936-1939. It was during that period that she met Bill Wilson, and, gradually, came to admit her problem and join AA, which then was a nearly all-male organization.

Before she joined AA, she was a patient of alcoholism pioneer Dr. Harry Tiebout at the Blythewood Sanitarium in Connecticut. It was there that Dr. Tiebout first exposed her to the book *Alcoholics Anonymous*, which she later called "a revelation." He first showed her a carbon copy of the Twelve Steps of AA, given to him by Bill Wilson. Going to her first AA meeting was an ordeal, she later wrote, but as soon as she entered and listened to what was transpiring, she felt she had "come home... found my salvation. I wasn't alone anymore."

Marty was so energized by her recovery that she not only began to rebuild her career, but also decided to find a way to help other alcoholics. After attending the Yale (now Rutgers) School of Alcohol Studies and discussing various courses of action with Dr. Jellinek, she finally hit upon the answer. And that's what caused her to get up at 3 A.M. one cold February night in 1944 and outline a plan of action which was to become the National Council on Alcoholism.

2004 Alcohol and Other Drug Awareness Events Calendar

FEBRUARY

8-14 National Children of Alcoholics Week

(Contact: Sis Wenger, National Association for Children of Alcoholics, 11426 Rockville Pike, Suite 100, Rockville, MD, 20852, 888/554-2627, www.nacoa.org)

MARCH

1-31 *Safe Spring Break

(Contact: Drew Hunter, BACCHUS & GAMMA Peer Education Network, PO Box 100430, Denver, CO, 80250-0430, 303/871-0901, www.bacchusgamma.org)

15-21 Brain Awareness Week

(Contact: Dana Alliance for Brain Initiatives, 745 Fifth Avenue, Suite 900, New York, NY, 10151, 212/401-1680, www.dana.org/brainweek)

21-27 National Inhalants and Poisons Awareness Week

(Contact: Harvey Weiss, National Inhalant Prevention Coalition, 2904 Kerbey Lane, Austin, TX, 78703, 800/269-4237, www.inhalants.org)

APRIL

1-30 Alcohol Awareness Month

(Contact: National Council on Alcoholism and Drug Dependence, Inc. [NCADD], 20 Exchange Place, Suite 2902, New York, NY, 10005, 212/269-7797, www.ncadd.org, or local Affiliate of NCADD, 800/622-2255)

1-30 Child Abuse Prevention Month

(Contact: Prevent Child Abuse America, 200 South Michigan Avenue, 17th Floor, Chicago, IL, 60604, 800/CHILDREN, www.preventchildabuse.org)

2-4 Alcohol-Free Weekend

(Contact: see NCADD above)

8 National Alcohol Screening Day

(Contact: National Mental Illness Screening Project, Inc., One Washington Street, Suite 304, Wellesley Hills, MA, 02481-1706, 781/239-0071, www.mentalhealthscreening.org/alcohol.htm)

MAY

9-15 Alcohol- and Other Drug-Related Birth Defects Awareness Week

(Contact: See NCADD above)

JUNE

27 National HIV Testing Day

(Contact: Ray Daniels, National Association of People with AIDS, 1413 K Street NW, Washington, DC, 20005, 202/898-0414, www.napwa.org)

S E P T E M B E R**1-30 National Alcohol and Drug Addiction Recovery Month**

(Contact: Center for Substance Abuse Treatment, SAMHSA, Rockwall II, 5600 Fishers Lane, Suite 618, Rockville, MD, 20857, 301/443-0091, www.health.org/recoverymonth/)

9 International FAS Awareness Day: "The Minute of Reflection"

(Contact: FASWorld, 1509 Danforth Avenue, Toronto, ON M4J 5C3 CANADA, 416/465-7766, www.fasworld.com)

17 National Addictions Counselor Day**

(Contact: Justin Cohen, Director of Public Relations, National Association of Alcoholism and Drug Abuse Counselors [NAADAC], 901 N. Washington St., Suite 600, Alexandria, VA, 22314, 800/548-0497, www.naadac.org)

27 Family Day - A Day to Eat Dinner with Your Children

(Contact: Sarah Winkeller, National Center on Addiction and Substance Abuse at Columbia University, 633 Third Avenue, 19th Floor, New York, NY, 10017, 212/841-5215, www.casacolumbia.org)

O C T O B E R**1-31 Liver Awareness Month**

(Contact: American Liver Foundation, 75 Maiden Lane, Suite 603, New York, NY, 10038, 800/GO-LIVER [800/465-4827], www.liverfoundation.org)

1-31 Talk About Prescriptions Month

(Contact: National Council on Patient Information and Education, 4915 Saint Elmo Avenue, Suite 505, Bethesda, MD, 20814, 301/656-8565, www.talkaboutrx.org)

17-23 *National Collegiate Alcohol Awareness Week

(Contact: See BACCHUS above)

23-31 National Red Ribbon Week

(Contact: Molly Osendorf, National Family Partnership, Informed Families Education Center, 2490 Coral Way, Miami, FL, 33145, 800/705-8997, www.nfp.org)

N O V E M B E R

Thanksgiving
- New Year's
Day

Tie One On For Safety Campaign

(Contact: National Programs, MADD, 800/GET-MADD, ext. 242, www.madd.org)

18 Great American Smokeout

(Contact: Local chapter of the American Cancer Society, 800/227-2345, www.cancer.org)

D E C E M B E R**1-31 National Drunk and Drugged Driving (3D) Prevention Month**

(Contact: National Highway and Traffic Safety Administration [NHTSA], 410 Seventh Street SW, NTS 20, Washington, DC, 20590, 202/366-6978, www.nhtsa.dot.gov)

* Sponsoring organization receives support from the alcoholic beverage industry:

** Tentative date- contact NAADAC for updated information.

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Yes! I want to subscribe to the NCADD Amethyst and receive four issues each year. Enclosed is my payment of \$50.

NCADD Amethyst "Plus" Service: Subscribers who contribute an additional \$50 will receive the following supplemental service:

➔ **NCADD Washington Report:** A monthly newsletter which offers an insider's look at federal policy developments and a chart that tracks alcohol- and other drug-related legislation currently before Congress.

Yes! I want to receive the NCADD Amethyst "Plus" service. Enclosed is my **additional** payment of \$50.

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FACE THE CHALLENGE!

Yes! I want to "face the challenge" of alcohol and other drugs. Enclosed is my \$ _____ contribution to support the work of NCADD (To make a contribution using your credit card, please complete the box below left).

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(10/1/02-9/30/03)

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