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ISSUE : [Issue 64](#)

Published by Ronald Caplan on 1993/8/1

and so eventually I sought help and got it and got rid of it. But I think what really clicked in for me--and I would say this to anyone who is having a problem with it--and only you can decide that, you can't fool yourself--but once you begin to have trouble with it, it won't get any better, in my experience. If you forget or if you get into fights and can't pay your bills, you are having trouble. (When did you realize that you were an alcoholic?) When I was trying to stop and I couldn't stop. I drank every day at the end. I drank about a couple of pints a day and I got out of it just in time because it was only \$2.25 then or something like that. Black Death, the stuff you drown worms in. But anyway, I think what I realized was that people were controlling me and I was paying them to do it. I mean I was giving up my mobility and my control because I would promise faithfully that I would be home at 8 o'clock. But I would neglect to say which night. But when I said it I would really mean it. But I was just powerless. Eight o'clock would come and I would be somewhere else and that's a horror show and that's a terrible thing, but you can't fool yourself. Once you have trouble--well, all liquid seeks the lowest ground. Alcohol takes the person along with it. It's devastating, it really is. It is probably the biggest social horror we have, you know, and people don't realize it. Now, I'm not a temperance man. I Ray and Betty's wedding day, May 1, 1957 can pour it for anybody and I don't judge anybody on it, you know. They have to decide that for themselves and I don't think it's a terrible thing--used properly, I think it's good. But once it gets out of control it's terrible. I think it's bound to have an effect on your family. Was I aware that it was affecting my family? I guess, perhaps, I was, but probably I was too sick to do anything about it. Now, that's not to cop out! I just didn't have the strength or the stability or whatever it takes to rise above that. You know, I've talked about it with my sons since and we've reached a good understanding, but I think it must have had some effect on them and it was also very difficult for Betty. There's no doubt about that. There are emotional scars that may never be removed. I don't know. I guess part of recovery is just starting anew and going from there and doing the best you can with what you have. I drank alone. You see, I think I'm an introvert, anyway, and not an extrovert. So Dave's Cycle Sales PHAZER: The #1 selling snowmobile in the world. 455 GRAND LAKE RD., SYDNEY 562-4343 mrMAMMUM Yamaha ?? AWIAHA " y" '-' choice We make the difference. for 4-wheel drive. I think that's part of it. Drinking alone didn't bother me at all. The stuff was great company, you know. Talking to a cigarette machine and thinking it was a colour television. Marvellous! I coached Kell's Angels (a girl's Softball team) for about ten years. I was in the latter stages of drinking when I was in the early stages of coaching them. And they knew and they were trying to help me, too. I coached for 10 years. We won the Maritime title. We won some Nova Scotia crown Van too Fully Licensed Restaurant "" "" A Warm Welcome OPEN DAILY 11 A.M. to 1 A.M. FRI. and SAT. till 2 A.M. SUN. till MIDNIGHT Major Credit Cards Accepted Gift Certificates * Ample Parking Oriental and Canadian Cuisine in a relaxed and



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