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Alcohol: A close look at an old problem

By Jim Koenig

Alcoholism is one of the oldest problems in man's history and certainly a problem in the military. An Army alcoholic can be anyone, the PFC radio operator, the Master Sergeant in S-3 or a two-star general in charge of a combat division.

Alcoholism

Most agree that alcoholism can be described as a physical compulsion coupled with a mental obsession that can take a person through the merry-go-rounds of life. Alcoholic's Anonymous, a world wide organization dedicated to helping the problem drinker, says, "for an alcoholic, one drink is too many and a thousand is not enough."

Experts say there are no hard and fast rules for determining alcoholism however, there are certain telltale symptoms. Perhaps your drinking has become progressively worse or maybe you no longer get as much fun from drinking as you once did. Do you get drunk when you had every reason to stay sober? Have you ever decided to stop drinking for a week or so, but only lasted for a couple of days? These are questions soldiers have to ask themselves.

Help

If you have a drinking problem, or think you have one, there are trained personnel who will help you with it. Call the Hoechst Community Counseling Center (2315-732) or Darmstadt (2371-6506). For more on alcohol, see page seven.



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