A First-Hand Look at Drinking in the New China
by Mark Keller

I went to China, last December, with an organized study group — twenty-one of us — professionally interested in mental health and addiction. We spent a few days in Hong Kong and saw some interesting and remarkable programs of treatment and rehabilitation of drug addicts. We had sixteen days in China, visiting Beijing (Peking), Kuangchow (Canton), Changsha, Shanghai, and Fushan. We also visited two large agricultural communes, with populations of about 13,500 and 17,000.

We were, of course, treated to many tourist delights — The Great Wall, Mao's tomb, his home, the Forbidden City, the Winter Palace, and other truly gorgeous museums.

We visited hospitals and clinics and medical schools; we were shown wards and patients and treatments, including acupuncture and electro-acupuncture and electroshock. We had lengthy conferences with clinical and teaching staffs. Dr. Liu, a Chinese psychiatrist with a biochemical orientation, did much of the translating. His English was excellent; he had been in the United States. So we learned a lot. We taught, too. Several of our group lectured at the hospitals and medical schools we visited, and I felt that the Chinese staffs were genuinely appreciative. I want to add that I was deeply impressed with the caliber and humanness of the treatment of patients and the attitude toward them of the hospital staff — doctors, nurses, and attendants. It was impossible not to be impressed also by the poor physical condition of hospitals, the paucity of equipment, and the ubiquity of acupuncture and herbs. (continued)
alcoholism — hardly ever...

In institution after institution, in meetings with all officials and professions, we were told that there was no alcoholism. In the Shanghai Psychiatric Institute we were told that they had hardly any alcoholic admissions even before Liberation (1949); and from 1958 to 1978 they had only twenty-four patients with alcoholism. I asked, “What accounts for the absence of alcohol problems?” Dr. Hsia Chen-yi, professor of psychiatry and chairman of the Chinese Neuropsychiatric Association answered, “Because our people drink with food, and also with much talk” (i.e., they drink slowly).

I naturally sought informal sources. There were occasional free afternoons, and many such evenings. I took walks, carefully taking note of my route so that I’d be able to get back — especially in cities with street signs only in Chinese. It’s very interesting. People stare at you. Little children in grandmothers’ arms point at you. Then somebody who knows English — usually a student — greets you. You start a conversation. You ask, “What does that sign say?” He replies, “That sign says, ‘experimental restaurant.’” What is that? “Where you get meat, and other food, and drink.” What is experimental about it? He explains, but you wind up not understanding. Another time, you are luckier. You meet three students; they are very friendly; they invite you to a teahouse; and their English is quite good.

One of my private informants said, “No, we do not have drunkards.” I asked another question. He said, “But yes, big brother knows a man who drinks a lot. He gets drunk. He has liver disease. He says wine cures his liver.”

drinking

I looked into shops, especially food shops. In both small and big ones from 30 to 40 percent of above-counter wall-shelf space is occupied by liquor bottles.

By good luck I obtained a catalog of the wines and spirits provided to shops in China by the Government Corporation. There are seventy-three varieties of “chiew,” or “jiu,” which are undoubtedly distilled spirits. There are also forty varieties of “wine” — grape, rice, cherry, cocoa, ichee, and so on. I found only seven varieties of beer and two of cider. The beers contain 3.5 to 4 percent alcohol by volume (The Chinese beer, by the way, which was served to us at every meal, including breakfast, is excellent.) The port was 4.5 percent alcohol, the cider 3 to 5 percent. Thirty brands of chiew and twenty-seven varieties called wine had alcohol contents between 12 and 18 percent; twelve varieties of wines were between 20 and 29 percent, and ten between 30 and 39 percent (probably cordials). Six brands labeled whisky, vodka, gin, or brandy had alcohol contents between 40 and 49 percent, twenty-five brands of chiew had strengths between 50 and 59 percent, and five brands were 60 percent or more, but not much more.

I brought a couple of samples back with me — which I bought in food shops. A clerk in one large shop, a charming young woman, without a word of English, seemed to understand my sign language, that I wished to buy the very best beverage. She selected for me a small bottle of Dan Chu Chiew, produced in Szechuan. I thought that I understood her sign language: that it was delicious. By analysis in the RCAS laboratories the alcohol content is 54.7 percent. As for the taste — it’s interesting. Perhaps one gets used to it.

Each of the two agricultural communes we visited has its own brewery and distillery. Members of the commune bring their own container and take home a “pound” of chiew. How much is a pound in volume? Not one of our guides was willing to convert a pound with certainty into liquid metric terms. (Later a guide estimated by eye that a pound was approximately a fifth, or quart, or liter.)

In the city shops anything called whisky is very expensive, from 6 to 14 yuang a bottle of 3/4 liter ($4 to $10 U.S.); wine costs from 1 to 10 yuang (65c to $6.50), and beer 2/3 to 1 yuang (23c to 65c) for a bottle containing either 1/2 or 2/3 of a liter. Considering that a worker’s wages are about 45 yuan a month, this makes drink expensive.

In a commune I asked the head of a household which had five wage-earners what proportion of the family income went for alcohol. Recalculating his carefully considered answer, I arrive at 2 percent. Americans nowadays spend 3 percent of their disposable income on alcohol.

wine shops

In my private walks in the cities I discovered wine shops. A wine shop, however, is not a package store. In fact, we would probably call it a tavern. The patrons go to a counter to get a small dish or two of foods, then sit down at a table and order drinks. (In some shops the drinks also are obtained at the counter.) The windows and shelves display many bottles. On
the floor are large crocks, each of 20 to 30 liters, containing various "yellow wines" (12 to 18 percent alcohol). A patron sits wherever there is a vacant place. People may stay in a wine shop only a brief while, as little as twenty or thirty minutes. But one evening, leaning against a tree in front of one wine shop, I saw many patrons sitting and drinking for several hours. In fact, there was relatively little movement in and out of the shop; the movement was inside, mainly between drink counter and tables. Wine is sold in 10- to 16-ounce mugs; beer in similar mugs or bottles; spirits in cups of about 2 ounces.

In one large wine shop there were, by my count, seventy patrons — sixty-nine men and one woman. One of my informants said that only older women, from before Liberation, went into the wine shops, but the woman I saw was not old. At another wine shop I saw a woman come out, a bit unsteady. She was not old. But the male-female sex ratio of wine-shop patrons is apparently at least fifty to one.

People converse in wine shops with companions or fellow patrons. There is no singing, dancing, or any form of entertainment. Just drinking and munching.

The few incidents of drunkenness our group observed do not indicate that drunkenness is a common occurrence. My private information is that arrests for drunkenness are made only if a drunkard hurts someone. The drunkard may then be sentenced to years of hard labor. A possible official source stated that no more than 100 arrests a year are made in Shanghai for drunkenness.

camphor bark

There is one more interesting and possibly relevant item. In the hospital of one of the communes, we saw a remarkable collection of herbs and other medicinal plants in wooden kegs, all carefully labeled with their common and scientific names. One of them attracted my attention by its very agreeable odor. It was camphor bark. When I asked what it was used for, our host replied, "It is used in tea to sober the drunken." Presumably they have some isolated instances of drunkenness in that commune, though we didn't see any that day.

In conversations with physicians in several medical schools and hospitals I usually asked, "But now that you are industrializing so vigorously, and many people are leaving the countryside for the cities and for the new industrial complexes, are you not anticipating a rise in alcoholism, as was apparently experienced in many European countries when they underwent these changes?" Consistently, in each instance, the Chinese expressed their belief that the Chinese culture, especially the traditional family cohesiveness, would protect them against any serious upsurge of alcoholism.

I admired their confidence and hoped they were right. I suspect that there is more heavy drinking than they are willing to see, and perhaps more alcoholism. But with 80 percent of the population still on the farm it is not easy to know, for in the countryside alcoholism is not nearly so obtrusive as in the city and in the industrial complex. Nevertheless, I think the rate of alcoholism is still relatively low while moderate drinking is common among men.

opium addiction

The Chinese were absolutely certain that their radical treatment of dealers in opium, after the 1949 Liberation, totally eradicated opium addiction. We saw nothing to contradict the assertion that there is no opium addiction.

In one of the psychiatric hospitals we were given an unusual set of statistical tables, showing admissions by diagnosis over a long period. I noticed that there had been a steadily rising incidence of admissions for schizophrenia since the end of opium addiction, and in recent years schizophrenia accounts for about 80 percent of total admissions. In a survey article, Drs. Yan Hegin and Xia Zhenyi of the Shanghai Psychiatric Hospital wrote: "The reason why the figure is raised may be due to the elimination of drug addiction (such as opium) and general paralysis of insanity, since Liberation." They added: "But on the other hand, the mass education of the mental health, the introduction of psychotropic drugs, and the gradual reduction of mortality and high relapse rate of this disease also play a part."

While opium addiction has apparently disappeared, cigarette addiction is enthroned. One gets the impression that everybody smokes, although, on reflection, I only recall seeing one woman smoking, a grandmother. But that's the trouble with impressions. There is some antismoking public education. An elaborate illustrated display in an open street space, with many photographs, cartoons, and text, was obviously aimed against smoking and attracted prolonged studious attention by many passersby. A boy of 15 studied the display for ten or fifteen minutes. As he finished and walked away, he took a cigarette out of his shirt pocket and lit it. I thought: Chinese boys are just like American boys. They get the same message.

Editor's note: RCAS Professor Emeritus Mark Keller and Robert J. Pandina, associate director for applied research, traveled to China as part of a Medical Exchange Group in November-December 1979 to study mental health and addictions in the Far East. These "impressions" are extracted from a talk by Professor Keller at the Columbia University Seminar on Drugs and Society.

More excerpts from the Keller diary and Pandina's notes will appear in the next issue of the Newsletter.

About the Center

The Center of Alcohol Studies is one of seventeen research institutes at Rutgers. It is multidisciplinary, bringing together a varied group of researchers and educators to contribute their expertise to the understanding of drink, drinking, and drinking problems. The center is one of nine designated national alcohol research centers in the country.

The center's 41-year-long tradition of interdisciplinary research orientation stems from the interest in alcohol and alcoholism of three scientists: Norman Jolliffe, Howard W. Haggard, and E.M. Jellinek. Because of their "early inspirations and direction, the Center of Alcohol Studies became and remains a vital model of the sort of institute which can realize the meaning and effectiveness of an interdisciplinary perspective." The discussion and critique by members of diverse disciplines allow for broader research designs and deeper interpretations of data than is the kind that may occur when individual disciplines work in isolation.

The center emphasizes three areas of research—the biomedical, the psychological, and the sociological. The evolutionary influence of the exchange of ideas among these three areas can be seen in one of its major research efforts, the longitudinal study, a thirty-year project. Only such a study can hope to explain the complex process of addiction. Social, cultural and historical, psychological and biological factors are being investigated in several thousand cooperating people in order to discover the characteristics which may predict a heightened risk of developing problem drinking and alcoholism. The synthesis of the experiences of the many different disciplines is expected to yield results with applications beyond the focus on alcohol use. (A future issue of the Newsletter will discuss some of the hypotheses of the longitudinal study.)

Current research efforts are directed at a number of problems, ranging from the subcellular to the societal: from the characteristics of alcohol dehydrogenase isoenzymes to the relation of brain monoamines to behavior as affected by alcohol, strain differences in animals' response to alcohol, the process by which alcohol may produce the fetal alcohol syndrome, the psychosocial correlates of alcohol and drug use by adolescents, and the examination of issues in life-span developmental psychology, among others. In addition, work is continuing in anthropology, sociology, and history. (Each issue of the Newsletter will report some aspects of this research.)

Since research is cumulative, systematic organization and dissemination of the existing knowledge are essential. From its inception the Center of Alcohol Studies has been actively involved in the communication of research. The Rutgers Journal of Studies on Alcohol, founded by Howard W. Haggard in 1940, remains the foremost medium of research report in the alcohol field. In 1980, over 300 colleagues served as referees of submitted reports. Booklength work is published in the Monographs of the Rutgers Center of Alcohol Studies and the NIAAA/RUCAS Alcoholism Treatment Series. (You can order a catalog of RCAS publications by using the form on page 11.)

A second aspect of the communication of research is its systematic collection and organization for the use of others. The documentation and dissemination of the relevant alcohol literature have always been one of the center's main functions. The collections in its special library, the abstracts, indexes, and bibliographies all reflect the years of experience in managing a field of study that spreads across many traditional disciplines (The information services available are described on pages 6-7.)

A third aspect of the communication of research is education. The teaching of undergraduates and graduate students, the research by postdoctoral fellows and scholars are an integral part of the center's role within the university. The Summer School of Alcohol Studies, founded in 1943, is the oldest and most prestigious school of alcohol studies in the country and now has over 11,000 alumni in forty-two countries around the world. Other formal programs offered are the annual New Jersey Summer School of Alcohol and Drug Abuse Studies and the biennial Alumni Institute.

In addition, RCAS faculty teach mini-courses at the medical school and the Graduate School of Social Work. RCAS faculty are also actively involved in community education; these contributions will be reported in this newsletter.

In 1959 former director Selden D. Bacon wrote: "This aspect of the Center of Alcohol Studies (or of any research and training center) is rarely accorded much public interest. Widespread acclaim is achieved perhaps most effectively by some apparently successful application or by the research on a particular subject most closely associated with that application. Very little recognition is accorded the painstaking, slow, expensive, talent work that lies behind these occasional shining researches, these dramatic 'break-through' applications. Yet without those building blocks, no sparkling advances in understanding and control will occur."
Dr. Pietruszko's research is providing basic data on the characteristics of the isoenzymes: their number, properties and distribution, their structural interrelationships, and their possible involvement in metabolic regulation. The results will also provide information on the mechanisms of inhibitors, some of which could prove to be useful as therapeutic agents.

These investigations will also yield information important for the study of the human cell. Aldehyde dehydrogenase isoenzymes appear to exhibit specificity of subcellular organelle distribution, suggesting a functional importance in cellular differentiation and development. Knowledge of the structural interrelationships will provide information about the genetic loci as well as the physiological role of the isoenzymes.

In tracing the distribution of aldehyde dehydrogenase within the body, Dr. Pietruszko ascertained that it occurs in blood (the only readily available human tissue), a significant finding for continued investigation of the enzyme.

Dr. Pietruszko is a member of the graduate faculty in biochemistry and teaches Enzyme Kinetics and Mechanisms. She is a member of the Society of Biological Chemists.

New Book out on Drinking in America

Supplies of beer, the traditional drink of Englishmen, were short in Colonial America, so the colonists concocted substitutes such as "Jersey Lightning," "Hot Waters," and other ingenious (some dubious) home brews. The new beverages had more alcohol in them, but episodes of drunkenness generally remained controlled by strong community and religious sanctions. The leaders of Colonial America were able to enforce a strict code of public behavior. For the most part, virtuous citizens voluntarily complied, from a patriotic sense of public duty and concern for the general good.

In the Revolutionary era, however, emerging values placed more emphasis on personal liberty, self-reliance, and equality of opportunity. Community and religious controls over behavior weakened further as populations spread over new territory. Drinking became even more of a leveling force in the new democratic order. Sharing a drink emphasized friendship and equality.

The 1790s to the 1830s was also a time of heavy, excessive drinking, the heaviest in the nation's history. Drinking, even if disruptive, had become largely a matter of individual choice.

The fad of colonial ideals and their revitalization in the neorepublicanism of the eighteenth century is the backdrop against which Professors Mark Edward Lender and James Kirby Martin interpret, in their forthcoming book, the phenomenal increase in drinking that occurred in the early nineteenth century, and the attempts by republican leaders and succeeding generations to resolve the "liquor question."

Drinking in America: A Social-Historical Interpretation, 1620-1980 traces a series of ideas which sprang from the Revolutionary period and later became the backbone of the reform movement which began before the War of 1812. These ideas survived the Civil War, and were embodied in the Temperance Movement of the late nineteenth and early twentieth centuries. The reaction to intemperate drinking is viewed by Lender and Martin as symbolic of the neorepublican vision. The assault against all drinking was also an assault against pluralism and disorder, part of a larger response by society to cope with its ills. The authors write in their foreword that what drinking (or not drinking) meant both mirrored and shaped national responses to a number of social issues. The Woman's Crusade and the Woman's Christian Temperance Movement, known for their fight against drink, were also centers of broad-based reform efforts against poverty and disease and in support of education and suffrage.

The authors follow the evolution of this sociopolitical movement up to the present day, examining the evidence surrounding Prohibition and its demise and the change in public conceptualization of drunkenness from a moral problem to alcoholism as a disease.

Professor Lender is the social historian at RCAS and teaches in the History Department at Douglass College. Professor Martin is chairman of the Department of History at the University of Houston and holds an adjunct appointment with RCAS.

The book will be published by the Free Press in the spring of 1981. Those interested in receiving notification of its publication can send their name and address to Dr. Lender at the Center of Alcohol Studies, Busch Campus.

Pohorecky Wins Career Scientist Award

Dr. Larissa Pohorecky, neuropharmacologist at RCAS, is the recipient of a Career Scientist Award from the National Institute on Alcohol Abuse and Alcoholism. The five-year grant is awarded to exceptional young scientists to encourage research in the field of alcohol studies.

Dr. Pohorecky's broad scope of interest is in the exploration of the sites of action of alcohol, and the mechanisms involved in the development of tolerance to alcohol by the central nervous system and in the alcohol withdrawal syndrome. In particular, Dr. Pohorecky is tracing biochemical and behavioral responses in the attempt to distinguish between primary and secondary effects of alcohol. In one avenue of research she is examining the simultaneous response to alcohol by brain monoamines and by physiological and behavioral functions thought to be mediated by noradrenergic neurons. If the physiological and behavioral functions can be correlated with monoamine levels, they might be used as possible indicators of the effect of alcohol on central noradrenergic neurons without interfering with them.

The mechanisms involved in the development of tolerance to alcohol are unresolved. Tolerance in the central nervous system has been thought to be caused by alterations in certain neurotransmitter substances. Dr. Pohorecky is investigating these mechanisms by evaluating the response to alcohol by different types of central nervous system and peripheral tissue.

Another aspect of Dr. Pohorecky's research concerns the mechanisms involved in the interaction of stress with alcohol, examining whether there is a biochemical basis for the hypothesis that small amounts of alcohol relieves stress. A related study, published in the December 1980 issue of Psychopharmacology, evaluates the role of alcohol-induced hypothermia on selected biochemical and behavioral parameters.

Dr. Pohorecky is a member of the graduate faculty in pharmacology and toxicology, the graduate faculty in psychology, and adjunct associate professor at Rockefeller University. She is a member of the editorial board of the Journal of Pharmacology and Experimental Therapeutics.
S. Priyadarshini presented “Delinquency and Corrections in India” jointly with Clayton A. Hartjen of the Department of Sociology, Rutgers University-Newark, at the American Society of Criminology meeting in San Francisco, November 1980.


Members of the university community are invited to attend the colloquium series sponsored by RCAS. The series offers the opportunity for faculty and students to meet prominent researchers from a variety of disciplines and to discuss aspects of their research. All meetings are held in the Conference Room at the Center for Alcohol Studies on the Busch Campus. The remaining speakers for this year’s program are:

February 19, 10:30 a.m.
“Conceptualizing Substance Abuse within a Family Framework.”

M. Duncan Stanton, associate professor of psychology in psychiatry, University of Pennsylvania School of Medicine, and director of the Addicts and Families Program at the Philadelphia Child Guidance Center and the Family Therapy Program at the Philadelphia V.A. Drug Dependence Treatment Center.

March 5, 11:00 a.m.
“Alcohol Use among Jews in Israel: New Research and Its Significance.”

RCAS maintains a comprehensive information system in alcohol studies. Scholarly and scientific materials - journal reports, books, technical reports, conference proceedings, etc. - are acquired from all disciplines, in all languages, from all over the world. Each is evaluated, then classified, abstracted, and indexed in the Alcohol Information Retrieval System (AIRS), an automated information retrieval system, and in the Journal of Studies on Alcohol, and incorporated into the collections of the library.

The AIRS provides on-line access to a database containing over 25,000
documents processed since 1974. Frequent updating provides bibliographic citations to the most recent materials. Approximately half of the records have abstracts; all contain full bibliographic information. Each can be retrieved by subject code, keywords in title or abstract, author, date, journal of publication, or language.

The data base is available through Control Data Corporation's telecommunications network with the use of BASIS, a language that provides a number of retrieval methods. For example, bibliographies may be arranged by author, subject code or year; or may include only those elements that the user wants, such as author, title, journal, and year.

Access to the data base is available at RCAS and at several installations around the country. To request an on-line search at Rutgers, contact the Information Services Division.

Subject areas can be monitored on a regular basis for faculty and professionals by the Current Awareness Service. RCAS staff will develop and retain a personal profile which will identify items of interest and periodically create a bibliography of newly updated materials.

In the Journal of Studies on Alcohol, abstracts and New Titles are published bimonthly in the Current Literature issues. Both abstracts and citations are grouped by broad subject categories (e.g., pharmacology, physiology, social and cultural aspects, and traffic safety); the abstracts are then further classified by such categories as enzymes, drug interactions, genetics and embryoology, and legal aspects. Indexes to the abstracts appear in each issue and are cumulated annually.

Abstracts have been published in the journal since 1940. Significant earlier research was included, along with current reports, in the Classified Abstract Archive of the Alcohol Literature (CAAAL), a manual subject-retrieval system using McBea cards. CAAAL was discontinued in 1978, but it continues to be a valuable source of retrospective information.

The library practices a long tradition of actively acquiring materials to support the research and educational interests of RCAS faculty and students. It holds the world's most comprehensive collection of scholarly materials, from rare to recent, including books, journals, pamphlets, reprints, microfilm relating exclusively to alcohol studies. The library is open to all university faculty, staff, students, visiting scholars, and the public, from 8:30 a.m. to 4:30 p.m. Monday through Friday.

In addition to the book catalog, the library has the Master Catalog of Alcohol Literature. With cards for every relevant publication since 1474, the Master Catalog provides access by author to all types of scholarly and scientific materials, including journal reports, chapters in books and conference proceedings, internal reports, etc. The McCarthy Memorial Collection houses the full texts of works abstracted in the Journal of Studies on Alcohol, the Classified Abstract Archive of the Alcohol Literature, and the computerized AIRS system. Copies of articles for individual research use are provided at cost.

The Ralph G. Connor Alcohol Research Reference File is a collection of questionnaires, interview schedules, and survey forms that have been used in studies of drinking behavior and alcoholism. The instruments are grouped by broad subject areas — for example, attitudes toward and knowledge of alcoholism; drinking practices and profiles; evaluation and follow-up of patients, agencies and services and medical record forms. Bibliographies of reports based on the surveys are included when available. The Society for the Study of Social Problems founded the collection in 1960 as the Research Reference File. Professor Connor maintained the file at Eastern Washington State College. Following his death the file was transferred to RCAS.

These information systems and collections have enabled RCAS' information specialists to provide specialized bibliographies since the center began in the early 1940s. Today, prepared bibliographies are available on over 100 subjects, in two series, enabling the researcher or student to conveniently review the recent avenues of work or begin an in-depth examination of an area of study. In addition, customized bibliographies can be requested for areas not covered by these series.

The Recent Topic Series provides a recent survey of current subjects of interest, generally including the literature of the past three years. The seventy-five titles in the bibliography of college drinking, for example, include surveys of alcohol consumption and drinking customs, studies of screening tests for alcohol and drug problems, university admissions for drug abuse, alcohol education programs, and alcohol advertisements in college newspapers.

The Retrospective Bibliographies are extensive listings of the important works in a significant area of alcohol studies, often reaching back to pioneering efforts in early times. Subjects include alcohol and aggression; cancer and alcohol consumption; alcohol and the fetus; human and animal studies; heredity and alcoholism; seat belt use.

For a list of topics available or for more information, contact the Information Services Division at 201/932-4442.

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Fellowships Support Research in Alcohol Studies

Three postdoctoral and two predoctoral fellowships in the social sciences are available each year in RCAS’s research-study program. The program is funded by the National Institute on Alcohol Abuse and Alcoholism.

The present postdoctoral fellows received their doctorates in sociology, political science, and experimental psychology. Cross-cultural comparisons of alcohol use in India and by Indians in America is the research focus of sociologist S. Priyadarshini. Debbie Lewis, whose major area of interest is social reform as public policy, is examining government policy in relation to the family and alcoholism treatment. Experimental psychologist Marsha Bates is interested in the effects of alcohol on the visual-perception/decision-making aspects of information processing, and the applicability of statistical decision models to alcohol and drug research.

The current predoctoral fellows are in history and anthropology. Jill Schumann is studying the early contact of colonial settlers with the Obijwa. She is examining how much of the descriptions of the Indians’ drinking patterns were due to the preconceptions of the settlers, and how much were due to the incorporation of drinking into the Obijwa cultural patterns. Bev O’Connor is examining alcohol use and stress among wives of geographically mobile personnel.

Fellows attend a multidisciplinary preseminar, “Problems of Alcohol and Alcoholism,” and a seminar (offered in alternative years) to develop a common core of information; fellows may take other courses throughout the university. In addition, all fellows serve brief internships at research and treatment units. The internships at the Center for Addictive Illnesses at Morristown Memorial Hospital are supervised by Dr. Bob Ericksen, director of Clinical Services.

The fellowship program provides financial assistance for two years of social science research in alcohol studies. Postdoctoral stipends range from $13,200 to $15,200; predoctoral fellows receive $5,900 and tuition. Predoctoral fellows must be admitted first to the candidacy for the doctorate in their discipline. For more information about the program, contact Dr. Mark Lender, RCAS.

proseminar schedule, spring 1981

The 1981 proseminar schedule of the pre- and postdoctoral fellowship program at RCAS is listed below. All sessions meet from 10:00 a.m. to 12:00 p.m. in the conference room at Smithers Hall, Busch Campus. University faculty and other graduate students may sit in if they qualify; for information contact Dr. Mark Lender, RCAS, 201/932-2190.

| January 30 | Physiological Aspects of Drug and Alcohol Dependence, I. |
| March 6 | The Biology of Alcoholism, I. |
| March 10 | Social History and Social Policy in the Alcohol Field |
| March 15 | The Biology of Alcoholism, II. |
| March 20 | The Biology of Alcoholism, II. |
| April 3 | The Fetal Alcohol Syndrome |
| April 17 | Social History and Social Policy in the Alcohol Field |

Bibliographies Assess Alcohol Literature

Over 2,000 books, pamphlets, and leaflets exist aimed at educating about alcoholic beverages, drinking, and alcoholism. Most of them are factual, but some contain errors, some omit important information, and some are biased. A basic reference tool that evaluates this wealth of material is the Annotated Bibliographies of Alcohol Education Materials. The bibliographies appraise publications ranging from text books for students and health and social service personnel, to curriculum guides for educators, to leaflets of general information for lay groups, and advice and help for children of alcoholics. Publications providing educational techniques, such as values clarification and transactional analysis, are also included.

Each annotation lists the standard bibliographic information, plus the audience level (e.g., general public, college student, and counselor) and major subject (e.g., effects of alcohol on the body, teenage drinking, and alcoholism and the family) and price. The summaries describe the topics covered and evaluate each item for content, presentation, and whether it meets its stated purpose. Indexes provide access by title, audience level, type of publication, and major subject. A listing of publishers’ addresses is included.

The first two volumes of the bibliographies include publications covering the years 1950-1973 and 1973-1978; volumes are now produced annually.

To order this current and convenient guide to support materials for courses, training workshops, etc., or to update existing collections, fill in the form on page 11.

Center Faculty Serve on Committee on Alcohol Use

Dr. Gail G. Milgram, director for education, and Dr. Robert J. Pandina, associate director for applied research, have been appointed by President Bloustein to a special fifteen-member committee to review university policy on alcohol use. The committee will develop policy outlining where and when drinking should be permitted or discouraged on campus and procedures for dealing with problems related to drinking. W. David Burns, director of health services, Rutgers, is committee chairman; other members include representatives of the New Brunswick, Newark, and Camden administrations; four students; Ann Baxter, director of employee counseling; Jon McKnight, director of the Rutgers College Student Centers; and Robert Ochs, assistant vice president for public safety.
RCAS to Participate in White House Conference on Aging

The Center of Alcohol Studies has been requested by the Honorable Wilbur D. Mills, chairman of the Blue Ribbon Study Commission on Alcoholism and Aging of the National Council on Alcoholism, to participate in a Symposium on Aging and Alcoholism. The symposium will be convened in conjunction with the 1981 White House Conference on Aging. It is officially designated as a White House Conference on Aging Mini-Conference. Polly Williams, university community liaison and director of training, Rutgers Institute on Aging, will also be attending the symposium.

The White House Conference on Aging is actually a series of meetings which will culminate in December 1981 with a gathering of 3,600 delegates and observers in Washington. The conference will focus on a number of issues related to aging in America, including economic security, physical and mental health, and social well-being. Another purpose is to encourage research on the aging process and health care needs. In preparation for the conference, various agencies have been sought out to lend their experience and expertise on issues affecting the elderly.

The fifty-four participants in the Symposium on Aging and Alcoholism will form work study groups to develop policy and strategies on the alcoholism service needs of aging people and their families. Areas of concentration will be consultation and outreach programs; epidemiology; fiscal and governmental issues; prevention; research; training and education; and treatment programs. Separate groups will focus on the aged in long-term care facilities, nonresidential community programs, and alcoholism treatment programs for the elderly living in urban and rural areas. The symposium will take place February 1981, at the Johnson Foundation's conference facility at Wingspread in Racine, Wisconsin.

Programs Slated on Campus Drinking

The recent change in the so-called legal drinking age has generated controversy and problems for the college...
community, highlighting the use of alcohol on campus to such an extent that The Home News recently published a full page of articles about drinking at Rutgers and alcohol problems among college students. Ways to minimize the risks related to the use of alcohol on campus are the focus of workshops at several Rutgers colleges this year. One-day programs for deans, staff of student affairs and health services, and others have been organized by RCAS' Dr. Gail G. Milgram, director for education. The programs view college drinking in a societal perspective, identify the kinds of problems that may occur, and offer guidelines in interpreting what can be done. Dr. Milgram stresses that understanding the customs surrounding the use of alcohol on campus is necessary to provide a basis for discussing appropriate alternatives. Technical assistance is provided, such as how to lead student discussions about drinking and problem drinking. The January program was for Cook College resident advisers. For information on future workshops, or if you are part of a group that would like to sponsor a workshop, contact Dr. Milgram at RCAS.

Prudential Sponsors Community Workshops

The impact of alcoholism on the employee and the family was one facet of a workshop on industrial alcoholism programs sponsored by the Prudential Insurance Company in the spring of 1980. Personnel directors, representatives of employee assistance programs, and others who attended also listened to discussions centered on methods of establishing effective relationships between personnel and alcoholism treatment programs, the types of industrial alcoholism programs, and the treatment available at Little Hill, a facility in Blairstown, N.J. RCAS' Gail G. Milgram brought together as staff for the workshop Miriam Guida, assistant director of the Occupational/Industrial Bureau, New York State Division of Alcoholism and Alcohol Abuse, Donald A. Phillips, then manager of the Alcoholism and Drug Abuse Program of the U.S. Civil Service Commission, Gerald D. Shulman, then president of Addiction Treatment Associates, and Geraldine O. Delaney, executive director of the Little Hill Foundation.

Over 225 persons attended two workshops on "Alcoholism: The Family Illness." Attendants came from a wide range of agencies and programs in both the public and private sectors. Sharon Wegscheider spoke about "Chemical Dependence: The Family Illness," Celia Dulfano discussed "Techniques for Intervention," Riley Regan outlined "Community Responses to Families Troubled by Alcoholism," and Janet Wotitiz, presented the special situation of "Children of Alcoholics."

These programs are among several sponsored by the Prudential Insurance Company through the office of James R. Deans, vice president and consultant at Prudential's Employee Health Services Division. The informative programs were developed by Dr. Gail G. Milgram in response to the specific needs of different groups. Prudential has also sponsored programs for high school educators and junior high health teachers.

New Alcohol Publications Focus on Professionals

In the six years between 1973 and 1979, 850 publications on alcoholism were produced and listed in the Annotated Bibliography of Alcohol Education Materials. This compares with 870 items prepared in the twenty-three years from 1950 to 1973. This dramatic increase is, in part, a result of the demand for information following public realization, and professional societies' endorsement, that alcoholism can be treated.

Before 1973 almost half of the materials printed were for the general public. Today only 29 percent are geared to laymen. A third of the newer educational materials is directed at professionals and counselors, and most of it is for specific groups such as social workers, employee assistance personnel, etc. As would be expected, the new emphasis has increased the amount of materials dealing with alcoholism and its aspects—44 percent of all titles versus 29 percent in the 1950-1973 literature. Despite the general public concern about drinking by teenagers and college students, educational materials directed at these audiences have not yet increased: the proportion of titles devoted to the topic of teenage drinking has remained the same—5 percent of all titles—and that for college students, 4 percent. (Source: Milgram, G.G. A descriptive analysis of alcohol education materials, 1973-1979. Journal of Studies on Alcohol, in press.)

Visiting Scientist Returns to Germany

W. Hermann Fahrenkrug, of the Department of Sociology at the Free University of Berlin, has returned to his home country after spending a year at RCAS as a visiting scientist on scholarship from the German government. Mr. Fahrenkrug actively continued his doctoral research (a comparative study of West German and American university student drinking) while at the center, and conducted field work at Brown
University and Oberlin College. As a result of his work at the center, Mr. Fahrenkrug published “Epidemiologische Alkoholforschung in den U.S.A.” in the December 1980 issue of Suhtigefahren and will publish “Longitudinalstudien zur Etiologie des Alkoholismus in den U.S.A.” with RCAS life-span research theorist Erich Labouvie in a future issue of the same journal. (A third paper on the drinking customs of West German university students has been submitted to the Journal of Studies on Alcohol.) Center faculty members profited from Mr. Fahrenkrug’s participation in the fellowship program and special interest seminars and look forward to a continued association with him as he continues his research.

Medical School Mini-Course Examines Alcohol Use

Aspects of alcohol use and problems relevant to the practice of family medicine were emphasized in the mini-course for medical students this past fall. The course is offered each year by RCAS faculty in conjunction with the Rutgers Medical School for second-year students. The meetings provide a basic core of information, expanding into areas of particular interest to the students. In 1980, twenty-one students enrolled in the course, compared with seven in 1979. Interested faculty and graduate students may sit in and should contact Dr. Mark Lender for information about future course offerings.

Postdoc Attends Karolinska Institutet

John Hempel has been awarded a postdoctoral fellowship to the Karolinska Institutet in Stockholm, Sweden, to study amino acid sequence in aldehyde dehydrogenase with Dr. Hans Jörnval in the Department of Chemistry. The fellowship, from the National Institute on Alcohol Abuse and Alcoholism, provides support for up to two years of research. John is studying for his Ph.D. in biochemistry at RCAS under Professor Regina Pietruszko.
New Courses
Set for Summer School

The Summer School of Alcohol Studies will have three new courses this year, announced Ronald L. Lester, the school's executive director. These are Motivational Counseling in Alcoholism, for persons counseling in short-term settings; Issues in the Treatment of Alcoholism, which will examine issues in outpatient therapy; and Counseling the Gay Alcoholic, for counselors and administrators who wish to develop agency sensitivity and awareness toward gay clients and staff.

The SSAS curriculum emphasizes specialized courses, supported by a strong program of general lectures and special interest seminars. In addition, the broad geographic distribution and wide range of backgrounds and interests of the students make the informal interaction among them a unique and valued experience.

Other course offerings this year are: Medical Aspects of Alcoholism (For M.D.s)
Social Implications of Alcohol Use in America Society: Teenage Drinking and Alcohol Education
Treatment of the Alcoholic Family (For M.S.W.s)
Counseling in Alcoholism
Current Problems, Policies, and Issues (Program administration, planning, and policy-making)
Organizing and Coordinating Community Programs
Nursing Services to the Alcoholic and Family Members
Understanding and Relating to Alcoholics Anonymous
Alcohol and Corrections
The Medical Implications of Alcoholism
Occupational Alcoholism
Programming
Group Dynamics in Alcoholism
Programming
Alcoholics and Vocational Rehabilitation
The Church as a Resource in Alcohol Problems
Program Evaluation and Research
The Older Person and Alcohol Use
Special Projects
Program Administration and Management
Multiple Drug Usage in America: Problems and Perspectives
Preventing Substance Abuse
Program Development and

Grantsmanship
Alcoholism and Criminal Justice
Alcoholism and Women
Alcohol and Blacks
Counseling Children of Alcoholics

Over 11,000 students have now attended SSAS, from each of the fifty states, the ten Canadian provinces, and forty other countries. They include men and women who played pioneering roles in the establishment of treatment, education, and research programs. Alumni today are found on staffs of most government and voluntary agencies.

The thirty-ninth session will be held June 21 to July 10, 1981. Enrollment is limited to 500 students; tuition, room, and board for the three-week session is $675. The catalog and application form may be obtained from Linda J. Allen, secretary, Summer School of Alcohol Studies, Rutgers University, New Brunswick, NJ 08903. Telephone: 201/932-2190. The school is sponsored by RCAS in cooperation with the Rutgers Division of Continuing Education.