

cured. Fourth, the aim of placing security on the only true source of security, Almighty God. Fifth, the application of the time-valued group therapy, peculiarities seldom understood by non-alcoholics. This fifth factor is very important. Prior to joining A.A., these alcoholics were for the most part social outcasts, hated by most people. Now they enjoyed a social life with others who had undergone the same agonies and all recognizing that they were unable to take that first drink.

The following comments were made recently by Dr. Kirby Collier, a psychiatrist before a meeting of the Medical Society of New York State. "I have felt that A.A. is a group unto themselves and their best results can be had under their own guidance as a result of their philosophy. Any therapeutic or philosophic procedure which can prove a recovery rate of 50% to 60% must merit our consideration."

From a modest debut, A.A. groups are now working in each province of Canada, each of the United States, British Isles, Scandinavia, South Africa, South America, Mexico, Australia and is rapidly becoming world-wide. A.A. accepts no money from outsiders, refusing even bequests, and insists on public anonymity of its members. Its meetings are informal and consist chiefly in stories of past failures through drink of members themselves. A good-will collection is taken up at each meeting to defray the cost of rental and other incidental expenses. One chairman presides for a month, then he in turn appoints the next chairman. Its only purpose is to help alcoholics get and keep their sobriety and be happy in that sobriety.

That in a nut shell is A.A.—happy sobriety.

—ARTHUR O'SHEA '62

THE NEWEST STAR

Two summers ago, I had the wonderful opportunity of visiting Alaska, a recent addition to the United States of America. This opportunity was given me by the U.N.T.D.

Our one and only stop was Juneau, the capital city of Alaska. Juneau is situated on the mainland of the Gastinaw Channel which separates this city from Douglas Island. These two cities, separated by a modern bridge, form the nucleus of the 11,000 population of this Gastinaw Channel community. The livelihood of the inhabitants comes chiefly from fishing and forestry, with mining, transportation, and trade, adding to the economy. Modern buildings, homes, and schools, plus a definitely cosmopolitan air, surprise many visitors who usually expect a frontier town. Mount

Juneau and Mount Roberts, towering majestically over the small city of Juneau, provide a scenic background and a challenge to the hardy mountain climber.

Located in Southeastern Alaska, in what is often called the "panhandle"; the area around Juneau is one of rugged mountains, innumerable islands, countless channels, bays, and fjord-like extensions of the sea. Elevations range from two to four thousand feet along the coast, with mountains reaching eight thousand feet inland. Heavy forests blanket the lower elevations and extensive ice fields cover much of the mainland Eastward to the Canadian border, less than one hundred miles away. Several uninhabited islands separate the Juneau area from the wide expanse of the Pacific Ocean eighty miles to the Westward. This combination of rugged mountains, bays, fjords, and glaciers from the ice fields, tend to make the area one of the world's most scenic vacation lands.

There are many points of interest to be seen in and around Juneau which certainly delight the visitor. The Alaska Historical Library and Museum has the most complete Eskimo collection to be found anywhere in the United States. The Governor's Mansion, the old Witch Totem, the historical Gold Creek, the unforgettable Mendenhall Glacier, world famous for its size and beauty, and the eye-catching Juneau ice cap, include the other points of interest which must be seen to fully appreciate this capital city. Besides these main points of interest, there are also the daily activities of the town. Juneau's business section offers complete shopping facilities, with excellent gift and curio shops providing authentic handicraft from all parts of Alaska. Bars, salons, and liquor stores complete the down-town picture.

Before a clear presentation is obtained of beautiful Juneau, the particular climate must be mentioned. For its geographical position, 58 degrees North latitude, the climate is temperate, with cool summers and mild winters. In comparing the summer temperature with the winter climate, the average in July is 63 degrees and in January 21 degrees, neither being too extreme one way or another. As would be expected in a maritime region such as this, a precipitation is above average with the city experiencing an annual rainfall of ninety inches. Winter snowfall is heavy, but alternating rains usually prevent a large accumulation of snow, except on the mountain peaks where it remains until mid-summer.

In this brief description of Juneau, the capital city of Alaska, I hope you have obtained as clear a picture of that scenic spot as I did. It was an unforgettable experience visiting Alaska, and its memories will always remain with me.

—LOUIS DOUCETTE '60