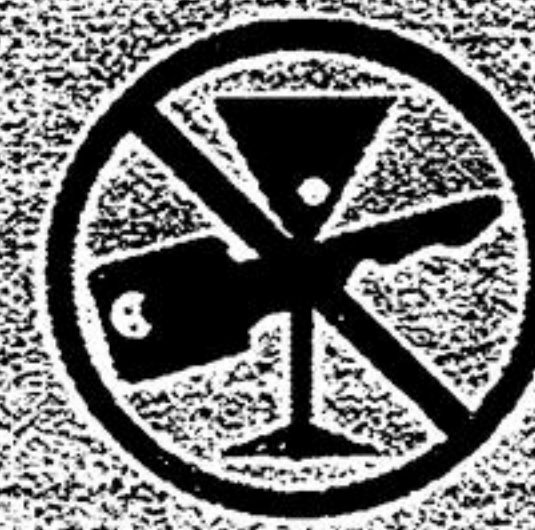




Mother's Against Drunk Driving

This weekend, if you drink, don't drive



Drinking and driving costs society \$20 billion a year

Impaired driving continues to be a serious social problem and one of the most serious public health issues our population faces.

Although the incidence of impaired driving has reduced slightly in the past few years, there is still a long way to go.

In 1995, drinking and driving contributed to **1,650 accidents** and **60,000 injuries**. In addition, more than **82,000** impaired driving charges were laid, with 40 to 70 per cent of the drivers being repeat offenders. It costs society **\$20 billion** each year.

The 1995 death toll of approximately 3,300 on Canadian roads could be reduced by approximately 50 per cent if there were no alcohol-related fatalities occurring.

Impaired driving charges fall under the Criminal Code of Canada. In 1995, charges laid under the Criminal Code for impaired driving totalled 82,792.

Of those charged, 40 to 70

per cent had had prior alcohol-related criminal offenses. In 1995, drinking and driving was a contributing factor in 1,650 motor vehicle deaths and 60,000 injuries.

These statistics are accompanied by a cost to society of approximately \$20 billion each year.

HERE ARE THE FACTS

Alcohol is the same in beer as it is in wine and whisky.

People who do not like to accept the fact, but a 341 ml (12 oz) bottle of beer contains the same amount of alcohol as a 43 ml (1 oz) drink of 80 proof whiskey or one glass of table wine.

Alcohol is rapidly absorbed into the bloodstream and carried through the body.

It quickly affects brain functions in these ways:

- Impairs judgment.
- Creates a false sense of confidence.
- Reduces field of vision.
- Lowers hearing acuity.
- Reduces concentration.
- Impairs balance, coordination and motor skills.

Group helps children of alcoholics deal with anger

NC — Alcoholism is a worldwide problem, causing problems not only for the drinker but for everyone connected with that person as well.

There are more than 20 million alcoholics in the United States and Canada, many of them with children troubled by their parents' drinking. Often, these young people have nowhere to turn for help.

This is where Alateen comes in. Alateen is a fellowship of young relatives and friends of alcoholics who come together to discuss their difficulties, encourage one another and learn how to cope with their problems.

These young people are often introduced to Alateen by concerned friends, neighbours, school counselors and clergy.

Alateen is part of the Al-Anon Family Group, which helps those whose lives have been affected by someone else's drinking.

Alateen members learn that compulsive drinking is a disease, an incurable illness which they did not cause, cannot cure nor control.

One of the most important lessons is how to detach themselves emotionally from the drinker's problems while continuing to love the person.

Like Al-Anon, members discuss and apply to their own attitudes and relationships with others. This can help the Alateen member develop strength to deal with problems maturely and realistically.

What is said and who attends the meetings are held in the strictest confidence.

With anonymity, the watchword, Alateen members share their experience, strengths and hopes.

"I used to get so angry all the time. It just made me feel like a crazy person," said one Alateen member.

"I'd want to grab somebody and squeeze the life right out of them. Then somebody in one of my Alateen meetings suggested that we try safe ways to express our anger.

"I didn't even know there were safe ways to be angry. He suggested that when I got real mad at somebody, I could try writing their name on the bottom of my shoe. Then, I could spend the whole day walking on them. It works."

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