

Could you become a

*Many people won't believe they could—
until they take this test*

By JOHN L. SPRINGER

Science has taken an exciting step forward in detecting and preventing alcoholism. It's a quick new test which reveals—*from your personality traits alone*—what kind of drinker you probably are now, or are likely to become.

Developed at the Western Reserve University, the test uncovers the basic personality patterns of alcoholics. Even if you never touch a drop, it reveals whether you have the traits that make alcoholics and indicates that, if you do begin drinking, you may be heading for trouble.

If you have trouble controlling drinking, you know it already. What you may not know, if you think you handle drink satisfactorily, is that yours is the kind of personality that alcoholism thrives on best.

There's nothing shameful about such a personality. It is often found in the high-strung, imaginative and sensitive—the personalities that write plays, create music, think up the world's crusades.

The question, "What makes alcoholics?" has baffled medical men for centuries. As a group, alcoholics seem to have little in common. They are rich, poor; professors, hillbillies; bank presidents, bums. Of course, drinking causes alcoholism, but some tragic alcoholics consume less per day than the average drinker.

Dr. Peter J. Hampton, a brilliant 45-year-old practicing Cleveland psychologist and director of the University of Akron's Psychological Services, decided to search for an answer. "Alcoholics obviously are different," he reasoned. "But how are they different?" The way to find out is to ask them.

For four years he questioned admitted alcoholics—members of Alcoholics Anonymous groups in Cincinnati, Cleveland and Dayton, Ohio; Covington, Kentucky; Waterloo, Iowa, and Minneapolis, Minnesota. Then he sought out known non-alcoholics comparable to the A. A. members in age, intelligence, education, social standing, economic class. Differences between the groups, he reasoned, could be traced largely to personalities.

From what he knew about them in advance, Hampton placed persons taking his test in five classes:

Abstainers who almost never drink.

Social drinkers who take a few drinks at a party, rarely at other times.

Moderate drinkers who may have cocktails before dinner and at parties, who sometimes get inebriated but usually control their drinking.

Week-end drinkers who often drink excessively for a few days running, but can take it or leave it when the binge ends.

Advanced alcoholics whose lives are dominated by drinking.

He asked hundreds of personality questions and discovered that in many ways alcoholics think about themselves differently than do other people. In other ways they really *are* different.

Years of painstaking research finally produced a set of key questions to which the answers of different classes of drinkers differed sharply. The questionnaire tells with what class your personality corresponds and how close you are from the personality line dividing average social drinkers from problem gulpers.

Dr. Hampton has used his test successfully to help guide persons with personality problems into jobs they can handle without becoming psychologically upset, in helping corporations to choose employes and families to solve drinking problems.

Its greatest value is that it may save millions from the ravages of uncontrollable drinking by warning them in time that they have constitutions and temperaments which make them more than normally susceptible to the disease of alcoholism. ◀ ◀

PROBLEM DRINKER?



Years of research indicate that it is possible to warn anyone that he, or she, has the combination of personality traits which make many people vulnerable to the disease of alcoholism.