

Can't an A.A. member drink even beer?

There are, of course, no musts in A.A., and no one checks up on members to determine whether or not they are drinking anything. The answer to this question is that if a person is an alcoholic, touching alcohol in any form cannot be risked. Alcohol is alcohol whether it is found in a martini, a Scotch and soda, a bourbon and branch water, a glass of champagne — or a short beer. For the alcoholic, one drink of alcohol in any form is likely to be too much, and twenty drinks are not enough. To be sure of sobriety, alcoholics simply have to stay away from alcohol, regardless of the quantity, mixture, or concentration they may think they can control. Obviously, few persons are going to get drunk on one or two bottles of beer. The alcoholic knows this as well as the next person. But alcoholics may convince themselves that they are simply going to take two or three beers and then quit for the day. Occasionally, they may actually follow this program for a number of days or weeks. Eventually, they decide that as long as they are drinking, they may as well “do a good job.” So they increase their consumption of beer or wine. Or they switch to hard liquor. And again, they are back where they started.