Chapter 2

REVIEW OF LITERATURE

Alcoholism and how one becomes indirect victim to this great evil have always been a matter of discussion, but not much study has been undertaken on this aspect nor many books published. Though pages are allotted in books on alcoholism, to this day, full-length books on woman as indirect victim of alcoholism are conspicuous by their absence. It is a fact that many books and research articles have been published on different aspects of gender issues where mention is made of alcoholism. So far no one has made an empirical study of the problem of alcoholism and how it affects women in the coastal fishing hamlets of Kanyakumari District. Many books and articles on topics related to alcoholism and also gender issues are available. Articles and books in print form, and materials on these topics available in electronic media are used as secondary source while preparing the present research report. These books and other writings approach the issues from different angles and also from the point of view of different nations and cultures. These works are reviewed in this chapter.

WOMEN AND ALCOHOLISM

The International organization of Good Templars Regional Council for South and South-East Asia organized a Regional Seminar on Mobilizing Women in Alcohol Prevention Work, at Colombo, Sri Lanka in September, October 1999. The proceedings of this seminar addressed by eminent persons
from different parts of the world were published as a book in December 1999 with the title *Empowerment of Women in Alcohol Prevention Work*. This book looks at the problem of alcoholism from the perspective of how women are affected. The opening address of this seminar by Uton Muchtor Rafei, is entitled “The Asia Region: A Rapidly Growing Market for Alcohol Products”. Olcott Gunasekera’s paper in the form of Welcome Address, analyses alcohol problems in the family. The book also carries the keynote address by Derek Rutherford, on “Alcohol Problems in the Family”. This paper analyses how the family members are affected consequent to the problem of alcoholism. Though this paper refers to the alcohol problem in the European context, the points made in the paper are highly relevant to the Asian context. The talk on “Regional Profile and Critical Analysis on Policy Directions for Reducing Alcohol Related Harm in South East Asia” by Martha R. Osei, analyses the problem of alcoholism with special reference to developing countries in South East Asia. Shanthi Ranganathan’s paper besides discussing the problems, presents some of the community initiatives in the prevention of alcoholism in India. A paper that looks at mobilizing women in alcohol prevention work comes from A. Satyanarayana, whereas Johnson A. Edyaramula presents how women were mobilized in alcohol prevention work in Kerala. This is one of the rare books devoted entirely to women as the victim of alcoholism. The book concentrates on alcoholism and its impact on women in countries like India, Nepal, Sri Lanka and Thailand. This book is unique in that it focuses on how alcohol affects women and what women can do to counter this.
KANYAKUMARI DISTRICT AND ITS CULTURE

Not many books are written with scientific base on the socio economic conditions of the people of Kanyakumari District of Tamilnadu. A book *Citizen’s Report on the State of Development and Environment in Kanyakumari District* by R.R. Daniel et al is a studied book that has the section “District Profile” by M. Jezer Jebanesan, and a section on “Empowerment of Women” by D. Thomas Franco. The Coastal environment is discussed in two parts by G. Santhana Kumar and K. Vareediah. This book produced after intensive study and systematic research serves as an authentic source for data and information on Kanyakumari District. It is this book that has supplied the data regarding various aspects of the socio-economic condition of the people of the study area.

There are many research projects undertaken on the life in the coastal fishing hamlets of Kanyakumari district. Most of them are on aquaculture and related subjects conducted by different Universities especially by the Institute of Coastal Studies of Manonmaniam Sundaranar University. Socio cultural studies of the people of fishing hamlets of Kanyakumari district are fairly limited. Mention must be made of two studies in Tamil – one undertaken by N. Stephen Sam and another by Hermana Gilt Arachi.

Stephen Sam’s book *Folklore of the Fishermen of Kanyakumari District – A Study* is the study he conducted for his Ph.D degree in the University of Kerala. When two chapters are devoted to folk songs and ballads especially of oral tradition, four chapters are devoted to the life, culture, life style, social life...
Stephen Sam has gathered his data from all the forty-four fishing hamlets in the coastal Kanyakumari district, from where data is collected for the present study also.

Hermana Gilt Arachi’s Ph.D thesis “Life Style of the Fisherwomen in Kanyakumari” submitted to Mother Teresa University, Kodaikanal, is a sociological analysis focusing on the status of women in family and society. The work makes an intensive study of the culture and life of the sea-faring people living at the southern tip of Indian Peninsula. This work studies the life style of women in the fishing hamlet of Kanyakumari and can be treated as an authentic document on the condition of women in the coastal belt. The last chapter ‘Status of Women in the Society’ stresses the fact that education and employment leading to economic independence, to a large extent, can enhance the status of women. While studying the culture of the people the researcher has made a reference to the habit of taking alcohol. The researcher says that many women justify the drinking habit of men, and women who carry fish to different places for sale are also in the habit of drinking. But, drinking when carried to extremes causes a big drain in the family budget.

GENDER ISSUES

An exhaustive review of all the books on gender issues cannot be made here. However, representative books with different views and issues are discussed in this section. In the last two decades many of the gender issues are openly discussed in India and efforts are taken for the empowerment of women. Many social service organizations, NGOs, and social outfits and
activists are involved in the fight for gender justice and many have published literature. However, there is no organization worth its name that is exclusively devoted to the fight against alcoholism as a cause for the oppression of women. Besides the books published, there are many magazines and journals that are exclusively devoted to women and gender issues. A few such books and magazines are discussed in this section.

Women all over the world became conscious of their rights and have started asserting their right and place in the society, thanks to the different waves of feminist movements. Though by and large a conservative society, in India also women come out openly demanding that equal rights and opportunities be given to them. This awakening led to many activists and writers using the columns of magazines, and also publishing books. Some of the magazines exclusively devoted to the welfare of women are Woman’s Era, Femina, Cosmopolitan etc., in English, and Penn, Aval Vikatan, Mangai etc., in Tamil. Most of these magazines pay attention to fashion, cooking, women’s health, and personalities, and not much to women’s issues, development and empowerment. But a few magazines like Vikasini devote their pages entirely to gender issues. Organizations like Legal Education and Aid Society that works in association with Joint Women’s Programme brings out pamphlets and booklets on issues related to the status of women. The short publications of Legal Education and Aid Society aim at informing the women of the provisions in the Indian legal system that are helpful in protecting their rights. The salient feature of their booklets is that the information is published in the form of a dialogue or questions and answers clarifying the common doubts and
misgivings. Such pamphlets are brought out together and severally by organizations like All India Democratic Women’s Association, Centre for Women’s Development Studies, Joint Women’s Programme, Mahila Dakshata Samiti, National Federation of Indian Women and Young Women’s Christian Association of India.

Magazines and Journals committed to social causes carry articles on gender issues and empowering women. *Journal of Extension and Research* of Gandhigram Rural Institute, *Social Welfare, Vikasini, Yojana, Gurunanak Journal of Sociology* and *Seminar* bring out studied articles on women’s issues.

Radha Kumar’s *The History of Doing: An Illustrated Account of Movements for Women’s Rights and Feminism in India, 1800-1990* traces how a woman activist is formed by participating in various campaigns and struggles both historically and in the contemporary period.

Raka Ray’s skillful analysis in *Fields of Protest: Women’s Movements in India* provides an understanding of the regional variations in the issues and agendas of women's movements in India by making a comparison of women's organizations in two metropolitan cities –Mumbai and Calcutta. According to her, the emphasis in the movement often depended on the nature of the political field.

Gail Omvedt, in *Reinventing Revolution: New Social Movements and the Socialist Tradition in India* brings out the interconnections between the various movements, in which she herself has been an active participant. It provides numerous instances of how class, caste, and gender issues were perceived as interconnected by the different sections of the women's
movement. This book is a richly textured account of the simultaneous growth of different social movements and reveals how these movements were mutually reinforcing.

*Two Faces of Protest: Contrasting Modes of Women's Activism in India* by Amrita Basu provides an understanding of the division between autonomous groups and the leftist-party groups in their everyday politics. It is a detailed empirical account of the successes and failures of two organizations involved in women's mobilization, namely the CPI (M), which is the ruling Marxist party in the eastern state of West Bengal, and Shramik Sangathana, an independent grassroot leftist movement working among the tribals in the western state of Maharashtra. This book's concern is to show the relative significance of structural constraints as opposed to strategic choices of the CPI (M) and the Shramik Sangathana in explaining differences in their approaches to political organizing.

Tanika Sarkar and Urvashi Butalia, in their edited collection of essays, *Women and Right-Wing Movements: Indian Experiences* deal with right-wing movements. The essays in this book explore the implications of this aggressive right-wing mobilization for the women's movement, as well as the women's participation in it.

These five books offer a sampling of the growing literature on Indian feminism, and together stand as a comprehensive survey of the women's movement that is gaining momentum in India. Many Universities in India, with a view to promote gender justice, have established Departments of Women's Studies. This evinced an interest in various aspects of gender issues.
and resulted in the publication of various books on Women's studies in India. Books on Sociology also carry chapters on women's issues. Some of the books need mention here. For example, Ram Ahuja's book *Indian Social System* has a long chapter on “Status of Women” that discusses in detail the history of the status enjoyed by women in India, and also makes a study of the present condition of women including their rights.

Sharada Rath and Navaneeta Rath's book *Women in India: Search for Identity* discusses the concern that, in spite of efforts from different quarters, gender equality has not become a reality in India. They say, “In spite of the constitutional provisions for gender equality as well as special privileges for women, women’s equality particularly, in economic and social spheres remained as a day dream for a long time”.

The book *Women's Oppression and Protective Law* by Kalpana Roy discusses in detail the violence and crimes committed against women and suggests ways and means by which dignity and rights of women can be protected.

*Quest for Gender Justice* edited by Sebasti L. Raj is a book devoted to the status of women in India. It carries seventeen articles on the status of Indian women. The book analyses women's issues from many angles. This book looks at women’s issues from some of the burning issues in India. It has chapters like “The Plight of Rural Women”, “Working Women in India”, “Menace of Dowry”, “Unwed Mothers”, and “Women’s Liberation” besides chapters on how women are treated in India. The book looks at the great strides Indian women have made, but at the same time tells that women have
miles to go before they can enjoy their basic right to human dignity. Male
dominated, as it is, Indian society gives chances for different kinds of
exploitation and discriminating practices. The gender injustices are highlighted
and some suggestions are made to bring about a change in the plight of
women. This book is addressed to men and women and induces one to reflect
on the various oppressions on women. The book dreams of a new social order
where there will be a change in the society’s attitude to women.

Usha Sharama and B.M. Sharma have edited the book Women in
Society. This book analyses the position of women in Indian society. Chapter
8 “The Status of Women in India” by Kamaladevi Chattopadhyaya looks at the
history of women’s movements and shows how women have been fighting
“more against unjust customs than against unfair laws”.^2

The book Crimes Against Women edited by O.C.Sharma views various
crimes committed against women with special reference to the legal provisions
in the Indian penal code. The chapters in the book include “The Position of
Women in the Indian Society and the Role of Police”, “Police and Domestic
Violence”, “The Law – A Theme for Reason” “Indian Penal Code (45 of
1860)”, “Legal Provisions with regard to Prevention of Crimes against
Women” and “Crimes against Women: A critical Analysis”. This is a
scholarly book in that it has analysed various crimes against women and girl
children, especially bearing in mind the provisions in the legal system that can
safeguard the interests of women.

Problems and Concerns of Indian Women edited by B.K.Lal has
chapters like “Crimes against Women”, “Violence against Women” etc. This
book also aims at throwing light on various crimes committed against Indian women.

*Indian Womanhood Then and Now* edited by Jessie B. Tellis Nayak has a chapter on “Wife Beating” written by Merlyn Lobo Brito which traces the history and the cause of wife battering in India. She declares, “The problem of wife beating is perhaps the most common amongst Indian women’s problems. Yet, people rarely treat this, as a serious problem. Though people are openly fighting against problems like rape and dowry, the sufferings of beaten wives are discussed in whispers behind closed doors. The entire problem is seen as a ‘private affair’ between husband and wife.”

Anjana Maitra Sinha’s *Women in a Changing Society* is a thought-provoking book that has chapters like “Are We Being Fair to the Fair Sex?” She asserts, “Women today are storming all the male bastions and proving themselves to be equally good”. The chapter on “The Status of Women since Independence. A Close Look” acknowledges, “Though nobody can deny the fact that Indian women have stormed almost all male bastions and are venturing into new fields including administration, science, technology, medical, journalism and the like, they are a minority. The number of women in top positions is low”. Chapters like “Crimes Against Women”, “The Girl Child in India” and “Women and Health” are worth mentioning.

Mention must be made of J.P. Atray’s book *Crimes Against Women*. The book analyses crimes against women and discusses various issues supported by statistical data. The author wants to show that such crimes in
India are a matter of great concern and prevent women from coming to the open.

The volumes *Women in Contemporary Indian Society* edited by Ashok Kumar must be mentioned here. This book carries powerful chapters like "Women and Social Evils" by V.D. Gadker. This chapter tries to drive home the point that the crimes on women go unchecked in India.

The volumes *Women and Society* by Maithili Vishwanathan aims at creating awareness on the status of women in the Indian society. Chapter 10 in Volume 1 “Women and Social Oppression” studies the various oppressions the Indian women are subjected to, and this is supported by the statement on the number of cases reported as crimes against women from the different states of India and presented before the Parliament during the winter session, 1987.

Educational institutions also started taking interest in women’s studies. The Department of Tamil of Madras Christian College has published well studied books in Tamil like *Penniya Parvaikal* (Feminist Views), *Takaval Todarpu Ootakankalil Pen* (Woman in the Media), and *Panmuka Nokkil Pen* (Woman in Various Perspectives). This activity is carried through the Centre for Women’s Studies set up in that college. These books aim at creating awareness among the general public on gender justice.

The ICSSR which has evinced deep interest in women’s issues has published books like *Status of Women in India: Synopsis of the Report of the National Committee*, *Role of Rural Women in Development*, *Implications of Declining Sex Ratio in India’s Population*, *Status of Women: Household and Non Household Economic Activity*, *Critical Issues on the Status of Women*: 
Empowerment, Health, Education, Suggested Priorities for Action. It has also published a five-volume series in collaboration with JNDT University. All these books are the result of sustained and systematic research and are aimed at changing the position of Indian Women in society.

ALCOHOLISM AND DRUG ADDICTION

Alcoholism has been looked at from different angles and the alcoholic’s behaviour has been thoroughly discussed in various books but it is sad to note that not many books are written on the impact of alcoholism on the families especially on the women in families. Even seminars and conferences do not usually concentrate on issues like women as victims of addiction. However it is heartening there are at least a few books that are brought out with focus on family or woman as victim. The libraries also do not maintain a separate section on alcoholism. But efforts have been taken by the Institute of Alcohol Studies, London, in collecting documents from all over the world and making it available for people interested in this study. They are accessible through the electronic media and their website is http/www.ias.org.uk. It is a well-maintained library and the website is updated regularly.

The book Family and Drugs edited by Jonathan N. Gnanadason by the Church of Scotland Board of Social Responsibility and ICF Geneva in 1995 contains different papers presented in a programme “European Conference on and Drugs” organized in Dundee, Scotland, UK in August 1995. This ~ to the editor, “is a relevant document for anyone interested in the family and drug scene in European context ... It is
not a conclusive document but rather a preparatory reading material”(6). It looks at the impact of alcoholism on family from the point of view of people working among addicts and those who fight addiction from various platforms. It views issues like residential rehabilitation, coping with the drug misusing members, drugs and relationships, disruption in families of addicts etc. The book is also concerned about models of community support groups, and also activities of different groups involved in the fight against alcoholism. This book, though cannot be considered an in-depth research work on alcoholism and family, is indeed one that gives necessary basic information on family as victim. This book carries writings that views alcoholism more from a theological point of view.

*Alcoholism and the Family* by Donald E. Meeks brought about by Addiction Research Foundation, Toronto, Ontario, Canada tries to show how “Families undergo drastic internal reorganization in attempting to cope with a problem drinker in their midst. The usual responsibilities undertaken by the drinker are reassigned to others, a situation resulted by the alcoholic, who feels, and is perhaps, excluded from healthy relationships that would normally exist in the family”. The book talks about how the family can confront the problem by seeking the help of a counselor and by giving proper treatment. It is an idea guidebook to the family members as it talks about dealing with setbacks and adjusting to recovery. The book shows that “Help for families is aimed not only at assisting the alcoholic member but also at enabling other family members to deal with their problems”.
An exhaustive book *Alcohol Problems in the Family* is brought out as a report to the European Union by Eurocare, COFACE, European Commission and WHO. This book is based on intensive research. It discusses vital issues like nature of alcohol problems, alcohol as a cause of family problems, various types of help offered by organizations, treatment and prevention, and also what should be done in different European nations. The book carries some practical recommendations addressed to the governments, European Commissions and NGOs. The appendices of the book give a graphic picture of the prevalence of alcoholism in European countries, especially statistical data on per capita alcohol consumption, divorce rate, and also data on different types of household. The book is a useful one for anyone interested in studying family as victim of alcoholism especially with reference to European countries.

Jonathan Chick et al have brought out two volumes *Alcohol Dependence: A Clinical Problem* published by Mosby-Wolfe, London. The first book contains discussions on the nature and extent of the problem, definition of alcohol dependence, physiology and biochemistry of alcohol in the body, clinical consequences of alcohol problem, and management of alcohol dependence. The second volume by Jim Orford discusses thoroughly the problem of alcohol dependence and the family. It contains a detailed discussion of the impact of alcohol on the family, analyzing how it affects marital relationship and the parental role. The book also looks at the violence that takes place in the family and the ways of coping. With a keen understanding of human psyche, the author analyses the reactions and signs of an alcoholic family in the form of ill health. The book suggests ways by which
children and adolescents can cope with various forms of violence they witness in the family. To show how alcohol hampers harmony and peace in the family, the author presents eight case studies. These two books being written by physicians and clinical psychologists serve as excellent books on alcoholism in a family situation.

Derek Rutherford’s *Lot of Bottle* published by Institute of Alcohol Studies, London in 1997, is a unique book on alcoholism. It not only has all the details required for a person involved in the fight against addiction, but also throws light on how alcoholism can hamper development as it causes heavy financial drain. The book points to the fact that developing countries cannot afford to waste so much of money on alcohol. The author discusses the problem of alcoholism as a big social concern in developing countries as it contributes to poverty, malnutrition and many other problems.

Indian journals and books also carry articles and chapters on Alcoholism and Drug Addiction. R.N. Sharma’s book *Indian Social Problems* has a chapter “Personal Disorganization: Alcoholism and Drug Addiction”. A chapter devoted exclusively to “Drug Abuse and Drug Addiction” is found in Ram Ahuja’s book *Social Problems in India*. “Alcoholism and Drug Addiction” the sixth chapter in Gurumukh Ram Madan’s book *Indian Social Problems: Social Disorganization and Reconstruction* discusses the history of drinking in India and what is being done in India to curb addiction after independence.

The book *The Answer to Drug Addiction* by Benjamin P. Lobo published by the author himself from Bombay, is an ideal book for those who
want to get basic idea on various aspects of alcoholism and drug addiction like causative factors, recovery and prevention. The author is a recovered addict and hence the book aims at bringing many addicts out of the habit. The book is a personal testimony of the author himself where he says how he became an addict and the sufferings and pains he had undergone. A detailed discussion of the present drug scenario and a discussion of the different drugs of abuse are there in the book. This book carries almost all information needed for one working in the field of addiction and addiction is viewed from the legal point also. This serves as a good guide to the youth.

*Sacred Questions and Sacred Answers* edited by Jonathan N.Gnanadason looks at the problem of addiction from a Christian perspective. But special mention must be made of the chapter written by the editor himself that studies the history of addiction in India by tracing it back to the Vedic period. The author says, “As an ancient land and an old civilization, India has a long and varied history of drug use. It is often claimed that the habitual use of drugs was prevalent in India long before any other country of the modern world. Indian religious history and traditions are interwoven with the use of different kinds of drugs. More than anywhere else, it is in India that one senses the inter-relationship between religion and drug use”.

The author also shows how the law of Manu implies that drinking is permitted only under specific circumstances. Sikhism, Jainism and Buddhism the three religions that had their birth in India also are against consumption of alcohol.

Another important book on alcoholism from a religious perspective is *Theological Education and Addiction Concerns in India* edited by H.S.
Wilson. This book carries the papers presented at the “Consultation on the Theological Response to Alcoholism and Drug Addiction” held in October 1986 in Madras.

JOURNALS ON ALCOHOLISM

Fight against alcoholism or its impact on women has not received the required attention in India. But in the West, many organizations have taken up this fight with all earnestness. Some bring out journals exclusively devoted to the issue of alcoholism. Mention must be made of a few such journals and magazines.

*Journal of Substance Use* is a journal published quarterly by Radcliffe Medical Press, UK. A Board of Directors belonging to different countries scrutinizes the articles in this journal. The journal has an Editor-in-Chief and Associate Editors with specific assigned duties and also an international advisory board. The journal publishes well-researched articles and reports, media reviews, diary and contents of forthcoming issues, author index etc. It is a journal containing articles on a wide spectrum of issues related to the abuse of drugs. A pamphlet published as a supplement to Volume 6. 2001 says, “The journal aims to educate, inform, update and act as a forum for standard setting for health and social care professionals working with individuals and families with substance use problems. It also informs and supports those undertaking research in substance use, developing substance use services, and participating in, leading and developing education and training programmes.”
*Alcohol and Alcoholism* is a journal published by the Medical Council of Alcoholism and European Society for Biomedical Research on Alcoholism, and brought out by Oxford. To make the journal reach the unreachable, it has a World Wide Website at http://alcalc.oupjournals.org/. The journal has a Board of Editors and Editorial Advisory Board with people drawn from different countries. Besides analyzing the scientific and medical issues related to alcoholism, this journal carries articles on socio economic issues connected with alcoholism. It also carries Letter to the Editors column, book reviews and a calendar.

*Alcohol Alert* is another journal that is doing tremendous service in the field of prevention, treatment and rehabilitation. This is published by the Institute of Alcohol Studies which is an initiative of the United Kingdom Temperance Alliance Ltd., London. Articles on various issues related to alcohol policies find place in the pages of this learned journal. This journal carries articles that look at alcoholism from a socio medical perspective. The Institute of Alcohol Studies has an Internet homepage: http://www.ias.org.uk.

Special mention must be made of *The Globe*. It was earlier brought out as a magazine discussing international alcohol and drug problems by IOGT International from Cambridgeshire, UK. But after the International Advocacy Conference on Alcohol Policy conducted in Syracuse, USA in August 2000, this magazine is being brought out by Global Alcohol Policy Alliance from London. The magazine does not look at the problem of alcoholism from the narrow perspective of a nation or region, but as a global issue and hence carries articles on the alcohol policy of different nations and also articles on the
prevalence of the problem in different countries. The October 1991 (No.2) volume of *The Globe* deserves special mention. It carries an article “India and Alcohol: How Safe is the Gandhian Legacy?” by Derek Rutherford. *The Globe*, No. 2, 1996 has an article “Alcohol Policy and Social Welfare – Everybody’s Concern” an abridged version of the first Lekshmi N. Menon Memorial Lecture given by Derek Rutherford at Trivandrum in Kerala. *The Globe* is unique in that it now brings out many learned articles on alcohol policy.

**PAMPHLETS AND BOOKLETS**

Many organizations try to take to the people the message that alcohol is harmful to the self and the society. So, they publish pamphlets and booklets and circulate them among the public mostly free of cost. This is very common in the western World, and in India too some organizations make similar attempts. To cite a few examples, International Christian Federation for the Prevention of Alcohol and Drug Addiction has brought out from Chennai a very appropriate booklet *The World. A Drug Scene* by Jones Hartelius. This booklet makes a survey of current and contemporary trends, and points to future trends and suggests guidelines for measures.

T.T. Ranganathan Clinical Research Foundation, Madras has printed a few booklets sponsored by Ministry of Welfare, Government of India. *New Hopes New Possibilities* considers recovery from alcoholism, and discusses the process of treatment and relapses. The booklet *I Came... I Shared..... I Felt*
Relieved, is a booklet in the first person narration wherein it probes the various aspects of how an alcoholic suffers.

The publication of GRITO – IFCU project of St. John’s Medical College, Bangalore has a series of five booklets edited by Tanya Machado which serve as a guide for those involved in and responsible for the fight against addiction. These well designed handbooks are addressed to five different categories of people. The first volume is meant for general medical practitioners and gives basic information required by a physician in treating an alcoholic. The second book is meant for parents. It gives hints for positive parenting and suggests ways for prevention and also for handling an addict in the family. The third book is meant for community health workers and, besides discussing the issue from various angles of a society, it suggests ways by which society can be mobilized in this field. The fourth book serves as a guide for teachers and concentrates more on prevention strategies. The fifth book that gives a holistic nursing approach to the problem of substance abuse, gives all information needed for a nurse in handling addicts. These booklets, besides giving hints to the people of the above categories as to how they can handle substance abuse problems, give a list of centres in Bangalore from where one can get counselling and treatment for drug related problems.

Turning Point an NGO functioning in Chennai has published booklets useful for youth and those working in the field of addiction prevention. It has brought out a study series that will help people who work among the youth on addiction concerns. They have also framed and publicized an addiction prevention curriculum given shape in a workshop. Their book Sanctity of Body
Mind and Soul looks at the problem of addiction from the Biblical perspective and aims at serving as a handbook for the work among youth on addiction concerns.

Many educational institutions and organizations involved in education too have shown interest in publishing booklets on addiction. Students of Communicative English, Mount. Carmel College, Bangalore have published in a humble way, a newsletter Hightime for Drug Free for Life. This is an appealing booklet that carries a poem, a case study, short stories, a short play, an article, an interview, a diary, a crossword puzzle, a radio play and a profile of different organizations working against alcoholism.

With the initiative taken by the All India Association for Christian Higher Education in its attempt to fight against alcohol, drugs, tobacco and AIDS, many colleges publish booklets and pamphlets on addiction concerns. Mention can be made here of a booklet in Malayalam Lahiriyude Lokam (The World of Addiction) by Henry Baker College, Melukavu, Kerala. This has students as the target group and gives basic information on addiction with a view to preventing the student community from falling a prey to alcohol and hardcore drugs. Most of the information given is in telegraphic language and the book tries to give all required information on different drugs of abuse, the damages caused and the ways to come out. The pictures, photographs and cartoons exemplify the message given.

In India today many outfits working in the field of AIDS are also bringing out booklets. To cite an example, AIDS Bhedbhev Virodhi Andolan’s booklet This Sugar is Bitter analyses chemical dependency, its
nature and treatment with special reference to law, police and judiciary. With a view to help the public this booklet carries information on treatment as a remedy.

Addiction Research Foundation, Toronto, Ontario, Canada has brought out several pamphlets and booklets in the interest of the public. Three such publications need special mention here. One is *Alcoholism and the Family*. This booklet is addressed to those who face the problem of alcoholism in families. They have circulated for public interest another booklet *Myths about Drinking and Driving*. This booklet is appealing to the people of all ages because, besides write-ups the booklet carries cartoons.

*Fetal Alcohol Syndrome: Preventable Birth Defect* talks about what happens when a woman herself becomes an alcoholic. This pamphlet is very appealing as it carries a case study as well.

Many NGOs in the UK joining hands with the Department of Health publish handbooks that are made available to the public free of cost. Booklets like *Solvents: A Parent’s Guide*, *Drugs: A Parent’s Guide*, *Drugs and Solvents*, *You and Your Child* serve as help book and make reference to hotlines from where people can get help when someone is drugged. *Solvents: A Parent’s Guide* seeks to help parents to detect an addict and tell them of the dangers of addiction to solvents. *Drugs: A Parent’s Guide* also tries to tell the ways to help the child if he or she becomes an addict. *Drugs and Solvents. You and Your Child* also serves as a ready reference book for a parent who encounters this problem.
ADFAM National, which is the national charity for the families and friends of drug users in the UK, has published very useful booklets like *Living with a Drug User (for the parents of drug users)*, *ADFAM Family Support Group Pack* and the booklet for the families and friends of prisoners entitled *Prisons, Drugs & You*. These booklets look at addiction as a family problem and suggest ways and means of coping with it in the families. These booklets can serve as help books for any member of the families where alcoholism is a problem.

Alcohol Concern’s booklet *A Woman’s Guide to Alcohol* discusses the problems of women alcoholics, and shows how it affects their health especially during pregnancy. The second half of the booklet gives bits of counselling to women who face problems when other members of the family become alcoholics.

Another booklet by Alcohol Concern entitled *Concerned About Someone’s Drinking* gives hints as to how one can tackle the drinking problem of others, and how they can help them and what to do in case of emergency. Pamphlets and booklets are available in the UK from Welsh Drug and Alcohol Unit, Institute for the Study of Drug Dependence, Standing Conference on Drug Abuse and the Church of Scotland. Alcohol Concern has also published booklets like *Dangerous Cocktails*, and *Enough Bottle: can You Handle Booze?* The US Department of Health and Human Service, and the US Department of Justice also bring out similar pamphlets and make them available to the people of the USA.
WHO is very much concerned about the increase in the consumption of alcohol and the prevalence of poly drug abuse. It has a department Programme on Substance Abuse that makes intensive study of alcoholism and drug abuse all over the world. This department brings out well-studied reports periodically that carry information on production, marketing and consumption of various drugs.

REPORTS AND STATEMENTS

In the West, organizations involved in the fight against alcoholism come out with statements and reports. To cite a few examples, WHO Regional Office for Europe has brought out a comprehensive report entitled “Alcohol – less is Better”. This report of a conference held in Paris in 1995 is based on the conviction that drinking can damage the health and welfare of drinkers, their families, friends, co-workers and others.

Hope UK that works for promotion of drug free life styles publishes its annual report and makes it available to the general public. Eurocare – Advocacy for the Prevention of Alcohol Related Harm has published its report to the European union on Alcohol Policy as a book entitled Counterbalancing the Drink Industry. Eurocare has also brought out A Guide for Action which discusses alcohol policy and the public good. It is a study undertaken by Eurocare on the prevalence of drinking problem. Similarly, Alcohol Concern also publishes its annual report with the intention of letting the public know the state of affairs with regard to the prevalence of alcoholism in UK. In 1999 it published a report “Proposals for a National Alcohol Strategy for England”.
TRAINING MANUALS

Many organizations in the West take the management of alcoholism very seriously and prepare modules for training people who manage people with the problem of alcoholism. HOPE UK has manuals like *Getting it Sorted* (Drug Education Guide for Free Teens’ Leaders), *Snug as a Bug* (Drug and Health Education Guide for 5 to 7s) and *How to Do Drugs* (Practical ideas for drug prevention). These manuals carry visual aids, score sheets, sheets for photocopying and exercises. Department of Substance Abuse of WHO has also designed the manual *Young People and Substance Use: A Manual* edited by Maristela G. Monteiro. These manuals are well planned and are suited to specific target groups.

So far the literatures available on alcoholism indicate the seriousness of it as problems affecting individuals, whereas, the following chapter considers alcoholism more as a social problem and specifically involving gender issues in it, with special reference to the fishing hamlets of Kanyakumari District.
FOOTNOTES


5. Ibid. p. 34.


7. Ibid. p.10.
