# Slaying the Dragon
The History of Addiction Treatment and Recovery in America

William L. White

## Table of Contents

Dedication................................................................................................................ iii
Acknowledgments................................................................................................... iii
Introduction........................................................................................................... xiii
Prologue: The Problem of Language....................................................................... xvii

### Section One
The Rise of Addiction and Personal Recovery Movements in the Nineteenth Century

1. **The Seeds of Addiction Medicine and Personal Recovery Movements**............. 1
   - Early American Drinking.................................................................................. 1
   - Benjamin Rush and the Birth of the American Disease Concept of Alcoholism... 2
   - A New Republic on a Binge............................................................................. 5
   - The Rise and Evolution of the American Temperance Movement.................... 6
   - Temperance Philosophy.................................................................................. 7
   - Early Involvement of Alcoholics in the Temperance Movement....................... 8
   - From Individual Struggle to Shared Recovery.................................................. 8
   - The Tortured Saga of Luther Benson.............................................................. 10
   - Frederick Douglass and the Early Roots of African American Recovery.......... 11

2. **The Washingtonian Revival**........................................................................... 13
   - Founding and Growth of the Washingtonians.................................................. 13
   - The Washingtonian Program.......................................................................... 16
   - John Hawkins and John Gough....................................................................... 16
   - The Washingtonian Demise............................................................................ 19
   - The Washingtonian Legacy............................................................................ 20

3. **Fraternal Temperance Societies and Reform Clubs**....................................... 22
   - The Reform Clubs........................................................................................... 24
     - Osgood’s Reformed Drinkers Club................................................................. 24
     - Reynolds’ Red Ribbon Reform Clubs............................................................ 25
     - Francis Murphy’s Blue Ribbon Reform Clubs............................................. 26
     - Reform Clubs’ Operation and Spread............................................................ 28
   - Early Moderation Societies............................................................................ 28

### Section Two
The Birth of Addiction Treatment in America

4. **The Rise and Fall of Inebriate Homes and Asylums**...................................... 31
   - Pre-Asylum Days: Knowledge of Addiction...................................................... 31
   - Pre-Asylum Days: Care of the Addicted......................................................... 32
   - The Earliest Institutions.................................................................................. 33
   - Types of Institutions...................................................................................... 33
   - Sponsorship and Financing............................................................................ 35
Conversion and Recovery: The Ideas of William James ................................................................. 105
Later Professional Perspectives ........................................................................................................ 106
Critics of Religious Approaches to Alcoholism Recovery .............................................................. 106

Section Three
Evolving Approaches to Alcoholism Treatment: 1860-1940

10. Alcoholism Treatment Settings: 1900-1940 ......................................................................... 108
   The Inebriate Farm/Colony ........................................................................................................... 108
   Alcoholism and City Hospitals .................................................................................................. 108
   Alcoholics in Local Psychopathic Hospitals and State Psychiatric Hospitals ......................... 109
   Drying Out the Rich and Famous: A Continuing Story ............................................................. 112
   Tales from a “Jag House” ........................................................................................................... 113
   The Saga of Willie Seabrook ...................................................................................................... 113
   The Charles B. Towns Hospital for the Treatment of Drug and Alcoholic Addictions ...... 115

11. Physical Methods of Treatment and Containment ................................................................. 119
   Physical Treatments for Alcoholism Between 1840 and 1950: An Overview ......................... 119
   Eugenics: Sterilization and Benign Neglect ............................................................................ 120
   Natural Therapeutics ............................................................................................................... 122
   The Water Cures ..................................................................................................................... 124
   Drug Therapies: 1860-1930 .................................................................................................... 126
   Convulsive Therapies ............................................................................................................... 127
   Psychosurgery and Addiction: The Lobotomy Era ................................................................. 128
   Miscellaneous Treatments ........................................................................................................ 129

12. Psychological Approaches to Alcoholism and Addiction .................................................... 129
   The Psychoanalytic Approach .................................................................................................. 130
   The Emmanuel Clinic and the Lay Therapy Movement .......................................................... 134
   Aversion Therapy: Early Efforts ............................................................................................... 142

Section Four
Treating Addictions to Narcotics and Other Drugs

13. The Treatment of Addiction to Narcotics and Other Drugs: 1880-1925 .......................... 146
   The Use of Cocaine as an Addiction Cure—and Freud’s Retraction ...................................... 146
   Cocaine, Morphine, and the Father of American Surgery ...................................................... 147
   Opiate Addiction: A Hidden Disease ...................................................................................... 148
   Drug Treatments and Drug Cures Before the Harrison Act ..................................................... 148
   Drug Treatment, The Harrison Act, Drug Enforcement, and The Supreme Court ............... 150
   The Morphine Maintenance Clinics ....................................................................................... 152

14. The Treatment of Addiction to Narcotics and Other Drugs: 1925-1950 .......................... 158
   Voices of Protest ..................................................................................................................... 158
   1920-1950: Medical Detoxification and Hidden Drug Maintenance ....................................... 160
   Dr. Thomas Ratigan, Jr.: Villain or Hero? .............................................................................. 161
   Phantastica and Narcotics Research ....................................................................................... 161
   The Federal Narcotic Farms .................................................................................................... 162
   The Addiction Research Center .............................................................................................. 167
   The World Outside Lexington and Ft. Worth ........................................................................... 168

Section Five
A.A. and the Modern Alcoholism Movement

15. The Birth of Alcoholics Anonymous: A Brief History ....................................................... 169
<table>
<thead>
<tr>
<th>Chapter</th>
<th>Title</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>16.</td>
<td>The Program of Alcoholics Anonymous</td>
<td>190</td>
</tr>
<tr>
<td></td>
<td>Defining the A.A. Program</td>
<td>190</td>
</tr>
<tr>
<td></td>
<td>A.A. Steps and A.A. Practices</td>
<td>192</td>
</tr>
<tr>
<td></td>
<td>A.A. Experience and A.A. Logic</td>
<td>192</td>
</tr>
<tr>
<td></td>
<td>Identity Reconstruction Within A.A.</td>
<td>193</td>
</tr>
<tr>
<td></td>
<td>Reconstruction of Personal Relationships</td>
<td>194</td>
</tr>
<tr>
<td></td>
<td>Reconstruction of Daily Lifestyle Within A.A.</td>
<td>194</td>
</tr>
<tr>
<td></td>
<td>Reframing: The Curse that Became a Blessing</td>
<td>196</td>
</tr>
<tr>
<td></td>
<td>The Recovery Program of A.A. and Its Predecessors: Shared Characteristics</td>
<td>197</td>
</tr>
<tr>
<td></td>
<td>Innovations in A.A.’s Program of Recovery</td>
<td>197</td>
</tr>
<tr>
<td></td>
<td>A.A.’s Organizational Structure and Practices</td>
<td>199</td>
</tr>
<tr>
<td></td>
<td>A.A.’s Mission</td>
<td>199</td>
</tr>
<tr>
<td></td>
<td>A.A.’s Philosophy of Addiction</td>
<td>199</td>
</tr>
<tr>
<td></td>
<td>A.A.’s Prescription for Short- and Long-term Recovery</td>
<td>200</td>
</tr>
<tr>
<td></td>
<td>Carrying the Message of A.A. Recovery</td>
<td>200</td>
</tr>
<tr>
<td></td>
<td>Internal A.A. Relationships</td>
<td>200</td>
</tr>
<tr>
<td></td>
<td>Defining A.A. Membership</td>
<td>201</td>
</tr>
<tr>
<td></td>
<td>The Expected Duration of A.A. Participation</td>
<td>201</td>
</tr>
<tr>
<td></td>
<td>Power and Decision-Making in A.A.</td>
<td>202</td>
</tr>
<tr>
<td></td>
<td>The Voice of A.A.</td>
<td>202</td>
</tr>
<tr>
<td></td>
<td>A.A. Relationships with Allied Fields and Related Causes</td>
<td>202</td>
</tr>
<tr>
<td></td>
<td>Managing Member Growth</td>
<td>203</td>
</tr>
<tr>
<td></td>
<td>Leadership Development</td>
<td>203</td>
</tr>
<tr>
<td></td>
<td>Managing the Issues of Money, Property, and Personal Ambition</td>
<td>203</td>
</tr>
<tr>
<td></td>
<td>Social Context and Organizational Endurance</td>
<td>203</td>
</tr>
<tr>
<td></td>
<td>A.A. Critics and A.A. Legacy</td>
<td>204</td>
</tr>
<tr>
<td></td>
<td>Stretching A.A.’s Gateway of Entry: Women and People of Color in A.A.</td>
<td>206</td>
</tr>
<tr>
<td></td>
<td>Were the experiences of women and people of color instrumental in shaping the Twelve Steps and Twelve Traditions of A.A.?</td>
<td>206</td>
</tr>
<tr>
<td></td>
<td>Has A.A. adapted its program to address the special needs of women and people of color?</td>
<td>208</td>
</tr>
<tr>
<td></td>
<td>What is the degree of participation of women and people of color in A.A.?</td>
<td>210</td>
</tr>
<tr>
<td></td>
<td>A.A.’s Place in History</td>
<td>211</td>
</tr>
<tr>
<td>17.</td>
<td>A.A. and the Professional Care of Alcoholics: 1935-1960</td>
<td>214</td>
</tr>
<tr>
<td></td>
<td>Visions of A.A. Hospitals</td>
<td>214</td>
</tr>
<tr>
<td></td>
<td>The Knickerbocker Paradox: Actions of A.A. Versus Actions of A.A. Members</td>
<td>216</td>
</tr>
</tbody>
</table>
St. Thomas: The Beginning of a Model……………………………………………………… 217
Model Evolution: A.A. Involvement with Public and Private Hospitals……………… 219
Model Extension: A.A. and Private Hospitals, Sanitaria, and Psychiatric Institutions…… 222
A.A. Members as Moral and Business Entrepreneurs…………………………………. 223
The Boundary Between Treatment and A.A.: The Story of High Watch………………… 225
The Distinction Between A.A. and Treatment…………………………………………. 228
A.A. and Alcoholism Treatment: A Synopsis………………………………………... 231

18. The “Modern Alcoholism Movement”: The Core……………………………………… 232
The Context……………………………………………………………………………… 233
The Alcohol and Alcoholism Movements…………………………………………… 234
The Volatility of the Post-Repeal Period……………………………………………… 235
Research Council on Problems of Alcohol……………………………………………. 236
The Yale Center of Alcohol Studies…………………………………………………… 238
The National Committee for Education on Alcoholism……………………………… 242

19. The “Modern Alcoholism Movement”: The Periphery…………………………… 244
Changing Medical Opinion on Alcoholics and Alcoholism…………………………... 245
The Alcoholism Movement in the Workplace……………………………………….. 246
The Alcoholism Movement in the Church…………………………………………… 248
Municipal, State, and Federal Responses to Alcoholism……………………………. 249
R. Brinkley Smithers: Private Philanthropy and the Alcoholism Movement………. 251
The Role of A.A. and Recovered Alcoholics in the Alcoholism Movement……….. 254
The Role of the Alcohol Beverage Industry in the Alcoholism Movement……………. 255
The Legacies of the Alcoholism Movement…………………………………………. 257
Origin of the Modern Disease Concept……………………………………………… 258

Section Six
Mid-Century Addiction Treatment

20. The Birth and Spread of the “Minnesota Model”……………………………………... 261
Pre-A.A. History…………………………………………………………………………… 261
The Story of Pat C………………………………………………………………………… 261
Pioneer House…………………………………………………………………………… 262
Hazelden: The Early Years……………………………………………………………… 263
Willmar State Hospital…………………………………………………………………… 265
Hazelden: The Continuing Story……………………………………………………… 271
Further Minnesota Developments……………………………………………………. 273
Defining the Minnesota Model…………………………………………………………. 273
Why Minnesota?……………………………………………………………………………. 275
The Spread of the Minnesota Model………………………………………………….. 275
Further Contributions of the Minnesota Model……………………………………….. 277

21. Mid-Century Alcoholism Treatments………………………………………………….. 278
Organizational Activity in the Alcoholism Field: 1950-1960……………………………. 278
Expanding Knowledge and Ideas About Alcoholism…………………………………. 279
Mid-Century Alcoholism Treatment: An Overview…………………………………... 283
A.A. and Mutual Aid: 1950-1971………………………………………………………… 288
Other Mutual-Aid Societies: Alcoholics Victorious and the Calix Society…………… 290

22. Mid-Century Alcoholism Treatment: Treatment Methods………………………… 292
Hypnosis Revisited………………………………………………………………………… 292
Physical Methods of Alcoholism Treatment: An Overview…………………………. 292
Nutrition, Alcoholism, and Vitamin Therapy………………………………………… 293
ACTH: Alcoholism and Endocrine Dysfunction………………………………………. 293
23. Mid-Century Addiction Treatment: The Rise of New Approaches

The Legal Context
Medical and Psychiatric Context
Juvenile Addiction: The Story of Riverside Hospital
Community-based Support of Institutionalized Addicts
Religious Approaches to Addiction Recovery
Synanon: The Birth of Ex-Addict-Directed Therapeutic Communities
The Therapeutic Community Movement
The Therapeutic Community: Treatment Methods

24. The Birth, Rebirth, and Evolution of Narcotics Anonymous

Addiction Recovery in A.A.: Dr. Tom M.
Houston S. and Addicts Anonymous
Danny C.: The Rise and Fall of the First N.A.
Betty T., Jack P., and the West Coast A.A./Lexington Connection
Jimmy K. and the Birth of Today’s N.A.
The Steps
N.A.’s Near-Death Experience
N.A. Literature and N.A.’s Basic Text
Explosive Growth
The N.A. Tree and Beyond
N.A. Comes of Age

25. Mid-Century Addiction Treatment: Part Two

Civil Commitments
The Evolution of Methadone
Narcotics Antagonists
Multimodality Treatment Systems: The Story of the Illinois Drug Abuse Program
Lexington and Forth Worth: The Twilight Years

Section Seven
The Evolution of Modern Addiction Treatment


Reaching Critical Mass
The Cooperative Commission on the Study of Alcoholism
A Deluge of Addiction Treatment Legislation
Local Sponsorship and Organization
Two Worlds: Alcoholism and Drug Abuse
Early Programs
Alcoholism: An Insurable Illness
Program Accreditation and Licensure
Three Worlds: Public, Private, and Military
Early Treatment in the Military
An Evolving Workforce
A Hidden Story: The Exploitation and Relapse of Recovering Alcoholics and Addicts
Professionalization: Training, Credentialing, and Worker Certification
The Rebirth of Addiction Medicine
Explosive Growth
Early Intervention Programs
Recovery as a Cultural Phenomenon
Section Eight
The Recovery Revolution

30. The Recovery Revolution

31. Some Closing Reflections on the Lessons of History
Slaying the Dragon: The History of Addiction Treatment and Recovery in America. Bloomington, IL: Chestnut Health Systems. Wilson, W. (1940). William L. White, MA, ([email protected]) is a Senior Research Consultant at Chestnut Health Systems and author of Slaying the Dragon: The History of Addiction Treatment and Recovery in America. 6. Suggest Documents. (2002) Addiction and Recovery in Native America: Lost History Read more. Unraveling the Mysteries of Addiction and Recovery - William White Read more. The Historical Essence of Addiction Counseling - William White Papers. Slaying the Dragon tells the story of addiction treatment in the United States from the post-Revolution "alcoholic Republic" to the present day. Writ broadly, the narrative recounts the intertwined history of two therapeutic traditions: "mutual aid" or self-help groups inaugurated by the alcoholic-led Washingtonian Total Abstinence Society in the 1840s, and the professional medical specialty with roots in the postbellum "inebriate" asylums. Both were temporarily stymied by the harshly punitive climate of the 1920s, when legal and medical authorities began to define trace the history of substance abuse treatment in the United States and see how care for addiction has changed over the centuries. White, W. Significant Events in the History of Addiction Treatment and Recovery in America. White, W. (2000). The history of recovered people as wounded healers: I. From native America to the rise of the modern alcoholism movement. Alcoholism Treatment Quarterly, 18(1), 1-23. Katcher, B. (1993). For those seeking addiction treatment for themselves or a loved one, the Recovery.org helpline is a private and convenient solution. Calls to any general helpline (non-facility specific 1-8XX numbers) for your visit will be answered by American Addiction Centers (AAC). We are standing by 24/7 to discuss your treatment options.