

# SCOTT RUSSELL SANDERS

*Scott Russell Sanders (1945– ) is one of the most devoted and consistent practitioners of the personal essay in America. His collections *The Paradise of Bombs* and *Secrets of the Universe* have earned him a following among fans of the essay, and his work appears regularly in Harper's, The Georgia Review, and best-essay anthologies. Sanders grew up in Tennessee and Ohio (he lived near a munitions factory), and settled in Bloomington, Indiana, where he teaches at the University at Indiana. He has written extensively about sense of place (In Limestone Country, Staying Put) and is an accomplished nature writer.*

*The essay below, "Under the Influence," is about his response not to landscape, however, but to his father's alcoholism. As such, it may be seen as part of a burgeoning literature about the afflictions of substance abuse and the scars left on the children of addicts. Sanders threads his way through this minefield, so susceptible to cliché and victimized self-pity, with exemplary honesty, feeling, and willingness to take responsibility. His quiet midwestern modesty and sense of privacy, seemingly at odds with an autobiographical genre that normally attracts flamboyant, self-dramatizing egotists, accounts for some of the essay's tension—as though he would rather not write about himself, but the form demands it. The reflective personal essayist is obliged to dig deep into his psyche and reveal the results, and Sanders shows he is equal to the challenge.*

# Under the Influence

**M**Y FATHER DRANK. He drank as a gut-punched boxer gasps for breath, as a starving dog gobbles food—compulsively, secretly, in pain and trembling. I use the past tense not because he ever quit drinking but because he quit living. That is how the story ends for my father, age sixty-four, heart bursting, body cooling and forsaken on the linoleum of my brother's trailer. The story continues for my brother, my sister, my mother, and me, and will continue so long as memory holds.

In the perennial present of memory, I slip into the garage or barn to see my father tipping back the flat green bottles of wine, the brown cylinders of whiskey, the cans of beer disguised in paper bags. His Adam's apple bobs, the liquid gurgles, he wipes the sandy-haired back of a hand over his lips, and then, his bloodshot gaze bumping into me, he stashes the bottle or can inside his jacket, under the workbench, between two bales of hay, and we both pretend the moment has not occurred.

"What's up, buddy?" he says, thick-tongued and edgy.

"Sky's up," I answer, playing along.

"And don't forget prices," he grumbles. "Prices are always up. And taxes."

In memory, his white 1951 Pontiac with the stripes down the hood and the Indian head on the snout jounces to a stop in the driveway; or it is the 1956 Ford station wagon, or the 1963 Rambler shaped like a toad, or the sleek 1969 Bonneville that will do 120 miles per hour on straightaways; or it is the robin's-egg blue pickup, new in 1980, battered in 1981, the year of his death. He climbs out, grinning dangerously, unsteady on his legs, and we children interrupt our game of catch, our building of snow forts, our picking of plums, to watch in silence as he weaves past into the house, where he slumps into his overstuffed chair and falls asleep. Shaking her head, our mother stubs out the cigarette he has left smoldering in the ashtray. All evening, until our bedtimes, we tiptoe past him, as past a snoring dragon. Then we curl in our fearful sheets, listening. Eventually he wakes with a grunt, Mother slings accusations at him, he snarls back, she yells, he growls, their voices clashing. Before long, she retreats to their bedroom, sobbing—not from the blows of fists, for he never strikes her, but from the force of words.

Left alone, our father prowls the house, thumping into furniture, rum-

maging in the kitchen, slamming doors, turning the pages of the newspaper with a savage crackle, muttering back at the late-night drivel from television. The roof might fly off, the walls might buckle from the pressure of his rage. Whatever my brother and sister and mother may be thinking on their own rumpled pillows, I lie there hating him, loving him, fearing him, knowing I have failed him. I tell myself he drinks to ease an ache that gnaws at his belly, an ache I must have caused by disappointing him somehow, a murderous ache I should be able to relieve by doing all my chores, earning A's in school, winning baseball games, fixing the broken washer and the burst pipes, bringing in money to fill his empty wallet. He would not hide the green bottles in his tool box, would not sneak off to the barn with a lump under his coat, would not fall asleep in the daylight, would not roar and fume, would not drink himself to death, if only I were perfect.

I am forty-two as I write these words, and I know full well now that my father was an alcoholic, a man consumed by disease rather than by disappointment. What had seemed to me a private grief is in fact a public scourge. In the United States alone some ten or fifteen million people share his ailment, and behind the doors they slam in fury or disgrace, countless other children tremble. I comfort myself with such knowledge, holding it against the throb of memory like an ice pack against a bruise. There are keener sources of grief: poverty, racism, rape, war. I do not wish to compete for a trophy in suffering. I am only trying to understand the corrosive mixture of helplessness, responsibility, and shame that I learned to feel as the son of an alcoholic. I realize now that I did not cause my father's illness, nor could I have cured it. Yet for all this grown-up knowledge, I am still ten years old, my own son's age, and as that boy I struggle in guilt and confusion to save my father from pain.

Consider a few of our synonyms for *drunk*: tipsy, tight, pickled, soused, and plowed; stoned and stewed, lubricated and inebriated, juiced and sluiced; three sheets to the wind, in your cups, out of your mind, under the table, lit up, tanked up, wiped out; besotted, blotto, bombed, and buzzed; plastered, polluted, putrified; loaded or looped, boozy, woozy, fuddled, or smashed; crocked and shit-faced, corked and pissed, snockered and sloshed.

It is a mostly humorous lexicon, as the lore that deals with drunks—in jokes and cartoons, in plays, films, and television skits—is largely comic. Aunt Matilda nips elderberry wine from the sideboard and burps politely during supper. Uncle Fred slouches to the table glassy-eyed, wearing a lamp shade for a hat and murmuring, "Candy is dandy but liquor is quicker." Inspired by cocktails, Mrs. Somebody recounts the events of her

day in a fuzzy dialect, while Mr. Somebody nibbles her ear and croons a bawdy song. On the sofa with Boyfriend, Daughter giggles, licking gin from her lips, and loosens the bows in her hair. Junior knocks back some brews with his chums at the Leopard Lounge and stumbles home to the wrong house, wonders foggily why he cannot locate his pajamas, and crawls naked into bed with the ugliest girl in school. The family dog slurps from a neglected martini and wobbles to the nursery, where he vomits in Baby's shoe.

It is all great fun. But if in the audience you notice a few laughing faces turn grim when the drunk lurches on stage, don't be surprised, for these are the children of alcoholics. Over the grinning mask of Dionysus, the leering mask of Bacchus, these children cannot help seeing the bloated features of their own parents. Instead of laughing, they wince, they mourn. Instead of celebrating the drunk as one freed from constraints, they pity him as one enslaved. They refuse to believe *in vino veritas*, having seen their befuddled parents skid away from truth toward folly and oblivion. And so these children bite their lips until the lush staggers into the wings.

My father, when drunk, was neither funny nor honest; he was pathetic, frightening, deceitful. There seemed to be a leak in him somewhere, and he poured in booze to keep from draining dry. Like a torture victim who refuses to squeal, he would never admit that he had touched a drop, not even in his last year, when he seemed to be dissolving in alcohol before our very eyes. I never knew him to lie about anything, ever, except about this one ruinous fact. Drowsy, clumsy, unable to fix a bicycle tire, throw a baseball, balance a grocery sack, or walk across the room, he was stripped of his true self by drink. In a matter of minutes, the contents of a bottle could transform a brave man into a coward, a buddy into a bully, a gifted athlete and skilled carpenter and shrewd businessman into a bumbler. No dictionary of synonyms for *drunk* would soften the anguish of watching our prince turn into a frog.

Father's drinking became the family secret. While growing up, we children never breathed a word of it beyond the four walls of our house. To this day, my brother and sister rarely mention it, and then only when I press them. I did not confess the ugly, bewildering fact to my wife until his wavering walk and slurred speech forced me to. Recently, on the seventh anniversary of my father's death, I asked my mother if she ever spoke of his drinking to friends. "No, no, never," she replied hastily. "I couldn't bear for anyone to know."

The secret bores under the skin, gets in the blood, into the bone, and stays there. Long after you have supposedly been cured of malaria, the fever can flare up, the tremors can shake you. So it is with the fevers of

shame. You swallow the bitter quinine of knowledge, and you learn to feel pity and compassion toward the drinker. Yet the shame lingers in your marrow, and, because of the shame, anger.

For a long stretch of my childhood we lived on a military reservation in Ohio, an arsenal where bombs were stored underground in bunkers, vintage airplanes burst into flames, and unstable artillery shells boomed nightly at the dump. We had the feeling, as children, that we played in a mine field, where a heedless footfall could trigger an explosion. When Father was drinking, the house, too, became a mine field. The least bump could set off either parent.

The more he drank, the more obsessed Mother became with stopping him. She hunted for bottles, counted the cash in his wallet, sniffed at his breath. Without meaning to snoop, we children blundered left and right into damning evidence. On afternoons when he came home from work sober, we flung ourselves at him for hugs, and felt against our ribs the telltale lump in his coat. In the barn we tumbled on the hay and heard beneath our sneakers the crunch of buried glass. We tugged open a drawer in his workbench, looking for screwdrivers or crescent wrenches, and spied a gleaming six-pack among the tools. Playing tag, we darted around the house just in time to see him sway on the rear stoop and heave a finished bottle into the woods. In his good night kiss we smelled the cloying sweetness of Clorets, the mints he chewed to camouflage his dragon's breath.

I can summon up that kiss right now by recalling Theodore Roethke's lines about his own father in "My Papa's Waltz":

*The whiskey on your breath  
Could make a small boy dizzy;  
But I hung on like death:  
Such waltzing was not easy.*

Such waltzing was hard, terribly hard, for with a boy's scrawny arms I was trying to hold my tipsy father upright.

For years, the chief source of those incriminating bottles and cans was a grimy store a mile from us, a cinder block place called Sly's, with two gas pumps outside and a moth-eaten dog asleep in the window. A strip of flypaper, speckled the year round with black bodies, coiled in the doorway. Inside, on rusty metal shelves or in wheezing coolers, you could find pop and Popsicles, cigarettes, potato chips, canned soup, raunchy postcards, fishing gear, Twinkies, wine, and beer. When Father drove anywhere on errands, Mother would send us kids along as guards, warning us

not to let him out of our sight. And so with one or more of us on board, Father would cruise up to Sly's, pump a dollar's worth of gas or plump the tires with air, and then, telling us to wait in the car, he would head for that fly-spangled doorway.

Dutiful and panicky, we cried, "Let us go in with you!"

"No," he answered. "I'll be back in two shakes."

"Please!"

"No!" he roared. "Don't you budge, or I'll jerk a knot in your tails!"

So we stayed put, kicking the seats, while he ducked inside. Often, when he had parked the car at a careless angle, we gazed in through the window and saw Mr. Sly fetching down from a shelf behind the cash register two green pints of Gallo wine. Father swigged one of them right there at the counter, stuffed the other in his pocket, and then out he came, a bulge in his coat, a flustered look on his red face.

Because the Mom and Pop who ran the dump were neighbors of ours, living just down the tar-blistered road, I hated them all the more for poisoning my father. I wanted to sneak in their store and smash the bottles and set fire to the place. I also hated the Gallo brothers, Ernest and Julio, whose jovial faces shone from the labels of their wine, labels I would find, torn and curled, when I burned the trash. I noted the Gallo brothers' address, in California, and I studied the road atlas to see how far that was from Ohio, because I meant to go out there and tell Ernest and Julio what they were doing to my father, and then, if they showed no mercy, I would kill them.

While growing up on the back roads and in the country schools and cramped Methodist churches of Ohio and Tennessee, I never heard the word *alcoholism*, never happened across it in books or magazines. In the nearby towns, there were no addiction treatment programs, no community mental health centers, no Alcoholics Anonymous chapters, no therapists. Left alone with our grievous secret, we had no way of understanding Father's drinking except as an act of will, a deliberate folly or cruelty, a moral weakness, a sin. He drank because he chose to, pure and simple. Why our father, so playful and competent and kind when sober, would choose to ruin himself and punish his family, we could not fathom.

Our neighborhood was high on the Bible, and the Bible was hard on drunkards. "Woe to those who are heroes at drinking wine, and valiant men in mixing strong drink," wrote Isaiah. "The priest and the prophet reel with strong drink, they are confused with wine, they err in vision, they stumble in giving judgment. For all tables are full of vomit, no place is without filthiness." We children had seen those fouled tables at the local truck stop where the notorious boozers hung out, our father occasionally

among them. "Wine and new wine take away the understanding," declared the prophet Hosea. We had also seen evidence of that in our father, who could multiply seven-digit numbers in his head when sober, but when drunk could not help us with fourth-grade math. Proverbs warned: "Do not look at wine when it is red, when it sparkles in the cup and goes down smoothly. At the last it bites like a serpent, and stings like an adder. Your eyes will see strange things, and your mind utter perverse things." Woe, woe.

Dismayingly often, these biblical drunkards stirred up trouble for their own kids. Noah made fresh wine after the flood, drank too much of it, fell asleep without any clothes on, and was glimpsed in the buff by his son Ham, whom Noah promptly cursed. In one passage—it was so shocking we had to read it under our blankets with flashlights—the patriarch Lot fell down drunk and slept with his daughters. The sins of the fathers set their children's teeth on edge.

Our ministers were fond of quoting St. Paul's pronouncement that drunkards would not inherit the kingdom of God. These grave preachers assured us that the wine referred to during the Last Supper was in fact grape juice. Bible and sermons and hymns combined to give us the impression that Moses should have brought down from the mountain another stone tablet, bearing the Eleventh Commandment: Thou shalt not drink.

The scariest and most illuminating Bible story apropos of drunkards was the one about the lunatic and the swine. Matthew, Mark, and Luke each told a version of the tale. We knew it by heart: When Jesus climbed out of his boat one day, this lunatic came charging up from the graveyard, stark naked and filthy, frothing at the mouth, so violent that he broke the strongest chains. Nobody would go near him. Night and day for years this madman had been wailing among the tombs and bruising himself with stones. Jesus took one look at him and said, "Come out of the man, you unclean spirits!" for he could see that the lunatic was possessed by demons. Meanwhile, some hogs were conveniently rooting nearby. "If we have to come out," begged the demons, "at least let us go into those swine." Jesus agreed. The unclean spirits entered the hogs, and the hogs rushed straight off a cliff and plunged into a lake. Hearing the story in Sunday school, my friends thought mainly of the pigs. (How big a splash did they make? Who paid for the lost pork?) But I thought of the redeemed lunatic, who bathed himself and put on clothes and calmly sat at the feet of Jesus, restored—so the Bible said—to "his right mind."

When drunk, our father was clearly in his wrong mind. He became a stranger, as fearful to us as any graveyard lunatic, not quite frothing at the mouth but fierce enough, quick-tempered, explosive; or else he grew maudlin and weepy, which frightened us nearly as much. In my boyhood

despair, I reasoned that maybe he wasn't to blame for turning into an ogre. Maybe, like the lunatic, he was possessed by demons. I found support for my theory when I heard liquor referred to as "spirits," when the newspapers reported that somebody had been arrested for "driving under the influence," and when church ladies railed against that "demon drink."

If my father was indeed possessed, who would exorcise him? If he was a sinner, who would save him? If he was ill, who would cure him? If he suffered, who would ease his pain? Not ministers or doctors, for we could not bring ourselves to confide in them; not the neighbors, for we pretended they had never seen him drunk; not Mother, who fussed and pleaded but could not budge him; not my brother and sister, who were only kids. That left me. It did not matter that I, too, was only a child, and a bewildered one at that. I could not excuse myself.

On first reading a description of delirium tremens—in a book on alcoholism I smuggled from the library—I thought immediately of the frothing lunatic and the frenzied swine. When I read stories or watched films about grisly metamorphoses—Dr. Jekyll becoming Mr. Hyde, the mild husband changing into a werewolf, the kindly neighbor taken over by a brutal alien—I could not help seeing my own father's mutation from sober to drunk. Even today, knowing better, I am attracted by the demonic theory of drink, for when I recall my father's transformation, the emergence of his ugly second self, I find it easy to believe in possession by unclean spirits. We never knew which version of Father would come home from work, the true or the tainted, nor could we guess how far down the slope toward cruelty he would slide.

How far a man *could* slide we gauged by observing our back-road neighbors—the out-of-work miners who had dragged their families to our corner of Ohio from the desolate hollows of Appalachia, the tightfisted farmers, the surly mechanics, the balked and broken men. There was, for example, whiskey-soaked Mr. Jenkins, who beat his wife and kids so hard we could hear their screams from the road. There was Mr. Lavo the wino, who fell asleep smoking time and again, until one night his disgusted wife bundled up the children and went outside and left him in his easy chair to burn; he awoke on his own, staggered out coughing into the yard, and pounded her flat while the children looked on and the shack turned to ash. There was the truck driver, Mr. Sampson, who tripped over his son's tricycle one night while drunk and got so mad that he jumped into his semi and drove away, shifting through the dozen gears, and never came back. We saw the bruised children of these fathers clump onto our school bus, we saw the abandoned children huddle in the pews at church, we saw the stunned and battered mothers begging for help at our doors.



Our own father never beat us, and I don't think he ever beat Mother, but he threatened often. The Old Testament Yahweh was not more terrible in his wrath. Eyes blazing, voice booming, Father would pull out his belt and swear to give us a whipping, but he never followed through, never needed to, because we could imagine it so vividly. He shoved us, pawed us with the back of his hand, as an irked bear might smack a cub, not to injure, just to clear a space. I can see him grabbing Mother by the hair as she cowers on a chair during a nightly quarrel. He twists her neck back until she gapes up at him, and then he lifts over her skull a glass quart bottle of milk, the milk running down his forearm, and he yells at her, "Say just one more word, one goddamn word, and I'll shut you up!" I fear she will prick him with her sharp tongue, but she is terrified into silence, and so am I, and the leaking bottle quivers in the air, and milk slithers through the red hair of my father's uplifted arm, and the entire scene is there to this moment, the head jerked back, the club raised.

When the drink made him weepy, Father would pack a bag and kiss each of us children on the head, and announce from the front door that he was moving out. "Where to?" we demanded, fearful each time that he would leave for good, as Mr. Sampson had roared away for good in his diesel truck. "Someplace where I won't get hounded every minute," Father would answer, his jaw quivering. He stabbed a look at Mother, who might say, "Don't run into the ditch before you get there," or, "Good riddance," and then he would slink away. Mother watched him go with arms crossed over her chest, her face closed like the lid on a box of snakes. We children bawled. Where could he go? To the truck stop, that den of iniquity? To one of those dark, ratty flophouses in town? Would he wind up sleeping under a railroad bridge or on a park bench or in a cardboard box, mummied in rags, like the bums we had seen on our trips to Cleveland and Chicago? We bawled and bawled, wondering if he would ever come back.

He always did come back, a day or a week later, but each time there was a sliver less of him.

In Kafka's *The Metamorphosis*, which opens famously with Gregor Samsa waking up from uneasy dreams to find himself transformed into an insect, Gregor's family keep reassuring themselves that things will be just fine again, "When he comes back to us." Each time alcohol transformed our father, we held out the same hope, that he would really and truly come back to us, our authentic father, the tender and playful and competent man, and then all things would be fine. We had grounds for such hope. After his weepy departures and chapfallen returns, he would sometimes go weeks, even months without drinking. Those were glad times. Joy

banged inside my ribs. Every day without the furtive glint of bottles, every meal without a fight, every bedtime without sobs encouraged us to believe that such bliss might go on forever.

Mother was fooled by just such a hope all during the forty-odd years she knew this Greeley Ray Sanders. Soon after she met him in a Chicago delicatessen on the eve of World War II, and fell for his butter-melting Mississippi drawl and his wavy red hair, she learned that he drank heavily. But then so did a lot of men. She would soon coax or scold him into breaking the nasty habit. She would point out to him how ugly and foolish it was, this bleary drinking, and then he would quit. He refused to quit during their engagement, however, still refused during the first years of marriage, refused until my sister came along. The shock of fatherhood sobered him, and he remained sober through my birth at the end of the war and right on through until we moved in 1951 to the Ohio arsenal, that paradise of bombs. Like all places that make a business of death, the arsenal had more than its share of alcoholics and drug addicts and other varieties of escape artists. There I turned six and started school and woke into a child's flickering awareness, just in time to see my father begin sneaking swigs in the garage.

He sobered up again for most of a year at the height of the Korean War, to celebrate the birth of my brother. But aside from that dry spell, his only breaks from drinking before I graduated from high school were just long enough to raise and then dash our hopes. Then during the fall of my senior year—the time of the Cuban missile crisis, when it seemed that the nightly explosions at the munitions dump and the nightly rages in our household might spread to engulf the globe—Father collapsed. His liver, kidneys, and heart all conked out. The doctors saved him, but only by a hair. He stayed in the hospital for weeks, going through a withdrawal so terrible that Mother would not let us visit him. If he wanted to kill himself, the doctors solemnly warned him, all he had to do was hit the bottle again. One binge would finish him.

Father must have believed them, for he stayed dry for the next fifteen years. It was an answer to prayer, Mother said, it was a miracle. I believe it was a reflex of fear, which he sustained over the years through courage and pride. He knew a man could die from drink, for his brother Roscoe had. We children never laid eyes on doomed Uncle Roscoe, but in the stories Mother told us he became a fairy-tale figure, like a boy who took the wrong turning in the woods and was gobbled up by the wolf.

The fifteen-year dry spell came to an end with Father's retirement in the spring of 1978. Like many men, he gave up his identity along with his job. One day he was a boss at the factory, with a brass plate on his door and a reputation to uphold; the next day he was a nobody at home. He and Mother were leaving Ontario, the last of the many places to which his job

had carried them, and they were moving to a new house in Mississippi, his childhood stomping grounds. As a boy in Mississippi, Father sold Coca-Cola during dances while the moonshiners peddled their brew in the parking lot; as a young blade, he fought in bars and in the ring, seeking a state Golden Gloves championship; he gambled at poker, hunted pheasants, raced motorcycles and cars, played semiprofessional baseball, and, along with all his buddies—in the Black Cat Saloon, behind the cotton gin, in the woods—he drank. It was a perilous youth to dream of recovering.

After his final day of work, Mother drove on ahead with a car full of begonias and violets, while Father stayed behind to oversee the packing. When the van was loaded, the sweaty movers broke open a six-pack and offered him a beer.

“Let’s drink to retirement!” they crowed. “Let’s drink to freedom! to fishing! hunting! loafing! Let’s drink to a guy who’s going home!”

At least I imagine some such words, for that is all I can do, imagine, and I see Father’s hand trembling in midair as he thinks about the fifteen sober years and about the doctors’ warning, and he tells himself *God-damnit, I am a free man*, and *Why can’t a free man drink one beer after a lifetime of hard work?* and I see his arm reaching, his fingers closing, the can tilting to his lips. I even supply a label for the beer, a swaggering brand that promises on television to deliver the essence of life. I watch the amber liquid pour down his throat, the alcohol steal into his blood, the key turn in his brain.

Soon after my parents moved back to Father’s treacherous stomping ground, my wife and I visited them in Mississippi with our five-year-old daughter. Mother had been too distraught to warn me about the return of the demons. So when I climbed out of the car that bright July morning and saw my father napping in the hammock, I felt uneasy, for in all his sober years I had never known him to sleep in daylight. Then he lurched upright, blinked his bloodshot eyes, and greeted us in a syrupy voice. I was hurled back helpless into childhood.

“What’s the matter with Papaw?” our daughter asked.

“Nothing,” I said. “Nothing!”

Like a child again, I pretended not to see him in his stupor, and behind my phony smile I grieved. On that visit and on the few that remained before his death, once again I found bottles in the workbench, bottles in the woods. Again his hands shook too much for him to run a saw, to make his precious miniature furniture, to drive straight down back roads. Again he wound up in the ditch, in the hospital, in jail, in treatment centers. Again he shouted and wept. Again he lied. “I never touched a drop,” he swore. “Your mother’s making it up.”

I no longer fancied I could reason with the men whose names I found on the bottles—Jim Beam, Jack Daniels—nor did I hope to save my father by burning down a store. I was able now to press the cold statistics about alcoholism against the ache of memory: ten million victims, fifteen million, twenty. And yet, in spite of my age, I reacted in the same blind way as I had in childhood, ignoring biology, forgetting numbers, vainly seeking to erase through my efforts whatever drove him to drink. I worked on their place twelve and sixteen hours a day, in the swelter of Mississippi summers, digging ditches, running electrical wires, planting trees, mowing grass, building sheds, as though what nagged at him was some list of chores, as though by taking his worries on my shoulders I could redeem him. I was flung back into boyhood, acting as though my father would not drink himself to death if only I were perfect.

I failed of perfection; he succeeded in dying. To the end, he considered himself not sick but sinful. "Do you want to kill yourself?" I asked him. "Why not?" he answered. "Why the hell not? What's there to save?" To the end, he would not speak about his feelings, would not or could not give a name to the beast that was devouring him.

In silence, he went rushing off the cliff. Unlike the biblical swine, however, he left behind a few of the demons to haunt his children. Life with him and the loss of him twisted us into shapes that will be familiar to other sons and daughters of alcoholics. My brother became a rebel, my sister retreated into shyness, I played the stalwart and dutiful son who would hold the family together. If my father was unstable, I would be a rock. If he squandered money on drink, I would pinch every penny. If he wept when drunk—and only when drunk—I would not let myself weep at all. If he roared at the Little League umpire for calling my pitches balls, I would throw nothing but strikes. Watching him flounder and rage, I came to dread the loss of control. I would go through life without making anyone mad. I vowed never to put in my mouth or veins any chemical that would banish my everyday self. I would never make a scene, never lash out at the ones I loved, never hurt a soul. Through hard work, relentless work, I would achieve something dazzling—in the classroom, on the basketball floor, in the science lab, in the pages of books—and my achievement would distract the world's eyes from his humiliation. I would become a worthy sacrifice, and the smoke of my burning would please God.

It is far easier to recognize these twists in my character than to undo them. Work has become an addiction for me, as drink was an addiction for my father. Knowing this, my daughter gave me a placard for the wall: WORKAHOLIC. The labor is endless and futile, for I can no more redeem myself through work than I could redeem my father. I still panic in the face of other people's anger, because his drunken temper was so terrible. I shrink from causing sadness or disappointment even to strangers, as

though I were still concealing the family shame. I still notice every twitch of emotion in the faces around me, having learned as a child to read the weather in faces, and I blame myself for their least pang of unhappiness or anger. In certain moods I blame myself for everything. Guilt burns like acid in my veins.

I am moved to write these pages now because my own son, at the age of ten, is taking on himself the griefs of the world, and in particular the griefs of his father. He tells me that when I am gripped by sadness he feels responsible; he feels there must be something he can do to spring me from depression, to fix my life. And that crushing sense of responsibility is exactly what I felt at the age of ten in the face of my father's drinking. My son wonders if I, too, am possessed. I write, therefore, to drag into the light what eats at me—the fear, the guilt, the shame—so that my own children may be spared.

I still shy away from nightclubs, from bars, from parties where the solvent is alcohol. My friends puzzle over this, but it is no more peculiar than for a man to shy away from the lions' den after seeing his father torn apart. I took my own first drink at the age of twenty-one, half a glass of burgundy. I knew the odds of my becoming an alcoholic were four times higher than for the sons of nonalcoholic fathers. So I sipped warily.

I still do—once a week, perhaps, a glass of wine, a can of beer, nothing stronger, nothing more. I listen for the turning of a key in my brain.