

FACTS ABOUT ALCOHOL

Throughout history alcoholic beverages have been used with meals, at social gatherings, in ceremonies and celebrations, and for medical purposes. . . but. . . like any drug that affects the mind, alcohol has the potential to be abused. Youth of today use alcohol as just one more drug in their repertoire of drugs; they use it to get high when other drugs are not available. Today's youth are drinking at younger ages, drinking more frequently, drinking to get drunk, and drinking in combination with other drugs.

ALCOHOL IS THE MOST ABUSED DRUG IN THE UNITED STATES TODAY.

Alcoholism touches 1 out of every 10 Americans who drink.

Medically it is a depressant drug to the central nervous system, slowing the activity of the brain and spinal cord.

Chemically it is ethyl alcohol C_2H_5OH .

Alcohol has lots of calories* but no vitamins or minerals. . . no food value.

The word "proof" referring to beverages means twice the percentage of alcohol content. 100 proof = 50% alcohol.

An average 150 lb. person burns alcohol at a rate of $\frac{1}{2}$ oz. per hour. So. . . one drink* in $1\frac{1}{2}$ hours would result in no accumulation of alcohol in the blood. . . drinking faster than this results in intoxication.

The effect of any alcoholic beverage is measured by Blood Alcoholic Content, or BAC. . .

*ONE DRINK (approximately the same BAC) means:

- 12 oz. beer - or
- 5 oz. regular wine - or
- 3 oz. sherry or port wine - or
- $1\frac{1}{2}$ oz. whiskey - or
- 1 highball or cocktail

Such 'remedies' to sober up as black coffee, cold showers, fresh air and exercise have little or no effect on BAC.

TIME IS THE ONLY REMEDY FOR INTOXICATION!!

Danger signs of problem drinking . . .

- Drinking to escape problems
- Drinking as a cure for fears
- Drinking to blackout painful feelings