**Coffee**

**The annual harvest of an entire coffee tree is required for a single pound of ground coffee. Every tree bears up to six pounds of beans, which are reduced to a pound after the beans are roasted and ground. *(Isaac Asimov’s Book of Facts, p. 93)***

**Coffee-drinking first became popular in Europe after the siege of Vienna in 1683, when coffee beans and coffee-making equipment were left behind by the retreating Turks. *(Paul Stirling Hagerman, in It's a Weird World, p. 11)***

**Many of the coffee bars inside the CIA and other top-secret United States government buildings are staffed by blind people, although this has as much to do with a very successful employment drive as it does national security. *(David Hoffman, in I Never Knew That!, p. 112)***

**Coffee may cut cancer risk: Most people drink coffee for an energy boost. But women who consume three to four cups a day may also be reducing their risk of endometrial cancer, FoxNews.com reports. A team at Imperial College London examined the dietary habits of 2,800 women with cancer of the endometrium, the lining of the uterus, and compared them with data from women who didn't have the disease. They found that those who drank four cups of coffee daily had an 18 percent lower risk of developing the cancer than those who drank less than one cup a day. The findings add to a growing body of evidence that a coffee habit could have significant health benefits, but it remains unclear exactly how the hot beverage helps reduce the risk of endometrial cancer. Another is that the oxidants in coffee may help slow or prevent cell damage. "Further studies are needed," says research leader Dr. Melissa Merritt, "to isolate the components of coffee that may be responsible." *(The Week magazine, February 27, 2015)***

**My son’s fifth-grade teacher asked him to define eternity. “That’s when you’re at a restaurant with your parents,” he said, “and the waitress asks if they want more coffee.” *(Betty Plumb, in Reader’s Digest)***

**The record shows that Persian Sultan Selim I hanged two doctors simply because they advised him to stop drinking coffee. *(L. M. Boyd, in Boyd’s Book of Odd Facts, p. 1)***

**Coffee may curb heart attacks: Coffee has a bad reputation when it comes to heart health, but new research suggests that drinking up to five cups of the stuff a day could actually reduce the risk of a heart attack. Scientists in South Korea studied the link between coffee consumption and coronary artery calcium levels, an early indicator of cardiovascular disease -- the clogging of arteries with fatty substances -- which can lead to heart attacks. Researchers examined 25,000 men and women and found calcium levels were lowest in people who drank three to five cups a day. The next-lowest levels belonged to people who drank one to two cups daily. But the scientists found that excessive coffee consumption was worse than drinking no joe at all. Calcium levels were highest in test subjects who drank more than five cups daily. Researchers still aren't sure why imbibing a moderate amount of coffee is good for your heart. It could be that powerful antioxidants in the beverage help reduce the risk of disease. But whatever the explanation, the findings are good news for java fans. "We are not ready to say people should drink more coffee," Dr. Eliseo Guallar of John Hopkins Bloomberg School of Public Health tells Newsweek. "But if you do drink it, you shouldn't worry." (*The Week magazine, March 20, 2015)***

**Coffee limits liver damage: Drinking three or more alcoholic beverages per day increases the likelihood of developing liver cancer, but research now suggests that drinking coffee may help offset that risk. In an ongoing analysis of cancer rates, scientists from the World Cancer Research Fund (WCRF) looked at data from 34 previous studies involving 8 million adults, including 24,600 diagnosed with liver cancer. They found that among heavy drinkers, a regular coffee habit of just one cup per day reduced the risk for liver cancer by nearly 14 percent, ScienceTimes.com reports. It remains unclear how coffee works to reduce cancer rates, but scientists speculate that its various compounds help clear the liver of harmful toxins. "Both coffee and coffee extracts have been shown to reduce the expression of genes involved in inflammation," the researchers' report said. "And the effects appear to be most pronounced in the liver." *(The Week magazine, April 17, 2015)***

**Coffee can improve memory, but don't drink too much. Researchers asked 160 people to look at pictures of objects, then gave them either a placebo or a tablet containing 200 milligrams of caffeine -- equivalent to a strong cup of coffee. When the volunteers were shown a larger set of images the next day and asked to identify which ones were old, new, or similar, the caffeinated group was more likely to recognize very slight changes in the pictures. Dosage was crucial, however: Researchers found that 100-milligram tablets didn't improve memory, while 300-milligram doses caused headaches and jitteriness. *(The Week magazine, December 31, 2014)***

**Coffee sharpens color perception. Liquor dulls it. If you’re nearsighted, you see the color red most clearly. If farsighted, you see blue more sharply. So say the experts. According to eye experts, the color you see best just before dusk is green. *(L. M. Boyd)***

**You can buy a cup of coffee in a Turkish coffee house, but nothing else. *(L. M. Boyd)***

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