**Alcohol-Related**

**Then I commended mirth,**

**because there is nothing better for a man under the sun**

**than to eat and to drink and to be merry;**

**for that shall accompany him in his labor all the days of his life,**

**which God gives him under the sun.**

***(Ecclesiastes 8:15)***

**The AAAA is a new organization for drunks who drive. Give them a call and they'll tow you away from the bar. *(Martin Burden)***

**Lady: "Where's Hagar?" Helga: "Someone told him drinking scotch was an acquired taste. . . So he's in Scotland, acquiring some." *(Dik Browne, in Hagar the Horrible comic strip)***

**On June 10, 1935, after a day in which he drank a beer before performing surgery, Dr. Bob Smith and his friend William G. Wilson founded Alcoholics Anonymous. *(The Daily Chronicle)***

**What’s distinctly American about this story is not alcohol’s prominent place in our history (that’s true of many societies), but the zeal with which we’ve swung between extremes. Americans tend to drink in more dysfunctional ways than people in other societies, only to become judgmental about nearly any drinking at all. Again and again, the era of overindulgence begets an era of renunciation: Binge, abstain. Binge abstain. *(The Atlantic, as it appeared in The Week magazine, October 15, 2021)***

**According to the Greeks, as an awful lot of things were, the amethyst protected its owner from getting loaded. The word itself means “not to intoxicate." It's a violet or purple variety of quartz. Don't count on it to prevent a hangover. (Bernie Smith, in The Joy of Trivia, p. 340)**

**Johnny Appleseed probably distributed apple seeds across the American frontier so that people could make fermented apple juice (hard cider) rather than eat apples. *(Noel Botham, in The Amazing Book of Useless Information. p. 212)***

**A complaining politician was asked, "Are you for or against strong drink?" The politician replied: "If you mean, sir, the devil's brew that causes an untold number of auto accidents each year which kill and maim thousands, that costs the American public billions through loss of work, that causes men to fight with their neighbors, wives to leave their husbands, men to lose their jobs, self-respect and dignity, then I, sir, am strongly against it!" Getting no response, he continued: "But, if you mean the bottled spirits that give men temporary relief from the cares of the world, ease the aches and pains of the aged, bring men together in fellowship, provide work for thousands of farmers, distillers, bottlers, shippers and storekeepers, the mellow brew that brings in billions in taxes and helps pay for defense, education and many other good things in life, then I, sir, am for it!" *(Table Talk)***

**Two Russian bears that became alcoholics after spending 20 years caged outside a bar in Sochi could be headed to rehab. The bar's owner and patrons regularly passed the animals cold beer, claiming it helped them cope with Sochi's warm climate. But a British charity is now working with local courts to transfer the booze-loving bears to a sanctuary in Romania, where they'll receive help overcoming their alcoholism. "The people there have worked with dancing b ears who had similar problems," said Anna Kogan of the Big Hearts Foundation. "It can be done." *(The Week magazine, March 20, 2015)***

***\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\**Polly Moran was the humorist who said beer did not make her fat, but made her lean. Against bars, posts, tables. *(L. M. Boyd)***

**Good week for: Beer drinkers, with research showing that drinking even a single beer a day diversifies men’s gut microbes, and may reduce their risk of diabetes and heart disease. *(The Week magazine, July 28, 2023)***

**Beer's tempting taste: Just a tiny taste of beer can give regular beer drinkers a happy feeling and make them crave more of it, a new study has found. The finding, says DiscoverMagazine.com, suggests that beer contains chemicals other than alcohol that trigger the brain's reward system, and explains why most beer drinkers rarely stop at one. Indiana University researchers asked nearly 50 young male volunteers to submit to a brain-scan while they spritzed tiny amounts of Gatorade and their favorite beer into their mouths. They found that even minute quantities of beer -- too small to produce an alcoholic "buzz" -- caused the brain to release more of the feel-good chemical dopamine than Gatorade did. After tasting both drinks, the volunteers also tended to say they wanted to drink more beer rather than more Gatorade, even though many of them actually preferred Gatorade's sweet taste. Volunteers who had siblings or parents with alcoholism got an even great dopamine boost after tasting beer than those who didn't. Since dopamine is such a powerful motivator, this might explain why it's so hard for alcoholics to quit drinking: One sip, or even the smell, of beer is enough to trigger intense cravings. *(The Week magazine, May 3, 2013)***

***\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\**Without question, the greatest invention in the history of mankind is beer. Oh, I grant you that the wheel was also a fine invention, but the wheel does not go nearly as well with pizza. *(Dave Berry)***

***\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\**During Prohibition, temperance activists hired a scholar to delete all references to alcohol beverages from the Bible. *(Charlotte Lowe, in Fact-O-Pedia, p. 3)***

**The region of the United States that consumes the least alcohol (commonly known as the "Bible belt") is also known by many doctors as Stroke Alley. *(Noel Botham, in The Amazing Book of Useless Information. p. 211)***

***\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\**The whole world is three drinks behind. If everyone in the world would take three drinks, we would have no trouble. (*Humphrey Bogart, actor)***

**The first bourbon whiskey reportedly was made by a Baptist minister in 1789. *(L. M. Boyd)***

**America has more breweries than at any time since the 1880s. The number of brewery permits spiked 19 percent last year to 2,751, with the biggest increases in California and Texas. All but seven states gained breweries, while just four -- including New Jersey -- lost one or more. *(Bloomberg.com, as it appeared in The Week magazine, May 17, 2013)***

**It takes only one drink to get me drunk. The trouble is, I can't remember if it's the thirteenth or the fourteenth. *(George Burns)***

**I only drink champagne on two occasions: When I am in love and when I am not. (*Coco Chanel*)**

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**No animal ever invented anything so bad as drunkenness -- or so good as drink. *(G. K. Chesterton)***

**The dipsomaniac and the abstainer are not only both mistaken, but they both make the same mistake. They both regard wine as a drug and not as a drink. *(G. K. Chesterton)***

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**I have taken more out of alcohol than alcohol has taken out of me. *(Winston Churchill)***

**Good week for: Cocktail hour, after a new study found that couples who drink moderate amounts of alcohol together have better relationships. Regular drinking with one's partner decreases "negative marital quality over time," the study authors say, with the reported effects being "significantly greater among wives." *(The Week magazine, September 14, 2018)***

**At a country auction, a farmer watched with unbelief as a lady antique collector bid $43 for a hand-blown whiskey bottle. As she carried the bottle back to her seat, the farmer got a close look at it. “Holy smokes, Martha,” he said to his wife, “that there jug is empty!” *(Bits & Pieces)***

**DNA in alcohol doesn't look like much. Its secrets are hidden in the code. *(Discover magazine)***

**A man went into a bar and ordered a double. He drank it straight down and ordered three more. “You know you really shouldn't be drinking so much,” the bartender said. “I know,” the man replied, “especially with what I've got.” “What do you have?" asked the bartender. “One dollar,” said the man. *(Rocky Mountain News)***

**Drunk driving has been illegal in the United States since automobiles became commonplace. Yet laws against drunk driving went lightly enforced until the 1980s. Police and courts treated drunk drivers leniently. The offenders seemed so remorseful. Had they not suffered enough? That practice of leniency began to change in 1980, with the founding of Mothers Against Drunk Driving by one determined woman, Candy Lightner, who had lost her daughter to a repeat hit-and-run driver. From Fair Oaks, California, MADD spread across the nation. Before it pressured politicians to amend laws, before it persuaded courts and police to enforce those laws, it enabled those reforms by working directly on public attitudes. MADD convinced American drivers that they were not weak or unmanly if they surrendered the car keys after drinking too much. MADD empowered the families and friends of those drivers to insist that the keys be surrendered. *(David Frum, in The Atlantic)***

**For the first time since 2001, the volume of alcohol consumed in the world dropped last year. The drop was largest in countries suffering big economic slumps: In China, total consumption dropped by 3.5 percent, and in Brazil by 2.5 percent. *(CNN.com, as it appeared in The Week magazine, May 27, 2016)***

**Men are three times more likely to die from drowning than women. The National Institute of Health says that men are more likely to drink alcohol while engaging in water sports, and also more likely to falsely assume they are capable swimmers. *(WashingtonPost.com, as it appeared in The Week magazine, September 13, 2013)***

**When I read about the evils of drinking, I gave up reading. *(Henny Youngman)***

**For non-drinking fathers, there should be an adult version of the Shirley Temple, perhaps a John Wayne. *(Bill Vaughan, NANA)***

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**There can't be good living where there is not good drinking. *(Benjamin Franklin)***

**Wine: a constant proof that God loves us, and loves to see us happy. *(Benjamin Franklin)***

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**Wine is sunlight, held together by water. *(Galileo Galilei)***

**In 1969 I gave up women and alcohol. It was the worst 20 minutes of my life. *(George Best)***

**The alcoholism gene: The drinking habits of laboratory mice have led scientists to identify a gene mutation that creates a predisposition for alcohol addiction, ScienceDaily.com reports. Researchers found that mice with a mutated Gabrb 1 gene overwhelmingly preferred drinking alcohol to water, choosing to consume almost 85 percent of their daily fluid as alcohol about the strength of wine. They'd even work to get alcohol by pushing a lever. By contrast, normal mice showed no interest in alcohol. Researchers say the mutation creates spontaneous electrical activity in the pleasure zone of the brain that creates a craving for pleasurable experiences, including intoxication. Study author Quentin Anstee of Newcastle University says it's unlikely that a single mutation causes alcoholism in people. "It's more like a whisper in the ear that is present that makes certain life choices seem more pleasurable or easier," he said. *(The Week magazine, December 20, 2013)***

In the movie, Three Kings (1999), several soldiers drink something that looks like mouthwash. During the Gulf War, Saudi-Arabia's Islamic-based ban on alcohol forced soldiers to find creative ways to import their pleasures. In this case, they had friends and family from home send them vodka tinted with blue food coloring. *(Charlotte Lowe, in Useless History Fact-O-Pedia, p. 129)*

Hamsters love their hooch: If you were asked to guess the heaviest drinker in the animal kingdom, you might pick the mighty elephant or the beer- and wine-loving human. You’d be wrong, because pound for pound, the biggest boozer is the hamster. One study found that the diminutive rodents can guzzle 18 grams of alcohol per kilogram of body weight a day – equivalent to a human being downing 1.5 liters of 190-proof Everclear. Another noted that hamsters don’t even get that drunk when they hit the hard stuff. On a “wobbling” scale from zero (no wobbling) to four (falling over and not getting up again), the rodents never average above 0.5, even after being given the highest dose of alcohol. In fact, hamsters prefer hard spirits to water. “You just put a bottle of unsweetened Everclear on the cage and they love it,” co-author Gwen Lupfer, from the University of Alaska Anchorage, tells The Atlantic. In the wild, hamsters hoard ryegrass seeds and fruit in their burrows, then eat this stockpile as it ferments and becomes more alcoholic over the winter. The rodents seem to drink not for pleasure but for calories: Research has shown that giving the rodents sucrose water can suppress their thirst for booze, but calorie-free saccharin water cannot. *(The Week magazine, January 21, 2022)*

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**Hangover: The Morning After and One Man's Quest for the Cure by Shaughnessy Bishop-Stall -- Shaughnessy Bishop-Stall just might be the expert that sufferers of hangovers have always needed, said Molly Young in The New York Times. Not only is the Canadian journalist a "tenacious" historical researcher. In his pursuit of useful knowledge about the grim day-after consequences of overindulging, "he's willing to get thoroughly torn up on a consistent basis in colorful circumstances." In his lively new book, he shares stories of bungee jumping, driving a race car, and soaking in a boiling cauldron of herbs while hung over; in every case, he was testing a potential cure. And though he does eventually land upon an elixir that seems to combat all the dour physical symptoms, he's never blind to the more elusive aftereffects of heavy drinking, including "the scrim of despair and self-loathing" that remains the most incurable symptom of intemperance. Part of the pleasure of the book is learning how bad humans have been at tackling this all-too-familiar ailment, said Brian Kelly in The Wall Street Journal. Pliny the Elder's suggested cure? Two eels suffocated in wine. In contemporary Puerto Rico, hangover sufferers still squeeze lime juice into their armpits, while in Haiti voodoo practitioners stick needles into the cork of the bottle that did the damage. Bishop-Stall himself consumes charcoal as Victorian-era Londoners did and agrees to be buried in hay on top of an Austrian Alp. And as the list of potential cures grows, he packs his chronicle with "humorous and enlightening" asides about alcohol's special place in human culture. The fix he discovers -- a p**re**-bed cocktail of milk thistle, frankincense, and certain vitamins and amino acids -- does end the worse of his morning-after physical woes, said John Farrell in Forbes.com. "And yet, in the end, it seems a double-edged sword": The cure eliminates Bishop-Stall's most immediate reason to stop his heavy drinking but does nothing to address "the more insidious ones -- exhaustion, lethargy, anxiety, hollowness, depression." Drinking, he knows, can kill a person, which means his quest for a hangover anecdote might be less than heroic. As he writes in closing, "I'm not sure I'm working for the greater good." *(The Week magazine, December 14, 2018)***

**Absenteeism and poor job performance caused by hangovers cost U.S. companies as much as $148 billion each year The only surefire remedy is abstinence, although drinking water or fruit can help. *(NBCNews.com, as it appeared in The Week magazine, April 26, 2013)***

***\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\**Did you say there aren't any alcoholics in Hawaii? No, sir, just fewer of record than in any other state. *(L. M. Boyd)***

**A tipple for your ticker? Good news for people with heart disease: Drinking a small amount of alcohol each day is linked to a lower risk of another heart attack or stroke – or early death. In the largest study of its kind, researchers looked at data from more than 48,000 people who had suffered a heart attack, stroke, or angina, reports Reuters.com. They found that drinking up to 105 grams of alcohol each week – the equivalent of a bottle of wine or s six-pack of beer – lowered the risk of a second cardiovascular event compared with drinking none at all. The sweet spot was about 8 grams a day, roughly half a glass of beer or wine; people who drank that much had a 50 percent lower risk of a repeat episode compared with nondrinkers. Study author Chengyi Ding, from University College London, says the findings suggest that people with cardiovascular problems “may not need to stop drinking” in order to prevent future issues, but notes that “they may wish to consider lowering their weekly alcohol intake.” *(The Week magazine, August 13, 2021)***

**Always do sober what you said you'd do drunk. That will teach you to keep your mouth shut. *(Ernest Hemingway)***

**Two executives, Gary and Bill, staggered out of their company's holiday party in New York City. Bill crossed the street, while Gary stumbled into a subway entrance. When Bill reached the other side, he noticed Gary emerging from the subway stairs. "Where've you been?" Bill slurred. "I don't know," replied Gary, "but you should see the train set that guy has in his basement." *(William Onorato, in Reader's Digest)***

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**IMPORTANT THINGS CREATED OVER A COUPLE OF BEERS:**

**PET ROCK: After a bar conversation, Gary Dahl spent two weeks writing The Pet Rock Training Manuel and started selling the low-maintenance pal for $3.95 not long after.**

**QUIDDITCH: J. K. Rowling created Quidditch in a pub after having a fight with her then-boyfriend. "In my deepest, darkest soul," she said, "I would quite like to see him hit by a bludger."**

**BUFFALO WINGS: Teressa Bellissimo of the Anchor Bar in Buffalo, New York, coated a shipment of chicken wings in a sauce of her own recipe, then served them with blue cheese and celery. The buffalo wing was born. *(Stacy Conradt, via/ Mental Floss)***

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**Only Irish coffee provides in a single glass all four essential food groups: alcohol, caffeine, sugar, and fat. *(Alex Levine)***

**One of the disadvantages of wine is that it makes a man mistake words for thoughts. *(Samuel Johnson)***

**People who drink to drown their sorrow should be told that sorrow knows how to swim. *(Ann Landers)***

**A Cincinnati man who subsisted only on craft beer for Lent lost 44 pounds and claims he's never felt better. Del Hall said he was inspired by 17th-century Bavarian monks who spent all 46 days of Lent without eating and limiting their caloric intake to a hearty beer called doppelbock. Hall, who works at a craft brewery, said that he "lost his addiction to food" after the first week. "My health is so much better," he said. "My blood pressure. My cholesterol. Everything has improved. Craft beer is the way to go." *(The Week magazine, May 17, 2019)***

**It has long been recognized that the problems with alcohol relate not to the use of a bad thing, but to the abuse of a good thing. *(Abraham Lincoln)***

**The liver regenerates its own tissue. The brain doesn't. Says a doctor: Even though the liver constantly mends itself, you know what alcohol can do to it. So can you imagine what alcohol can do to the brain, which can't mend itself? *(L. M. Boyd)***

**Love makes the world go round . . . Whiskey makes it go twice as fast. *(Compton MacKenzie)***

**McDonald's restaurants in some European countries serve alcohol because otherwise parents would be less willing to take their children to them. *(Noel Botham, in The Amazing Book of Useless Information. p. 214)***

**Researchers at Glasgow University (in Scotland, of course, have discovered a singularly unsurprising fact: People who had a moderate amount of alcohol to drink find potential partners 25 percent more attractive than they do when they are sober. I’d really like to know how they conducted that study! *(Samantha Weaver, in Tidbits)***

**I was nervous the night my husband and I brought our three young children to an upscale restaurant for the first time. My husband ordered a bottle of wine with the meal. When the waitress brought it, our children became quiet and attentive as she began the ritual of uncorking. She poured a small amount for me to taste, and then our six-year-old piped up: “Mom usually drinks a lot more than that!” *(Susan J. Sherman)***

**The last mosquito that bit me had to check into the Betty Ford clinic. *(Joanna Lumley as Patsy Stone on Absolutely Fabulous)***

**The national anthem, "The Star Spangled Banner," was written to the tune of a British drinking song. *(Noel Botham, in The Amazing Book of Useless Information. p. 210)***

**Man: "So do you think you're going to take the news anchor position with BuddyBlog?" Woman: "I'm not sure ... I think I need to drink it over for a while." *(Tom Batiuk, in Funky Winkerbean comic strip)***

**I only take a drink on two occasions -- when I'm thirsty and when I'm not. *(Brendan Behan)***

**The origins of French wine: The French may consider themselves the world's greatest wine experts today, but new archeological evidence suggests they first learned how to make it from residents of what is now Italy, says Scientific American. Researchers have long known that winemaking originated in the Middle East around 8,000 years ago, but they weren't sure how it spread westward. In a town on France's Mediterranean coast, archeologists recently found old pottery jars, or amphoras, that had been shipped from central Italy in around 500 B.C. Sophisticated testing found traces of wine in the amphoras, indicating that the French had first "imported" wine from the Etruscan civilization in Italy. Near the amphoras researchers unearthed a limestone press, which analysis showed had been used to crush grapes and make wine -- a few decades after the amphoras arrived. Researchers now theorize that the French elite developed a taste for imported Italian wine and almost immediately made it their alcoholic beverage of choice, instead of their native drinks, "which were likely beers, meads, and mixed fermented beverages," says University of Pennsylvania archeologist Patrick McGovern. Demand became so great that soon the French began producing their own vintages, probably with instructions from the Italians and grapevines transplanted from their vineyards. *(The Week magazine, June 21, 2013)***

**A man may take to drink because he feels himself to be a failure, but then fails all the more completely because he drinks. *(George Orwell)***

**A bottle of wine contains more philosophy than all the books in the world. *(Louis Pasteur)***

**The Mayflower landed on Plymouth Rock because, the crew feared, the Pilgrims were going through the beer too quickly. The ship had been headed for the mouth of the Hudson River, until its sailors (who, like most Europeans of that time, preferred beer to water) panicked at the possibility of running out before they got home, and threatened mutiny. And so the Pilgrims were kicked ashore, short of their intended destination and beer-less. Before long, they were not only making their own beer but also importing wine and liquor. Still, within a couple of generations, Puritans like Cotton Mather were warning that a “flood of RUM” could “overwhelm all good Order among us.” *(The Atlantic, as it appeared in The Week magazine, October 15, 2021)***

**No pill can cure us of boozing: The British government wants to drug us so we'll stop drinking, said Hugh Muir. "We drink too much. We always have." Even back in the Middle Ages, the Old English epic poem Beowulf described our Anglo-Saxon ancestors pouring mead down their throats in raucous drinking games. Similar scenes play out today in pubs across the nation. But now there's a pill to put a stop to it. The National Institute for Health and Care Excellence, the body that advises on which medications should be prescribed, says the National Health Service ought to offer the drug nalmefene to habitual heavy drinkers -- that is, most of us. Nalmefene reduces the craving for alcohol by making having more than one drink unpleasant. It costs $5 a dose but could theoretically save money in health-care costs. But is the medical solution really the best one? After all, few of the lads and ladettes who chug cheap supermarket-bought booze at home before heading to the pub are likely to pop the pill. Setting a minimum price for alcohol, though, would force those bingers to limit themselves -- and that is the one m3easure the state refuses to take. Our chronic boozing needs addressing at a national level, not with "a magic pill." *(The Week magazine, October 17, 2014)***

**Pitt's road tp sobriety: Brad Pitt needed a wake-up call about his drinking, said Kyle Buchanan in The New York Times. It came in the form of his split from Angelina Jolie in 2016, when the couple had a bitter fight during a private flight from Nice, France, to Los Angeles. Jolie filed for divorce days later. After the divorce, Pitt joined Alcoholics Anonymous and spent the next year and a half attending meetings to solidify his sobriety. "I had taken things as far as I could take it, so I removed my drinking privileges," Pitt says. The setting gave the normally taciturn star permission to be vulnerable. "You had all these men sitting around being open and honest in a way I have never heard," he says. "It was this safe space where there was little judgment, and therefore little judgment of yourself." The son of a stoic trucking company owner from Springfield, Mo, Pitt "grew up with that be-capable, be-strong, don't-show-weakness thing." He admits now he was overwhelmed by the intense scrutiny that came with movie stardom and his relationships with Jennifer Aniston and Jolie. "It was really uncomfortable for me, the cacophony of expectations and judgments. I really became a bit of a hermit and just bonged myself into oblivion." *(The Week magazine, September 20, 2019)***

**Fewer Americans, especially those between 21 and 27, are choosing beer when they consume alcohol, as the popularity of wine and cocktails grows. Drinkers chose beer 49.7 percent of the time last year, down from 60.8 percent in the mid-'90s. *(The Wall Street Journal, as it appeared in The Week magazine, August 17 - August 24, 2018)***

**The problem with some people is that when they aren't drunk, they're sober. *(William Butler Yeats)***

**A man who recently quit smoking and drinking said, "I've never felt better or worse in my whole life." *(Earl Wilson, Publishers-Hall Syndicate)***

**Franklin D. Roosevelt was elected president in 1932 on a pledge to end national Prohibition. *(Noel Botham, in The Amazing Book of Useless Information. p. 209)***

**Not one man in a beer commercial has a beer belly. *(Rita Rudner)***

**When Simpson needed an intervention: Jessica Simpson remembers when she hit rock bottom, said Liz McNeil in People. It was Halloween 2017, and she and her husband, former NFL tight end Eric Johnson, were driving their daughter to a school assembly. "It was 7:30 in the morning and I'd already had a drink," Simpson, 39, writes in her new memoir. Later that day, Johnson asked if she wanted to help her three kids put on their costumes, but Simpson says she was "zoned out" from booze and realized she wasn't up for it. "I was terrified of letting them see me in that shape," she says. She took an Ambien to fall asleep, then hid from her kids in the morning until they left and she could start drinking again. She summoned her friends for a self-imposed intervention. "I need to stop," she told them. She entered therapy, and "I started to go through all the depth of the pain that I was experiencing," much of which stemmed from being sexually abused as a child by a family friend. Simpson hasn't had a drink since. "There's no better gift I can give my kids," she says. "There's no better gift I can give my husband. More importantly, there's no better gift I can give myself." *(The Week magazine, February 7, 2020)***

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**I feel sorry for people who don't drink. They wake up in the morning, that's as good as they're going to feel all day. *(Frank Sinatra)***

**Alcohol may be man's worst enemy, but the Bible says love your enemy. *(Frank Sinatra)***

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**When songbirds get drunk: Anyone who has made a late-night visit to a karaoke bar knows what alcohol can do to a singer's voice. But new research has revealed that humans aren't the only species to be affected by booze this way. Scientists at Oregon Health and Science University fed a group of zebra finches a juice spiked with alcohol, carefully raising the songbirds' alcohol level to .08 percent. Once buzzed, the birds began to "slur" their songs, resulting in "decreased amplitude and increased entropy," which is a fancy way of saying their singing became less forceful and more disorganized. But not all parts of the songs were affected, leading researchers to conclude that alcohol affects certain parts of brain circuitry more than others. Language scientists often study songbirds to understand more about human speech, as the birds learn to sing in much the same way that humans learn to talk. The scientists will now look to fine-tune their research to better understand alcohol's impact on cognitive function. "At first we were thinking that (the birds) wouldn't drink on their own, because a lot of animals just won't touch the stuff," lead researcher Christopher Olson tells NPR.org. "But they seemed to tolerate it pretty well and were somewhat willing to consume it." *(The Week magazine, January 16, 2015)***

**In a study of Billboard magazine's year-end charts from 2009 to 2011, researchers found that 167 of the 720 listed songs referenced alcohol. Of those, 46 (or 6.4 percent of the total) mentioned a specific brand of booze. Nods to Patron tequila, Hennessy cognac, Grey Goose vodka, and Jack Daniel's whiskey accounted for more than half of all alcohol-brand mentions. (*PSMag.com, as it appeared in The Week magazine, September 13, 2013)***

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**"Heavy" drinking linked to strokes: Men who average three drinks a day and women who average two face a significantly higher risk for stroke in middle age, a new study has found. The study by Swedish scientists examined drinking habits of more than 11,000 twins over four decades, and found that those they defined as "heavy" drinkers in their 50s and 60s have a 34 percent higher risk for stroke than more moderate drinkers. That makes excessive alcohol consumption a greater risk factor in strokes than high blood pressure and diabetes. Heavy drinkers also were more likely to have strokes five years earlier than light drinkers, regardless of their genetics or other health habits. The findings are consistent with the American Heart Association's recommendations that men not exceed two drinks a day and women, one. Previous studies have found that moderate drinking can have a protective effect on heart disease and overall mortality, and the Swedish study found that abstaining from alcohol altogether did not lower the risk of stroke. Drinking is "like Jekyll and Hyde," Tara Narula, a cardiologist at New York City's Lenox Hill Hospital, tells CBSNews.com. "It can be medicinal and beneficial or poisonous and detrimental, depending on how much you use." *(The Week magazine, February 20, 2015)***

**Of Texas's 254 counties, 79 are still completely dry seven decades after the repeal of Prohibition. Many of the remaining counties are "moist," or partially dry. The county in Texas with the highest DWI arrests among young drivers is dry. *(Noel Botham, in The Amazing Book of Useless Information. p. 209)***

**An alcoholic is someone you don't like who drinks as much as you do. *(Dylan Thomas)***

**One martini is all right, two is too many, three is not enough. *(James Thurber)***

**The word "toast" is a wish of good health. It started in ancient Rome, where a piece of toasted bread was dropped into wine. *(Charlotte Lowe, in Fact-O-Pedia, p. 3)***

**A customer at a New York night spot complained that he'd been a victim of "alcoholic acupuncture": "I got stuck for the drinks." *(Earl Wilson, Publishers-Hall Syndicate)***

**George Washington first won elected office, in 1758, by getting voters soused. He is said to have given them 144 gallons of alcohol, enough to win him 307 votes and a seat in Virginia’s House of Burgesses. He used the same trick to keep his troops happy, and later became one of the country’s leading whiskey distillers. But he nonetheless took to moralizing when it came to other people’s drinking, which in 1789 he called “the ruin of half the workmen in this Country.” Hypocritical though he was, Washington had a point. The new country was on a bender, and its drinking would only increase in the years that followed. By 1830, the average American adult was consuming about three times the amount we drink today. An obsession with alcohol’s harms understandably followed, starting the country on the long road to Prohibition. *(The Atlantic, as it appeared in The Week magazine, October 15, 2021)***

**Good week for: Watery beer, after a California man saved his workshop from the wildfires by pouring his supply of Bud Light on the flames until firefighters arrived. "My buddies all tease me about drinking water-beer," said Chad Little, but "I say, 'Hey, saved my shop.'" *(The Week magazine, September 4, 2020)***

**Why beer is better than wine: human feet are conspicuously absent from beer making. *(Steve Mirsky, author)***

**Drink wine, burn fat: The possible health benefits of red wine may not be limited to the heart. New research has found that a chemical in dark-red muscadine grapes -- commonly grown in Southern states and used in wine, jelly, and preserves -- may help overweight people burn fat. For the study, researchers from Oregon State University exposed human liver and fat cells to extracts of four natural chemicals found in the grapes. One of these chemicals, a natural antioxidant called ellagic acid, accelerated the burning of fat, and dramatically slowed both the growth of existing fat cells, and the creation of new ones. These findings complement a previous study in which mice that were given pinot noir grape extracts saw reductions in their stored liver fat and blood sugar levels. The research suggests that drinking a moderate amount of wine could reduce the accumulation of fat in the liver, but study author Dr. Neil Shay of Oregon State University tells The Independent (U.K.) that "we didn't find that these compounds improved body weight." *(The Week magazine, February 27, 2015)***

**When the wine is in, the wit is out. (English proverb)**

**Remember, it is possible, without alcohol, to have the two absolute requirements for mental health that alcohol seems to give you at first: a sense of your own worth and the ability to relate freely and to communicate comfortably with other people. In other words, you can know who you are and feel okay about yourself, and you can break out of loneliness to feel socially adequate. Your first drink was a poisonous bit of information. It told you how to get what you longed for, but in an inevitably destructive way, leading to alcoholism. Your recovery from this disease through treatment will address all the things about your life related to drinking. First you must eliminate alcohol before the benefits of psychosocial therapy can begin to take hold. Treatment works. And you will discover that the goal of addiction and the goal of treatment are similar to feel "normal." But, in recovery, the rewards are permanent and are accompanied by an ever-increasing sense of freedom. *(James W. West, in The Betty Ford Center Book of Answers)***

**The word alcohol is derived from the Arabic word al-kuhl, meaning "finely divided" which is a reference to distillation. It was introduced into the English language around 1543. *(Charlotte Lowe, in Fact-O-Pedia, p. 3)***

**I'm making wine at home, but I'm making it out of raisins so it'll be aged automatically. *(Steven Wright)***

**You quoted experts as saying that the year of a man's life when he's most apt to exhibit symptoms of alcoholism, if ever, is age 24. Why then? The drinking experience is well on its way by then, usually. Most men younger than that tend to show fewer signs. Older men learn to cover. *(L. M. Boyd)***

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