

LIFELINE PUBLICATIONS PRESENT

THE BIG BLUE BOOK OF

BOOZE



UNDERSTANDING ALCOHOL



**RIGHT THEN, LISTEN UP,
THE FIRST THING TO SAY
ABOUT ALCOHOL IS THIS:**

**ALCOHOL IS A
VERY STRONG
DRUG!**

The word 'drug' makes most people think of needles and 'junkies', diseases and death. Anti-drugs posters and messages sit side by side with adverts promoting alcohol. Hundreds of millions of pounds is spent each year on alcohol advertising. What hypocrisy! Every year alcohol kills thousands more people than all the illegal drugs put together. Drugs are condemned as evil, dangerous and life threatening by people who happily swig down yet another gin and tonic or get stuck into another gallon of best bitter.

Although there are laws about when and where you can buy and drink alcohol and at what age you are allowed to do this, it is not an illegal substance; but **alcohol is a drug** and deserves to be treated in exactly the same way as any other drug.

***"If alcohol were to be discovered today
it would almost certainly be as illegal
as heroin"***

ABOUT 40,000 PEOPLE
DIE EVERY YEAR AS A RESULT
OF DRINKING ALCOHOL.
ABOUT 2,000 PEOPLE A YEAR DIE
AS A RESULT OF ALL THE ILLEGAL
DRUGS PUT TOGETHER.

If you don't want to suffer alcohol related problems then the solution is simple – don't drink or don't drink too much! But, drinking alcohol is a fun thing to do and provided you don't drink too much, too often alcohol can be used safely (unless you get hurt by someone else who has been drinking too much).

There are three very different groups of people. One group is made up of those people who do not use alcohol at all. A second group (about 90% of us) use alcohol as a part of normal social activity. The third group, problem drinkers, include people whose whole lives are dominated by problems caused by alcohol or are dependent on alcohol and need to use it every day in order to function.

90%

**OF US USE ALCOHOL AS A
NORMAL SOCIAL ACTIVITY**



NON DRINKERS

PROBLEM DRINKERS

SOCIAL DRINKERS

At any one time most people will be using alcohol socially. However, over a lifetime a social drinker may drift into problems with their drinking from time to time. The same person may then be treated for their alcohol problem and stop drinking and become a non-drinker for a while before going back to social and controlled drinking patterns, but for some, it is necessary to give up altogether. There are many people who succeed to going back to social and controlled drinking patterns. There are some people, who for a variety of reasons do not drink.



Never before have so many people taken so many different drugs. We are living in an age where more and more young people are growing up surrounded by drugs. Even if they are not using drugs themselves there is every chance that they will be forming friendships and relationships with people who are. Some of the drugs are legal (like alcohol and cigarettes) others are illegal (like cannabis, LSD, amphetamines and ecstasy). Billions of pounds are spent telling us that alcohol is a good drug and that others are bad drugs. Hardly surprising that young people are confused about drugs is it? We are always being encouraged to drink more booze. Brewing companies are constantly looking for new angles on selling high potency alcoholic drinks to young people. Those who don't like the taste of alcohol can get 'blasted away' or reduced to a 'mad dog' by drinking bubble gum flavoured drinks with a very high alcohol content.



Alcohol is the most common drug mixed with others. Some cigarette smokers have to avoid pubs and drink if they are trying to quit smoking as the use of both drugs is so strongly linked. It can be really dangerous to mix drinking with some legal or illegal drugs. If you mix alcohol with other depressant drugs like tranquillisers or heroin you can risk death by overdose. If you pass out through a combination of drink and drugs and are then sick in your sleep you can choke on your own vomit and die. Mixing alcohol with stimulant drugs like cocaine and amphetamine means that you usually end up drinking far too much.

The number of deaths associated with the use of the drug ecstasy has risen dramatically. This seems to be because people get too hot, it's the heat that is the killer. Ecstasy makes you hot, clubs are hot, dancing for long periods makes you hot. Drinking water will cool you down but drinking alcohol will dehydrate you making you hotter still.

SEX & BOOZE



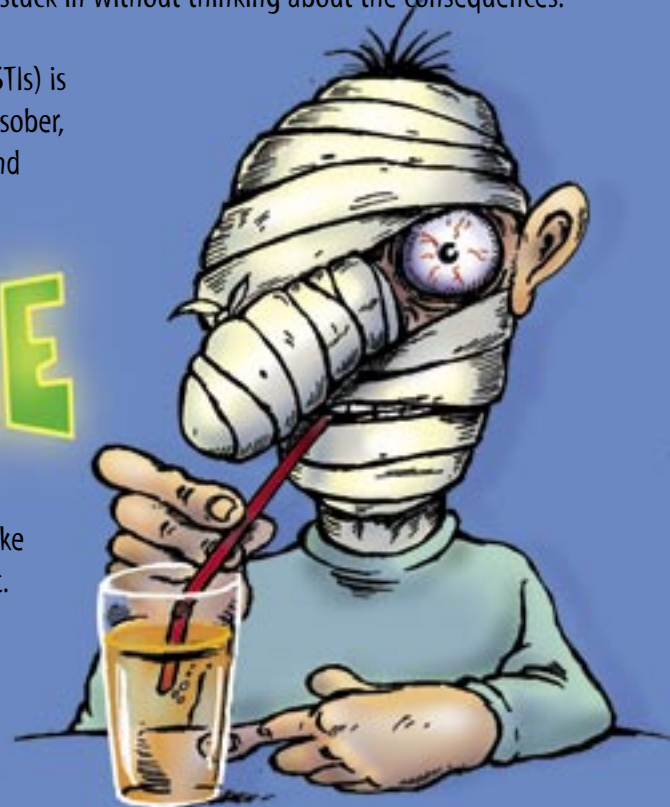
THINGS OFTEN SEEM DIFFERENT..... AFTER A DRINK OR TWO OR THREE !

Many young people think that drinking alcohol (and smoking cigarettes) is a sign of growing up and becoming an adult. Young people often have their early sexual experiences when under the influence of alcohol. Drink can make you feel horny, affect your judgement and loosen your inhibitions. Although this is one of drink's main attractions, making decisions about sex when drunk can be a really bad idea. No one really knows exactly how many young people have sex when drunk – but it is an awful lot! People have heard so much hype about sex that when it actually comes to doing it they can be embarrassed and confused. This leads many people to just get drunk and get stuck in without thinking about the consequences.

The number of young people catching sexually transmitted infections (STIs) is increasing sharply. Apart from keeping your underwear on and staying sober, carrying and using condoms is the only way of preventing pregnancy and protecting yourself from STIs.

& TROUBLE

Drink can also get you into other trouble. How many young people wake up a police cell or casualty department with a hangover? Think about it. Ask people you know. You will soon find out the part played by alcohol in a whole series of dodgy situations.



WHAT'S WHAT? & HOW MUCH IS TOO MUCH?



Alcohol is measured in 'units'. One unit is equal to a half a pint of ordinary strength beer, a pub measure of spirits or a pub measure of wine.

On the bottle, on the pump or on a list in a pub you will find the alcohol content of drinks. It is no accident that people with drink problems are fond of super strength lagers and ciders. Some of the super strength cans of lager are 9% alcohol. This means that one can of this 'loony juice' is nearly equal to three cans of ordinary lager. But they don't cost three times as much.

Experts now believe that men who drink no more than **3 to 4 units PER DAY** and women who drink no more than 2 to 3 units **PER DAY**, are unlikely to harm their health. In fact, drinking between **1 and 2 units of alcohol a day** can lower the risk of heart disease in middle aged people.

The table below gives strength and unit information for some of the more popular cans and bottles of drink. As an approximate guide, 75cl bottles of table wine contain between 8 and 12 units and 70cl bottles of spirits contain approximately 30 units.

Drink	Size	Units
Bacardi Breezer	350ml bottle	1 ³ / ₄
Carlsberg Pilsner	440ml can	1 ¹ / ₂
Carlsberg Special Brew	440ml can	4
Diamond White	275ml bottle	8.2
Fosters Export	375ml can	1 ³ / ₄
Harvey's Bristol (sherry)	750ml bottle	13 ³ / ₄
Heineken	440ml can	1 ¹ / ₂
Hofmeister	440ml can	1 ¹ / ₂
Holsten Export	440ml can	2 ¹ / ₄
Holsten Pils	440ml can	2 ² / ₃
Hooper's Hooch	330ml bottle	1 ¹ / ₂
Jacob's Creek	750ml bottle	8 ³ / ₄
MD 20/20	187ml bottle	2 ¹ / ₂
Skol	440ml can	1 ¹ / ₂
Stella Artois	440ml can	1 ¹ / ₂
Strongbow Super	440ml bottle	3 ¹ / ₂
Tennants Extra	440ml can	2 ¹ / ₄
Tennants Pilsner	440ml can	1 ¹ / ₂
Tennants Super	440ml can	4
Thunderbird Red	750ml bottle	13
Two Dogs...	330ml bottle	1 ¹ / ₃
Whitbread Best Bitter	440ml can	1 ¹ / ₂

DRINK DIARY

2-3 units a day is a guide for a healthy adult. People at either ends of the age range and pregnant women should drink far less. But remember that there are times when even one or two drinks can be too much – e.g., if you are going to drive or operate machinery. It can also be dangerous to drink alcohol if you are taking certain types of medicine – check with your doctor or chemist.



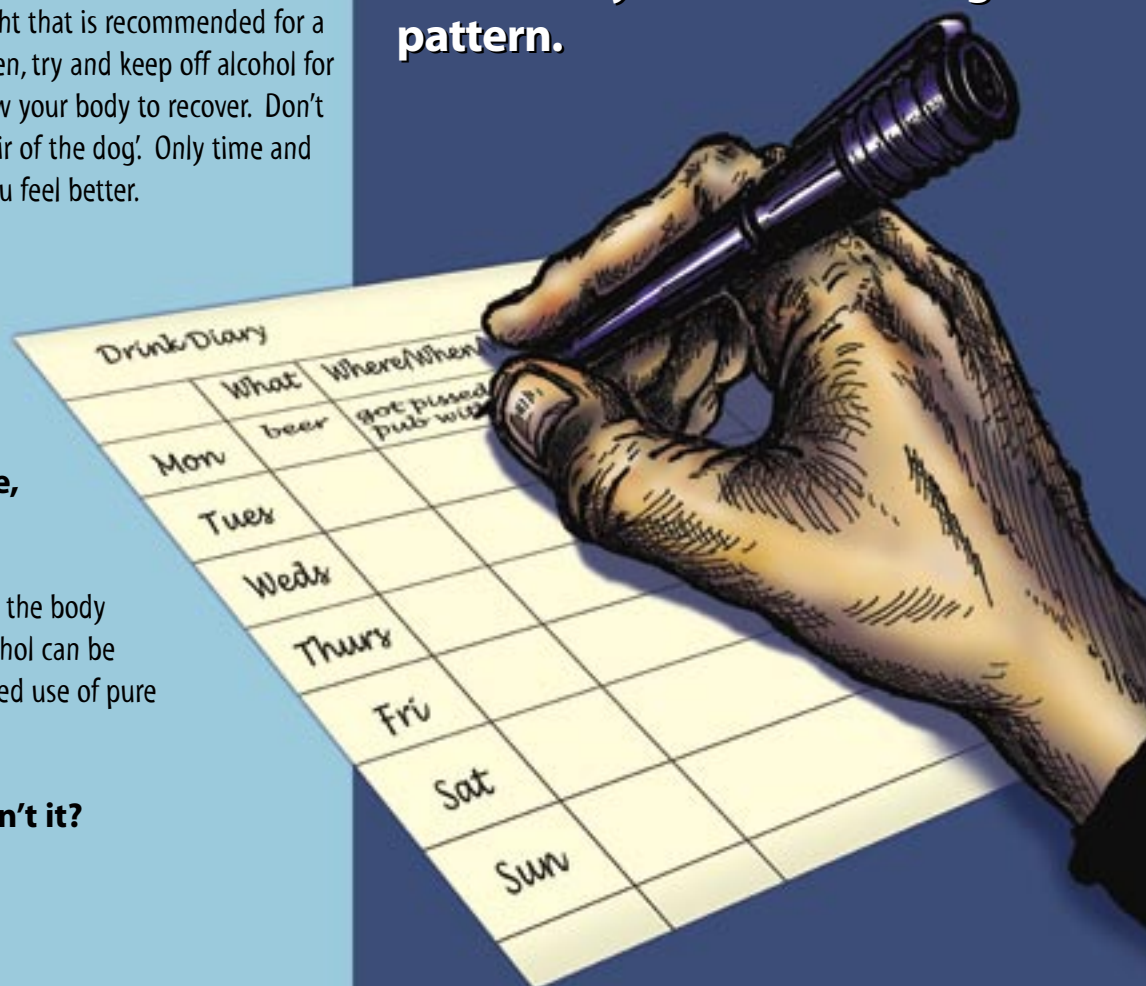
2-3 units a day is a sensible guide, but of course we can't be sensible all of the time. If you go to the pub to celebrate a friend's birthday, you could easily end up drinking the number of units in one night that is recommended for a whole week. If this does happen, try and keep off alcohol for the next couple of days to allow your body to recover. Don't believe the myth about the 'hair of the dog'. Only time and not another drink will make you feel better.

Drinking more than 21 units a week (for a woman) and 35 units (for a man) puts you at greater risk of Liver Damage, Heart Disease, Brain Damage.

In terms of physical damage to the body and mind, excessive use of alcohol can be more dangerous than the limited use of pure heroin.

Now that's shocking isn't it?

Have a think about how many units you usually drink in a week. How many is it? Are you near the safe levels or are you way off? Keep a diary of a week's drinking. Record what you drank, on which days, at what times, where you drank it and who you were with. Add up the totals in units at the end of the week. This will give you an idea of your own drinking pattern.



FACTS ABOUT

- *ALCOHOL REACHES THE BRAIN WITHIN FIVE MINUTES OF BEING SWALLOWED
- *ALCOHOL IS A DEPRESSANT DRUG THAT SLOWS DOWN THE ACTIVITY OF THE BRAIN
- *EATING BEFORE DRINKING SLOWS DOWN THE RATE
- *ALCOHOL AFFECTS WOMEN MORE QUICKLY THAN IT
- *FIZZY DRINKS INCREASE THE SPEED AT WHICH
- *ALCOHOL AFFECTS OUR SENSE OF RIGHT OR WRONG BEFORE IT AFFECTS OUR CO-ORDINATION.
- *THERE IS NO SAFE LIMIT FOR DRINKING AND DRIVING. EVEN AT THE LEGAL LIMIT YOUNG DRIVERS ARE FIVE TIMES MORE LIKELY TO HAVE AN ACCIDENT THAN NON-DRINKERS.
- *18-24 YEAR OLDS ARE THE HEAVIEST DRINKERS IN THE POPULATION.
- *MEN WHO DRINK REGULARLY AT UNSAFE LEVELS RISK IMPOTENCE AND INFERTILITY.
- *MEN SAY THAT DRINKING MAKES THEM FEEL SEXY. WOMEN ON THE WHOLE DO NOT AGREE. MOST WOMEN THINK THAT MEN WHO DRINK TOO MUCH ARE EMBARRASSING AND DANGEROUS.



OUT ALCOHOL

- * ONE THOUSAND CHILDREN UNDER 15 ARE ADMITTED TO HOSPITAL EACH YEAR WITH ACUTE ALCOHOL POISONING. **ALL** OF THESE NEED EMERGENCY TREATMENT AND MAY END UP IN INTENSIVE CARE.
- * **ALCOHOL IS LOADED WITH CALORIES SO IT CAN MAKE YOU FAT.**
- * **AT WHICH ALCOHOL HAS ITS EFFECTS LAST LONGER.**
- * **DOES MEN AND THE EFFECTS INTO THE BODY.**
- * **ALCOHOL IS ABSORBED INTO THE BODY.**
- * **UNDERAGE DRINKING STARTS YOUNG. NEARLY 90% OF BOYS IN ENGLAND HAVE DRUNK ALCOHOL BY THE AGE OF 13.**
- * **YOUNG PEOPLE TEND TO BE LIGHTER THAN ADULTS. THE LIGHTER YOUR BODY WEIGHT THE GREATER THE EFFECTS OF ALCOHOL.**
- * **AROUND 25% OF 13-17 YEAR OLDS GET INTO ARGUMENTS OR FIGHTS AFTER DRINKING ALCOHOL.**
- * **THERE IS ONLY ONE CURE FOR A HANGOVER - TIME NOTHING ELSE WORKS!!**
- * **PEOPLE WHO USE ALCOHOL EARLY IN THEIR LIVES ARE MORE LIKELY TO USE ILLEGAL DRUGS.**
- * **PEOPLE WHO DRINK TOO MUCH IN AN EVENING MAY STILL BE OVER THE LEGAL LIMIT FOR DRIVING THE NEXT MORNING.**



WHAT ARE
YOU LIKE
WHEN YOU
DRINK?

You might not be bothered about the damage that too much alcohol does to your body and your brain, but what about the damage it does to your pocket and your image. You might feel like the business when you've had a few but **imagine if you could watch a video of yourself the day after.**

There is nothing worse than going in to a pub or club when you are sober and everybody else is drunk. It is painful to watch people making such fools of themselves through drink. In the **public bar of The Frog and Newt** we see a group of drinkers. You've got **Philip the office boy** who has just got the sack and decided to drown his sorrows. Then there's **Jane, the secretary**, who fancies **Gary, the garage mechanic**. Gary, unfortunately for Jane, is gay and is worrying how to tell his mum. Next to Jane is **Fiona, the student**, who is lecturing her on sexual politics. Hovering around the bar is **Wayne** who thinks he is God's gift to women. Over in the corner there's **Norman the local psychopath** who is staring at anybody stupid enough to stare back. **Nobby the barman** is just doing what he does best, being ugly. Let's see what happens as the drink starts to flow.



Try watching the drunks sometime when you are sober. It's horrible. It's like watching people from another planet. But they're not from another planet. It's you and your mates every Friday and Saturday night.

Fiona wants to keep up with the men. She drinks pints of beer and cider, rolls her own fags and thinks it's dead cool to be one of the "lads" battering the beer. After a few pints of cider she becomes loud and obnoxious. As Fiona drinks more pints of "Goats Goolys" Best Bitter her head starts to spin. Fiona then has to hold on to the bar as the whole pub starts swirling before she wobbles over to the toilets for a marathon vomiting session.

Philip is normally a quite pleasant young man who wouldn't hurt a fly but drink changes all that. Four pints of lager and Philip thinks he's "Iron Fist" a character from "Street Rucker 5", his computer combat game.

Gary was drinking more and more and feeling more and more sad, lonely and desperate. When last orders came and **Nobby** asked him to stay behind for a quick one Gary did just that. He woke up next morning in bed with Nobby and a massive hangover. Both of which made him feel more sick than ever before. He couldn't remember a thing. Worst of all he couldn't remember seeing any condoms. Gary is now thinking about going to a GUM clinic to check for any sexually transmitted infection. What a price to pay for a drunken night of sex he can barely remember.

But it's so easily done when you're out of your head. Whether you're gay or straight, do yourself a favour and learn from Gary's mistake.



After ten Bacardi and cokes **Jane** thinks she is a sex goddess. Jane couldn't understand why the only man to pay her attention was Wayne, who after all, would chat up a tall dog if there was nothing else around. Jane got bored with the pub and especially Fiona. She left to get a cab home. But there was a massive queue and these two nice blokes let her share their cab. In the cab they were all over her trying to maul her. Jane was so drunk she found it hard to know what was happening. The taxi driver, though, was sober and made the men get out of the cab before he dropped Jane off. Jane had a lucky escape. The irony is that the two men were as drunk as Jane and even if they had attacked and raped her and were caught and charged you can bet they'd say that it was the drink that made them do it.



When **Philip** was literally full of beer he started drinking whisky and thinking about what he would do to the manager who had sacked him. **Norman** was his usual self, drunk and looking for a fight. At first he thought that Philip would be too easy a target. He didn't think Philip would merit another notch in his boot straps. But Philip was staring at him and had carried on even after Norman had told him to stop. So Norman asked Philip if he fancied his chances and Philip made the fatal mistake of saying 'yes' and followed Norman to his ceremonial battle ground – the gents. Norman battered Philip with both the toilet bowl and its contents.



Wayne had his predatory eyes on Jane but decided that **Fiona** was a better bet as she seemed drunker and he had never had a posh student before. After she emerged from her conversation with the toilet bowl Wayne escorted her home. Next morning Wayne had a throbbing head from too much drink and a lecture from Fiona on the oppressed underclass. Wayne had enough experience to use a condom. Fiona woke up feeling like her head was on the wrong way round. For all her talk she had been taken advantage of because she lost control.

Still it's only a night out and a bit of a laugh and a few drinks isn't it? Think about drinking before you go out. If you are going to get blotto try and have someone around to make sure you don't end up like this sorry bunch.



TIRED OF BEING LIKED BY YOUR FRIENDS? SICK OF HAVING SELF RESPECT?
FED UP WITH HAVING SPARE CASH? BORED WITH GOOD HEALTH?
THEN WHY NOT JOIN THE

BONEHEAD DRINKERS CLUB

Experience the fun of having friends laugh at you
behind your back, get used to being called...
BONEHEAD, SPOONHEAD, ★

GET YOURSELF ARRESTED, LOSE YOUR.....
JOB, DRIVING LICENCE, FRIENDS, SELF RESPECT,
IF YOU'RE LUCKY YOU COULD EVEN KILL YOURSELF!

EVERY MUG WHO JOINS
GETS A **FREE MUG**
(JUST SEND £500 CASH TO THE
ADDRESS ON THE BACK)



HOW DO
I JOIN?



Sounds great doesn't it? Just follow the tips on the next
pages and you could join the **BONEHEAD DRINKERS CLUB**
(it's open to boys and girls). So just turn the page and get
TOP TIPS FOR BECOMING A MEMBER OF THE
BONEHEAD DRINKERS CLUB





Always drink on an empty stomach. Always mix drink and drugs together. When not sure always take some more.



Always mix your drinks. Strong lager, ciders, shorts. Pernod is really good for a mix-up, or maybe some of Mad Dog 20/20. They're just **RRREATT** for bonehead drinkers!



If you've got a car never ever get into it unless you've had at least half a bottle of Bacardi. Then scream round town with your tyres screeching all over the place (just to make sure you attract the police's attention). When the police try to pull you over start laughing and make them chase you.



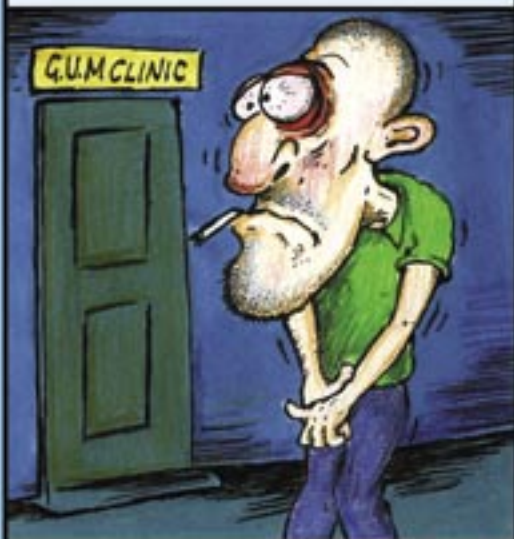
You will have some great stories to tell all the guys in the mortuary about what a great time you had the night you killed and maimed four of your 'mates'. What a laugh, what a life, aren't bonehead drinkers the business or what?



When you are really steaming try and chat someone up and have sex with them as soon as possible. **NEVER EVER USE A CONDOM.** Make sure that you take no precautions whatsoever.



That way you can get HIV/AIDS, crabs, gonorrhea and end up with an unwanted pregnancy as well - smashing! That's the bonehead way of doing things.



You won't have much money to spare, so why not borrow from your mates and not pay them back, perhaps you might like to start with your parents. When they stop lending you money just steal it from them. After all they brought you into this world to be a..... **BONEHEAD DRINKER!**



Finally, when the arse is well and truly hanging out of your pants start moaning about your life and blame someone else. So come on. Get that extra drink down your neck and sign up for the **BONEHEAD DRINKERS CLUB...**



...you know it makes sense (NOT!).

MESSAGE IN A BOTTLE

If you haven't done so already, nearly all of you will drink alcohol.

If you haven't been drunk yet, nearly all of you will. You'll enjoy it and you'll regret it. You'll enjoy the way it helps you relax, socialize and act daft; you'll regret some of the things you say and do when you're drunk.

Books can't explain how it feels to vomit over the bedroom carpet and wake up with your head exploding with a hangover, you'll have to learn the hard way. But as a wise man once said

"Fools say they learn by experience; I prefer to learn by other people's experiences"

The younger you start drinking, the more problems alcohol is likely to cause for you. Alcohol can get you into an awful lot of trouble: accidents, arguments, fights, unwanted pregnancy etc etc etc etc etc.

Alcohol is an addictive drug; if you use too much too often, it can shorten your life or (if you drink enough of it) kill you in one go. You can kill other people if you drink, especially if you drink and drive.

Alcohol is a dangerous drug.

Alcohol can make you happy or sad, sometimes both at the same time. No two people react in the same way to the effects of alcohol, it can bring out the best in us and it can bring out the worst in us.

You will probably use alcohol for as long as you live. Treat alcohol with respect and learn how to use it to get the maximum amount of pleasure with the minimum amount of pain.

Cheers!

