



boy's guide books

inspire – motivate – contribute

www.boysguidebooks.com



Drinking

You can drink up, drink something in, and fall in the drink. Here, though, we're talking about *drinking*, meaning to consume or be in the habit of consuming alcohol, especially to excess. Drink, drank, drunk.

Alcohol, otherwise known in chemistry class as C_2H_5OH , is a colorless volatile flammable liquid that is the intoxicating part of wine, beer, spirits, and other drinks. Alcohol is created when grains, fruits, or vegetables are fermented. Fermentation is a process that uses yeast or bacteria to change the sugars in the food into alcohol. In its different forms, alcohol is also used as a sedative, cleaner, antiseptic, and fuel.

When a person drinks a glass of wine, the alcohol in the wine is absorbed into their bloodstream. From there, the alcohol slows the functions of their central nervous system (brain and spinal cord), which controls body functions. It blocks some of the messages trying to get to the brain, thereby altering perceptions, emotions, movement, vision, and hearing.

In small amounts, alcohol relaxes people and makes them less inhibited, meaning they don't always show good judgment and make wise decisions. In greater amounts, alcohol causes loss of coordination, slowed reflexes, loss of self-control, memory lapses, and slurred speech. And if a person consumes enough alcohol, they can get what's called alcohol poisoning. The first symptom of alcohol poisoning is violent vomiting, followed by extreme sleepiness, unconsciousness, difficulty breathing, dangerously low blood sugar, seizures, and sometimes death.

Even though the legal drinking age in the United States is 21, most everyone has access to alcohol. That means it's up to you to make the decision about whether or not to drink. You make the choice. Don't let your friends do it for you.

Drinking Dos and Don'ts

- Think before you drink.
- Don't get into a car with someone who's been drinking.
- Don't mix alcohol with other drugs or medicines.
- If you decide to drink, wait until you're of legal age.

Want more bad habits? www.boysguidebooks.com/badhabits.html

Can you spare 10 seconds? www.theboysguide.com/bhpoll.html