

Alcohol Is A Drug That Can Kill You!

by Wayne Goff

A letter was once written to "Dear Abby" in the newspaper bemoaning the death of a 21-year-old Florida junior who died as a result of consuming 23 shots of liquor. Ms. Van Buren asked for and received a report on the danger of alcohol consumption. The author was Elaine M. Johnson, director at the time for the Office For Substance Abuse Prevention. Read it and be warned.

"The Rest of the Story"

There are between 200 and 400 alcohol-poisoning deaths annually in the United States. Nearly all the victims are children and adolescents. Often these tragedies result from "chug-a-lug" contests, where kids compete to see who can down the most alcohol in the shortest time.

Rapid drinking, particularly in large amounts, is one of the most dangerous ways to consume alcohol. It is almost certain to induce severe illness, coma or death. Anyone who indulges in this kind of drinking needs immediate medical attention.

Some young people might experiment with other drugs, but it's doubtful that minors would engage in contests to see who could consume the largest quantity of any other drug in the least amount of time. Nor are adults likely to endorse such obviously dangerous and illegal behavior.

Concerned readers can help to prevent future tragedies by telling young people that alcohol is a drug. Adults 21 and older who choose to drink should limit their consumption to no more than one drink per day for women, and no more than two drinks per day for men. This is based on the "Dietary Guidelines for Americans" published by the U.S. Department of Agriculture. Underage youth should drink no alcohol. —

Elaine M. Johnson

The Bible & Strong Drink

"Who has woe? Who has sorrow? Who has contentions? Who has complaints? Who has wounds without cause? Who has redness of eyes? Those who linger long at the wine, those who go in search of mixed wine. Do not look on the wine when it is red, when it sparkles in the cup, when it swirls around smoothly; at the last it bites like a serpent, and stings like a viper. Your eyes will see strange things, and your heart will utter perverse things. Yes, you will be like one who lies down in the midst of the sea, or like one who lies at the top of the mast, saying: "They have struck me, but I was not hurt; they have beaten me, but I did not feel it. When shall I awake, that I may seek another drink?"" Proverbs 23:29-35.

In spite of this solemn warning alcohol consumption has increased by more than 70% in the last thirty years! Wine-drinking has become a public fashion statement. Almost every Hallmark romantic movie has the favored couple drinking wine. But I know nobody who drinks alcohol to drink the recommended amount mentioned by Ms. Johnson! The numerous health dangers that are associated with drinking alcohol are minimized while the "benefits" (?) are magnified. The only "benefit" I ever heard was that one glass of wine per day would decrease your bad cholesterol, and increase your good cholesterol. The doctor who told me that said that grape juice would do the same thing! (So why don't we recommend grape juice? It is not nearly so addictive!)

Did you know that most wines are **fortified** with alcohol? In other words, wine naturally fermented has a low-alcohol content (10-15%). Fortified wines have much more. Also, it was common for Romans, Greeks and Jews back in Jesus' day to drink a mix of 50% water and 50% wine. That was done to "clean up" the bad water. So cut that "*wine*" percentage in half, and you have a much safer drink.

The bottom line: if you never take an alcoholic drink, then you can never become an alcoholic. Alcohol, nicotine, and other drugs can be very addictive. If you have an addictive personality, then you are really setting yourself up for trouble. *"And do not be drunk with wine, in which is dissipation; but be filled with the Spirit,"* Ephesians 5:18. *"It is good neither to eat meat nor drink wine nor do anything by which your brother stumbles or is offended or is made weak"* Romans 14:21.

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