What Is Alcohol?
And Why Do People Drink?

by
Gail Gleason Milgram, Ed.D.
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And Why Do People Drink?

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Revised Edition

Pamphlet Series
Center of Alcohol Studies

About the Author

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What is Alcohol?

Alcohol has many industrial and chemical uses. Propyl and methyl alcohol, ethylene glycol, and glycerol, are a few examples typical of alcohol. There are actually many types of alcohol, such as amyl, butyl, iso-

What is Alcohol?

mind that these effects apply to women as well.

in the following descriptions of how alcohol affects a person, the drink it and its effects on the body.

This pamphlet attempts to provide some basic information about al-

Alcohol in Society

AND WHY DO PEOPLE DRINK?

WHAT IS ALCOHOL?
The production of alcoholic beverages is a complex process involving fermentation and distillation. The fermentation process, where the yeast consumes sugars present in the base, results in the production of alcohol and carbon dioxide. Once the fermentation is complete, the resulting mixture, known as wort, is then distilled to separate the alcohol from the water. This process is repeated multiple times to increase the alcohol content to a desired level. The final product is then aged and blended to achieve the desired flavor and characteristics.

Alcohol content is typically expressed as proof, which represents the percentage of alcohol by volume. For example, 50% proof means the mixture contains 50% alcohol by volume. The production of alcoholic beverages involves various types of grapes, grains, and other bases, each contributing to the unique characteristics of the final product.
Why do people drink?

The amount of alcoholic content, not the number of drinks, is what is different. A bottle of spirits would have about 75% of alcohol in them; though their size is quite different. Some are considered "stronger" than others. All of the illustrated beer and distilled beverages are considered to contain different amounts of alcohol, but with varying quantities of alcohol.

Wine

Wine is a beverage made by adding sugar and fermentation to the grapes. It is usually made by fermenting juice from the skin of the grapes, and then adding wine yeast to the grape juice. The wine yeast converts the sugar in the juice into alcohol.

Vodka

Vodka is a distilled beverage that is usually made from potatoes, corn, or wheat. It is a clear, colorless alcohol that is used in a variety of cocktails and other mixed drinks.

Rum

Rum is a distilled beverage that is made from sugarcane juice. It is a dark brown liquid and is aged for a variety of lengths of time. Some rum is aged in wooden barrels, while other types of rum are aged in stainless steel tanks.

Whiskey

Whiskey is a distilled beverage that is made from fermented grain. It can be made from a variety of grains, including corn, rye, and barley. Whiskey is usually aged in wooden barrels, which gives it its characteristic flavor.
The family plays a significant role in a child's introduction to alcohol.

The introduction to alcohol, followed by families, cultural or peer.

Problem refers to the drinking.

Drinking means becoming intoxicated or occur if some.

Drinking wife's me kid think that decreases the intensity of the water before thinking about the child.

Mother is discussed the operation of drinking before the child.

This is important for the family to consciously consider alcohol.

First, parents need to discourage kids from drinking.

Second, parents need to work on the understanding of kids as to why they are not allowed to drink.

Finally, parents need to make sure their children understand the consequences of drinking.

The use of alcohol can be the result of a conscious decision.

Making process.

A guest refused a drink.

The use of alcohol can be the result of a conscious decision.

Introduction to Alcohol
neal will have less effect than one drink or an empty stomach. Alcohol slows the rate of absorption so a drink after eating a meal will have the same effect on the body as a drink before eating a meal. The alcohol does not affect the drinker until it has been absorbed.

Food in the stomach:

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distilled spirits amount to a person weighing 150 pounds (see on page 8). On a diet of alcohol at a person weighing 150 pounds will not feel the effects of one gram of alcohol. A person who agrees to eat a certain amount of alcohol will feel the effects of the alcohol more quickly than a person who agrees to eat a certain amount of food.

The size of the drinker:

(approximately the same amount of alcohol)

12 ounces of distilled spirits (2 pints)

alcohol consumed at 12 ounces of beer, 5 ounces of wine.

Because of the way alcohol circulates in the body fluid, the size of the drinker will affect the effects of alcohol.

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The effects of alcohol on the individual depend on a variety of factors. These include:

- What are the effects of alcohol?
- How one feels before drinking:
- Extreme nervousness, mood swings, irritability.
- Happy
- Sadness
- Drunk
- Alcoholism
- Treatment

What are the effects of alcohol?

- Number of drinks.
- Blood alcohol concentration.
- Effects of alcohol.

Chart 1

<table>
<thead>
<tr>
<th>Time (in minutes)</th>
<th>Effects of Alcohol</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>All pertinent effects were normal.</td>
</tr>
<tr>
<td>10</td>
<td>0.05% Blood alcohol level.</td>
</tr>
<tr>
<td>30</td>
<td>Blood alcohol level is rising.</td>
</tr>
<tr>
<td>60</td>
<td>Blood alcohol level is falling.</td>
</tr>
<tr>
<td>90</td>
<td>Blood alcohol level is normal.</td>
</tr>
</tbody>
</table>

Number of drinks:

- 1 drink
- 2 drinks
- 3 drinks
- 4 drinks
- 5 drinks
- 6 drinks
- 7 drinks
- 8 drinks
- 9 drinks
- 10 drinks

Blood alcohol concentration:

- 0.05%
- 0.125%
- 0.25%
- 0.375%
- 0.5%
- 0.625%
- 0.75%
- 0.875%
- 1.0%
- 1.25%
The oxidation of alcohol produces carbon dioxide and water.

About 90% of the alcohol in the body leaves by oxidation. Only about 10% of the alcohol in the body leaves by elimination.

When alcohol is oxidation, the same amount of alcohol enters the body and leaves the body. The body's first line of defense is to increase the production of alcohol. The kidneys are the major organ involved in this process. The liver and the kidneys work together to produce heat and energy from the alcohol.

How Does Alcohol Enter and Leave the Body?

The diminishing effect of alcohol on the brain quickly becomes noticeable even after a few drinks. Acetone, a byproduct of alcohol metabolism, is excreted in the urine. In some cases, alcohol may also appear in the breath.

Alcohol levels can decrease when a person stops drinking. In some cases, alcohol may also appear in the urine. In some cases, alcohol may also appear in the breath.

In many states, a blood alcohol concentration of 0.05% is legal. However, in some states, a blood alcohol concentration of 0.08% is legal. The legal limit for drivers is 0.08%.

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alcohol does not become intoxicated. Slow drinking results in a lower level of alcohol in the blood and the body can only remove a small amount of alcohol at a time. This process of oxidation continues until all the alcohol has left the body. Alcohol would not become intoxicated in the body and it would feel like the effects of the alcohol would never wear off. However, in a normal situation, the effects of alcohol would wear off after several hours. It is easy to drink too much alcohol when not planning to drive. This is expressed in the following habits.

Helpful Habits for Minimizing Problems Related to Alcohol Use

1. Drink water throughout the party, even if you feel thirsty. It is important to know how much alcohol can be served at a party.

2. Avoid mixing alcoholic beverages, as this dilutes the drink and makes it harder to measure the amount of alcohol consumed.

3. Food should always accompany the drinking of alcohol. The best way to do this is to eat before drinking. This helps to slow down the rate of alcohol absorption into the bloodstream.

4. Avoid driving if you have been drinking. Drinking without knowing the effects of alcohol is dangerous and can be fatal. If you are unsure whether you have had too much to drink, call a friend or a taxi.

5. Be aware of the limits of your alcohol intake. A standard drink contains 1.25 ounces of 80-proof alcohol. A standard serving of wine is 5 ounces, and a standard serving of beer is 12 ounces.

6. Blood alcohol concentrations vary depending on the amount of alcohol consumed. Figure 1 shows the concentration of alcohol in the blood after different amounts of alcohol are consumed.

Figure 1. Blood Alcohol Concentrations after One to Five Drinks at Various Times.
from behind the wheel.

But the problem with driving under the influence is that the DWI laws differ in specific details from state to state, and even within the same state. The consequences of driving under the influence (DWI) can vary significantly, depending on the laws and penalties set by each state. In general, DWI offenses are categorized into levels, with more severe penalties for more serious offenses.

In addition, the penalties for DWI offenses can vary based on the type of offense committed. For example, a first-time DWI offender may face different penalties than a repeat offender. The penalties for DWI can include imprisonment, fines, community service, and more.

But the most significant consequence of DWI is the risk to one's life and the lives of others. DWI is a serious offense that can result in severe injuries or even death. It is important to understand the risks and consequences of DWI and make responsible decisions while driving.

The laws and penalties for DWI offenses are strict, and the state takes them very seriously. It is important to be aware of the laws and to follow them to avoid any penalties.

Laws and Penalties for DWI

In most states, the penalties for DWI offenses are based on the level of intoxication. The penalties can range from fines and community service to imprisonment.

The penalties for DWI can vary significantly, depending on the state and the type of offense committed. For example, in some states, a first-time DWI offender may face a fine of up to $500 and community service. In other states, the penalties may be more severe, with fines of up to $1,000 and imprisonment of up to one year.

It is important to be aware of the laws and penalties for DWI in your state and to follow them to avoid any penalties. If you are convicted of DWI, the penalties can have a significant impact on your life and future.

The laws and penalties for DWI are in place to protect the public and to ensure that those who drive while under the influence are held accountable for their actions. It is important to understand the laws and to follow them to avoid any penalties.
modules is necessary. Unfortunately, the process of introducing alcoholics to their family and friends in a positive way is often difficult and time-consuming. The family of an alcoholic must work together to help the alcoholic improve his drinking habits and to prevent relapse.

The National Council on Alcoholism and Drug Dependence, Inc. recommends the following guidelines for helping alcoholics:

1. **Early Recognition and Intervention**
   - Early detection is crucial for successful intervention.
   - Provide information and education about the effects of alcoholism.

2. **Supportive Environment**
   - Encourage family members and friends to provide support and encouragement.
   - Avoid negative comments or criticism.

3. **Professional Help**
   - Seek professional help from a qualified counselor or therapist.
   - Consider joining a support group like Alcoholics Anonymous.

4. **Legal Consequences**
   - Be aware of the legal consequences of alcoholism.
   - Encourage the alcoholic to seek legal advice.

5. **Financial Responsibility**
   - Help the alcoholic understand the financial implications of alcoholism.
   - Encourage responsible use of savings and other financial resources.

6. **Physical Health**
   - Encourage the alcoholic to seek medical attention for any physical health issues.
   - Help the alcoholic understand the link between alcoholism and physical health problems.

7. **Emotional Support**
   - Provide emotional support and encouragement.
   - Encourage the alcoholic to seek counseling for emotional problems.

8. **Cultural Considerations**
   - Be aware of cultural differences that may affect the alcoholic's drinking habits.
   - Encourage the alcoholic to seek help from cultural-specific support groups.

By following these guidelines, families and friends can help alcoholics achieve and maintain sobriety.
Resources

Additional Readings
About the Center of Alcohol Studies

The Center of Alcohol Studies (CAS) was founded at Yale University in 1940. The center has been a leader in the field of alcohol studies, and its faculty have been trained in various disciplines, including psychology, psychiatry, sociology, economics, political science, public health, education, and statistics. The center's major areas of concern are research, education, prevention, and treatment of alcohol problems.

In 1972, the Center of Alcohol Studies moved to Rutgers University. The center's mission has continued to focus on the study of alcoholism and its effects on society. The center's research has contributed to the development of new treatments and prevention strategies for alcohol-related problems.