

Drinkers Face The Morning After

By LORI THOMAS

Anyone who drinks must be prepared to face "the morning after". The unpleasant aftereffects of alcohol constitute the famous hangover. The hangover is of worldwide recognition. In France it is called gueule de bois, or "mouth of wood"; in Germany, katzenjammer, or "the wailing of cats"; and in Norway, jeg har tommermean, which means, "I have carpenters in my head."

The misery experienced in many cases is, at least partly, emotional. Feelings of guilt and embarrassment for one's actions while drunk may cause misery. The main symptoms of a hangover which are completely physical are headache, nausea, fatigue, and thirst.

The headache is brought about through toxic substances in alcohol that have not been completely destroyed by the liver.

Nausea occurs because alcohol in large amounts will irritate the stomach lining. Calories in alcohol account for the feeling of

fatigue. Stimulation energizes the drinker. He may talk excessively, dance or stay up very late without realizing his overtiredness.

Alcohol dehydrates the body to make one thirsty. Actually, water in the body does not change but rather shifts from within cells to spaces between to create the "cotton-mouth" effect. The more a person drinks the thirstier he will become and the longer it will

take for his feeling of thirst to disappear.

While these reactions are common to many, every person may experience individual effects in varying degrees. No one can predict how different amounts of alcohol will affect a person. Therefore, moderation and common sense must be the key to drinking. Know your limits.

Death Rate Increase Linked To Drinking

By SHANNON BOWERS

A new report by the United States Surgeon General states that since 1960 the death rate for teenagers and young adults in America has drastically increased while the death rates for other age groups has decreased.

The biggest causes of death are auto accidents, murder, and suicide. Health experts blame teenage drinking, unemployment, and even drivers' education classes for the increased death rate among young people between the ages of 15 and 24. For the past 18 years, the death rate of teenagers has climbed or remained the same each year except in 1974, the year the national highway speed limit was lowered to 55 mph.

According to the report, 106 out of every 100,000 young people between 15 and 24 years old died in 1960, as compared to the 120 per 100,000 in 1978. These figures show a 13 per cent increase. The rate for adults 25 to 64 dropped 16 per cent during this same period of time.

In 1977, the probability of death for young men was three

times greater than that for young women. Auto accidents were the leading killer of whites, while the leading killer of nonwhites was homicide. Of the nearly 48,000 deaths, more than one-third were the results of car accidents, half of them alcohol related.

In the 15 to 24 age group, suicides were more than twice as common in 1978 as they were in 1960. The overall death rate for this age group is 50 per cent higher in the United States than in England, Japan, or Sweden.

According to Dr. Donald Miller, assistant director of the federal Center for Disease Control, "What we're seeing . . . is an epidemic of deaths that has a direct relationship to drinking." Recent reports have shown that teenage drinking has risen sharply.

Experts feel that unemployment adds to the homicide rate by causing frustration that often erupts into deadly violence. Drivers' education classes may be partly responsible for the increase in accident deaths by allowing more young drivers on the road, according to Dr. Miller.



Alcohol And The ASHS Student

By MITZI MORRIS & SHANNON BELL

Alcoholism is one of the biggest health problems in the United States today. The excessive use of alcohol can cause serious damage to the brain, liver, stomach, and heart. A majority of alcoholics suffer from anemia, malnutrition, and low disease resistance. Drinking is known to exist among 83 per cent of the young people and it is estimated that as many as 1.3 million United States teenagers suffer from alcoholism.

Scientists are uncertain of the causes of alcoholism. The alcoholic is generally deeply dissatisfied with himself and the world around him. He is unable to cope with the tensions and problems of daily life. For him, alcohol permits an escape from the demands of life. A chronic alcoholic becomes so dependent on alcohol as a relief from stress that it is difficult for him to stop drinking. The consumption of alcohol becomes a compulsion of which the drinker has little or no control over. Heavy drinking can result in more problems which causes the hard drinker to rely on alcohol even more. Therefore, alcoholism is a vicious circle arising from and leading to tension and insecurity.

There are two general types of alcoholics, the steady drinker and the periodic drinker. The steady drinker consumes large quantities of alcohol a day and seldom gets drunk. The periodic drinker does not drink daily, but goes on long binges.

Contrary to popular belief, alcohol is not a stimulant, but a depressant. It reduces the sensitivity of the nervous system and dulls the higher functions of the brain. This leads to loud speech, lack of physical control, and impulsive actions. Large quantities of alcohol impair physical reflexes, muscular coordination and mental acuteness. They can also cause stupor, coma, and even death.

Excessive and prolonged intake of alcohol can result in serious physical illness. The individual substitutes alcohol for foods containing nutrients. Conditions resulting from vitamin and mineral deficiencies are common in alcoholics.

The treatment of alcoholism is a lengthy, complex, and discouraging process. Psychological

treatment which is used to help the individual understand and deal with his problems is necessary for permanent cure, however, many alcoholics are apparently incurable and relapses are frequent.

There are many programs designed to help alcoholics and their families. Alcoholics Anonymous provides the drinker with advice and sympathy. Al-Anon advises the families of alcoholics and Alateen helps teenagers with alcoholic parents.

Two homeroom classes from each grade were administered an alcoholism survey. The questions asked and the results are as follows:

Do you drink alcohol?
Of the 169 students polled, 109 students answered yes, and 60 students responded no.

Do you drink beer, hard liquor, or both?

24 answered beer
8 answered hard liquor
28 answered both

Do you drink
—once a month
—once a week
—twice a week
—more often
—other

32 responded once a month
26 responded once a week
16 responded twice a week
19 responded more often
21 responded other

How do you obtain the alcohol?
—you buy it
—a friend buys it
—taken from home
—other — explain

49 responded to you buy it
65 responded to a friend buys it
8 responded to taken from home

6 responded to other
Some explanations to other were; brother buys it, boyfriend buys it, and obtained at parties.

Do you drink more by yourself or with a crowd?

18 responded to by yourself
91 responded to with a crowd
When you drink, do you drink enough to get drunk or do you drink just enough to get a buzz?

47 responded to get drunk
75 responded to get a buzz

A History Lesson The Teacher Forgot

By LORI THOMAS

At least seven thousand years ago, Jane and John Doe were getting drunk. The history of alcohol begins with the caveman. Believed to have been discovered accidentally, alcohol has turned up in different parts of the world at different times and in different forms.

The art of brewing probably developed soon after man engaged in farming. The first crops were grains which fermented to make beer.

The first Europeans to brew beer in America were the Virginia colonists of 1587. The Indians, however, had practiced brewing before the discoveries of Columbus.

Commerical breweries were established as early as 1633 in New Amsterdam (later New York City); 1637 in Massachusetts Bay Colony; 1638 by Roger Williams in Rhode Island. William Penn was also among the pioneers of brewing.

Good ole honest George Washington had his own brewhouse and recipe for beer. Samuel Adams the so-called Father of the Revolution was briefly a brewer by profession.

The manufacture of beer was encouraged in early colonial laws in America as a means of reducing the consumption of stronger alcoholic beverages. This traditional policy was generally followed in the laws of the various states and governments until World War I. Under wartime restrictions the brewing of beer was first limited and then prohibited. Beer containing more than 0.5 percent alcohol was included in the National Prohibition Act, which lasted from January 17, 1920 until December 5, 1933.

Prohibition, intended to halt the liquor consumption, provided fascinating facts. People who were determined to drink, drank. Surprisingly, they also seemed to drink more often and in larger quantities. Speakeasies, undercover drinking spots, began popping up everywhere.

Another unexpected effect of Prohibition was that women and youth, who up until the 1920's had never been a large part of the drinking population, suddenly decided it was chic.

The hip flask and other devices were invented during this period to conceal the illegal liquor.

"Bootleggers" (persons selling illegal liquor) were plentiful. Those who wanted to save money or preferred not to deal with bootleggers took to drinking "home brew" or "bathtub gin". Prohibition agents found it impossible to search everywhere so the Prohibition Act was in effect unenforceable.

The thirteen years of Prohibition provided a very strong foothold for organized crime in America. In the beginning, people were fascinated by the way the gangsters operated rather than terrified. Al Capone and "Legs" Diamond headed huge syndicates that not only sold and made bootleg liquor but also owned speakeasies and nightclubs.

In 1933, with Franklin D. Roosevelt as President, the Eighteenth Amendment (National Prohibition Act) was repealed.

Since this repeal, alcohol has played a less prominent but no less pervasive role in American society.



THE FULL MOON

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