

# ALCOHOL, DRUGS AND TOBACCO, BEST QUOTES ON

Forecast for tonight: Alcohol, low standards and poor decisions.

—*Weather Poster*

Research says that youthful binge drinking can have lasting consequences. They are called 'children.'

--Jim Barach

Alcoholism isn't a spectator sport. Eventually the whole family gets to play.

--Joyce Roberta-Burditt

Avoid using cigarettes, alcohol, and drugs as alternatives to being an interesting person.

—Marilyn vos Savant

People who will try anything once may not get a second chance.

—Unknown

One reason I don't drink is that I want to know when I am having a good time.

--Lady Astor

It never occurred to me to stop using drugs. The classic agony of addiction. You can't stop and you can't go on. The pain of living without drugs was as bad as the pain of living with drugs. When you use drugs in such a willful way, you're transgressing some elemental code. You're destroying yourself, and body and soul recoils at it....Unfortunately...there is only one conclusion, and that is death (by misadventure).

--Marianne Faithfull

An awful lot of...young women at our very best colleges are being traumatized by what takes place during so much...mindless, drunken partying when they're steeped in alcohol, which brings out the least engaging aspects of their young selves.

--Caitlin Flanagan

Alcoholic joys are brief—the results are lasting.

--Unknown

When you drink a little bit, alcohol seems like Popeye's spinach working through your system. It makes you stronger, smarter, funnier, bigger.

It's all an illusion, of course—but it feels absolutely real while you're in the middle of it, from the inside looking out.

Keep drinking though, and that illusion will shatter like a crystal bowl dropped 50 stories onto solid marble. And if you imbibe booze way beyond your capacity to handle it, Popeye's spinach turns into crippling kryptonite.

Your ability to think and reason short-circuits. You can't even speak, as your tongue triples in weight and your words begin to slur. Your coordination abandons you, and you're having as much trouble walking in a straight line as you did when you were 18 months old....Just know that when you drink to a certain point, there's always a chance that when you surrender to the kryptonite, it won't just make you sound silly or give you a splitting headache—it will kill you.

--Richard Roeper

Jellinek's disease (alcoholism) is responsible for:

- 50 percent of all auto fatalities
- 80 percent of all home violence
- 30 percent of all suicides
- 60 percent of all child abuse
- 65 percent of all drownings

It is estimated that when a woman contracts the disease, her husband leaves her in nine out of ten cases; when a man contracts it, his wife leaves in one out of ten cases.

--Kathleen Whalen  
Fitzgerald

One day in my pharmacology class, we were discussing the possibility of legalizing marijuana. The class was pretty evenly divided between those that advocated legalizing marijuana and those that did not. The professor said he wanted to hear from a few people on both sides of the argument. A couple students had the opportunity to stand in front of the class and present their arguments. One student got up and spoke about how any kind of marijuana use was morally wrong and how nobody in the class could give him any example of someone who needed marijuana.

A small girl in the back of the classroom raised her hand and said that she didn't want to get up, but just wanted to comment that there are SOME situations in which people might need marijuana. The same boy from before spoke up and said that she needed to back up her statements and that he still stood by the fact that there wasn't anyone who truly needed marijuana.

The same girl in the back of the classroom slowly stood up. As she raised her head to look at the boy, I could physically see her calling on every drop of confidence in her body. She told us that her husband had cancer. She started to tear up, as she related how he couldn't take any of the painkillers to deal with the radiation and chemotherapy treatments. His body was allergic and would have violent reactions to them. She told us how he had finally given in and tried marijuana. Not only did it help him to feel better, but it allowed him to have enough of an appetite to get the nutrients he so desperately needed.

She started to sob as she told us that for the past month she had to meet with drug dealers to buy her husband the only medicine that would take the pain away. She struggled every day because according to society, she was a criminal, but she was willing to do anything she could to help her sick husband. Sobbing uncontrollably now, she ran out of the classroom. The whole classroom sat there in silence for a few minutes. Eventually, my professor asked, 'Is there anyone that thinks this girl is doing something wrong?' Not one person raised their hand.

—Daniel Willey

Know your worth so you know when to say, 'Yes', and when to say, 'Thank you but no thank you.'

—Sam Owen

Drug misuse is not a disease, it is a decision, like the decision to step out in front of a moving car. You would call that not a disease but an error of judgment.

—Philip K. Dick

If the alcohol industry is so concerned with our young people, why don't they just come out and once and for all tell young people under the age of 21, because we care about you, we don't want your business.

—Bobby Heard

Drugs destroy dreams.

--Unknown

I think Ohio State University [and other colleges] need an institutionalized attitude change. Judicially, 80 percent of all of our cases are due to, or related to, some kind of alcohol and drug use.

—Lisa Prudhoe

The drunk mind speaks the sober heart.

—Jean-Jaques Rousseau

To keep their children close, to keep them safe, and to ensure that they do not escape into the wild freedom of an adolescence unfettered by constant monitoring, drinking in captivity has become a popular alternative. Drinking isn't like doing drugs—it's not something parents recoil from in horror. It's something they can make an accommodation for, and so they practice 'social hosting,' as the law refers to the custom: allowing teens to get hammered in the comfort and safety of the rec room.

—Caitlin Flanagan

High-school athletes are less likely to use drugs and more likely to drink alcohol than their fellow students. Colleges complain like hell about binge drinking, but their admissions policies favor the kind of kids most likely to take part in it.

—Caitlin Flanagan

College drinking, including extreme heavy drinking, has been a tradition since the 19th century. Because of this, it can be hard to convince middle-aged people that something has changed. But the consistent—at times urgent, at times resigned—report from college officials is that something has gone terribly awry and that huge numbers of students regularly transform the American campus into a college-themed spin-off of *The Walking Dead*. They vomit endlessly, destroy property, become the victims or perpetrators of sexual events ranging from the unpleasant to the criminal, get rushed off in ambulances, and join the ever-growing waiting lists for counseling. Depression and anxiety go hand in hand with heavy drinking, and both are at epidemic proportions on campus.

—Caitlin Flanagan

Popularity is a trap. The research is overwhelming. For instance, a study tracking nearly 200 13-year-olds over the course of a decade found that those who acted old for their age by sneaking into movies, forming early romantic relationships, shoplifting, and basing friendships on appearance were considered by their peers to be the popular kids. The 'cool kids,' the same study found, had a 45 percent greater rate of problems due to substance abuse by age 22, and a 22 percent greater rate of criminal behavior, compared with the average teen in the study. Such behavior made the popular group far less socially acceptable as young adults than they were at 13, which suggests that while the cool kids achieved temporary social status, they never developed the skills needed for deep, durable friendships.

—Ron Fournier

Black students drink less than all other races on campus. Why? The question hardly merits an answer. Drinking while black can be downright dangerous, as local police officers tend to take a dim view of young black people breaking laws.

—Caitlin Flanagan

In the inner-city school, 86 percent of students received free or reduced-price lunches; in the suburban school, 1 percent did. Yet in the richer school, the proportion of kids who smoked, drank, or used hard drugs was significantly *higher* as was the rate of serious anxiety and depression.

—Hanna Rosin citing a  
*Yale Psychiatry  
Department* study  
by Suniya Luthar

The rich middle-and high-school kids...show higher rates of alcohol and drug abuse on average than poor kids, and much higher rates than the national norm. They report clinically significant depression or anxiety or delinquent behaviors at a rate two to three times the nation average. Starting in the seventh grade, the rich cohort includes just as many kids who display troubling levels of delinquency as the poor cohort, although the rule-breaking takes different forms. The poor kids, for example, fight and carry weapons more frequently....The rich kids, meanwhile, report higher levels of lying, cheating, and theft.

—Hanna Rosin citing a  
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Department* study  
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I made a commitment to completely cut out drinking and anything that might hamper me from getting my mind and body together. And the floodgates of goodness have opened upon me - spiritually and financially.

—Denzel Washington

Alcohol and nicotine are considered ‘gateway drugs’ because they invariably are the precursors to using all the ‘other bad stuff’ available to children on the streets. They are addictive and can lead to grievous illness. And their use by children is illegal. Thus, when parents wink at their use by children—on the permissive theory that their progeny are merely ‘feeling their oats,’ ‘being part of the ‘gang,’ or ‘just growing up’ or have the misguided belief that children should experiment with alcohol at home, ‘to learn to drink sensibly’—they are implicitly making them scofflaws, in addition to setting the stage for potential personal disaster in the family.

—Thomas A. Shannon

The use of tobacco, alcohol, and other drugs is not an isolated behavior. It is linked to a host of other unhealthful adolescent problems such as suicide, school failure, family conflict, teen pregnancy, and criminal acts. The tendency of schools is to address each problem separately—as if they were not connected. It is essential that schools and local groups work together in well-coordinated partnerships.

—James R. Smith

Children who are without parental guidance and care before and after school are twice as likely as children with care to be users of alcohol. The same relationship holds true for smoking behavior and for marijuana behavior... There also is a strong predictive [link between] a child's friend using drugs—cigarettes, alcohol, marijuana—and that child's risk for subsequent use.... One of the best protective factors to help a child ward off drugs is achievement and motivation—being successful in school.

—Dr. William Bukowski

My father was predisposed to drunken rages. I would hide under the bed. My sister and I were talking just the other day about the terror a drunken man in a rage can create in a child.

--Antonio Villaraigosa

The idea that creative endeavor and mind-altering substances are entwined is one of the great pop-intellectual myths of our time. The four twentieth-century writers whose work is most responsible for it are probably Hemingway, Fitzgerald, Sherwood Anderson, and the poet Dylan Thomas. They are the writers who largely formed our vision of an existential English-speaking wasteland where people have been cut off from one another and live in an atmosphere of emotional strangulation and despair. These concepts are very familiar to most alcoholics; the common reaction to them is amusement. Substance-abusing writers are just substance abusers—common garden-variety drunks and druggies, in other words. Any claims that the drugs and alcohol are necessary to dull a finer sensibility are just the usual self-serving bullshit. I've heard alcoholic snowplow drivers make the same claim, that they drink to still the demons. It doesn't matter if you're James Jones, John Cheever, or a stew bum snoozing in Penn Station; for an addict, the right to the drink or drug of choice must be preserved at all costs. Hemingway and Fitzgerald didn't drink because they were creative, alienated, or morally weak. They drank because it's what alkie's are wired up to do. Creative people probably *do* run a greater risk of alcoholism and addiction than those in some other jobs, but so what? We all look pretty much the same when we're puking in the gutter.

—Stephen King

It takes only one drink to get me drunk. The trouble is, I can't remember if it's the thirteenth or the fourteenth.

—George Burns

What bothers me is smokers who don't take responsibility for their own actions. Claiming ignorance: 'I started smoking when I was a kid and now I can't stop!' 'Yeah, I used to wet my pants when I was younger..I got over it.'

—Brad Stine

I don't do drugs, because I saw what it did to my friends. I'd get stoned, and they'd look really weird to me.

--Wendy Liebman

The best time not to do drugs or alcohol is the first time.

--Mickey Mantle

I'm the child of an alcoholic. I know about promises.

--Sandra Scopettone

There are plenty of alcoholics who can be magnificent when drunk: it does not make them any less alcoholic.

--Ingrid Bengis

The true evil of drink lies in the disillusion: that the initial pleasure very soon evaporates, leaving a demoralizing craving for more, which is not even temporarily pleasurable. Which then leads to deterioration of the faculties of both body and mind; plus a bewildering lack of co-operation between the two.

--Caitlin Thomas

## **MY FRIENDS**

There are days when I think to myself, where did I meet my friends at. Most of my friends that I hang around with is involved in smoking pot, taking speeders and some other kinds of drugs.

I'm the only one out of my friends who has never did any kind of drug before in my life. The only thing I have ever tried is drinking, but I only drink once in a great while. I don't drink beer and all the hard stuff, I drink California Coolers.

Most of the time they try to get me to get high or drunk with them. I really don't hang around with them too much anymore because I am always working, so I guess I use for an excuse.

My best friend Tammie, who has a brain tumor always want to go out and party. She gets high and drunk all the time. I don't know why she does it, maybe so everybody will thinks she's cool, but drinking and getting high is not cool, it is plain stupid.

I thought maybe that by Tammie mixing drugs and alcohol, it may have an effect in on the tumor which is lodged in her brain.

While I'm around her & some other friends while they are high, it seems we can communicate a lot better, but while they are straight, all they are concerned about is getting more drugs in the body. I have a problem with being with them while they are high because they want to get into trouble. I mean I have fun with them, but then they get to the point where they want more excitement, so it's hard on me. I usually just tell them I have to go home or go to work. Usually my excuses work. All my friends, well most of them any way always ask me why I haven't ever tried drugs. I would just tell them that I can have a great time, just like any other person who is on drugs. The only thing is, is that I am not and never will be for the rest of my life. Peer pressure is very stressful to a teenager. It has many effects on us, but in many different ways. Your peers may say 'If you don't do this or that' it will be the end of a very good relationship between you and your friends. Its hard on me because they think I am a total square because I don't do drugs or alcohol. I don't skip school and I get pretty good marks in school They don't understand what it is like for me. All they are concerned about is getting involve in drugs. They don't even try to understand, and I just wish they would.

Anonymous Teen

Some parents feel that if they introduce their children to alcohol gradually in the home environment, the children will learn to use alcohol in moderation. I'm not sure that's such a good idea. First of all, alcohol is not healthy for the growing child. Second, introducing alcohol to a child suggests that you condone drinking—even to the point where you want to teach your child how to drink.

--Lawrence Balter

Here was a woman with more tattoos than the 7th Fleet working as a stripper in the sleaziest dive in Manhattan, yet even she looked down on me as a smoker. At that moment, I realized that the antismoking movement was a thundering juggernaut that had penetrated the lowest substratum of American society, and that smokers, as a class, were doomed.

--Joe Queenan

But I'm not so think as you drunk I am.

—Sir J.C. Squire



The number of people who die every day from cigarette smoking is the same as if two jumbo jets crashed each day and not a single person walked away alive.

--C. Everett Koop, M.D.  
Former United  
States Surgeon  
General

Alcoholism is tragically high on the list of our nation's health problems. Five million Americans are alcoholics. They bring incalculable grief to millions of families. They cost their families, their employers and society billions of dollars.

--Lyndon Baines Johnson

All the armies on earth do not destroy so many of the human race, nor alienate so much property, as drunkenness.

--Francis Bacon

When we hear a man boasting about how much liquor he can hold, we get a mental picture of an animated garbage can.

--Unknown

Here...is why you should not smoke. Smoking cigarettes is likely to shorten your life....Smoking directly causes or contributes to the three main causes of American deaths: heart disease, cancer and accidents.

Though many smokers justify the continuation of their habit on the ground that it is too late to quit because the damage has already been done, the facts show otherwise. Ten to fifteen years after stopping smoking, your risk of dying prematurely comes close to that of those who have never smoked. Although those who quit before age forty benefit most, the risk of death and disability from smoking declines at any point that you quit....In addition there are immediate benefits of quitting: a decline in the oxygen-robbing carbon monoxide in the blood, improved sleep, the disappearance of headaches and stomachaches caused by smoking, enhanced stamina, keener senses of taste and smell and, after a few years, the disappearance of smoker's cough.

--Jane E. Brody

O God, that men should put an enemy in their mouths to steal away their brains! that we should with joy, pleasance, revel, and applause transform ourselves into beasts!

—William Shakespeare

There is in all men a demand for the superlative, so much so that the poor devil who has no other way of reaching it attains it by getting drunk.

--Oliver Wendell  
Holmes, Jr.

Tobacco use directly causes more than 300,000 deaths in America each year, killing 13 times as many people as hard drugs do.

--Dr. Kevin R. Cooper

The only way to stop smoking is to just stop—no ifs, ands or butts.

--Edith Zittler

When I was very young, I kissed my first woman, and smoked my first cigarette on the same day. Believe me, never since have I wasted any more time on tobacco.

--Arturo Toscanini

We have allowed death to change its name from Southern rope to Northern dope. Too many black youths have been victimized by pushing dope into their veins instead of hope into their brains.

--Jesse Jackson

## **I WENT TO A PARTY**

I went to a party, Mom.

And remembered what you said.  
You told me not to drink, Mom,  
so I had a Sprite instead.

I felt proud of myself, The way you said I would,  
That I didn't drink and drive,  
Though some friends said I should.

I made a healthy choice,  
And your advice to me was right  
As the party finally ended,  
And the kids drove out of sight.

I got into my car,  
Sure to get home in one piece,  
I never knew what was coming,  
Mom something I expected least.

Now I'm lying on the pavement,  
And I hear the policeman say,  
'The kid that caused this wreck was drunk,'  
Mom, His voice seems far away.

My own blood's all around me,  
As I try hard not to cry.

I can hear the paramedic say,  
'This girl is going to die.'  
I'm sure the guy had no idea,  
While he was flying high,  
Because he chose to drink and drive,  
Now I would have to die.

So why do people do it, Mom,  
Knowing that it ruins lives?  
And now the pain is cutting me,  
Like a hundred stabbing knives.

Tell sister not to be afraid, Mom,  
Tell Daddy to be brave,  
And when I go to heaven,  
Put 'Daddy's Girl' on my grave.

Someone should have taught him,  
That it's wrong to drink and drive  
Maybe if his parents had,  
I'd still be alive.

My breath is getting shorter, Mom,  
I'm getting really scared.  
These are my final moments,  
And I'm so unprepared.

I wish that you could hold me, Mom,  
As I lie here and die.  
I wish that I could say I love you,  
Mom.

So I love you and good-bye.

--Unknown (Printed by  
the *Illinois Liquor*  
*Control*  
*Commission*)

### **A CIGARETTE SPEAKS TO A PRETTY GIRL**

I'm just a friendly cigarette  
Don't be afraid of me:  
Why all the advertisers say  
I'm Harmless as can be.  
They tell you I'm your 'Best Friend' (I like that cunning lie)  
And you say you'll walk a mile for me.  
Because I'll satisfy.  
So come on girly, be a sport.  
Why longer hesitate?  
With me between your pretty lips  
You'll be quite up to date.  
You may not like me right at first  
But very soon I'll bet--  
You'll find you just can't get along,  
Without a cigarette.  
You've smoked one package  
So, I know I've nothing to fear.  
When once I get a grip on girls,  
They're mine for life my dear!  
Your freedom you begin to lose.  
The very day I meet,  
When I convinced you it was harmless  
To smoke a cigarette.

The colors fading from your cheeks.  
Your fingertips are stained,  
And now you'd like to give me up,  
But sister, 'You're chained.'  
You even took a drink last night,  
I thought you would ere long,  
For those whom I enslave, soon lose  
Their sense of right and wrong.  
You're pale and thin and have a cough  
The doctor says T.B.  
He says you can't expect to live  
Much longer, thanks to me.  
But, it's too late to worry now;  
When you become my slave,  
You should have known the chances  
Were you'd fill an early grave.  
And now that I have done my part  
And I have done it well,  
I'll leave you with my partner,  
DEATH,  
He'll come for you farewell...

--Written by a 14-Year-  
Old Girl in *Better  
Homes and  
Gardens*

A junkie is someone who uses their body to tell society that something is wrong.  
—Stella Adler

The first thing in the human personality that dissolves in alcohol is dignity.  
--Laurence J. Peter

People who insist on drinking before driving, are putting the quart before the  
hearse.  
--Laurence J. Peter

An alcoholic spends his life committing suicide on the installment plan.  
--Laurence J. Peter

The chains of habit are too weak to be felt until they are too strong to be broken.  
--Samuel Johnson

When you drink alcohol, you are just borrowing happiness from tomorrow.  
—Jessica Nigri

Wine gives a man nothing. It neither gives him knowledge nor wit; it only animates a man, and enables him to bring out what a dread of the company has repressed. This is one of the disadvantages of wine: it makes a man mistake words for thoughts.

--Samuel Johnson

Whisky drowns some troubles and floats a lot more.

--Robert C. Edwards

Drunkenness is nothing but voluntary madness.

--Seneca

Boys should abstain from all use of wine until their eighteenth year, for it is wrong to add fire to fire.

--Plato

Smoking is a shocking thing—blowing smoke out of our mouths into other people's mouths, eyes, and noses, and having the same thing done to us.

--Samuel Johnson

I'm glad I don't have to explain to a man from Mars why each day I set fire to dozens of little pieces of paper, and then put them in my mouth.

--Mignon McLaughlin

To cease smoking is the easiest thing I ever did. I ought to know because I've done it a thousand times.

--Mark Twain

Habit is stronger than reason.

--George Santayana

Hugs not drugs.

--Slogan

Hugs are better than drugs.

--Unknown

Just say no.

—Nancy Reagan

Get high on life.

--Slogan

I always keep a supply of stimulant handy in case I see a snake—which I also keep handy.

--W.C. Fields

Work is the curse of the drinking classes.

--Oscar Wilde

Capital punishment may not be much of a deterrent against murder, but the sight of a few corpses swinging from a scaffold might work with drug dealers.

--James J. Kilpatrick

Your first sniff of cocaine can be your last. A first-timer's body isn't used to the drug, and cardiac arrest is a possible reaction.

--Dr. Paul D. Thompson

The road back to a drug-free existence is an unmarked path—and uphill all the way.

--Jean Seligmann

The most widely abused drug in the Western world: alcohol.

--Robert V. Shear

Cocaine is just God's way of telling you you have too much money.

--Robin Williams

One does not get a headache from what other people have drunk.

--Russian Proverb

He who drinks a little too much drinks much too much.

--German Proverb

The cost of a cocaine habit ranges from \$200 to \$3,000 weekly. Users can also pay the additional price of damaged health, career, and personal life. No matter who you are, cocaine costs too much!

*--Northern Illinois  
Council on  
Alcoholism &  
Substance Abuse*

Alcoholism and other drug addiction is a disease which is primary, chronic, progressive and fatal. It is a disease in itself and is not just a symptom of some other underlying disorder. It is not yet curable, however, treatment often results in complete and permanent remission. The earlier it is treated, the better.

*--Northern Illinois  
Council on  
Alcoholism &  
Substance Abuse*

It is estimated that one out of every two Americans will be involved in an alcohol-related accident in their lifetime.

*--Northern Illinois  
Council on  
Alcoholism &  
Substance Abuse*

Studies show the average drunk driver has driven under the influence 200 times before being caught. That's why the term 'first offender' is misleading.

*--Northern Illinois  
Council on  
Alcoholism &  
Substance Abuse*

'Fitting in' and 'feeling older' are two of the main reasons that early adolescents give for beginning to drink.

*--Judith E. Funkhouser*

When the head is under the influence of wine, many a thing swims out of the heart.

*--Yugoslav Proverb*

Getting high only points one way....down.

*--Unknown*



There is held to be no surer test of civilisation than the increase per head of the consumption of alcohol and tobacco. Yet alcohol and tobacco are recognisably poisons, so that their consumption has only to be carried far enough to destroy civilisation altogether.

--Havelock Ellis

The vine bears three kinds of grapes: the first of pleasure, the next of intoxication, and the third of disgust.

--Anacharsis

When the cock is drunk, he forgets about the hawk.

--Ashanti Proverb

Drink moderately, for drunkenness neither keeps a secret, nor observes a promise.

--Cervantes

What the sober man has in his heart, the drunken man has on his lips.

--Danish Proverb

There is wan thing an' on'y wan thing to be said in favor iv dhrink, an' that is that it has caused manny a lady to be loved that otherwise might've died single.

--Finley Peter Dunne

Intemperance is the only vulgarity.

--Ralph Waldo Emerson

Bacchus hath drowned more men than Neptune.

--Thomas Fuller

Drunkenness is never anything but a substitute for happiness. It amounts to buying the dream of a thing when you haven't money enough to buy the dreamed-of thing materially.

--Andre Gide

We drink one another's health and spoil our own.

--Jerome K. Jerome

Wine gives a man nothing. It neither gives him knowledge nor wit; it only animates a man, and enables him to bring out what a dread of the company has repressed.

--Samuel Johnson

Long quaffing maketh a short life.

--John Lyly

an old stomach  
reforms more whiskey drinkers  
than a new resolve.

--Don Marquis

The drunken man's happiness is blind. Like everything in the world it has a cause,  
the alcohol; but it has no motive.

--Jose Ortega y Gasset

For a bad night, a mattress of wine.

--Spanish Proverb

What is dangerous about the tranquilizers is that whatever peace of mind they  
bring is a packaged peace of mind. Where you buy a pill and buy peace with it, you  
get conditioned to cheap solutions instead of deep ones.

--Max Lerner

Habit is stronger than reason.

--George Santayana

Intemperance is the physician's provider.

--Publilius Syrus

They never taste who always drink.

--Matthew Prior

Smokers, male and female, inject and excuse idleness in their lives every time they  
light a cigarette.

--Colette

Men should control the effects of wine, not wine men.

--Plautus

A man does not have to light a woman's cigarette in the evening or at any time.  
Since smoking is a death warrant for some people, it is no longer considered good  
manners to help someone sign that warrant.

--Letitia Baldrige

They who drink beer will think beer.

--Washington Irving

There is this to be said in favor of drinking, that it takes the drunkard first out of society, then out of the world.

--Ralph Waldo Emerson

A lot of teenagers are dying for a drink.

--Unknown

The favorite drink of an alcoholic is the next one.

--Unknown

To escape alcoholism is simple. Never take the drink just before the second one.

--Unknown

No alcoholic is really anonymous.

--Unknown

Cigarettes are killers that travel in packs.

--Mary S. Ott

Worrying about smoking cigarettes can be beneficial—it takes your mind off lung cancer.

--Unknown

A person pays twice for his cigarettes. Once when he gets them and, second, when they get him.

--Unknown

The mortality rate of cigarette smokers and non-smokers is 100 percent. The only difference is the timing.

--Unknown

As kids we started smoking cigarettes because we thought it was smart. Why don't we stop smoking for the same reason?

--Unknown

'We don't sell cigarettes—we love you too much.'

--Sign in a Boston  
Hospital

Wine is a peep-hole on a man.

--Alcaeus

It is better to hide ignorance, but it is hard to do this when we relax over wine.

--Heraclitus

The higher you get in the evening, the lower you feel in the morning.

--Unknown

One reason why the courts don't handle more drunken driver cases is that the undertaker gets them first.

--Unknown

The hand that lifts the cup that cheers, should not be used to shift the gears.

--Unknown

Nothing can hold liquor as well as a bottle--so why not leave it there?

--Unknown

Poverty never drives a man to drink unless he wants to go, but drink will drive a man to poverty whether he wants to go or not.

--Unknown

Tobacco is a nauseating plant consumed by only two creatures: a large green worm and man. The worm doesn't know any better.

—Calvin Moon

Never slap a man who is chewing tobacco.

--Unknown

Some of the most dreadful mischiefs that afflict mankind proceed from wine; it is the cause of disease, quarrels, sedition, idleness, aversion to labor, and every species of domestic disorder.

--Fenelon

Much drinking, little thinking.

--Jonathan Swift

Tobacco is a filthy weed,  
That from the devil does proceed;  
It drains your purse, it burns your clothes,  
And makes a chimney of your nose.

--Benjamin Waterhouse

When the wine goes in, strange things come out.

--Johann Christoph  
Friedrich von  
Schiller

Cancer cures smoking.

--Unknown

Not drunk is he who from the floor  
Can rise alone and still drink more;  
But drunk is he who prostrate lies,  
Without the power to drink or rise.

--Thomas Love Peacock

What's drinking?  
A mere pause from thinking!

--Lord Byron

Upon the first goblet he read this inscription, *monkey wine*; upon the second, *lion wine*; upon the third, *sheep wine*; upon the fourth, *swine wine*. These four inscriptions expressed the four descending degrees of drunkenness: the first, that which enlivens; the second, that which irritates; the third, that which stupefies; finally the last, that which brutalizes.

--Victor Hugo

To succeed you must add water to your wine, until there is no more wine.

--Jules Renard

First the man takes a drink, then the drink takes a drink, then the drink takes the man.

--Japanese Proverb

Malt does more than Milton can  
To justify God's ways to man.  
Ale, man, ale's the stuff to drink  
For fellows whom it hurts to think:  
Look into the pewter pot  
To see the world as the world's not.

--A.E. Housman

Boys should abstain from all use of wine until their eighteenth year, for it is wrong to add fire to fire.

--Plato

Wine makes a man better pleased with himself....But the danger is, that while a man grows better pleased with himself, he may be growing less pleasing to others.

--Samuel Johnson

The first draught serveth for health, the second for pleasure, the third for shame, and the fourth for madness.

--Anacharsis

The barroom as a bank: You deposit your money--and lose it; your time—and lose it; your character—and lose it; your manly independence—and lose it; your home comfort—and lose it; your self-control—and lose it; your children's happiness—and lose it; your own soul—and lose it.

--J.B. Gough

All excess is ill; but drunkenness is of the worst sort. It spoils health, dismounts the mind, and unmans men. It reveals secrets, is quarrelsome, lascivious, impudent, dangerous, and mad. He that is drunk is not a man, because he is void of reason that distinguishes a man from a beast.

—William Penn

Some of the domestic evils of drunkenness are houses without windows, gardens without fences, fields without tillage, barns without roofs, children without clothing, principles, morals, or manners.

--Benjamin Franklin

Drunkenness places man as much below the level of the brutes, as reason elevates him above them.

--Sir G. Sinclair

There is scarcely a crime before me that is not, directly or indirectly, caused by strong drink.

--Judge John Coleridge

The sight of a drunkard is a better sermon against that vice than the best that was ever preached on that subject.

--George Savile

I have four good reasons for being an abstainer—my head is clearer, my health is better, my heart is lighter, and my purse is heavier.

—Rev. Thomas Guthrie

Wine and youth are fire upon fire.

—Henry Fielding

Wine hath drowned more men than the sea.

--Thomas Fuller

Taverns: place where madness is sold by the bottle.

--Jonathan Swift

More people are drowned in the glass than in the sea.

--Latvian Proverb

'Shut up!' a mother chided her toddler at the supermarket when the youngster begged for a nickel for chewing gum. 'We can't waste money like that!' Then the mother ordered a carton of her favorite brand of cigarettes!

--George W. Crane

The time has come to stop the sale of slavery to the young.

--Lyndon Baines Johnson

A drunkard is like a whiskey bottle, all neck and belly and no head.

--Austin O'Malley

Drunkenness is temporary suicide: the happiness that it brings is merely negative, a momentary cessation of unhappiness.

--Bertrand Russell

If we take habitual drunkards as a class, their heads and their hearts will bear advantageous comparison with those of any other class. There seems ever to have been a proneness in the brilliant and warm-blooded to fall into this vice. The demon of intemperance ever seems to have delighted in sucking the blood of genius and generosity.

--Abraham Lincoln

I drink to make other people interesting.

--George Jean Nathan

Drunkenness is not a mere matter of intoxicating liquors; it goes deeper—far deeper. Drunkenness is the failure of a man to control his thoughts.

--David Grayson

I like liquor—its taste and its effects—and that is just the reason why I never drink it.

--Thomas (Stonewall)  
Jackson

Temperance is the control of all the functions of our bodies. The man who refuses liquor, goes in for apple pie and develops a paunch, is no ethical leader for me.

--John Erskine

Whisky drowns some troubles and floats a lot more.

--Robert C. Edwards

Kissing a smoker is like licking an ashtray.

--Unknown

You can't soar with eagles when you're stoned on drugs.

--*DARE* Slogan

Let's not be too critical of the tobacco industry. After all, it has found a cure for old age.

--Lloyd Clark

Every day in the United States 3,009 young people begin to smoke—that's more than a million new smokers each year.

--Dr. Randolph D.  
Smoak, Jr.



Drugs are escapes from which there is no escape.

--Unknown

For every high the lows get lower.

--Unknown

Drugs just accelerate what's going to happen anyway.

--Keith Richards

Marijuana is like Coors beer. If you could buy the damn stuff at a Georgia filling station, you'd decide you wouldn't want it.

--Billy Carter

Reality is just a crutch for people who can't deal with drugs.

--Lily Tomlin

My poor brother started to drink when he was only fourteen. By the time he was twenty-one, he'd completely gone to pot.

--Line from *Laugh-In*

Drunkenness is the ruin of reason. It is premature old age. It is temporary death.

--St. Basil

A drinker has a hole under his nose that all his money runs into.

--Thomas Fuller

A custom loathsome to the eye, hateful to the nose, harmful to the brain, dangerous to the lungs, and in the black, stinking fumes thereof, nearest resembling the horrible Stygian smoke of the pit that is bottomless.

--King James on Smoking

She commenced drinking alone, short drinks all through the day...It blurred sharp things for her. She lived in a haze of it. Her life took on a dream-like quality. Nothing was astonishing.

--Dorothy Parker

Much smoking kills live men and cures dead swine.

--George D. Prentice

## HOW TO RAISE A DRUG-USING CHILD

**Be a lawyer...**defend him against every authority

**Be a banker...**let him know funds are unlimited to satisfy his every whim.

**Be an insurance policy...**stand in the way of consequences.

**Be an agent...**negotiate for him. Pull strings so he is always first.

**Be a mechanic...**fix everything so he won't learn to solve problems.

**Be a butler...**he needs a clean room and food. Don't you live in a luxury hotel?

**Be an administrative assistant...**organize his life so he won't have to.

**Be an apologist...**make excuses for him. Let him learn he's never wrong.

**Be a doormat...**allow him to take his frustrations out on you.

**Be a fairy godparent...**spend to meet his every wish so he'll rely on you.

**Be a wimp...**never enforce your values or beliefs. He'll learn society has no rules.

--Martha Lockie

Under a tattered cloak you will generally find a good drinker.

--Spanish Proverb

It is most absurdly said, in popular language, of any man, that he is disguised in liquor; for, on the contrary, most men are disguised by sobriety.

--Thomas de Quincy

The ads have youth believing that instead of getting up early, exercising, going to school, playing a sport or learning to be a team player, all they have to do to be fit is learn to drink the right alcohol.

--Antonía Novello

Cocaine habit-forming? Of course not. I ought to know. I've been using it for years.

--Tallulah Bankhead

Smoking is very bad for you and should only be done because it looks so good. People who don't smoke have a terrible time finding something polite to do with their lips.

--P. J. O'Rourke

Alcohol is a good preservative for almost everything but secrets.

—Charles Wayland  
Towne

If God had intended men to smoke He'd have put chimneys in their heads.  
--J.B. Priestley

Reality is a delusion created by an alcohol deficiency.  
--Unknown

A man is a fool if he drinks before he reaches fifty, and a fool if he doesn't drink afterwards.  
--Frank Lloyd Wright

Too much drinking injures a man internally, externally and eternally.  
--Unknown

The alcoholic is always going to quit after the next one instead of quitting after the last one.  
--Unknown

Another cure for alcoholism is recording a drunk singing, and playing it back to him the next day.  
--Unknown

Don't smoke in bed if you don't want to make an ash of yourself.  
--Unknown

The alcoholic spends his life committing suicide on the installment plan.  
--Laurence Peter

Will power is what every man has—until he tries to give up smoking.  
--Unknown

At the third cup, wine drinks the man.  
--Hokekyo Sho

Other drugs tend to make you introspective, contemplative of your own navel, whereas alcohol tends to make you contemplate other people's navels.  
--Morris Chafetz

Alcohol could be called a false set of guts.  
--Bill Glass

We cannot accept the attitude that everyone should be left to smoke—and then given a heart transplant at 65.

--Dr. Philip R. Lee

Smoking shortens your life by eight years. I love watching pro football on television. If I smoke, I'll miss 350 games.

--Tony Curtis on Why He Quit.

This society seems to have swallowed the notion that there is a chemical solution for all problems, including the problem of how to spend one's spare time.

--Dr. Joel Fort

The children 'turned on' by marijuana, cocaine (now common), LSD, or methadone are like radios turned to nothing, they play the noise of their own tubes.

--Donald Barr

If drugs are the answer, what's the question?

--Unknown

Every time I give a check to an addict, I say to myself, 'I just paid for a fix.' But I also say, 'I just kept someone from being robbed.'

--Welfare Worker quoted  
in the *New York Times*

A major error of the current drug classification system is that it treats alcohol and nicotine—two the most harmful drugs—essentially as nondrugs.

--Edward M. Brecher

Cigarettes give you cancer, heart trouble and everything else. But pot has a built-in safety device; three cigarettes and you gotta pass out.

--Jacqueline Susann

Make it legal and the cigarette companies will come in and put filter tips on your pot and vitamins and menthol in your pot. No. I say keep it criminal.

--Norman Mailer

By the time we grow up all the Senators and Congressmen will have smoked grass.

--Unknown Student, 1969

The trouble with addicted people, communities, corporations, or countries is that they tend to lie, cheat, or steal to get their 'fix.'

--Helen Caldicott

Alcohol is a good preservative for everything but brains.

--Mary Pettibone Poole

Almost anything can be preserved in alcohol, except health, happiness, and money.

--Mary Wilson Little

Alcohol is an allergy of the body and an obsession of the mind.

--Rita Mae Brown

Drink was the most fearsome of deceivers...for it promised one thing and came through with quite another.

--Kay Boyle

Liquor is such a nice substitute for facing adult life.

--Dorothy B. Hughes

Alcoholic drinks introduce added friction into the machinery of body and mind; by their use the individual is handicapped in the race toward a higher and more perfect individuality, and what hinders one in this race hinders us all.

--Frances. E. Willard

Alcohol flings back, almost illimitably, the boundaries of humor so that we can find uproarious things which our poor sober friends miss altogether. It is necessary, if the joke is really good and really should be shared, to repeat it time and again until finally it penetrates those solemn skulls.

--Jean Stafford

The reward for total abstinence from alcohol seems, illogically enough, to be the capacity for becoming intoxicated without it.

--Rebecca West

He who has once taken to drink can seldom be said to be guilty of one sin only.

--Hannah More

You cannot live with active alcoholism without being profoundly affected.

--Janet Geringer Woititz

Alcoholism isn't a spectator sport. Eventually the whole family gets to play.

--Joyce Rebeta-Burditt

If a man be discreet enough to take to hard drinking in his youth, before his general emptiness is ascertained, his friends invariably credit him with a host of shining qualities which, we are given to understand, lie balked and frustrated by his one unfortunate weakness.

--Agnes Repplier

Drugs take you further than you want to go,  
Keep you there longer than you want to stay,  
And cost you more than you can ever pay.

--Chester Brewer, Jr.

When you stop drinking, you have to deal with that marvelous personality that started you drinking in the first place.

--Jimmy Breslin

The disease is called alcohol-ism, not alcohol-wasm.

--Terrence Gorski

But suicide, quick or slow, a sudden spill or a gradual oozing away through the years, is the price John Barleycorn exacts. No friend of his ever escapes making the just, due payment.

--Jack London

It's not okay to push or use drugs even if every person in America is doing it.

--Marian Wright  
Edelman

When the drug trip or alcohol binge is over, the problems will have remained the same or gotten worse.

--Recovering 16-year-old

If you must drink, drink when you're happy. It'll make you happier. If you drink when you're miserable, it'll only make you more so. Drinkers are people who're looking for easy solutions to their problems. The shortcuts. There aren't any. Problems have to be faced and solved. You don't do anything with them by getting besotted and pretending they don't exist.

--Katharine Hepburn

Why should I drink? Stone-cold sober, I find myself absolutely fascinating.  
--Katharine Hepburn

It seems to me the uses of tobacco aren't obvious right off the bat. You can shred it up and put in on a piece of paper and roll it up and stick it between your lips...and then you set fire to it! Then what do you do? You inhale the smoke. It seems, offhand, you could stand in front of your fireplace and have the same thing going.  
—Bob Newhart

If God wanted us high, He would have given us wings.  
--Arsenio Hall

Smoking cures weight problems. Eventually.  
—Steven Wright

Health is what my friends are always drinking to before they fall down.  
--Phyllis Diller

To be intoxicated is to feel sophisticated, but not be able to say it.  
—George Carlin

One tequila, two tequila, three tequila, floor.  
--George Carlin

Of course drugs were fun. And that's what is so stupid about anti-drug campaigns; they don't admit that.  
--Anjelica Huston

When a newer drug comes onto the scene, young people hear much more about its supposed benefits than about its potential harms. It can take some time for evidence of the adverse consequences to become known to them.  
--Dr. Lloyd Johnston

'Law of Drunkenness'  
You can't fall off the floor.  
--Unknown

By the time a bartender knows what drink a man will have before he orders, there is little else about him worth knowing.  
--Don Marquis

When the wine goes in, the truth comes out.

--Jewish Saying

Drugs are a bet with your mind.

--Jim Morrison

I cook with wine, sometimes I even add it to the food.

--W.C. Fields

Wine is constant proof that God loves us and loves to see us happy.

--Benjamin Franklin

I read about the evils of drinking so I gave up reading.

--Henny Youngman

There's nothing romantic, nothing grand, nothing heroic, nothing brave, nothing like that about drinking. It's a real coward's death.

—Warren Zevon

When you're drinkin', you're not thinkin'.

--Unknown

Research has shown that the best way to quit smoking is to tell people you're quitting. Humans don't like to fail in front of others.

—Grant Faulkner

In 1969 I gave up women and alcohol, and it was the worst 20 minutes of my life.

--George Best

Drink only in public, with other people, over a meal—or at least, under the watchful eye of your local pub's barkeep.

—Edward Slingerland

Be wary of strong drink. It can make you shoot at tax collectors... and miss.

--Robert A. Heinlein

I said 'no' to drugs, but they just wouldn't listen.

--Unknown



My dad was the town drunk. Most of the time that's not so bad; but New York City?  
--Henny Youngman

The war on drugs had created a permanent under-caste of men convicted of drug offenses. Men who, even after their release from incarceration for relatively minor crimes, would never again be able to navigate the world on equal footing with the rest of us.

--Joshua DuBois

In the three decades since the war on drugs began, the U.S. prison population has exploded from 300,000 to more than 2 million people, giving our country the highest incarceration rate in the world—higher than Russia, China, and other regimes we consider repressive.

--Joshua DuBois

Not all chemicals are bad. Without chemicals such as hydrogen and oxygen, for example, there would be no way to make water, a vital ingredient in beer.

--Dave Barry

That's the problem with drinking...if something bad happens, you drink in an attempt to forget; if something good happens, you drink in order to celebrate; and if nothing happens you drink to make something happen.

--Charles Bukowski

Bacchus, n.: A convenient deity invented by the ancients as an excuse for getting drunk.

--Ambrose Bierce

It is common knowledge that smoking is considered one of the nation's leading causes of preventable death, but it's less widely known that cigarettes are also the leading cause of fatal fires.

--Ed Markey

Sigmund Freud relied heavily on drugs to manage his anxiety. Six of his earliest scientific papers described the benefits of cocaine, which, he used regularly for at least a decade, beginning in the 1880s. Only after he prescribed the stimulant to a close friend who became fatally addicted did Freud's enthusiasm wane.

--Scott Stossel

Let me be clear about this. I don't have a drug problem. I have a police problem.  
--Keith Richards

There are now more teens going into treatment for marijuana dependency than for all other drugs combined.

--John Walters

Heroin landed purring at the base of his skull, and wrapped itself darkly around his nervous system, like a black cat curling up on its favorite cushion. It was as soft and rich as the throat of a wood pigeon, or the splash of sealing wax onto a page, or a handful of gems slipping from palm to palm.

--Edward St. Aubyn

A drunkard in the gutter is just where he ought to be, according to the fitness and tendency of things. Nature has set upon him the process of decline and dissolution by which she removes things which have survived their usefulness.

--William Graham  
Sumner

Alcohol is a very patient drug. It will wait for the alcoholic to pick it up one more time.

--Mercedes McCambridge

I'm glad now, at age 66, that I never used alcohol or tobacco... I've buried a lot of friends who used tobacco or alcohol.

—Jerry Falwell

Wine is a treacherous friend who you must always be on guard for.

—Christian Nestell  
Bovee

The public health authorities never mention the main reason many Americans have for smoking heavily, which is that smoking is a fairly sure, fairly honorable form of suicide.

—Kurt Vonnegut

I don't want to get technical or anything, but according to chemistry, alcohol is a solution.

—*someecards.com*

Pubs—the official sunblock of Ireland.

—T-Shirt Slogan

White Zinfandel is a wine that comes from the Refrigerator region of Your Parents' House.

—*TL;DR Wikipedia*

Tequila is a Mexican liquor typically consumed just prior to making or in order to forget a huge mistake.

—*TL;DR Wikipedia*

Temperance is essential, if the services of men and women are to be employed to the best and most useful effect according, to the physical capacity and ability of each. Nothing less will assure a total effort.

—William L. M. King

People develop drinking problems through a chemical process: each time they drink, the endorphins released in the brain strengthen certain synapses. The stronger these synapses grow, the more likely the person is to think about, and eventually crave, alcohol—until almost anything can trigger a thirst for booze, and drinking becomes compulsive.

—John David Sinclair

I went to a doctor and told him I felt normal on acid, that I was a light bulb in a world of moths. That is what the manic state is like.

—Carrie Fisher

Through all of history mankind has ingested psychedelic substances. Those substances EXIST to put you in touch with spirits beyond yourself, with the creator, with the creative impulse of the planet.

—Ray Manzarek

I only drink to make other people seem interesting.

—George Jean Nathan

I have a hard time defending the production of candy, given that it is basically crack for children and makes them dependent in unwholesome ways.

—Steve Almond

I envy people who drink - at least they know what to blame everything on.

—Oscar Levant

If somebody invented cigarettes today, the government would not legalize them.

—Loni Anderson

I like to talk to kids about the 'light bulb effect' of drugs, because people often are drawn to drugs like a moth to a light bulb, and it destroys them the same way that the light bulb destroys the moth.

—Dr. Scott Thompson

At the college level, other issues are related to substance abuse, because over 60 percent of acquaintance or date rapes occur as a result of some sort of alcohol or other substance abuse.

—Katie Deedrick

For college students, to have fun is to party and to party is to drink.

—Scott Berry

Solving the drug problem will take all of us, but facing the drug problem must begin at home. Families need to play an integral role in drug prevention and education or they handicap their children as they try to cope with an imperfect and dangerous world.

—Manya Ungar

During my research in the Los Angeles area, I interviewed a couple of gang members. They said that the schools are doing some really neat things, but that the problem they have in terms of prevention and intervention is they target mainly kids in the sixth grade. That's too late.

—Carlos Jimenez

We believe that an ounce of prevention is worth a ton of cure. So the only thing we do is teach, 'If you don't start, you don't have to stop.'

—Robert Markham

One sure way to prevent children from turning to drugs to be accepted is for adults to meet their need for love and acceptance. I would ask us all...what kind of influence we have on the lives of youngsters [other than] our own children? You see, we're the ones who are asking them to stay off drugs. But are we having any kind of influence on their lives?

—Ron Rowlett

In alcohol's defense, I've done a lot of stupid shit when I've been sober.

—Unknown

- Cigarettes kill 390,000 Americans every year, a death toll equivalent to that which would result from three 747s crashing every day of the year.
- Smoking is the principal cause of preventable death in this country. The effects of *passive* exposure to smoke are estimated to account for nearly 50,000 additional deaths a year.
- Each day more than 3,000 children and adolescents start smoking. They consume nearly a billion packs of cigarettes a year.
- 1.7 million boys ages 12 to 17 had used chewing tobacco within the previous year.

—*Journal of American  
Medical  
Association*

My request of the tobacco, alcohol, and media industries would be not that [you] start developing educational programs for the schools, but that [you] take your own monkey and keep it on your back and shape up your advertising—do what you ought to be doing. We would rather have you use your expertise to advertise to young people not to drink at all, and why they shouldn't drink—not that they shouldn't drive drunk, because that isn't even a message for kids.

—Anne Meyer

These commercials (TV beer and wine cooler ads) which typically portray drinking in a highly-attractive fashion, often employing generic lifestyle appeals and themes, can stimulate increased drinking by underage youth through a number of mechanisms. The basic effects gradually accumulate over hundreds of exposures to these ads, as the images and the beliefs that young people acquire gradually form and develop into favorable attitudes and increases in drinking practices.

—Dr. Charles Atkin

The American Indian is being ravaged by alcohol, and their survival is threatened. At nearly all organizational levels on the reservation they report social dysfunction. Their drug problems are unique.

—Wes Smith

Find out what whiskey he drinks and send all of my generals a case, if it will get the same results. - in reply to comments about General Grant's drinking problems.

—Abraham Lincoln

Wine is bottled poetry.

—Robert Louis Stevenson

It is now proved beyond doubt that smoking is one of the leading causes of statistics.  
—Fletcher Knebel

It is impossible to understand addiction without asking what relief the addict finds, or hopes to find, in the drug or the addictive behaviour.  
—Gabor Maté

Surveys have repeatedly shown that blacks and whites use drugs at remarkably comparable rates.  
—Ta-Nehisi Coates

I used to smoke pot and go to class. Sneak in ten minutes late with a bullshit excuse. Slink down low at my desk. Pray to god nobody asked me any questions. I was the best teacher ever.  
—Nathan Anderson

I went to the doctor the other day, and he told me I have an enlarged heart. Call me an optimist, but I like to think I got that enlarged heart from loving too much. But the doctor assured me it was all the binge-drinking and cocaine. In my defense: I really love both of those things.  
—Clint Werth

I have been commissioned to write an autobiography and I would be grateful to any of your readers who could tell me what I was doing between 1960 and 1974.  
—Jeffrey Bernard

You cannot make everyone happy. You are not a bottle of wine.  
—Kate Richards

I just read an article about the dangers of drinking, and it scared the hell out of me. So that's it from now on...no more reading!  
—Ged Backland

No poems can please for long or live that are written by water drinkers.  
—Horace

I hate it when you're making your way home drunk, minding your own business, and someone steps on your fingers.  
—Unknown

Even though a number of people have tried, no one has yet found a way to drink for a living.

—Jean Kerr

Not only an old man, but also a drunkard, becomes a second time a child.

—Plato

Alcohol is a very effective dissolving agent. It dissolves families, marriages, friendships, jobs, bank accounts and neurons, but never problems.

—Unknown

I destroyed my body for a peace of mind I never got.

—*www.HealthyPlace.com*

Alcoholism or addiction is a disease because it fits the definition of disease. It is progressive and chronic, and left untreated, it will **kill**.

—Irene Tomkinson

Lips that touch liquor,  
Touch other lips quicker.

—*theChive*

If you need booze or drugs to enjoy our life to the fullest, then you're doing it wrong.

—Robin Williams

Telling an alcoholic to control his drinking is like telling a guy suffering the world's most cataclysmic case of diarrhea to control his shitting.

—Stephen King

Alcohol is necessary for a man so that he can have a good opinion of himself, undisturbed by the facts.

—Finley Peter Dunne

On nights like that, every booze party ends in a fight. Meek little wives feel the edge of the carving knife and study their husbands' necks. Anything can happen.

—Raymond Chandler

I'm a heavy smoker. I go through two lighters a day.

—Bill Hicks

It is very easy to see the allure of alcohol to dull the pain and the temptation to punish myself for something that is not my fault. But the sobering truth is that if I step onto the path of self-destruction, I know I will never come back.

—Bill Jenkins

Champagne, if you are seeking the truth, is better than a lie detector. It encourages a man to be expansive, even reckless, while lie detectors are only a challenge to tell lies successfully.

—Graham Greene

Give a man a beer, waste an hour. Teach a man to brew, and waste a lifetime!

—Bill Owen

Facing personal truths and purging yourself of addictions or manipulative habits require strength, courage, humility, faith, and other qualities of a soul with stamina, because you are not just changing yourself; you are changing your universe. Your soul is a compass. Change one coordinate in your spiritual compass and you change your entire life's direction.

—Caroline Myss

Drink per drink, alcohol is more dangerous to young women than it is to young men, even after adjusting for differences in height and weight. Alcohol abuse appears to damage girls' brains differently and more severely than the same degree of alcohol abuse affects same-age boys.

--Leonard Sax

No one will deny that the excessive use of alcohol and alcoholic beverages would do more than any other single factor to make impossible a total war effort.

—William L. M. King

Good Parents think that alcohol is dangerous for young people and that riotous drunkenness and its various consequences have nothing to recommend them. These parents enforce the law and create a family culture that supports their beliefs....Get-Real Parents think that high school kids have been drinking since Jesus left Chicago, and that it's folly to pretend the new generation won't as well. The horror stories (awful accidents, alcohol poisoning, lawsuits) tend to involve parents who didn't do it right—who neglected to provide some level of adult supervision, or who forgot to forbid anyone to get in a car after drinking.

—Caitlin Flanagan



What is permissible is not always honorable.

—Marcus Tullius Cicero

Get-Real Parents understand that learning to drink takes a while and often starts with a baptism of fire. Better for Charlotte to barf her guts out on the new sectional than in the shadowy basement of a distant fraternity house.

—Caitlin Flanagan

On the nights of big high-school events, Get-Real Parents pay for limos, party buses, Ubers—whatever it takes to ensure that their kids are safe. What is an Uber except a new kind of bike helmet?

—Caitlin Flanagan

Go to a parent meeting on some topic like ‘Teens and Drinking’ and you’re likely to get an earful about how to keep your teen drinker safe. Teach her to recognize signs of alcohol poisoning in her friends; tell her it’s always okay to call 911; advise her to check in on conked-out partygoers every 15 minutes or so to make sure they’re just sleeping it off and not unconscious. The message doesn’t involve any moral or emotional imperatives; it has to do only with not ending up dead or in jail.

—Caitlin Flanagan

The Good Parent who naively assumes that preventing a teenager from drinking will help him or her in the college-admissions stakes is dead wrong. A teenager growing up in one of the success factories—the exceptional public high school in the fancy zip code, the prestigious private school—will oftentimes be a person whose life is composed of extremes: extreme studying, extreme athletics, extreme extracurricular pursuits, and extreme drinking. Binge drinking slots in neatly with the other, more obviously enhancing endeavors.

—Caitlin Flanagan

A study published in 2011 in the *American Journal of Health Education* found that 77 percent of college freshmen who ‘drink to get drunk’—and what today’s college student calls being ‘drunk’ is oftentimes something an expert would define as being in a blackout.

—Caitlin Flanagan

The point of college binge drinking today is that there are no limits. Blacking out isn’t a mistake; blacking out is the goal.

—Caitlin Flanagan

What are these kids really vomiting up every weekend at their fancy colleges? Is it really just 12 shots of apple-flavored vodka? Or is it a set of values, an attitude toward the self and toward others, that has become increasingly hard for them to stomach?

—Caitlin Flanagan

Addiction is the only prison where the locks are on the inside.

—*HealthyPlace.com*

Alcohol is like love. The first kiss is magic, the second is intimate, the third is routine. After that you take the girl's clothes off.

—Raymond Chandler

Fill with mingled cream and amber,  
I will drain that glass again.  
Such hilarious visions clamber  
Through the chamber of my brain.  
Quaintest thoughts -- queerest fantasies  
Come to life and fade away;  
What care I how time advances?  
I am drinking ale today.

—Edgar Allan Poe

And do you really know what Vodka is like? Jesus! It's just straight alcohol, and they drink it by the tumbler full. Really, some scientists should investigate how it is possible for man to drink such stuff in such huge quantities.

—Kurt Vonnegut

What a man calls his 'conscience' is merely the mental action that follows a sentimental reaction after too much wine.

—Helen Rowland

But I will say that the drugs are much more ferocious than they used to be. There are people wrecking their lives with addiction, which seems much more severe.

—Armistead Maupin

Often people display a curious respect for a man drunk, rather like the respect of simple races for the insane... There is something awe-inspiring in one who has lost all inhibitions.

—F. Scott Fitzgerald

The cocaine habit is a comparatively new addition to the evils by which humanity is beset, and it promises to excel even morphinism in the insidiousness of its growth, in its blasting destructiveness and in the number of its victims. Several distinct causes result in the acquirement of this habit. Prominent among these is the pernicious practice of a certain class of druggists (fortunately small in number) who offer cocaine when asked for something that will relieve toothache, neuralgia and countless other aches and pains.

—*Scientific American*  
(1895)

Fraternities are part of an industry that has tremendous risk and a tremendous history of rape, serious injury, and death, and the vast majority share common risk-management policies that are fundamentally flawed. Most of them are awash in alcohol. And most if not all of them are bereft of any meaningful adult supervision..... The fraternity system is the largest industry in this country directly involved in the provision of alcohol to underage people.

--Douglas Fierberg

A fraternity-related hazing death has occurred nearly every year since 2000. Hospital transports for alcohol overdose are a common occurrence Thursday through Saturday nights on college campuses across the country. One in five women will be sexually assaulted while in college....More than half of college students involved in clubs, teams, and organizations experience hazing, and nearly half experienced it prior to coming to college.

--Scott Smith

College students regularly overestimate the amount their peers drink and then proceed to increase their own consumption in order to keep up. These misconceptions coupled with the lack of a playbook for becoming an adult leave guys to figure it out as they go along, typically with too much room for error.

--Scott Smith

Many students arrive at college after having been 'helicopter parented,' with their access to alcohol and sex strictly policed until the day they leave home. They're then plunked into an environment full of unfamiliar rituals, bravado, enough booze to put the Russian army into a coma, and more sexually available people than they'll ever encounter again.

—Michael Kimmel

For college students, to have fun is to party and to party is to drink.

—Scott Berry

At the college level, other issues are related to substance abuse, because over 60 percent of acquaintance or date rapes occur as a result of some sort of alcohol or other substance abuse.

—Katie Deedrick

Alcohol gives you infinite patience for stupidity.

—Sammy Davis, Jr.

Everybody smokes! Models, actresses, everyone! Don't they realize that it's gross? I understand it's an addiction, but it still pains me to see my friends do it.

—Kirsten Dunst

Always do sober what you said you'd do drunk. That will teach you to keep your mouth shut.

—Ernest Hemingway

A hangover is the wrath of grapes.

—Dorothy Parker

If you must drink and drive, drink Pepsi.

—Slogan

Now don't say you can't swear off drinking; it's easy, I've done it a thousand times.

—W.C. Fields

If you wish to keep your affairs secret, drink no wine.

—Unknown

Beer is the cause and solution to all of life's problems.

—Homer Simpson

I don't care if you try beer once, but I hope you won't like it.

And if a friend offers you a joint or any dope

I hope you are smart enough to realize he is not your friend.

—Paul Harvey

There are spunky little angels at the top of a bottle of wine and fearless little devils in the bottom.

—Terri Guillemets

Whoever takes just plain ginger ale soon gets drowned out of the conversation.  
—Kin Hubbard

A drunken man is fitly named: he has drank, till he is drunken: the wine swallows his consciousness, and it sinks therein.  
—Augustus William

Brandy, n. A cordial composed of one part thunder-and-lightning, one part remorse, two parts bloody murder, one part death-hell-and-the-grave and four parts clarified Satan.  
—Ambrose Bierce

Health—what my friends are always drinking to before they fall down.  
—Phyllis Diller

How come if alcohol kills millions of brain cells, it never killed the ones that made me want to drink?  
—Unknown

If you are young and you drink a great deal, it will spoil your health, slow your mind, make you fat—in other words, turn you into an adult.  
—P.J. O'Rourke

You booze, you cruise, you lose.  
—Slogan

Drive Hammered. Get Slampered.  
—Slogan

The problem with drinking and driving is ... The MOURNING after!  
—Slogan

You can hand over your keys or your life. Make the right choice.  
—Slogan

The driver is safer when the roads are dry; the roads are safer when the driver is dry.  
—Slogan

Allow life to thrive, don't drink and drive  
—Slogan

Driving hammered will get you nailed  
—Slogan

Don't drink and drive, and you'll stay alive.  
—Slogan

Drink and drive and our officers will show you some new bars  
—Slogan

Rethink your third drink  
—Slogan

Over the Limit. Under arrest.  
—Slogan

Friends don't let friends drive drunk.  
—Slogan

Under the influence, under arrest.  
—Slogan

No one wants to see you black & blue or dead, so how about letting a sober friend  
drive instead.  
—Slogan

Lions, and Tigers and Bears oh my...Drinking and Smoking and Drugs? Goodbye!  
—Slogan

Wasted? So is your life.  
—Slogan

Get high on Life, not on drugs.  
—Slogan

Drugs: You use, you lose.  
—Slogan

Shoot for the Stars not your arms. —Slogan

Hugs not drugs. —Slogan

Drug free is the way to be. —Slogan

Too smart to start. —Slogan

There is no excuse for drug abuse. —Slogan

Do dope, Lose Hope. —Slogan

If you aren't drug free you can't hang with me. —Slogan

Drugs cost you more than just money. —Slogan

It is easier to stay off drugs than to get off drugs. —Slogan

Hang tough, don't puff. —Slogan

Keep off the Grass! —Slogan

Be the best you can be—be drug free. —Slogan

No need for weed. —Slogan

Drugs affect more than just you.

—Slogan

Use your brain, don't fry it!

—Slogan

Just say no!

—Slogan

A cigarette says: Today you turn me into ashes, but tomorrow is my turn.

—Slogan

To your health it is a threat, so please put down that cigarette.

—Slogan

When in doubt, put it out.

—Slogan

Nothing good from a cigarette, it just gives health problems and debt.

—Slogan

It kills you from the inside out, Find out what smoking is all about.

—Slogan

Cancer is no joke, so put down that smoke.

—Slogan

Life thrills, Smoking kills.

—Slogan

Smoking leaves an unseen scar, it fills your insides with toxins and tar.

—Slogan

If you over drink, your brain will shrink.

—Slogan

Don't let others pressure into drinking; it's time you start doing your own thinking.

—Slogan



Binge drinking is not smart thinking.

—Slogan

## **MY FATHER**

Me and my father were never really close or nor was he close to my brother, Steve. We would never really talk or do anything when he was sober, but when he was drunk, it seemed like we were the perfect family.

My father was an alcoholic, a bad one too. He would drink until he woke up until he had to go to work. He woke up at around 11:00 am and he would leave for work at 2:00 pm. Then he would drink after he got out of work. He did this 6 days a week, and on Sunday we would just drink all day.

My father was an alcoholic for about three years, then he quit for about five years, until his dad died on my brother's birthday. Then he started drinking again. His drinking had been getting worse. Finally one day I was outside with my cousin Kris playing ball. My parents were in the house talking. My mother called me in the house and told Kris to go home. When I came into the house I saw my dad getting ready for work, when he left, he didn't give my mom a kiss good-bye like he used to. My mom told me to sit down because she had to talk to me. When I sat down I asked her what was wrong. She said how would you feel about me and your father getting a divorce. I told her that I would be mad and I didn't want my dad to leave. I guess she never took in what I felt about them getting a divorce. While they were still separated, my mom's friend moved in with her 2 kids. A boy and a girl.

While they were separated my dad had moved in with his mother. The divorce finally came through. They had been divorced for 7 or 8 years. When my dad moved out his drinking had been getting worse,

When my mom's friend moved in, me and my older brother never knew why until a couple of months later. They had been living with us for about 10 years. When I was older, because of the situation at my house I wanted to go and live with my father, but I wasn't sure if I wanted to live with an alcoholic. I never moved in with him, but I was scared to. So I never did.

When my brother was old enough to move out he signed up for the Navy. When I think about him joining the Navy, 'I say to myself' He was the smart one.

I would always go over to see my dad on the weekends. I only saw him once a week. I wanted to see more of him, but I couldn't because I got out of school at 3:00 pm and he would leave for work at 2:00 pm.

When I did visit him, all he did was drink. All day, beer after beer. I remember one weekend I spent the night. Of course, he was drinking. It got to be so bad, that he opened a beer, drank half and he struggled to go to the refridgerator to get another. So he had 2 beers. I got up poured both cans down the drain. I was so upset I left his house around 1:00 am and went back home. After that incident I went back over there the day after. When I arrived he was still sleeping. When he woke up, he never knew that I had left.

His drinking became so bad, my mom, and her friend took my dad into the hospital because of his drinking and he had a bad back. When we took him in the hospital he was drunk. Every time I went to the Hospital, he would be asleep. When he was better, we took him out of St. Lukes and transfered him to community Hospital, hoping that if he was in a alcoholism center he would stop drinking. he was in community for a month. I would go and visit him every day. He would show me around & we would just talked. That was the first we ever had a conversation. When he got to leave the hospital, I finally got up the nerve to tell him how proud I was for him to stop drinking. When I told him, he said that drinking is very dangerous. It can kill you & it almost killed me.

Ever since he got out of the Hospital, he hasn't touched a drop of alcohol. It has been about a year since he drank. Now all he drinks is pop & coffee. I am so happy that he quit. Now his life is back together & even though he doesn't have my mom, but he does have a son and daughter who loves him very much.

—Anonymous Child

Today's students can put dope in their veins or hope in their brains. If they can conceive it and believe it, they can achieve it. They must know it is not their aptitude but their attitude that will determine their altitude.

—Jesse Jackson

The purpose of random testing is not to catch, punish, or expose students who use drugs, but to save their lives and discover abuse problems early so that students can grow up and learn in a drug-free environment.

—John Walters

A telephone survey says that 51 percent of college students drink until they pass out at least once a month. The other 49 percent didn't answer the phone.

—Craig Kilborn

I've never done acid, finding it hard to go willingly to a place that could be frightening, hellish, and totally beyond my control. A place much like high school.

—Libba Bray

In 2011, at least a third of middle school and high school students who smoked cigars used flavored little cigars. Six states - Florida, Georgia, Maryland, Massachusetts, Rhode Island and Wisconsin - already have youth cigar smoking rates that are the same or higher than youth cigarette smoking.

—Tom Frieden

Most of the time, all that separates a class president and a gang leader is numbers: a zip code, a paycheck, or a drug dealer's phone number.

—Thomm Quackenbush

There's a huge difference for taking responsibility for one's actions, and taking credit, and in this scenario I think we need to give credit where credit is due. I won't take responsibility for my teacher's drinking problem, but I will take credit for it.

—Benjamin Tomes

## **I WAS DRUGGED BY MY PARENTS**

When I was asked why we didn't have a drug problem when you and I were growing up, I replied

'I had a drug problem when I was young. I was drug to Church on Sunday morning. I was drug to church for weddings and funerals. I was drug to family reunions.

I was drug by my ears when I was disrespectful to adults. I was also drug to the woodshed when I disobeyed my parents, told a lie, brought home a bad report card, did not speak with respect, spoke ill of the teacher or the preacher, or if I didn't put forth my best effort in everything that was asked of me.

I was drug to the sink to have my mouth washed out if I uttered profanity. I was drug to the neighbors to help some poor soul who had no one to mow the yard, repair the clothesline, or chop some firewood.

Those drugs are still in my veins and they affect my behavior. Those drugs are stronger than cocaine, crack or heroine. If children today had this kind of drug problem, America would be a much better place.'

—Unknown

We have 1.8 million Americans behind bars today at the Local, State and Federal level. In the federal system, which has doubled in the last ten years, over 110,000 people are behind bars in the Federal system, probably two-thirds are there for a drug related reason.

—Barry McCaffrey

It is easier to prevent bad habits than to break them.

—Benjamin Franklin

A man's true character comes out when he's drunk.

—Charlie Chaplin

Whiskey is all right in its place - but its place is hell.

—William A. Sunday

I took it [opium]:—and in an hour, oh! Heavens! what a revulsion! what an upheaving, from its lowest depths, of the inner spirit! what an apocalypse of the world within me!...I sometimes seemed to have lived for 70 or 100 years in one night...a vast march of infinite cavalcades filing off—and the tread of innumerable armies...the weight of twenty Atlantics was upon me.

—Thomas De Quincey

The whole country was marinated in opium, which was taken for anything from upset stomachs to sore heads. [19-century England]

—James Parker

Regardless of whatever 'pleasures' smoking and EGMs [Electronic Gambling Machines] may provide, it is true that both products also cause death...Almost all smokers will smoke potentially lethal amounts. The EGM product, used precisely as intended, will cause users to lose control of time, and money in sufficient numbers for the industry to flourish.

—James Doughney

No drug, not even alcohol, causes the fundamental ills of society. If we're looking for the source of our troubles, we shouldn't test people for drugs, we should test them for stupidity, ignorance, greed and love of power.

—P.J. O'Rourke

It is hard to understand addiction unless you have experienced it.

—Ken Hensley

A New Zealand study found lower IQs among adults who reported smoking a lot of dope when young. There's also some evidence that young pot smokers are more likely to develop schizophrenia and psychosis later in life.

—Joe Kita

Binge drinking when younger has been linked to a host of problems when you are older, including an increased risk of heart disease and cancer. Even more sobering, the hippocampus and frontal brain structures don't mature until about age 25, so if you drank a lot before then, you may have inhibited your brain's functional development.

—Joe Kita

People use drugs, legal and illegal, because their lives are intolerably painful or dull. They hate their work and find no rest in their leisure. They are estranged from their families and their neighbors. It should tell us something that in healthy societies drug use is celebrative, convivial, and occasional, whereas among us it is lonely, shameful, and addictive. We need drugs, apparently, because we have lost each other.

—Wendell Berry

Liza hated alcoholic liquors with an iron zeal. Drinking alcohol in any form she regarded as a crime against a properly outraged deity... When Liza was about seventy her elimination slowed up and her doctor told her to take a tablespoon of port wine for medicine. She forced down the first spoonful, making a crooked face, but it was not so bad. And from that moment she never drew a completely sober breath. She always took the wine in a tablespoon, it was always medicine, but after a time she was doing over a quart a day and she was a much more relaxed and happy woman.

— John Steinbeck

I've seen how cigarettes went from being advertised in every type of media to being something found to be deadly... they can't kill me no matter how many of them I smoke but I've seen humans die from smoking them... if I were you I would stop smoking them.

—Rebecca McNutt

People who are dependent are merely using alcohol as a crutch to get through the day. Yet doctors and scientists are still treating 'alcoholism' as if it is the problem, when it has nothing to do with the problem. They might as well be studying 'scratchism' for people who have a chronic itch.

—Chris Prentiss

Women are the sex which believes that if you charge it, it's not spending; and if you add a cherry to it, it's not intoxicating.

--Bill Vaughan

A woman drove me to drink and I didn't even have the decency to thank her.

—W.C. Fields

Most American schools today operate according to a philosophy of discipline that has its roots in the 1980s and '90s, when a belief that schools would be safer and more effective if they had 'zero tolerance' of violence, drug use, and other types of misbehavior led to a sharp rise in suspensions. In 2010, more than a tenth of all public-high-school students nationwide were suspended at least once. And suspension rates are substantially higher among certain demographic groups. African American students, for example, are suspended three times as often as white students. In Chicago public high schools (which have particularly good and well-analyzed data on suspensions), 27 percent of students who live in the cities poorest neighborhoods received an out-of-school suspension during the 2013-14 school year, as did 30 percent of students with a reported personal history of abuse or neglect.

—Paul Tough

Drink because you are happy, but never because you are miserable.

—Gilbert K. Chesterton

Alcohol is the anesthesia by which we endure the operation of life.

--George Bernard Shaw

They who overcome their desires once can overcome them always.

—Pierre Corneille

It's like the commercial, 'Once you pop you can't stop.' Once you pop a pill, you can't stop. They have you hooked and they know it. Like a drug dealer, they are so happy they have won another loyal customer. Not loyal because you want to be, but loyal because your body is now completely dependent on them and their legal prescription 'drugs.'

—Lisa Bedrick

Always tell your children as much of the truth as they can understand, if only to establish the most valuable attribute you have as a parent—your credibility. If you con your three-year-old into believing that the booster shot won't hurt, why should he or she believe your later claims that marijuana, booze and skipping school will?

--Stan and Jan  
Berenstain

Drinking alcohol to get drunk is just drinking poison in the right dose to mess you up but not kill you.

—Unknown

It's useless to hold a person to anything he says while he's in love, drunk, or running for office.

--Shirley MacLaine

No one, ever, wrote anything as well even after one drink as he would have done with out it.

—Ring Lardner

The hardcore drug addicts that I treat, are, without exception, people who have had extraordinarily difficult lives. The commonality is childhood abuse. These people all enter life under extremely adverse circumstances. Not only did they not get what they needed for healthy development; they actually got negative circumstances of neglect. I don't have a single female patient in the Downtown Eastside of Vancouver who wasn't sexually abused, for example, as were many of the men, or abused, neglected and abandoned serially, over and over again. That's what sets up the brain biology of addiction. In other words, the addiction is related both psychologically, in terms of emotional pain relief, and neurobiological development to early adversity.

—Gabor Maté

You feel like a fool when you don't know how to fill out (a job) application. You say, 'I don't want this stinking job.' But you are thinking, 'I wish I was smart enough to read the application.' I always blame the drugs, but it was me not having an education that was the biggest step, because I always fell back on drugs when I felt stupid.

—Prison Inmate Robert Sloan

Imagine a society that subjects people to conditions that make them terribly unhappy then gives them the drugs to take away their unhappiness. Science fiction. It is already happening to some extent in our own society. Instead of removing the conditions that make people depressed, modern society gives them antidepressant drugs. In effect antidepressants are a means of modifying an individual's internal state in such a way as to enable him to tolerate social conditions that he would otherwise find intolerable.

—Theodore J. Kaczynski

It is your brain that decides to get you out of bed in the morning to exercise, to give you a stronger, leaner body, or to cause you to hit the snooze button and procrastinate your workout. It is your brain that pushes you away from the table telling you that you have had enough, or that gives you permission to have the second bowl of Rocky Road ice cream, making you look and feel like a blob. It is your brain that manages the stress in your life and relaxes you so that you look vibrant, or, when left unchecked, sends stress signals to the rest of your body and wrinkles your skin. And it is your brain that turns away cigarettes, too much caffeine, and alcohol, helping you look and feel healthy, or that gives you permission to smoke, to have that third cup of coffee, or to drink that third glass of wine, thus making every system in your body look and feel older. Your brain is the command and control center of your body. If you want a better body, the first place to ALWAYS start is by having a better brain.

—Daniel G. Amen

Some of the most evil human beings in the world are psychiatrists. Not all psychiatrists. Some psychiatrists are selfless, caring people who really want to help. But the sad truth is that in today's society, mental health isn't a science. It's an industry. Ritalin, Zoloft, Prozac, Lexapro, Resperidone, happy pills that are supposed to 'normalize' the behavior of our families, our colleagues, our friends - tell me that doesn't sound the least bit creepy! Mental health is subjective. To us, a little girl talking to her pretend friends instead of other children might just be harmless playing around. To a psychiatrist, it's a financial opportunity. Automatically, the kid could be swept up in a sea of labels. 'not talking to other kids? Okay, she's asocial!' or 'imaginary friends? Bingo, she has schizophrenia!' I'm not saying in any way that schizophrenia and social disorders aren't real. But the alarming number of people, especially children, who seem to have these 'illnesses' and need to be medicated or locked up... it's horrifying. The psychiatrists get their prestigious reputation and their money to burn. The drug companies get fast cash and a chance to claim that they've discovered a wonder-drug, capable of 'curing' anyone who might be a burden on society... that's what it's all about. It's not about really talking to these troubled people and finding out what they need. It's about giving them a pill that fits a pattern, a weapon to normalize people who might make society uncomfortable. The psychiatrists get their weapon. Today's generations get cheated out of their childhoods. The mental health industry takes the world's most vulnerable people and messes with their heads, giving them controlled substances just because they don't fit the normal puzzle. And sadly, it's more or less going to get worse in this rapidly advancing century.

—Rebecca McNutt



The first drink with water, the second without water, the third like water.

—Danish proverb

We are, all of us, crippled and twisted. Most of us strive desperately to keep our grotesqueries out of sight and mind. Our suffering is transformed by an alchemy of the soul into addiction, ulcers, strokes, hatred, even war.

—Keith Ablow

There's not a drug on earth can make life meaningful.

—Sarah Kane

You don't get a childhood when you grow up in an alcoholic family.

—Sharon Martin

1. Young people who have attempted suicide in the past or who talk about suicide are at greater risk for future attempts. Listen for hints like 'I'd be better off dead' or 'I won't be a problem for you much longer' or 'Nothing matters; it's no use.'
2. Adolescents who consider suicide generally feel alone, hopeless, and rejected. They are more vulnerable to having these feelings if they have been abused, feel they have been recently humiliated in front of family or friends, have parents with alcohol or drug problems, or have a family life with parental discord, disruptions, separation or divorce. However, a teenager may be depressed and/or suicidal without any of these.
3. Many teens who abuse alcohol or drugs are likely to consider, attempt or succeed at suicide. The Fifth Special Report to the U.S. Congress on Alcohol and Health...found that as many as 80 percent of people who attempt suicide have been drinking at the time. And alcohol is a depressant.
4. Teenagers who are planning to commit suicide might 'clean house' by giving away favorite possessions, cleaning their rooms, or throwing things away. They may also become suddenly cheerful after a period of depression, because they think they have 'found the solution' by deciding to end their lives.
5. One of the most dangerous times of a teen's life is when he or she has suffered a loss or humiliation of some kind: loss of self-esteem by doing poorly on a test, the breakup with a boyfriend or girlfriend, or the trauma of parents' divorce.

—*American Psychiatric Association*

I never drink water because of the disgusting things that fish do in it.

—W.C. Fields

I could never understand why anybody would take LSD for recreation. It's like, I think I'm going to take out my appendix. That would be nice this weekend.

—Larry Hagman

## **ALCOHOL FACTS**

Alcohol is an empty calorie food (just calories no nutrients like vitamins, minerals or protein). Although beer has a very small amount of B vitamins and red wine has traces of iron, they don't add much to our diets.

1 1/2 ounces (1 jigger) of hard liquor contains 75-110 calories. 12 ounces of beer, 170 calories, 3 1/2 ounces of wine (average wine glass), 85-150 calories.

The liver, bone marrow, and brain are the organs most likely to be injured by heavy drinking. Taking vitamins, minerals and other nutrients WILL NOT prevent alcohol damage to these organs. (Even if you do eat right, drinking will still affect these organs.)

Since many teenagers are still growing, the toxic effect of alcohol on the body can be more severe than in adults.

Drinking problems are found not only with low income people. Drinking problems increase with social class and education levels.

Excess alcohol can cause our body to not absorb the nutrients it needs from food, even if you do stop to eat.

Drinking beer, wine or liquor while you're pregnant can cause birth defects in your baby.

—*Cornell Cooperative  
Extension 4-H  
Teen Nutrition  
Education  
Program*

Beer is the Danish national drink, and the Danish national weakness is another beer.

—Clementine Paddleford

If you're an addict, it controls your life and your life becomes uncontrollable. It's boring and painful, filling your system with something that makes you stare at your shoes for six hours.

—James Taylor

Millions of deaths would not have happened if it weren't for the consumption of alcohol. The same can be said about millions of births.

—Mokokoma  
Mokhonoana

I drink too much. The last time I gave a urine sample it had an olive in it.

—Rodney Dangerfield

If you drink, don't drive! If you drive, don't drink!

—Slogan

Cars and bars mean stars and scars.

--Unknown

There are two finishes for automobiles: lacquer and liquor.

--Unknown

An automotive invention that is sorely needed is brakes that will automatically get tight when the driver does.

--Unknown

Glasses can make driving a lot safer. Providing, of course, they're worn instead of emptied.

--Unknown

Drivers are safer when highways are dry, and highways are safer when drivers are dry.

--Unknown

Take one natural-born fool and one high-powered automobile. Soak fool in liquor, place in car, and turn loose. After due time, remove fool from wreckage, place in a satin-lined box, and garnish with flowers.

--Unknown

The hand that lifts the cup that 'cheers' should not be used to shift the gears.  
--Unknown

People who insist on drinking before driving, are putting the quart before the hearse.  
—Laurence J. Peter

A fast finish for a car is lacquer, but a faster finish is liquor.  
--Unknown

94 percent of crashes involve some form of driver error or impairment immediately before impact.  
— Santokh Singh

I won't say drugs weren't fun, but we live in a country now that will give you a larger jail term for doing them than for killing someone. They weren't that fun.  
—Unknown

Alcohol is the No. 1 issue on every college campus I've been on. [But] it isn't just the No. 1 issue in fraternities and sororities. It's the number one issue for all students.  
—John Williamson

Drinking makes such fools of people, and people are such fools to begin with that it's compounding a felony.  
—Robert Benchley

Ironically, the greatest drug deterrent is a full, quality activities program. Gangs exist when activities programs fail to offer membership, belonging, participation, and pride; but where programs are successful, gangs simply don't exist. Throughout the nation, student activities offer peer counseling groups, nurturing clubs, relationship building, and enormous support for young people at a minimal cost.  
— Earl Reum

The free man owns himself. He can damage himself with either eating or drinking; he can ruin himself with gambling. If he does he is certainly a damn fool, and he might possibly be a damned soul; but if he may not, he is not a free man any more than a dog.  
—G.K. Chesterton

The white man had come with the Bible in one hand, the bottle in the other.  
--E. Pauline Johnson

I'd rather be woken up at 4 a.m. and hear 'I need a ride' than wake up at 4 a.m. and hear my friends are dead 'cause they wanted to drink and drive.

—Internet Meme

In 2010, the cost to society for alcohol-related problems was estimated at \$250 billion per year.<sup>4</sup> It may be too early to precisely identify future costs associated with the higher rates of problematic drinking and AUDs because most do not become apparent for years after heavier drinking begins. However, there are already signs that the changes in drinking observed since 2001-2002 may be associated with increases in alcohol-related health consequences.

—B.F. Grant, S.P. Chou,  
and T.D. Saha

'Coffin-nails' are of the white man's inception, along with his multitudinous diseased adjuncts of civilization: whiskey, beer, wine and opium with attending crimes and ills. And to cap the irony of it all, he brings the 'glad tidings' of an endlessly burning hell where we are roasted for emulating his 'superior' example.

--Mourning Dove

There are more African-Americans in the corrections system today—in prison or on probation or parole—than there were enslaved in 1850. As of 2004, more black men were denied the right to vote because of a criminal record than in 1870, when the Fifteenth Amendment was ratified, giving blacks the right to vote. In the three decades since the war on drugs began, the U.S. prison population has exploded from 300,000 to more than 2 million people, giving our country the highest incarceration rate in the world—higher than Russia, China, and other regimes we consider repressive.

--Joshua DuBois

Children growing up poor and black in the city are more likely to witness gun violence and street drug sales than their middle-class peers are. Once teens, they are more likely to attract the suspicion of the police, to be arrested if they break the law, to spend their lives behind bars, and to die young. If they make a mistake—fall in with the wrong crowd, antagonize the wrong adults, drop out of school—they are less likely to get a second chance. One study found, for instance, that marijuana use among whites is slightly higher than among blacks, yet blacks are arrested for it nearly four times as often.

—Sarah Carr

Americans are drinking more than they used to, a troubling trend with potentially dire implications for the country's future health care costs.

The number of adults who binge drink at least once a week could be as high as 30 million, greater than the population of every state save California....A similar number reported alcohol abuse or dependency.

Between the genders, women showed the larger increase in alcohol abuse, according to the report. [According to] David Jernigan, director of the Center on Alcohol Marketing and Youth at the Johns Hopkins Bloomberg School of Public Health... 'Alcohol is our number one drug problem, and it's not just a problem among kids.'

While underage drinking has declined in recent years, adult consumption increased across all demographics. The jump was also especially large for older Americans, minorities, and people with lower levels of education and income.

—John Tozzi

Pervasive marketing by the alcohol industry and new products such as flavored vodkas or hard lemonade and iced tea may also be driving some of the increases among women and other demographics.

—David Jernigan

The consequences for health care, well-being, and mortality are severe. Excess drinking caused on average more than 88,000 deaths in the U.S. each year between 2006 and 2010, The Centers for Disease Control estimates—more than twice the number of deaths from prescription opioids and heroin last year.

The total includes drunken driving deaths and alcohol-linked violence, as well as liver disease, strokes, and other medical conditions.

The CDC says drinking too much is responsible for one in 10 deaths among working-age Americans.

—John Tozzi

Americans tend to consider excess drinking a character flaw rather than a medical problem. Only about one-fifth of people who have reported alcohol abuse or dependency have ever been treated....That compares with a treatment rate of about 60 percent for depression....I think that there's a lot of stigma still associated with it and people don't want to talk to their doctors about it. We haven't done the job for alcohol that we've done with depression.

—Bridget Grant

Parents need to take extra steps to look for signs that their children might be using alcohol and other drugs. This can be especially challenging when a teen is using for the first time, displaying symptoms not previously seen.

Here are some warning signs to look for:

- heightened secrecy
- fishy-sounding excuses or out-right lying
- difficulty thinking or keeping focus
- resistance to discipline or feedback
- paranoia, irritability, anxiety, fidgeting
- changes in mood or attitude
- significant weight loss or gain
- loss of interest in hobbies or activities
- decline in school performance (see recent report card for clues)
- abandonment of long-time peer group.

—Zach Levin

Alcohol doesn't command the attention of policymakers the way tobacco, illicit drugs, or prescription opioids have. The response of society should be commensurate to the level of the problem. Yet there is no national strategy in the U.S. that matches recent, high-profile efforts to combat opioids, smoking, or illegal drugs. Alcohol, we just tend to overlook.

—Jürgen Rehm

During my eleven years as a New York City public school teacher, I saw firsthand the impact that poverty has on the classroom. In low-income neighborhoods like Sunset Park, where I taught, students as young as five years old enter school affected by the stresses often created by poverty: domestic violence, drug abuse, gang activity.

—Sal Albanese

Yeah, I know, some people are against drunk driving, and I call those people 'the cops.' But you know, sometimes, you've just got no choice; those kids gotta get to school!

—Dave Attell

The pop culture of the '60s, with all its ideological ramifications and projections, was a by-product of the drugs.

—James Parker

Sitting beside my husband I said, 'I love you.'  
He replied, 'Is that you or the wine talking?'  
I said, 'It's me...Talking to the wine.'

—Unknown

Bad judgment and carelessness are not punishable by rape.

--Pearl Cleage

I kissed my first girl and smoked my first cigarette on the same day. I haven't had time for tobacco since.

--Arturo Toscanini

Don't marry a problem character thinking you will change him. He's a heavy drinker, or some other kind of addict, but if he marries a good woman, he'll settle down. People are the same after marriage as before, only more so.

— Pat Connor

When all else fails, vodka is the Swiss Army knife of human courtship.

--*Earth (The Book) A  
Visitor's Guide to  
the Human Race*

Killing yourself is a major commitment, it takes a kind of courage. Most people just lead lives of cowardly desperation. It's kinda half suicide where you just dull yourself with substances.

—Robert Crumb

More comfortable in their bedrooms than in a car or at a party, today's teens are physically safer than teens have ever been. They're markedly less likely to get into a car accident and, having less of a taste for alcohol than their predecessors, less susceptible to drinking's attendant ills.

Psychologically, however, they are more vulnerable than Millennials were; rates of teen depression and suicide have skyrocketed since 2011. It's not an exaggeration to describe iGen as being on the brink of the worst mental health crisis in decades. Much of this deterioration can be traced to their phones.

—Jean M. Twenge



Across a range of behaviors— drinking, dating, spending time unsupervised— 18-year-olds now act more like 15-year-olds used to, and 15-year-olds more like 13-year-olds. Childhood now stretches will into high school.

Are today's teens waiting longer to take on both the responsibilities and the pleasures of adulthood? Shifts in the economy, in parenting, certainly play a role. In an information economy that rewards higher education more than early work history, parents may be inclined to encourage their kids to stay home and study rather than to get a part-time job. Teens, in turn, seem to be content with this homebody arrangement—not because they're so studious, but because their social life is lived on their phone. They don't need to leave home to spend time with their friends.

—Jean M. Twenge

Adult drinking in the U.S. has become a 'public health crisis' in the past decade, with the steepest rise among those 65 and over....the increase in alcohol use, in high-risk drinking behavior, and in alcohol abuse and dependence for those 65-plus was at least double that of the general population....the increases were substantial and unprecedented. One of the most troubling findings was a 107 percent increase in the number of adults 65 and over with 'alcohol use disorder,' which as defined by the NIAAA is often characterized by compulsive alcohol use and a negative emotional state when not using alcohol....Baby boomers had higher levels of drinking and drug use. They're brining this along.

—*AARP Bulletin* (2017)

Melancholy, indeed, should be diverted by every means but drinking.

—Samuel Johnson

In strict medical terms marijuana is far safer than many foods we commonly consume. For example, eating 10 raw potatoes can result in a toxic response. By comparison, it is physically impossible to eat enough marijuana to induce death. Marijuana in its natural form is one of the safest therapeutically active substances known to man. By any measure of rational analysis marijuana can be safely used within the supervised routine of medical care.

— Francis Young  
[DEA  
Administrative  
Law Judge—1988]

A fugitive from the laws of averages—that's you if you drink and drive.

—*Naval Safety Center*

Alcohol reduces performance, impairs judgment and increases the willingness to take risks.

—*Naval Safety Center*

Drinking and driving —There are stupider things, but it's a very short list.

—*Naval Safety Center*

I phoned my dad to tell him I had stopped smoking. He called me a quitter.

—Steven Pearl

Watch people at a gay evening. All come determined to be happy, with the kind of grim resolve with which one determines not to make a fuss at the dentist's. It is held that drink and petting are the gateways to joy, so people get drunk quickly, and try not to notice how much their partners disgust them. After a sufficient amount of drink, men begin to weep, and to lament how unworthy they are, morally, of the devotion of their mothers. All that alcohol does for them is to liberate the sense of sin, which reason suppresses in saner moments.

—Bertrand Russell

And someday,  
when the parties  
don't dazzle you anymore,  
and when the alcohol fails  
to amuse your senses,  
come to me.

We'll lie on the grass,  
stare at the stars,  
and talk about Life.

Maybe I will become the Moment  
you rediscover yourself again.

--Meraaqi

The presidents of colleges have to have some courage to step forward. You can't limit alcohol in college sports, you have to get rid of it.

—Dean Smith

When a woman drinks it's as if an animal were drinking, or a child. Alcoholism is scandalous in a woman, and a female alcoholic is rare, a serious matter. It's a slur on the divine in our nature.

—Marguerite Duras

I looked twice my age. I was thin as a shadow and I didn't give a damn. My only concern was in getting relief. You know, an addict is the most pathetic creature on earth. He knows that every time he sticks a needle in his arm, he's gambling with death and, yet, he's got to have it. It's like playing Russian Roulette with a spike. There's always the danger that some peddler will sell him a poisoned batch—some garbage.

—Frankie Lymon

No person should suffer the tragedy of losing someone as a result of drunk, drugged, or distracted driving, but for far too long the danger of impaired driving has robbed people of the comfort of knowing that when they or a loved one leaves home they will return safely. Impaired driving puts drivers, passengers, and pedestrians at risk, and each year it claims the lives of thousands of Americans. *During National Impaired Driving Prevention Month*, we recommit to preventing these incidents by acting responsibly and by promoting responsible behavior in those around us. Together, we can enhance public safety and work to ensure a happy, healthy life for all our people.... let us pledge to always drive sober and alert and to avoid distractions behind the wheel.

—Barack Obama

Addiction is a serious disease; it will end with jail, mental institutions, or death.

--Russell Brand

I challenge you to show me where the saloon has ever helped business, education, church, morals or anything we hold dear.

—Billy Sunday

25% of college students experience mental health disorders. Young men are more at risk for substance abuse, isolation and violence.

50% of college students don't seek help for their mental health. Young men are less likely to seek help than young women.

Oftentimes ineffective coping mechanisms like drugs and alcohol are being used to self-medicate a mental health issue.

—Fred Dobry

In wine there is wisdom, in beer there is Freedom, in water there is bacteria.  
—Benjamin Franklin

Dogs can be our best friends, but the cat will never tell the police where the marijuana is.  
—*theChive*

I had not taken a bath in a year nor changed my clothes or removed them except to stick a needle every hour in the fibrous grey wooden flesh of heroin addiction. I did absolutely nothing.  
—William S. Burroughs

Due to the difference in weight and percentage of water in their bodies, women are more susceptible to hangovers.  
—*theChive*

Hangovers get worse as you get older. Our bodies produce glutathione, a powerful antioxidant, which makes it easier to bounce back from hangovers in our youth. As we get older, we produce less glutathione, so the toxins left in our bodies from alcohol take a lot longer to clear out.  
—*theChive*

Hangovers wreck havoc on your immune system. While they incapacitate you in the moment, they also cause your body to work overtime, making it susceptible to viruses and other stuff.  
—*theChive*

Since ancient history, there have been hangover cures. The Romans and Greeks thought owl eggs did the trick. Ernest Hemingway suggested tomato juice and beer as the cure, while the Victorians thought oxygen masks and raw eggs did it. Since the 1950's, we've chased Bloody Mary's with fried foods. There is no cure.  
—*theChive*

'Beer before liquor' is an absolute myth. No matter what you drink and how you drink it, you'll end up with a hangover. But the more you mix, the worse it'll be, regardless of how you started.  
—*theChive*

Sometimes the symptoms you attribute to a hangover, are something more serious. About 10% of the population is actually allergic to alcohol, and it could lead to serious effects.

—*theChive*

I had someone at the Houston police station shoot me with heroin so I could do a story about it. The experience was a special kind of hell. I came out understanding full well how one could be addicted to ‘smack,’ and quickly.

--Dan Rather

Alcohol is the leading cause of me getting yelled at for being a pterodactyl on the coffee table.

—*theChive*

I'm not drunk. You're just blurry.

—*theChive*

Beer: side effects may include stupidity, embarrassment, unplanned urination, bleeding, and early death.

—*theChive*

This is actually important: you are going to college to learn, to determine the career you want to go into. You're not going thousands of dollars into student loan debt to spend all of your time getting drunk and partying. While college is typically a time to experiment and have fun, please remember that you're there for a higher purpose — your future. Being known as the partier may seem fun at first, but when it's finals time and everybody you know is cracking open a book, the last thing they want is you pouring shots. You don't want to miss out on the best moments of your college career because you got blackout drunk and can't remember anything.

—Shea Lazansky

The sad truth is that most smokers picked up the bad habit during their teenage years. Nearly nine out of 10 cigarette smokers first tried smoking by age 18, according to the Centers for Disease Control and Prevention, and on a daily basis, 2,100 young adults become regular cigarette smokers.

—Dr. Sai Nimmagadda  
(2018)

Parents should use the following strategies to discourage teen smoking:

- Don't smoke. Not only are you saving your children from inhaling secondhand smoke, but you are also serving as a good example by not normalizing smoking in the home. Don't allow visiting family members or friends to smoke in your house either.  
If you are a smoker, be open with your teens about the addictive habit. Use yourself as a cautionary tale to explain how you formed a bad habit and the struggle you have potentially faced in an attempt to quit.
- Share the adverse effects of tobacco. Begin talking with your children about the dangers of smoking when they're as young as 5 or 6 years old. Let them know from an early age that smoking causes lifelong harm to the body and many diseases, including deadly cancers.  
Emphasize the effects it can have on their appearance, such as stained teeth, premature wrinkles, thinning hair and yellow fingers.

—Dr. Sai Nimmagadda

If you ask a group of teens what they've heard about vaping, most believe that, 'it's just water vapor and flavors' or that there is 'no nicotine.' When the perception of risk goes down, use goes up.

First, it's not a water vapor that users are inhaling—it's a chemical-filled aerosol. This is an important distinction because the particles in an aerosol, are so fine that they can bypass the lung's filtering system. That means the toxic chemicals being heated and inhaled while vaping can go deeper into user's lungs than the smoke from traditional cigarettes.

The following chemicals have been found in 'e-liquids':

- Propylene glycol: found in antifreeze products
- Acetone: commonly used in nail polish remover and paint thinner
- Formaldehyde: used as an embalming fluid to preserve human and animal remains
- Vegetable Glycerin: vegetable oil, approved by FDA for oral consumption, NOT approved to be inhaled
- Diacetyl: chemical flavoring, linked to popcorn lung

This is just a small sampling of the potentially harmful chemicals present in electronic nicotine delivery systems; many have been linked to increased cancer rates among traditional cigarette and cigar users.

The harmful effects of one substance found in vaping devices...nicotine.

—Katie Greeley and  
Maria  
Rahamandar

Nicotine is addictive, and developing teenage brains are especially vulnerable. We know that teenagers are at a higher risk for addiction and that 90 percent of adult tobacco users became addicted to nicotine during adolescence.

In fact, even limited monthly tobacco use can lead to addiction in adolescents, and, once addicted, it is harder for a teen to quit using nicotine than an adult.

—Katie Greeley and  
Maria  
Rahamandar

When I put my nose in a glass, it's like tunnel vision. I move into another world, where everything around me is just gone, and every bit of mental energy is focused on that wine.

—Robert M. Parker, Jr.

I am more afraid of alcohol than of all the bullets of the enemy.

—Thomas J. Jackson

Whether older drinkers are destined for worse hangovers is up for debate. A global survey of 51,645 adults, ages 18 to 94, found that the odds of experiencing nine hangover symptoms after consuming five or more drinks decreases with age.

Why? 'It's possible the older adults in the survey were more experienced drinkers and learned behaviors like pacing to avoid hangovers,' says study researcher Richard Stephens of Keele University in the U.K.

—Selene Yeager

An alcoholic is someone you don't like who drinks as much as you do.

—Dylan Thomas

Drugs? Every one has a choice and I choose not to do drugs.

—Leonardo DiCaprio

2,500 American try cocaine for the first time each day.

—*seriousfacts.com*

Alcohol is necessary for a man so that he can have a good opinion of himself, undisturbed by the facts.

—Finley Peter Dunne

The problem with some people is that when they aren't drunk they're sober.

—William Butler Yeats

Addiction flourishes in where self-knowledge—and therefore divine knowledge—are missing.

—Gabor Maté

I'll never feel comfortable taking a strong drink, and I'll never feel easy smoking a cigarette. I just don't think those things are right for me.

—Elvis Presley

Drinking too much alcohol killed more than 3 million people in 2016, mostly men. Current policy responses are not sufficient to reverse trends predicting an increase in consumption over the next 10 years.

—*World Health  
Organization*

Around a third of alcohol-related deaths were a result of injuries, including car crashes, and self-harm, while about 1 in 5 were due to either digestive disorders or cardiovascular diseases. Cancers, infectious diseases, mental disorders and other health conditions were also to blame.

—*World Health  
Organization*

Far too many people, their families and communities suffer the consequences of the harmful use of alcohol through violence, injuries, mental health problems and diseases like cancer and stroke.

—Tedros Adhanom  
Ghebreyesus

Not all addictions are rooted in abuse or trauma, but I do believe they can all be traced to painful experience. A hurt is at the centre of all addictive behaviours. It is present in the gambler, the Internet addict, the compulsive shopper and the workaholic. The wound may not be as deep and the ache not as excruciating, and it may even be entirely hidden—but it's there....the effects of early stress or adverse experiences directly shape both the psychology and the neurobiology of addiction in the brain.

—Gabor Maté

It is critical that parents and other trusted adults initiate conversations with kids about underage drinking well in advance of the first time they are faced with a decision regarding alcohol.

—Xavier Becerra



In my travels, I have noticed that in some countries drinking has become a national pastime. If you don't drink, they look at you as if there is something wrong. Their motto is: 'It doesn't matter how bad your English is, as long as your Scotch is good.' If a banker asked them what their liquid assets are, they would bring two bottles of Scotch.

—Shiv Khara

While humans have the propensity to develop a suite of prosocial behaviors, they are also capable of developing antisocial behavior, engaging in substance abuse, experiencing depression, and bearing children at an early age...Young people who develop aggressive behavior tendencies are likely to develop problems with tobacco, alcohol, and other drug use; to fail academically; to have children at an early age; and to raise children likely to have the same problems.

—Anthony Biglan

The tobacco control movement provides a good model for how to achieve massive societal changes. In 1965, over 50 percent of men and 34 percent of women smoked. By 2010, only 23.5 percent of men and 17.9 percent of women were smoking (CDC 2011). These numbers represent one of the twentieth century's most important public health achievements.

—Anthony Biglan

Hit the bottom and get back up; or hit the bottle and stay down.

—Anthony Liccione

Life expectancy in the United States is falling significantly behind other developed nations, as a rise in deaths due to drugs, alcoholism and suicide is offsetting the longer life spans of healthy seniors, according to two studies published this summer in the medical journal BMJ.

The U.S. ranked last in life expectancy among developed nations through 2015, and is the only one of 18 countries with an average life span that is less than 80 years. Japan ranked first with a life expectancy of 84 years. Several European nations along with Canada and Australia topped the American life expectancy, 78.9 years. A related study found that a rapid rise in drug-related early deaths was part of the reason—but only part. 'There are increasing death rates from stress-related conditions,' said lead author Steven H. Woolf, M.D., of Virginia Commonwealth University. For example, we're seeing an increase in death rates from alcohol-related illnesses, increases in the suicide rate. We're seeing a pervasive trend where mortality rates are climbing for Americans.'

—AARP Bulletin (2018)

No one else ‘makes’ us do anything. They can’t make us nag them, or make us angry, or make us have to strike out at them, or make us drink alcohol, or make us yell at them, or anything else. We are responsible for our choices, including our responses and reactions.

—Cathy Burnham  
Martin

The pressure to succeed at all costs has boosted cheating levels in college to record levels also. A graduate of San Francisco’s independent Urban School, whom we’ll call Ellen, now a junior at the University of Southern California, says, ‘Everyone cheats. There is no cushion, so you have to do well; there isn’t a choice. In college, there is no room for error. You cannot fail. You refuse to fail. People become desperate, so they’ll do anything to do well. That’s why people resort to paying others to do their papers. Because you feel: Mess up once and you are screwed. The end.’

Tests are a big part of the grade in college, she says, and those are largely multiple-choice, which were a rude shock to someone coming from a progressive high school. ‘It’s just memorization,’ says Ellen. ‘I came from Urban, where I was taught to bask in the glory of learning something, not to just sit down the night before with a bunch of kids on Adderall and go through the 30-page study guide and memorize as much as I can. And you can say that taking a drug to stay up so you can study is another form of cheating.’

—Regan McMahon

...the widespread use by high school and college student of the drugs Adderall and Ritalin, normally prescribed to kids diagnosed with attention deficit disorder. Students without the disorder find them easy to obtain legally (college students often use the phrase ‘I’m having a little trouble focusing’ at the campus health center to get a prescription) or illegally from students sharing their prescription or selling pills for profit. Ellen says some college students will trade marijuana for Adderall.

Pope says use of stimulants is on the rise in high school, and more and more kids are using them to take the SAT. As in the debate over the use of steroids in sports, some students don’t feel it’s morally wrong—because it’s still your brain at work—and are ignoring the health risks of taking a drug not meant for them, with no monitoring of dosage or side effects by a doctor....It was No-Doz and caffeine. Now, especially in the past five years, it has switched to Adderall, Ritalin and illegal stimulants.

A lot of students’ philosophy is ‘Cheat or be cheated.’ So many of their friends are cheating, they figure they’d be a chump not to. ‘If you’re the one honest kid, you’re actually going to get the lower grades or the lower test scores.’

—Denise Pope

Alcohol use among American teenagers is a problem of epidemic proportion. Alcohol is a drug—the drug of choice of adolescents and adults. Abuse of this drug is responsible for death and injury in automobile accidents, physical and emotional disability, loss of productivity amounting to millions of dollars annually, deterioration of academic performance, aggressive and disruptive behavior causing problems with family and friends, and individual financial ruin. It also is a primary cause of much criminal behavior and a leading cause of broken homes.

—Lowell Horton

Despite the problems caused to young and old by alcohol, society sends a mixed signal to its youth. The media present beer drinking with peers as not only acceptable behavior but almost mandatory in order to ensure friendship and good times. Wine is presented as a sophisticated and romantic beverage, which is drunk in a setting of dim lights, soft music, and expensive decor. Hard liquor is portrayed as the perfect drink to top off a day and to be enjoyed with the glamorous company of the opposite sex. We joke and laugh about alcohol consumption, our own and others. Drunks are funny. Parents and teachers look forward to their 'happy hour' at the end of the work day. We use euphemisms to avoid the reality of alcohol abuse. We seldom say we are going to get drunk; instead we talk about 'partying.' We prefer to say that we, or someone else, is bombed, blitzed, smashed, or zonked rather than to call it what it is—drunk.

—Lowell Horton

A hangover is just your body reminding you that you're an idiot.

—*facebook.com/auntiacid*

Vodka is fluid, but is what could rightly be classed as a deceptive fluid. It's as harmful a looking thing as a nice gourd full of branch water. But when you start sampling it your eyes begin expanding, and your ears begin to flopping like a mule. It's the only drink where you drink and try to grit your teeth at the same time. You don't have to wait for it to act. By the time it's reached the adams apple it has acted. A man stepping on a red hot poker shows no more immediate animation. It's the only drink where you can hit the man that handed it to you before he can possibly get away. You don't go through that period where people say, 'Silas is getting tight.' Say brother, when Silas lifts that glass, Silas is not getting tight, Silas is out. It's a time saver. It should especially appeal to Americans. There's nothing so dull in American life is that when a drinker is just at that annoying stage. He is a pest to everybody, but vodka eliminates that, you are never at that pest period.

—Will Rogers

Listen. If DRUNK ME said or did something to upset you, you gotta take it up with drunk me. SOBER ME wasn't there and doesn't want to get involved.

—Internet Meme

Don't forget you're always fighting. The other fellow is booze. You're evading, always evading, but one of these days, unless you're careful, he's going to nail you.

—Jimmy Breslin

A...poll conducted by USA Today tell us that alcohol abuse can be directly attributed to a 'lack of self-esteem, a desire to fit in and peer pressure.' Teens surveyed add that, 'It's 'cool' to appear older. Older people drink.' Additionally, 'There's peer pressure to get that fake ID. All my friends got their fake ID by (age) 15.' One girl states that 'people never look for good, down-home, just plain happiness any more. They look for what everyone else is going to think looks good.'

—Pat Ordovensky

Not smoking is not an achievement. Like virginity, it comes standard.

—Mokokoma

Mokhonoana

Told my dad I ran out of alcohol and didn't have any money to buy any for the weekend...so he have me the huge bottle of vodka from the cupboard that I stole and replaced with water when I was 16...life really does come back to bite u in the ass.

—Internet Meme

Warning: The consumption of alcohol may leave you wondering what happened to your bra and panties.

—Internet Meme

Barney: 'My name is Barney, and I'm an alcoholic.'

Troop Leader: 'Mr. Gumble, this is a Girl Scout meeting.'

Barney: 'Is it? Or is it that you girls can't admit you have a problem?'

—Barney Gumble from  
*The Simpsons*

The most expensive part of having kids is all the wine you have to drink.

—someecards.com

Four earthworms are placed in four separate test tubes:

1st in beer

2nd in wine

3rd in whiskey

4th in mineral water

The next day, the teacher shows the results:

The 1st worm in beer, dead.

The 2nd in wine, dead.

The 3rd in whiskey, dead.

The 4th in mineral water, alive and healthy.

The teacher asks the class, 'What do we learn from this experiment?'

A child responds, 'Whoever drinks beer, wine and whiskey, will not get worms.'

—*reddit.com*

The drinking, the skipping school—all of it—was about regaining some sort of control. That night I felt there just might be enough magic in the world to help me through constant upheaval and loss. What I didn't realize was that the more I drank, the less in control I was.

—Sasha Martin

Teenage drinking has been declining since 1999, but students vastly overestimate their classmates' use of alcohol, drugs, and cigarettes. For example, a study conducted at a Midwestern high school when teenage alcohol use was peaking found that students believed that 92% of their peers drank alcohol and 85% smoked cigarettes. When researchers surveyed the school to unearth the actual statistics, they learned that 47% of students had consumed alcohol and 17% smoked.

—Alexandra Robbins

She's not very old but the cigarettes help her to feel like she is.

—Samantha Hunt

The other day someone told me that I could make ice cubes from left over wine. I was confused...what is left over wine?

—<http://yosemitewinetails.com>

Nearly 40% of iGen high school seniors in 2016 had never tried alcohol at all, and the number of 8th graders who have tried alcohol has been cut nearly in half.

—Jean M. Twenge

Kids will take shots of white strong liquor, they will smoke weed wrapped in thick blunts, they will even take Ecstasy or prescription pain pills, but they will not casually pull out an eight-ball of coke and push it across the table at a house party. Why? Because the specter of the cousin or the uncle or aunt or the mother or father who couldn't stop partying, whose teeth are burned brown from the pipe, sits next to them at the table. Young people who do coke lie about it, attempt to hide it, and often fight it.

—Jesmyn Ward

Plato forbids children wine till eighteen years of age, and to get drunk till forty; but, after forty, gives them leave to please themselves, and to mix a little liberally in their feasts the influence of Dionysos, that good deity who restores to younger men their gaiety and to old men their youth...fit to inspire old men with mettle to divert themselves in dancing and music; things of great use, and that they dare not attempt when sober.

—Michel de Montaigne

Though I look old, yet I am strong and lusty; for in my youth I never did apply hot and rebellious liquors in my blood; and did not, with unbashful forehead, woo the means of weakness and debility: therefore my age is as a lusty winter, frosty but kindly.

--William Shakespeare

Carrots may improve your vision, but alcohol will double it.

—Internet Meme

Prohibition only drives drunkenness behind doors and into dark places, and does not cure it or even diminish it.

—Mark Twain

It only takes 6 minutes for brain cells to react to alcohol.

—Internet Meme

In the absence of the connection and meaning that family provides, unmarried men are less healthy—alcohol and drug abuse are common—earn less, and die sooner than married men.

—Kay Hymowitz

WARNING: Alcohol consumption will make you believe you're whispering. I assure you, you are not.

—Internet Meme

Life is not a fairy tale. If you lose your shoe at midnight, you're drunk.

—*crafty.diply.com*

It is not for kings to drink wine, neither is strong drink for rulers, lest he drink and forget what was made law.

—*The Book of Proverbs*

Three things that will enslave you are an addiction, being in debt, and having children before you're ready to settle down and support them.

—James Taylor

Pot itself has nothing to do with pots and pans, but comes from the Mexican-Spanish word *potiguaya*, which means marijuana leaves. And marijuana is a Mexification of 'Mary Jane' for reasons that everybody is much too stoned to remember.

—Mark Forsyth

Coffee is one of the few socially acceptable addictions.

—Internet Meme

I was frightened by what was happening...I knew what it was like to keep secrets, to get a big glug down before someone comes into the room, to brush your teeth a lot, and to worry the booze in the glass is still moving when a person comes into the room.

—Anne Lamott

I knew I was an alcoholic when I was 23. I'd first gotten drunk with a bunch of girls when I was 14. We had a number of drinks, and they stopped drinking after about three. They were drunk and didn't want to get any drunker. And I just wanted to get drunker.

—Anne Lamott

I know if I start drinking again, I'll lose [my son] Sam. This disease is fatal and progressive, and my chemotherapy is not to drink, one day at a time, and to spend time with other recovering alcoholics and talk about it. I take my chemotherapy almost every day: prayer and meditation.

—Anne Lamott

Countries with higher cigarette-usage rates have longer life expectancies, not because smoking prolongs life but because it is more popular in wealthier nations. This tendency to draw faulty conclusion about individual health using data about large geographical regions is called the ecological fallacy.

—Ed Yong

Philosophy teaches how man thinks he thinks; but drinking shows how he really thinks.

—Rene Daumal

It is my advice to anyone getting married, that they should first see the other partner when drunk.

—Muriel Spark

The floor seemed wonderfully solid. It was comforting to know I had fallen and could fall no further.

—Sylvia Plath

I don't use drugs, my dreams are frightening enough.

—M.C. Escher

I drank to drown my sorrows, but the damned things learned how to swim.

—Frida Kahlo

My doctor told me the story of these two brothers whose dad was a bad alcoholic. One brother grew up to be a successful carpenter and never drank. The other brother ended up being a drinker as bad as his dad was. When they asked the first brother why he didn't drink, he said that after he saw what it did to his father, he could never bring himself to even try it. When they asked the other brother, he said that he guessed he learned how to drink on his father's knee. So, I guess we are who we are for a lot of reasons. And maybe we'll never know most of them. But even if we don't have the power to choose where we come from, we can still choose where we go from there. We can still do things. And we can try to feel okay about them.

—Stephen Chbosky



If you hate your parents, the man or the establishment, don't show them up by getting wasted and wrapping your car around a tree. If you really want to rebel against your parents, out-learn them, outlive them, and know more than they do.

—Henry Rollins

One tequila, two tequila, three tequila, floor.

—Internet Meme

I looked at myself in the bathroom mirror for that as-seen-on-TV 'I'm about to stop drinking' gaze. Bags under my eyes. Face puffy. Belly bloated. Head cloudy. Yesterday's mascara flaked onto my cheeks. The previous 15 years filled with chugging Jack Daniels from the bottle, countless blackouts, heartbreak, drunken driving, and getting expelled from school flashed before me. You're 29. This party girl lifestyle isn't cute anymore. Maybe it was never cute.

—Tawny Lara

Hallucinations are bad enough. But after awhile you learn to cope with things like seeing your dead grandmother crawling up your leg with a knife in her teeth. Most acid fanciers can handle this sort of thing. But nobody can handle that other trip—the possibility that any freak with \$1.98 can walk into the Circus-Circus and suddenly appear in the sky over downtown Las Vegas twelve times the size of God, howling anything that comes into his head. No, this is not a good town for psychedelic drugs.

—Hunter S. Thompson

18: Can I buy a bottle of wine?

USA: No, that's illegal & irresponsible.

18: Can I go \$50,000 into debt for education?

USA: We encourage it.

—Internet Meme

The Mayflower landed at Plymouth Rock because, the crew feared, the Pilgrims were going through the beer too quickly. The ship had been headed for the mouth of the Hudson River, until its sailors (who, like most Europeans of that time, preferred beer to water) panicked at the possibility of running out before they got home, and threatened mutiny. And so the Pilgrims were kicked ashore, short of their intended destination and beerless.

—Kate Julian

George Washington first won elected office, in 1758, by getting voters soused. (He is said to have given them 144 gallons of alcohol, enough to win him 307 votes and a seat in Virginia’s House of Burgesses.) During the Revolutionary War, he used the same tactic to keep troops happy, and he later became one of the country’s leading whiskey distillers. But he nonetheless took to moralizing when it came to other people’s drinking, which in 1789 he called ‘the ruin of half the workmen in this country.

—Kate Julian

Actual bars have decreased in number, but drinking is acceptable in all sorts of other places it didn’t used to be. Salons and boutiques dole out cheap cava in plastic cups. Movie theaters serve alcohol, Starbucks serves alcohol, zoos serve alcohol. Moms carry coffee mugs that say things like THIS MIGHT BE WINE, though for discreet day-drinking, the better move may be one of the new hard seltzers, a watered-down malt liquor dressed up—for precisely this purpose—as a natural soda.

—Kate Julian (2021)

From 1999 to 2017, the number of alcohol-related deaths in the U.S. doubled, to more than 70,000 a year—making alcohol one of the leading drivers of the decline in American life expectancy.

—Kate Julian (2021)

Why do we drink....? Part of the reason is ‘Because it is fun.’ Drinking releases endorphins, the natural opiates that are also triggered by, among other things, eating and sex. Another part of the answer is ‘Because we can.’ Natural selection has endowed humans with the ability to drink most other mammals under the table. Many species have enzymes that break alcohol down and allow the body to excrete it, avoiding death by poisoning. But about 10 million years ago, a genetic mutation left our ancestors with a souped-up enzyme that increased alcohol metabolism 40-fold.

—Kate Julian

There is truth in wine and children.

—Plato

We get drunk because we are a weird species, the awkward losers of the animal world and need all of the help we can get.

—Edward Slingerland

The damage done by alcohol is profound: impaired cognition and motor skills, belligerence, injury, and vulnerability to all sorts of predation in the short run; damaged livers and brains, dysfunction, addiction, and early death as years of heavy drinking pile up.

—Edward Slingerland

Intoxicants offer a chemical shortcut to wu-wei—by suppressing our conscious mind, they can unleash creativity and also make us more sociable.

—Edward Slingerland

Fallen grapes that have fermented on the ground are about 3 percent alcohol by volume. Beer and wine run about 5 and 11 percent, respectively. At these levels, unless people are strenuously trying, they rarely manage to drink enough to pass out, let alone die. Modern liquor, however, is 40 to 50 percent alcohol by volume, making it easy to blow right past a pleasant social buzz and into all sorts of tragic outcomes.

—Kate Julian

Although we tend to think of alcohol as reducing anxiety, it doesn't do so uniformly....If you packaged alcohol as an anti-anxiety serum and submitted it to the FDA, it would never be approved.

—Michael Sayette

In the rare experiments that have compared social and solitary alcohol use, drinking with others tends to spark joy and even euphoria, while drinking alone elicits neither—if anything, solo drinkers get more depressed as they drink.

—Kasey Creswell

Solitary drinking—even with one's family somewhere in the background—is uniquely pernicious because it serves up all the risks of alcohol without any of its social perks. Divorced from life's shared routines, drinking becomes something akin to an escape from life.

—Kate Julian

By kicking the party out of saloons, the Eighteenth Amendment had the effect of moving alcohol into the country's living rooms, where it mostly remained. This is one reason that, even as drinking rates decreased overall, drinking among women became more socially acceptable. Public drinking establishments had long been dominated by men, but home was another matter—as were speakeasies, which tended to be more welcoming.

—Christine Sismondo

Despite widespread consumption of alcohol, Italy has some of the lowest rates of alcoholism in the world. Its residents drink mostly wine and beer, and almost exclusively over meals with other people. When liquor is consumed, it's usually in small quantities, either right before or after a meal. Alcohol is seen as a food, not a drug. Drinking to get drunk is discouraged, as is drinking alone. The way Italians drink today...is about as far as you can get from the way many people drink in the United States.

—Kate Julian (2021)

In 1830, when American liquor consumption hit its all-time high, the average adult was going through more than nine gallons of spirits each year. Most of this was in the form of whiskey (which, thanks to grain surpluses, was sometimes cheaper than milk), and most of it was drunk at home. And this came on top of early Americans' other favorite drink, homemade cider. Many people, including children, drank cider at every meal; a family could easily go through a barrel a week. In short, Americans of the early 1800s were rarely in a state that could be described as sober, and a lot of the time, they were drinking to get drunk.

—W.J. Rorabaugh

Although both men and women commonly use alcohol to cope with stressful situations and negative feelings, research finds that women are substantially more likely to do so. And they're much more apt to be sad and stressed out to begin with: Women are about twice as likely as men to suffer from depression or anxiety disorders—and their overall happiness has fallen substantially in recent decades.

—Kate Julian (2021)

Drugs don't love you.  
Drug dealers don't love you.  
The lifestyle doesn't love you.  
But all of it will take you away from the people that do.

—Internet Meme

Alcohol's impact on cancer is often unknown or overlooked, so we need increased public awareness of the link between alcohol and cancer, and policies to decrease overall alcohol consumption to prevent the burden of cancers and other diseases attributable to alcohol.

—Harriet Rungay

Tobacco was surely designed to poison and destroy mankind.

—Philip Freneau

Alcohol is estimated to have caused more than 740,000 cancer cases around the world last year....There is strong evidence that alcohol consumption can cause various cancers including those of the breast, liver, colon, rectum, oropharynx, larynx and oesophagus. Research suggests that even low levels of drinking can increase the risks.

—Nicola Davis (2021)

Drunk driving has been illegal in the United States since automobiles became common place. Yet laws against drunk driving went lightly enforced until the 1980s. Police and courts treated drunk drivers leniently. The offenders seemed so remorseful. Had they not suffered enough?

That practice of leniency began to change in 1980, with the founding of *Mothers Against Drunk Driving* by one determined woman, Candy Lightner, who had lost her daughter to a repeat hit-and-run driver. From Fair Oaks, California, MADD spread across the nation. Before it pressured politicians to amend laws, before it persuaded courts and police to enforce those laws, it enabled those reforms by working directly on public attitudes. *MADD* convinced American drivers that they were not weak or unmanly if they surrendered the car keys after drinking too much. *MADD* empowered the families and friends of those drivers to insist that the keys be surrendered.

—David Frum

P2P meth use was quickly causing steep deterioration in mental health. These symptoms were always similar: violent paranoia, hallucinations, conspiracy theories, isolation, massive memory loss, jumbled speech. Methamphetamine is a neurotoxin—it damages the brain no matter how it is derived. P2P meth seems to create a higher order of cerebral catastrophe.

—Sam Quinones

Homeostasis keeps us alive and healthy. But it also explains why drugs and alcohol work as they do, as opposed to how we wish they would. While that first dose of a new recreational substance might give you great pleasure, your previously naïve brain quickly learns to sense an assault on its equilibrium and fights back by neutralizing the effect of the entering drug, making it impossible to get the first feeling back. Addiction is in part a byproduct of homeostasis: as the brain becomes used to continual drug-induced production of dopamine—the neurotransmitter of pleasure, which plays a large role in nearly all addictive behaviors—it deeply curtails ordinary production, making another hit necessarily simply to feel normal.

—David C. Brooks

If you feel better when you're not drinking, your body is telling you something.

—George F. Koob

If you're dating someone who is often unable to handle their alcohol (and not just on one occasion), or they drink and use substances in excess, they could potentially have an addiction. The first step, in this case, is a serious conversation. If your partner has a binge drinking problem and refuses help, consider this a dealbreaker—it's like waiting for a time bomb to go off. On the other hand, if they can recognize the problem and actually get help, this could deepen your relationship.

—Tessa Petak

No one gets sober unless they want to. Not if you beg them. Not if you shame them. Not if you use reason, emotion, or tough love. There's only one thing that makes someone get sober: their own realization that they need to do it.

—<https://americasbestpics.com>

Our ability to perceive the effects of alcohol diminishes after age 50. We are less able to sense whether our reflexes or balance has been diminished, so we don't gauge our sobriety as accurately. 'Just like our eyesight might fail or hearing might fail, our perceptions are failing,' [Alexis] Kuerbis tells me. 'We can't sense that we're getting more intoxicated as we age. We think we're fine.'

—Bill Stieg

The old trick of alternating drinks with something nonalcoholic can help you pace yourself, but that system may indicate you're still planning on drinking too much in one session and risking harm to your liver.

—George F. Koob

How much is too much? The old standby maximum of 14 drinks per week for men and seven for women is still a good guide. But drinking at levels beyond that accelerates some of the aging process in the brain. Our brains normally start shrinking in middle age, but older people who drink too much show marked loss of volume in the frontal cortex, a 2018 study found. The frontal cortex controls our executive function. Impulsive and compulsive behavior can be affected and lead to alcohol misuse. It's a vicious cycle: alcohol misuse can speed up aging, and that aging process can lead to more alcohol misuse.

—George F. Koob

There's strong evidence that drinking alcohol can cause seven types of cancer, and the more someone drinks, the greater their risk. There's no safe level of drinking, but whatever your drinking habits, cutting down can reduce your risk of cancer.

—Michelle Mitchell

One more drink and I'd have been under the host.

—Dorothy Parker

Drinking isn't necessarily the same as wanting to die. But you can't drink without thinking you're killing yourself.

—Marguerite Duras

What stops you killing yourself when you're intoxicated out of your mind is the thought that once you're dead you won't be able to drink any more.

—Marguerite Duras

There are 200 medical conditions that are worsened by alcohol, including the obvious, such as liver disease, as well as some that are not so obvious, like cancers, especially oral cancers. Others include high blood pressure, immune system disorders, stroke risk and diabetes. Alcohol even contributes to wrinkles by impairing your skin's antioxidant defense system. And the notion that alcohol helps of sleep is bass-ackward—it may make us drowsy, but it wrecks the quality of our sleep.

—George F. Koob

Nobody ever stops drinking until the cost of drinking becomes higher than the cost of not drinking.

—Isabelle Holland

Almost all [Americans] are at odds with themselves; drink offers a remedy for this inner malady of which boredom is the most usual sign: as drinking is accepted by society, it does not appear as a sign of their inability to adapt themselves; it is rather the adapted form of inadaptability.

—Simone de Beauvoir

Why is it that one has to drink?  
Why is it that one's hosts should think  
It queer these days if guests prefer  
A respite? Doesn't it occur  
To anyone that no offense  
Is meant by harmless abstinence?

—Margaret Fishback  
(1935)

Druggies don't keep their looks any longer than they keep their promises.

—Liza Cody

The only merciful thing about drug abuse is the speed with which it devastates you. Alcoholics can take decades to destroy themselves and everyone they touch. The drug addict can accomplish this in a year or two. Of course, suicide is even more efficient.

—Rita Mae Brown

Of all the tyrannies which have you usurped power over humanity, few have been able to enslave the mind and body as imperiously as drug addiction.

—Freda Adler

The era of psychopharmacology has dawned and with it the offer of the ‘chemical vacation,’ not however without the hazards of the road.

—Judith Groch

I was into pain reduction in mind expansion, but what I’ve ended up with is pain expansion and mind reduction.

—Carrie Fisher

Wheat makes beer. Corn makes whiskey. Grapes make wine. Potatoes make vodka. Can’t get drunk without farmers.

—Internet Meme

Clea was a woman who adored love. Hormones had always been her recreational drug of choice.

—Lisa Alther

The success of life, the formation of character, is in proportion to the courage one has to say to one’s ownself: ‘Thou shalt not.’

—Carry Nation (1905)

Nobody should smoke cigarettes—and smoking with an ulcer is like pouring gasoline on a burning house.

—Sara Murray Jordan

To think there are men who dare so defile a church, a sacred sanctuary dedicated to God. We have to hold up our skirts and walk tiptoe, so covered is the floor, the aisle and pews, with the dark shower of tobacco juice.

—Mary Boykin Chestnut  
(1865)



Of tobacco and its consequences, I will say nothing but that the practice is at too bad a pass to leave hope that anything that could be said in books would work a cure. If the floors of boarding houses, and the decks of steam-boats, and the carpets of the Capital, do not sicken the Americans into a reform; if the warnings of physicians are of no avail, what remains to be said? I dismiss the nauseous subject.

—Harriet Martineau  
(1837)

Is a nightly glass of wine good for my brain? No, it's not. A study of more than 25,000 people in the United Kingdom showed that any alcohol consumption at all had a negative affects on brain volume and structure—that those who binge drink or who are overweight with high blood pressure are more susceptible. The study's key take away: 'No safe dose of alcohol for the brain was found.'... Is red wine good for my heart? No. *The American Heart Association* does not recommend drinking any form of alcohol to gain health benefits. 'Occasional alcohol is probably not going to have a large impact on your cardiovascular health,' says Luke Laffin, M.D., codirector of the *Center of Blood Disorders* at the *Cleveland Clinic*. 'More than one drink daily for women and two for men, however, could raise your risk.

—Mike Zimmerman

How about legal marijuana? Is it safe? Not as safe as it once was. A meta-analysis of studies found that pot potency—its THC level, specifically—rose 24 percent from 1975 to 2017. A review of studies of people 50 and up found that higher doses of THC were associated with more thinking and perception issues.

—Mike Zimmerman

I got 'very drunk' during a Passover celebration at the age of 7, laying the groundwork for a pattern of alcohol dependence throughout [my] youth and adulthood. When I drank, I didn't know what drama I would find, but I knew it was drama that I would feel. I needed it. I looked forward to it. It was always my way out. I have been raped, multiple times, because I was too drunk to say the words 'Please. Stop,' It was always awful, and it was always wrong, and I came out of each event quiet and ashamed.

—Selma Blair

You can't really tell how drunk you actually are. People in drinking environments often judge their own level of intoxication based on the behavior of those around them. If everyone is acting belligerent, you may feel capable of drinking more- but when surrounded by sober people, you'll likely overestimate your drunkenness and end up drinking less.

—Annalee Newitz

If the art is not in the artist, then taking drugs will not result in art.

—Stephen J. Spignesi  
and Michael Lewis

Drugs are a carnival in hell.

—Edith Piaf



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