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# Do you confuse your friends?

By Jim Koenig

When writing the folks and civilian friends back home, soldiers should be careful of the language they use. For example:

Well we just returned from REFORGER and man was it rough, ten times as hard as an ARTEP or PTX.

Anyway I'm on CQ so tomorrow I'm off. I guess I'll go to the PX and see what AAFES has to offer.

I talked with the PSNOD yesterday and he says I can't get an ITT because of my DEROS. Guess I'll just PCS and take a MAC flight home. I'll ETS in December.

My NCO told me I'll be the XO's driver when he goes TDY next week. We will be going all over USAREUR, I'm really excited. The XO is a great guy, he's an OCS grad and has a CIB on his chest.

We have a EDU inspection and TA-50 lay out this month. The CO says we better have it all squared away or we'll get an Article 15.

Last month my LSG gave me time off to get my GED. It was great to get off the RATT Rig for a while. Since I've got my GED I'm gonna take out an EDSAV allotment so I can go to college if I don't RE-UP.

Sorry I haven't called since BCT and AIT. I'm gonna try to contact you through MARS so look for my call.

Well gotta go now. We have PT at 1630 and then a GI party to square the billets away for the CG's inspection tomorrow. Your friend, Joe

Get the point?

# How much is too much alcohol? It depends

By Ralph Thoma's

How much is too much alcohol? The answer to this question depends on which researcher you are studying. Some investigators work on the premise that any amount of alcohol will cause damage, while others, who seem to more properly understand what the body can handle and metabolize, suggest eighty grams of absolute alcohol (about 2 quarts of five percent beer) is about where you really start hurting yourself at any one time. In combination with other drugs, particularly downers, you can cut this minimum figure considerably, and even add the possibility of overdose.

Despite the diseases, the nutritional deficiencies, and the tendency towards addiction, what the alcohol scene seems to amount to today in terms of street people is that, as a drug of choice, it is not the least harmful recreation. We all know about the horrors of alcoholism, and we know from one to a dozen alcoholic hypocrites who condemn other chemical

substances entirely on the base of legality, rather than actual known harm.

On the other hand, if we had a drug free world, it would be great. Then all you'd have to worry about is food additives, even in your "health" foods, not to mention uncontrollable outside pollutants, etc. If you can lead such a good life, more power to you. If you can't, and this includes the majority of people, you are going to have to do some very heavy thinking about this "drug of choice". With the drinking age lowered in most states, this is even more critical an issue than ever before in modern history.

The moral of this story is, if you choose alcohol, choose also moderation. And please pay attention to the fact that lots of other chemicals react violently with the booze you may be drinking in combination. (Sgt. Thoma's is the alcohol and drug abuse NCO for the 32nd Signal Battalion.)