

R A BYLZVTCZC HANG1

AM-HANGOVERS, BJT-2 TAKES, 420-640

LASERPHOTO CARTOON UPCOMING

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NEW YORK AP - THE HANGOVER, THAT BANE OF THE DRINKER'S MORNING, IS AS OLD AS THE GRAPE, AS INEVITABLE AS THIRST AND AS INCURABLE AS HUMAN FOLLY.

YET THE DESIRE TO HAVE ONE'S CHAMPAGNE AND DRINK IT, TOO, HAS CAPTURED THE IMAGINATION OF DRINKERS FOR CENTURIES.

AND THEY HAVE PURSUED THE HANGOVER CURE, THE REMEDY, THE PREVENTIVE MEASURE WITH ALMOST AS MUCH ZEAL AS THEY HAVE THE INTOXICANT ITSELF.

IMBIBING OIL OR MILK BEFORE THE SERIOUS DRINKING STARTS, OR, THE NEXT DAY, RESORTING TO THE HAIR OF THE DOG, OR EVEN, SOME SWEAR, A BIT OF PICKLED HERRING - ARE ALL SAID TO BE HELPFUL IN AVOIDING OR BLUNTING THE PAIN, IF NOT THE REMORSE.

1) 'THERE REALLY IS NO CURE FOR THE HANGOVER, EXCEPT NOT TO GET ONE IN THE FIRST PLACE, OR TO SLEEP IT OFF,' SAID DR. MAXIM ASA, PHYSIOLOGIST AND DIRECTOR OF THE NEW YORK STRESS AND RESEARCH CENTER, INC., WHICH WILL CONDUCT A PRE-NEW YEAR'S EVE HANGOVER CLINIC.

IN AN INTERVIEW, HE CALLED DRINKING TOO MUCH 'AN ASSAULT UPON THE BODY, A TREMENDOUS SHOCK TO THE ORGANISM,' AND SAID THAT A HANGOVER IS THE EXPERIENCE OF WITHDRAWAL FROM A DRUG.

'MOST PEOPLE DON'T PREPARE THEMSELVES FOR NEW YEAR'S EVE,' SAID ASA, A FORMER ISRAELI OLYMPIC DECATHLON CHAMPION AND DEVELOPER OF ISOMETRIC EXERCISES. 'BUT THERE ARE NUMEROUS PRECAUTIONS THAT CAN BE TAKEN THAT WILL HELP PEOPLE HAVE A MORE ENJOYABLE TIME AND NOT EXPERIENCE THE PAIN OF EXCESSIVE DRINKING.'

2) PROTEIN RETARDS ABSORPTION OF ALCOHOL, HE SAID, AND THEREFORE BEFORE DRINKING, IT IS WISE TO EAT A HEARTY MEAL, STEAK OR BACON AND EGGS. HE ALSO SUGGESTED A GLASS OF MILK, PERHAPS MIXED WITH PROTEIN-RICH EGGS, OR EGG WHITES.

3) A NORMAL BODY METABOLIZES AN OUNCE OF ALCOHOL IN LESS THAN AN HOUR, SO THAT IT IS IMPORTANT TO SPACE DRINKS OVER THE EVENING.

ASA POINTED OUT THAT 1 OUNCE OF VODKA, WHICH IS 60 PERCENT ALCOHOL, IS EQUIVALENT TO 3 OUNCES OF SHERRY AT 20 PERCENT, OR 5 OUNCES OF WHITE WINE AT 12 PERCENT OR 12 OUNCES OF BEER AT 5 PERCENT ALCOHOL.

4) HE ALSO SAID THAT IT DOESN'T MATTER WHETHER ONE DRINKS WINE, HARD LIQUOR, OR MIXES ONE'S DRINKS. 'IT'S A MYTH THAT YOU GET DRUNKER OR FEEL WORSE IF YOU MIX YOUR DRINKS,' HE SAID. 'ALCOHOL IS ALCOHOL. IT'S ALL THE SAME TO THE BODY.'

HIS PERSONAL CHOICE IS VODKA AND WATER: 'IT HAS NO TASTE, NO SMELL AND IT JUST MAKES YOU FEEL GOOD.'

5) HOWEVER, ASA SAID ALCOHOL, WHATEVER KIND, TENDS TO DILATE THE ARTERIES AND HENCE TO LOWER THE BLOOD PRESSURE, MAKING SOME PEOPLE FEEL FAINT OR GIDDY. THEREFORE, HE SAID, IT IS IMPORTANT TO KEEP THE LEGS WALKING OR DANCING TO ASSURE AN ADEQUATE BLOOD SUPPLY TO THE BRAIN.

MORE

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*Mistake in 18% drink - it was smoke.*

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AM-HANGOVERS, BJT-1ST ADD, 220

NEW YORK: THE BRAIN.

FOR THE SAME REASON, ON GOING TO BED, HE RECOMMENDS ELEVATING THE FEET SLIGHTLY ON A PILLOW.

CARBON DIOXIDE ACCELERATES ABSORPTION OF ALCOHOL, SO ASA URGES AVOIDING CARBONATED MIXES WHILE GOING FOR THE HIGH-PROTEIN CANAPES.

ASA BELIEVES IT IS A MYTH THAT LOTS OF BLACK COFFEE CAN SOBER SOMEONE UP. "IT'S BETTER TO SLEEP IT OFF," HE SAID.

IT ALSO IS A MYTH THAT ASPIRIN CAN PREVENT OR CURE A HANGOVER, HE SAID: "ASPIRIN ONLY HAS AN ANALGESIC EFFECT AND ONLY CAN ALLEVIATE SYMPTOMS."

"BUT I AM A GREAT BELIEVER IN THE PLACEBO EFFECT," HE SAID, "AND ANYTHING THAT MAKES YOU FEEL BETTER IS WORTH DOING."

FOR THOSE WHO DRINK ENOUGH TO CAUSE VOMITING AND LOSS OF FLUID AND POTASSIUM, ASA SUGGESTS DRINKING ORANGE JUICE OR EATING A BANANA.

ON THE MORNING AFTER, ASA SAID, "IF YOU ARE LUCKY YOU WILL SLEEP IT OFF."

HE SAID A COLD SHOWER WILL CONSTRICT THE ARTERIES AND COUNTER THE LOWERED BLOOD PRESSURE. A LITTLE EXERCISE MAY HELP THE CIRCULATION.

A GLASS OF ORANGE JUICE MAY HELP, AND ASPIRIN MAY KILL THE PAIN, BUT IT ALSO MAY UPSET THE STOMACH, HE SAID.

AND, NOTING THAT A HANGOVER IS A DRUG WITHDRAWAL, HE CONCEDES,

"YES, A SMALL AMOUNT OF ALCOHOL TAKEN LATER WITH FOOD MAY RETARD THE WITHDRAWAL SYMPTOMS, BUT NOT THE PROBLEM."