

Alcohol Social Drinking In Cultural Context Routledge Series For Creative Teaching And Learning In Anthropology

A spirited look at the history of alcohol, from the dawn of civilization to the modern day Alcohol is a fundamental part of Western culture. We have been drinking as long as we have been human, and for better or worse, alcohol has shaped our civilization. Drink investigates the history of this Jekyll and Hyde of fluids, tracing mankind's love/hate relationship with alcohol from ancient Egypt to the present day. Drink further documents the contribution of alcohol to the birth and growth of the United States, taking in the War of Independence, the Pennsylvania Whiskey revolt, the slave trade, and the failed experiment of national Prohibition. Finally, it provides a history of the world's most famous drinks-and the world's most famous drinkers. Packed with trivia and colorful characters, Drink amounts to an intoxicating history of the world.

Social media has helped boost the culture of intoxication, a central aspect of young people's social lives in many Western countries. Initial research suggests that these technologies enable highly-nuanced, targeted marketing and innovations – creating new virtual spaces that alter the dynamics and consequences of drinking cultures in significant ways. Youth Drinking Cultures in a Digital World focuses on how pervasive social networking technologies contribute to drinking cultures. It brings together international contributions from leading researchers in this emerging field to explore how new technologies are reconfiguring the key themes, traditional interests, practices and concerns of alcohol-related research with young people. It is particularly concerned with three important areas, namely: identities, social relations and power alcohol marketing and commercialisation public health and regulating alcohol promotion. This innovative book includes original research and commentary and is a must-read for academics and researchers in the areas of public health, psychology, sociology, media studies, youth studies and alcohol studies.

Alcohol consumption goes to the very roots of nearly all human societies. Different countries and regions have become associated with different sorts of alcohol, for instance, the “beer culture” of Germany, the “wine culture” of France, Japan and saki, Russia and vodka, the Caribbean and rum, or the “moonshine culture” of Appalachia. Wine is used in religious rituals, and toasts are used to seal business deals or to celebrate marriages and state dinners. However, our relation with alcohol is one of love/hate. We also regulate it and tax it, we pass laws about when and where it's appropriate, we crack down severely on drunk driving, and the United States and other countries tried the failed “Noble Experiment” of Prohibition. While there are many encyclopedias on alcohol, nearly all approach it as a substance of abuse, taking a clinical, medical perspective (alcohol, alcoholism, and treatment). The SAGE Encyclopedia of Alcohol

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examines the history of alcohol worldwide and goes beyond the historical lens to examine alcohol as a cultural and social phenomenon, as well—both for good and for ill—from the earliest days of humankind.

Have you ever wondered if social drinking has unintended consequences to your health, family, relationships, or your profession? Have you ever thought that losing control of your drinking couldn't happen to you or someone you love? All the women you know are too smart. Too rich. Too kind. Too together. Too much fun. Pick one. We live in a boozy culture, and the idea of women and wine has become entrenched. Is your book club really a "wine club"? Do you crave the release a drink can bring to cope with anxiety, parenthood, the pressures of being a mom, a wife/partner, a professional? In *Raising the Bottom*, mothers, daughters, health professionals, and young women share their stories of why they drank, how they stopped, and the joys and rewards of being present in their lives once they kicked alcohol to the curb.

In this updated version of his landmark study on alcoholism, George Vaillant returns to the same subjects, but with the perspective gained from fifteen years of further follow-up.

NEW YORK TIMES BESTSELLER • The founder of the first female-focused recovery program offers a groundbreaking look at alcohol and a radical new path to sobriety. "You don't know how much you need this book, or maybe you do. Either way, it will save your life."—Melissa Hartwig Urban, Whole30 co-founder and CEO We live in a world obsessed with drinking. We drink at baby showers and work events, brunch and book club, graduations and funerals. Yet no one ever questions alcohol's ubiquity—in fact, the only thing ever questioned is why someone doesn't drink. It is a qualifier for belonging and if you don't imbibe, you are considered an anomaly. As a society, we are obsessed with health and wellness, yet we uphold alcohol as some kind of magic elixir, though it is anything but. When Holly Whitaker decided to seek help after one too many benders, she embarked on a journey that led not only to her own sobriety, but revealed the insidious role alcohol plays in our society and in the lives of women in particular. What's more, she could not ignore the ways that alcohol companies were targeting women, just as the tobacco industry had successfully done generations before. Fueled by her own emerging feminism, she also realized that the predominant systems of recovery are archaic, patriarchal, and ineffective for the unique needs of women and other historically oppressed people—who don't need to lose their egos and surrender to a male concept of God, as the tenets of Alcoholics Anonymous state, but who need to cultivate a deeper understanding of their own identities and take control of their lives. When Holly found an alternate way out of her own addiction, she felt a calling to create a sober community with resources for anyone questioning their relationship with drinking, so that they might find their way as well. Her resultant feminine-centric recovery program focuses on getting at the root causes that lead people to overindulge and provides the tools necessary to break the cycle of addiction, showing us what is possible when we remove alcohol and destroy our belief system around it. Written in a

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relatable voice that is honest and witty, *Quit Like a Woman* is at once a groundbreaking look at drinking culture and a road map to cutting out alcohol in order to live our best lives without the crutch of intoxication. You will never look at drinking the same way again.

Would life be better without alcohol? It's the nagging question more and more of us are finding harder to ignore, whether we have a "problem" with alcohol or not. After all, we yoga. We green juice. We meditate. We self-care. And yet, come the end of a long work day, the start of a weekend, an awkward social situation, we drink. One glass of wine turns into two turns into a bottle. In the face of how we care for ourselves otherwise, it's hard to avoid how alcohol really makes us feel... terrible. How different would our lives be if we stopped drinking on autopilot? If we stopped drinking altogether? Really different, it turns out. Really better. Frank, funny, and always judgment free, *Sober Curious* is a bold guide to choosing to live hangover-free, from Ruby Warrington, one of the leading voices of the new sobriety movement. Drawing on research, expert interviews, and personal narrative, *Sober Curious* is a radical take down of the myths that keep so many of us drinking. Inspiring, timely, and blame free, *Sober Curious* is both conversation starter and handbook—essential reading that empowers readers to transform their relationship with alcohol, so we can lead our most fulfilling lives.

Over the last decades quite a few studies have been devoted to drinking. Most of these were concerned with alcohol and written by social anthropologists. This book presents multidisciplinary aspects of the ingestion of liquids at large, addressing many of the overt and covert meanings of drinking: from satisfying biological needs to communicating with humans and the hereafter, attempting to reach a differential emotional state or seeking good health and longevity through the ingestion of appropriate beverages. It includes papers from both biological and social scientists and covers a fair range of societies from rural and urban environments, and in continents and countries ranging from Europe, Africa, and Latin America to Malaysia and the Pacific.

You're going out to dinner with friends. The waiter asks what you'd like to drink: beer, wine, or a soda. What do you choose? In today's culture, much of the Christian community doesn't think twice about social drinking. For a growing number of Christians, there are plenty of instances in the Bible that seem to condone the consumption of alcohol, especially wine. Wait! Before dismissing the issue, you might stop to reconsider. Are there differences in how our cultures view drinking? Are we aware of the potential hazards alcohol poses for so many in our culture? Is it liberty to drink a beverage of choice or a license to follow a culture fascinated with alcohol? In this thought-provoking work, Randy Shuler provides ten reasons for choosing not to drink and presents a crucial understanding of alcohol in the Bible. Through research, reason, Scripture, and personal experiences, Randy challenges the reader to give serious thought to an issue

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once taboo in much of the Christian community. So take time to reconsider this important lifestyle choice. Who knows? The next time your waiter asks what you'd like to drink, you too may say, 'Hand Me a Dr Pepper, Please.'

A world-renowned authority on the science of alcohol exposes its influence on our health, mood, sleep, emotions, and productivity -- and what we can and should do to moderate our intake. From after-work happy hour to a nightly glass of wine, we're used to thinking of alcohol as a normal part of our daily lives. In *Drink?*, neuropharmacology professor David Nutt takes a fascinating, science-based look at drinking to unpack why we should reconsider our favorite pastime. Using cutting-edge scientific research and years of hands-on experience in the field, Nutt delves into the long- and short-term effects of alcohol. He addresses topics such as hormones, mental health, fertility, and addiction, explaining how alcohol travels through our bodies and brains, what happens at each stage of inebriation, and how it effects us even after it leaves our systems. With accessible, easy-to-understand language, Nutt ensures that readers recognize why alcohol can have such a negative influence on our bodies and our society. In the vein of *This Naked Mind*, *Drink?* isn't preachy; it simply gives readers clear, evidence-based facts to help them make the most informed choices about their consumption. *Aguardente, chicha, pulque, vino*—no matter whether it's distilled or fermented, alcohol either brings people together or pulls them apart. *Alcohol in Latin America* is a sweeping examination of the deep reasons why. This book takes an in-depth look at the social and cultural history of alcohol and its connection to larger processes in Latin America. Using a painting depicting a tavern as a metaphor, the authors explore the disparate groups and individuals imbibing as an introduction to their study. In so doing, they reveal how alcohol production, consumption, and regulation have been intertwined with the history of Latin America since the pre-Columbian era. *Alcohol in Latin America* is the first interdisciplinary study to examine the historic role of alcohol across Latin America and over a broad time span. Six locations—the Andean region, Argentina, Brazil, Chile, Guatemala, and Mexico—are seen through the disciplines of anthropology, archaeology, art history, ethnohistory, history, and literature. Organized chronologically beginning with the pre-colonial era, it features five chapters on Mesoamerica and five on South America, each focusing on various aspects of a dozen different kinds of beverages. An in-depth look at how alcohol use in Latin America can serve as a lens through which race, class, gender, and state-building, among other topics, can be better understood, *Alcohol in Latin America* shows the historic influence of alcohol production and consumption in the region and how it is intimately connected to the larger forces of history.

Drinking and drunkenness have become a focal point for political and media debates to contest notions of responsibility, discipline and risk; yet, at the same time, academic studies have highlighted the positive aspects of drinking in relation to sociability, belonging and identity. These issues are at the heart of this volume, which brings together the work of

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academics and researchers exploring social and cultural aspects of contemporary drinking practices. These drinking practices are enormously varied and are spatially and culturally defined. The contributions to the volume draw on research settings from across the UK and beyond to demonstrate both the complexity and diversity of drinking subjectivities and practices. Across these examples tensions relating to gender, social class, age and the life course are particularly prominent. Rather than align to now long-established moral discourses about what constitutes 'good' and 'bad' drinking, sociological approaches to alcohol foreground the vivid, lived, nature of alcohol consumption and the associated experiences of drunkenness and intoxication. In doing so, the volume illuminates the controversial yet important social and cultural roles played by drink for individuals and groups across a range of social contexts.

First published in 1987, *Constructive Drinking* is a series of original case studies organized into three sections based on three major functions of drinking. The three constructive functions are: that drinking has a real social role in everyday life; that drinking can be used to construct an ideal world; and that drinking is a significant economic activity. The case studies deal with a variety of exotic drinks

From the origins of drinking to the use and abuse of alcohol in the present day, this global historical study draws on approaches and research from biology, anthropology, sociology and psychology. Topics covered include: the impact of colonialism alcohol before the world economy industrialization and alcohol globalization, consumer society, and alcohol. Gina Hames argues that the production, trade, consumption, and regulation of alcohol have shaped virtually every civilization in numerous ways. It has perpetuated the development of both domestic and international trade; helped create identity and define religion; provided a tool for oppression as well as a tool for cultural and political resistance; and has supplied governments with essential revenues as well as a means of control over minority groups. *Alcohol in World History* is one of the first studies to pull together such a wide range of sources in order to compare the role of alcohol throughout time and across both western and non-western civilizations.

Youth Drinking Cultures offers a comprehensive set of perspectives on adolescent drinking in Europe. In the book, a team of leading researchers provides cross-national comparisons to investigate how drinking behaviour varies, examining factors such as gen

Contributors look at alcohol consumption across cultures and what it means to the people who consume or, equally tellingly, refuse to consume. Alcohol plays a role in a wide range of functions - religious, familial, social and even political and this is a cross-cultural study of the profound impact alcohol has on national identity.

While disciplines such as anthropology, sociology, politics, social policy and the health and medical sciences have a tradition of exploring the centrality of alcohol, drinking and drunkenness to people's lives, geographers have only previously addressed these topics as a peripheral

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concern. Over the past few years, however, this view has begun to change, accelerated by an upsurge in interest in alcohol consumption relating to political and popular debate in countries throughout the world. This book represents the first systematic overview of geographies of alcohol, drinking and drunkenness. It asks what role alcohol, drinking and drunkenness plays in people's lives and how space and place are key constituents of alcohol consumption. It also examines the economic, political, social, cultural and spatial practices and processes that are bound up with alcohol, drinking and drunkenness. Designed as a reference text, each chapter blends theoretical material with empirical case studies in order to analyse drinking in public and private space, in the city and the countryside, as well as focusing on gender, generations, ethnicity and emotional and embodied geographies.

This book maps changing patterns of drinking. Emphasis is laid on the connected histories of different regions and populations across the globe regarding consumption patterns, government policies, economics and representations of alcohol and drinking. Its transnational perspective facilitates an understanding of the local and global factors that have had a bearing on alcohol consumption and legislation, especially on the emergence of particular styles of 'drinking cultures'. The comparative approach helps to identify similarities, differences and crossovers between particular regions and pinpoint the parameters that shape alcohol consumption, policies, legal and illegal production, and popular perceptions. With a wide geographic range, the book explores plural drinking cultures within any one region, their association with specific social groups, and their continuities and changes in the wake of wider global, colonial and postcolonial economic, political and social constraints and exchanges.

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Beer is an ancient alcoholic drink which, although produced through a more complex process than wine, was developed by a wide range of cultures to become internationally popular. This book is the first multidisciplinary, cross-cultural collection about beer. It explores the brewing processes used in antiquity and in traditional societies; the social and symbolic roles of beer-drinking; the beliefs and activities associated with it; the health-promoting effects as well as the health-damaging risks; and analyses the modern role of large multinational companies, which own many of the breweries, and the marketing techniques that they employ.--Publisher description.

Public health has been defined as the efforts of a community that allow a population to remain healthy. This definition is very inclusive, so elements of clinical care, health promotion and many other fields contribute to the larger discipline of public health. The profession has evolved in recent years, with the emphasis in the developed world changing from the hygiene method for control of infectious diseases to a more complex approach to address chronic disease. However, the focus in public health continues to be the population. This book provides a sample of fields that contribute to the public health profession. Its broad approach provides examples of the core fields of public health, including environmental health, epidemiology, biostatistics, health administration, and health behavior.

Europeans constitute 12 and a half per cent of the world's population but consume 50 per cent of the recorded world production alcohol, and this consumption plays a significant role in the cultural, religious, and social identities of these countries. The contributors show how different groups define the proper use of alcohol, how State policies may effect drinking behaviour, and highlight how beverages and comestibles must be seen in relation to each other. From this is it shown how important socio-cultural distinctions are made between and within communities, gender relations, ethnic groups, and socio-economic groups, and within religious ideologies; what one drinks, how one drinks, with whom, and where, all influence not how alcoholic substances are regarded but how social relations are experienced. Alcohol Gender and Culture clearly demonstrates how the social construction of drinking may provide an analytical tool with which to approach different socio-cultural

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groups and illustrates how any cultural group can be compared to another by its attitudes to alcohol. It will be invaluable reading for students and lecturers of anthropology, cultural history and gender studies.

Alcohol-impaired driving is an important health and social issue as it remains a major risk to Americans' health today, surpassing deaths per year of certain cancers, HIV/AIDS, and drownings, among others, and contributing to long-term disabilities from head and spinal injuries. Progress has been made over the past decades towards reducing these trends, but that progress has been incremental and has stagnated more recently. *Getting to Zero Alcohol-Impaired Driving Fatalities* examines which interventions (programs, systems, and policies) are most promising to prevent injuries and death from alcohol-impaired driving, the barriers to action and approaches to overcome them, and which interventions need to be changed or adopted. This report makes broad-reaching recommendations that will serve as a blueprint for the nation to accelerate the progress in reducing alcohol-impaired driving fatalities.

This open access book surveys drinking in Britain between the Licensing Act of 1869 and the wartime regulations imposed on alcohol production and consumption after 1914. This was a period marked by the expansion of the drink industry and by increasingly restrictive licensing laws. Politics and commerce co-existed with moral and medical concerns about drunkenness and combined, these factors pushed alcohol consumers into the public spotlight. Through an analysis of public and private records, medical texts and sociological studies, the book investigates the reasons why Victorians and Edwardians consumed alcohol in the ways that they did and explores the ideas about alcohol that circulated in the period. This book shows that they had many reasons for purchasing and consuming alcoholic substances and these were driven by broader social, cultural, medical and commercial factors. Although drunkenness may have been the most visible consequence of alcohol consumption, it was not the only type of drinking behaviour. Alcohol played an important social role in the everyday lives of Victorians and Edwardians where its consumption held many different meanings.

Alcohol is a killer--1 of every 13 deaths in the United States is alcohol-related. In addition, 5 percent of the population consumes 50 percent of the alcohol. The authors take a close look at the problem in a "classy little study," as *The Washington Post* called this book. *The Library Journal* states, ". . . [T]his is one book that addresses solutions. . . . And it's enjoyably readable. . . . This is an excellent review for anyone in the alcoholism prevention business, and good background reading for the interested layperson." *The Washington Post* agrees: the book ". . . likely will wind up on the bookshelves of counselors, politicians, judges, medical professionals, and law enforcement officials throughout the country."

Alcoholism, as opposed to the safe consumption of alcohol, remains a major public health issue. In this accessible book, Robert Dudley presents an intriguing evolutionary interpretation to explain the persistence of alcohol-related problems. Providing a deep-time, interdisciplinary perspective on today's patterns of alcohol consumption and abuse, Dudley traces the link between the fruit-eating behavior of arboreal primates and the evolution of the sensory skills required to identify ripe and fermented fruits that contain sugar and low levels of alcohol. In addition to introducing this new theory of the relationship of humans to alcohol, the book discusses the supporting research, implications of the hypothesis, and the

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medical and social impacts of alcoholism. The Drunken Monkey is designed for interested readers, scholars, and students in comparative and evolutionary biology, biological anthropology, medicine, and public health.

Alcohol: Social Drinking in Cultural Context critically examines alcohol use across cultures and through time. This short text is a framework for students to self-consciously examine their beliefs about and use of alcohol, and a companion text for teaching the primary concepts of anthropology to first-or second year college students.

Alcohol use by young people is extremely dangerous - both to themselves and society at large. Underage alcohol use is associated with traffic fatalities, violence, unsafe sex, suicide, educational failure, and other problem behaviors that diminish the prospects of future success, as well as health risks " and the earlier teens start drinking, the greater the danger. Despite these serious concerns, the media continues to make drinking look attractive to youth, and it remains possible and even easy for teenagers to get access to alcohol. Why is this dangerous behavior so pervasive? What can be done to prevent it? What will work and who is responsible for making sure it happens? Reducing Underage Drinking addresses these questions and proposes a new way to combat underage alcohol use. It explores the ways in which may different individuals and groups contribute to the problem and how they can be enlisted to prevent it. Reducing Underage Drinking will serve as both a game plan and a call to arms for anyone with an investment in youth health and safety.

Based on the revolutionary Drink/Link Moderate Drinking Program, this book teaches drinkers to modify their drinking habits, reduce alcohol consumption and prevent alcoholism on their own at home - no meetings, belief in a higher power or professional help are required! First, you learn five safe-drinking guidelines, then each week you learn clinically-proven behavioral, cognitive, motivational and lifestyle strategies and techniques to stay within those guidelines. Beating alcohol craving, pacing your drinking, mastering the art of social drinking and learning from drinking "mistakes" are all covered. 7 Weeks to Safe Social Drinking is a breakthrough for drinkers, alcohol abuse and healthcare professionals and an attractive early treatment program to prevent alcohol abuse.

"Everyone knows 'drunk driving' is a 'serious' offense. And yet, everyone knows lots of 'drunk drivers' who don't get involved in accidents, don't get caught by the police, and manage to compensate adequately for their 'drunken disability.' Everyone also knows of 'drunk drivers' who have been arrested and gotten off easy. Gusfield's book dissects the conventional wisdom about 'drinking-driving' and examines the paradox of a 'serious' offense that is usually treated lightly by the judiciary and rarely carries social stigma."—Mac Marshall, *Social Science and Medicine* "A sophisticated and thoughtful critic. . . . Gusfield argues that the 'myth of the killer drunk' is a creation of the 'public culture of law.' . . .

Through its dramatic development and condemnation of the anti-social character of the drinking-driver, the public law strengthens the illusion of moral consensus in American society and celebrates the virtues of a sober and orderly

world."—James D. Orcutt, *Sociology and Social Research* "Joseph Gusfield denies neither the role of alcohol in highway accidents nor the need to do something about it. His point is that the research we conduct on drinking-driving and the laws we make to inhibit it tells us more about our moral order than about the effects of drinking-driving itself. Many will object to this conclusion, but none can ignore it. Indeed, the book will put many scientific and legal experts on the defensive as they face Gusfield's massive erudition, pointed analysis and criticism, and powerful argumentation. In *The Culture of Public Problems*, Gusfield presents the experts, and us, with a masterpiece of sociological reasoning."—Barry Schwartz, *American Journal of Sociology* This book is truly an outstanding achievement. . . . It is sociology of science, sociology of law, sociology of deviance, and sociology of knowledge. Sociologists generally should find the book of great theoretical interest, and it should stimulate personal reflection on their assumptions about science and the kind of consciousness it creates. They will also find that the book is a delight to read."—William B. Bankston, *Social Forces*

The main purpose of this book is to describe the variety of drinking occasions that exist around the world, primarily in modern, industrialized countries. As such, it celebrates the diversity of normal drinking behavior and illustrates a wide range of beneficial drinking patterns. Attention is also paid to the relations between drink and culture that prevail in non-Western societies and in developing countries. The aims of the book are twofold: to deal directly with the challenge of how to define responsible drinking in the face of the world's many different drinking styles, and to portray the many ways in which people have thought about or used alcohol as an integral part of their culture

Alcohol use has a long and ubiquitous history. The prevailing tendency to view alcohol merely as a 'social problem' or the popular notion that alcohol only serves to provide us with a 'hedonic' high, masks its importance in the social fabric of many human societies both past and present. To understand alcohol use, as a complex social practice that has been exploited by humans for thousands of years, requires cross-disciplinary insight from social/cultural anthropologists, archaeologists, historians, psychologists, primatologists, and biologists. This multi-disciplinary volume examines the broad use of alcohol in the human lineage and its wider relationship to social contexts such as feasting, sacred rituals, and social bonding. Alcohol abuse is a small part of a much more complex and social pattern of widespread alcohol use by humans. This alone should prompt us to explore the evolutionary origins of this ancient practice and the socially functional reasons for its continued popularity. The objectives of this volume are: (1) to understand how and why nonhuman primates and other animals use alcohol in the wild, and its relevance to understanding the social consumption of alcohol in humans; (2) to understand the social function of alcohol in human prehistory; (3) to understand the sociocultural significance of alcohol across human societies; and (4) to explore the social functions of alcohol consumption in contemporary society. 'Alcohol in Humans' will be fascinating reading for those in the fields of biology,

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psychology, anthropology, archaeology, as well as those with a broader interest in addiction.

Why are we so ambivalent about alcohol? Are we torn between our love of a drink and the need to restrict, or even prohibit, alcohol? How did saloon culture arise in the United States? Why did wine become such a ubiquitous part of French culture? *Alcohol: A Social and Cultural History* examines these questions and many more as it considers how drink has evolved in its functions and uses from the late Middle Ages to the present day in the West. Alcohol has long played an important role in societies throughout history, and understanding its consumption can reveal a great deal about a culture. This book discusses a range of issues, including domestic versus recreational use, the history of alcoholism, and the relationship between alcohol and violence, religion, sexuality, and medicine. It looks at how certain forms of alcohol speak about class, gender and place. Drawing on examples from Europe, North America and Australia, this book provides an overview of the many roles alcohol has played over the past five centuries.

This book highlights alcohol's centrality in the culture of power.

There is evidence that a distinct pattern of alcohol consumption is emerging across the world and is a cause for concern because of its relationship with a range of health and social problems. Its visibility, particularly its high involvement of young people, makes this not only an issue for public safety and order in many countries, but also a highly contentious and politicized subject. This book examines the rapid and heavy drinking behavior by young people, described in a number of countries, positioning it within its appropriate social, historical and cultural contexts. The book argues in favor of a new term, "extreme drinking," to fully encapsulate the many facets of this behavior, taking into account the underlying motivations for the heavy, excessive and unrestrained drinking patterns of many young people. It also acknowledges the drinking process itself and accommodates greater focus on outcomes that are likely to follow. In many ways, "extreme drinking" is not so far removed from other "extreme" behaviors, such as extreme sports – all offer a challenge, their pursuit is motivated by an expectation of pleasure, and they are, by design, not without risk to those who engage in them, others around them and society as a whole. Edited by Marjana Martinic and Fiona Measham, *Swimming with Crocodiles* is the ninth volume in the ICAP Book Series on Alcohol in Society. The authors discuss the factors that motivate extreme drinking, address the developmental, cultural and historical contexts that have surrounded it, and offer a new approach to addressing this behavior through prevention and policy. The centerpiece of the book is a series of focus groups conducted with young people in Brazil, China, Italy, Nigeria, Russia, South Africa, and the United Kingdom, which examine their views on extreme drinking, motivations behind it and the cultural similarities and differences that exist, conferring at once risk and protective factors.

Rethinking Drinking and Sport examines the complex nature of sport-related drinking. With close attention to the contradictory nature of sport-related drinking, this book considers both 'the problem' of drinking in sport, as well as some of the issues for treatment and recovery that sports-related drinking presents. Bringing together a range of methodological and theoretical debates that address the relationships between alcohol and sport, *Rethinking Drinking and Sport* draws on rich new interview material with

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fans and both drinking and non-drinking sportsmen and women, as well as documentary and media sources. Based on research across a variety of sports in the UK and Australia, *Rethinking Drinking and Sport* explores not only the relationship between alcohol, fans, participants and industry, but also questions of gender and identity to provide fresh insights into the complex relationships between drinking and sport. Examining possible directions for health and public policy in relation to sport-related drinking, this book will appeal to social scientists and policy makers with interests in consumption, leisure, sport, drinking, and health.

A "entertaining and enlightening" deep dive into the alcohol-soaked origins of civilization—and the evolutionary roots of humanity's appetite for intoxication. (Daniel E. Lieberman, author of *Exercised*) While plenty of entertaining books have been written about the history of alcohol and other intoxicants, none have offered a comprehensive, convincing answer to the basic question of why humans want to get high in the first place. *Drunk elegantly* cuts through the tangle of urban legends and anecdotal impressions that surround our notions of intoxication to provide the first rigorous, scientifically-grounded explanation for our love of alcohol. Drawing on evidence from archaeology, history, cognitive neuroscience, psychopharmacology, social psychology, literature, and genetics, Slingerland shows that our taste for chemical intoxicants is not an evolutionary mistake, as we are so often told. In fact, intoxication helps solve a number of distinctively human challenges: enhancing creativity, alleviating stress, building trust, and pulling off the miracle of getting fiercely tribal primates to cooperate with strangers. Our desire to get drunk, along with the individual and social benefits provided by drunkenness, played a crucial role in sparking the rise of the first large-scale societies. We would not have civilization without intoxication. From marauding Vikings and bacchanalian orgies to sex-starved fruit flies, blind cave fish, and problem-solving crows, *Drunk* is packed with fascinating case studies and engaging science, as well as practical takeaways for individuals and communities. The result is a captivating and long overdue investigation into humanity's oldest indulgence—one that explains not only why we want to get drunk, but also how it might actually be good for us to tie one on now and then.

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