

the RED CUP Q&A



separating alcohol fact from fiction
EVERY TUESDAY IN THE DAILY WILDCAT

Q Why does alcohol exist?

A. *Spoiler alert!* Unlike Santa Claus, alcohol does exist. Therefore it is. But, why does it exist?

With any existential quandary, we accept that the most important consideration is that we are individuals, independently acting and responsible conscious beings, who create our own values and determine meaning to our own individual lives.

According to the philosopher Sartre, in existentialism, the individual's starting point is characterized by "the existential attitude," or a sense of disorientation and confusion in the face of an apparently absurd world. Sounds a little like college life.

Sartre proposed that each individual – not society or religion – is solely responsible for giving meaning to life and living it passionately.

So, if it is the individual that defines alcohol, then perhaps it is important to understand the reasons why an individual imbibes in alcohol. We went to the source and asked some UA students why they like to drink.

Their reasons for finding meaning in consuming alcohol were the following: alcohol acts as a social lubricant, tastes good, facilitates relaxation, provides a buzz, decreases social stress, makes other people more interesting, is fun, and increases confidence. All are fairly positive reasons.

However, they also reported occasional concurrent effects of alcohol that were the opposite of why they chose to drink such as feeling ill, regrets, getting into trouble, STDs, injuries, drunk texting, vomiting, blackouts, and alcohol poisoning.

Interestingly, the difference between experiencing why an individual actively chooses to drink, and the unfortunate negative experiences that may occur, turns out to be a factor of a small specific range of blood alcohol concentration (BAC). If an individual keeps their BAC at .05 or below, they succeed in experiencing their own positive meaning as to why alcohol exists for them. Go beyond a .05 BAC and the meaning of alcohol becomes sketchy. So safely discover why alcohol exists for you and how many standard drinks you can consume to remain at, or below, a .05 BAC.

Existential question answered. On other hand, maybe alcohol exists just as the byproduct of combining sugar with yeast.



wildfact Time doesn't move. Pretty deep, eh?!



Got a question
about alcohol?

Email it to redcup@email.arizona.edu



www.health.arizona.edu

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