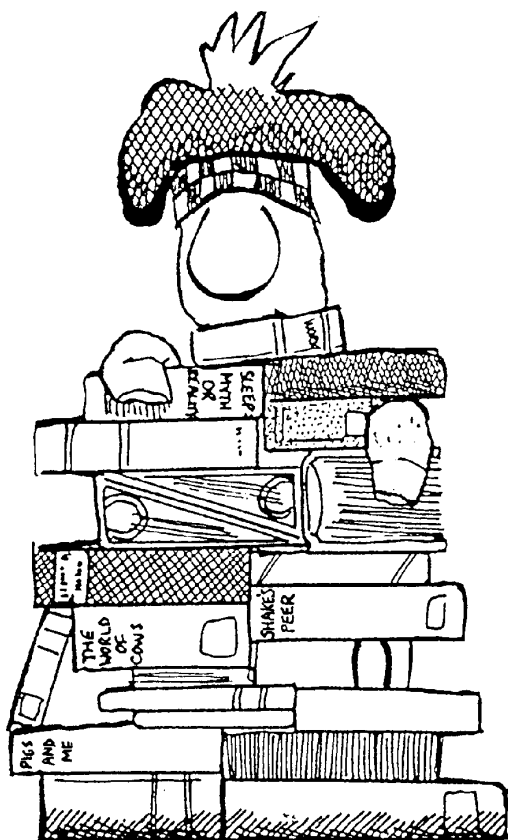


# *Queen's Spirit* *with* *Spirits*



*An Undergraduate Guide to Responsible Drinking*

## Welcome to Queen's

Welcome to four years of classes, social events, group study sessions, house parties, exams, sports games and evenings out. Over the next few months, you'll become familiar with the traditions, lifestyles and experiences that make up Queen's, and we hope that you'll come to enjoy them as much as we have.

At Queen's you'll find yourself facing many new situations, making new friends, and realizing the endless opportunities that are waiting for you. You will also be faced with many new decisions. Eventually, one of these decisions will have to do with drinking. Many Queen's students choose to drink and many choose not to drink. The decision is entirely up to you. As with everything else here, you will be able to choose what makes you comfortable and where your limits are.

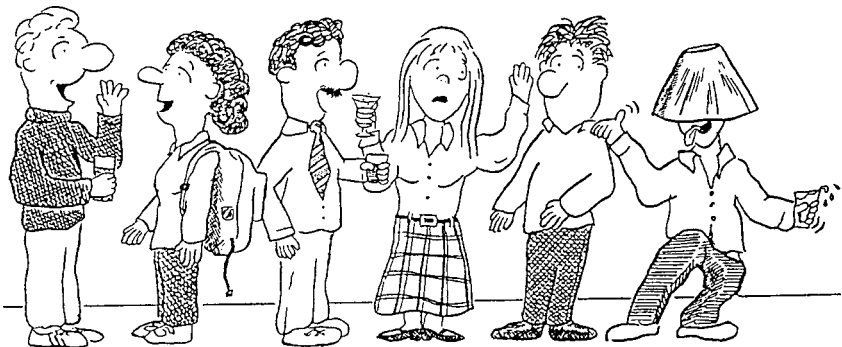
As your fellow students, we hope that this book will give you some helpful tips on how to choose to drink smart. The aim of this book is to dispel myths surrounding alcohol and to give you some ideas on how to make your Queen's experience a safe, healthy and responsible one. Mix some thinking with your drinking and you'll have a great four years!

Cheers!

### *DID YOU KNOW...*

68% OF QUEEN'S STUDENTS DRINK  
ONE OR TWO TIMES PER WEEK.

72% OF QUEEN'S STUDENTS AGREE  
THAT PUB STAFF SHOULD REFUSE  
SERVICE TO INTOXICATED PATRONS.



## *What Can Happen If I Drink Too Much?*

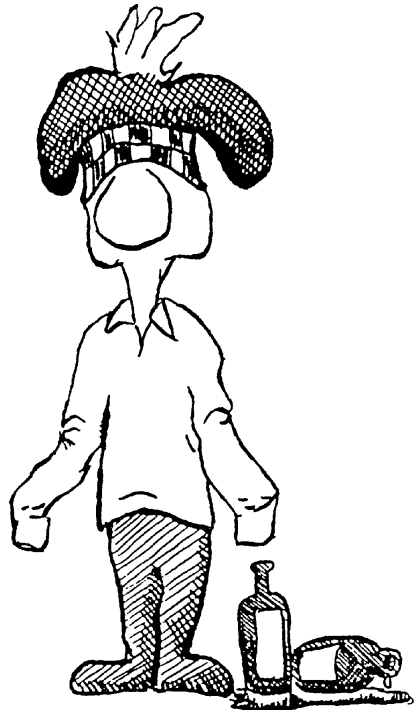
*Intoxication* is a state when a person's physical or mental ability is impaired. When you have had too much to drink, you will show the effects of alcohol on your body.

*You might get sick and throw up.* This is not a good feeling, especially when you are in a public place. It's not a comfortable feeling to be sitting on the floor of a public washroom paying homage to the porcelain bowl (assuming you make it to the toilet). This can be an embarrassing situation that everyone else is more likely than you to remember the next day.

*You may start to lose control of your inhibitions, exercise poor judgement and risk insulting or fighting with others.* Don't take the chance of being banned from the campus pubs for the year or losing the respect of your friends.

*If you have overindulged and have been lucky enough to escape other harm, consider the inevitable hangover you'll have to deal with the next morning.* Your prof for the 8:30 am class you slept through is more likely to give you the extension you've asked for if she recognizes you as one of her students.

**I**ndividual reactions to alcohol will vary. It's important to realize the effect that alcohol is having not only on your behaviour, but also on your body. Signs that should tell yourself and others that you are becoming intoxicated include bloodshot eyes, when your speech is slurred or your voice changes inappropriately for the present situation. The deterioration of your fine motor control skills may cause you to have trouble picking up change, removing identification or money from your wallet or fumble with your cigarettes. The more you drink the less alert you are, which causes you to take too long to respond to questions or react to events.



# *Dispelling the Myths About Drinking*

**Coffee will *not* sober you up.**

The only way to sober up is for your body to eliminate the alcohol in your system. Your liver breaks down alcohol at a rate of more than one drink per hour, depending on your size, gender and amount of alcohol consumed. Coffee is a stimulant and will make you feel more awake, but it will not increase the rate at which your liver functions.

**A drink *won't* make you feel better.**

A drink will make you feel relaxed and you may lose some of your inhibitions because alcohol initially stimulates your central nervous system. But alcohol is a depressant. In large quantities it can cause memory loss, impaired muscle co-ordination and loss of balance. Consuming even larger quantities of alcohol can result in alcohol poisoning.

**It is dangerous to drive even after just one drink.**

Alcohol gets to the part of the brain that affects behaviour. It also weakens your memory, co-ordination, and perception as it interferes with your brain's ability to control muscles. Drinking can be dangerous because the effects of alcohol can cause you to use bad judgement and take risks. Your eyes also have a hard time adjusting to the dark, can you really drive a car when you can't see straight?

**Experienced drinkers *don't* know how to "hold" their booze better.**

Have you ever wondered why you feel a buzz after two drinks, but others don't seem affected at all? Experienced drinkers have built up a tolerance to the effects of alcohol on their bodies. As a result, they can drink more without showing signs of intoxication. Their bodies have adapted to the presence of alcohol in their system and have become less sensitive to it. As a result, they tend to drink even greater amounts in order to feel the effects of alcohol.

**Alcohol is *not* a sexual stimulant.**

While alcohol may stimulate interest in sex, it interferes with the ability to perform. Drinking and sex don't mix. Remember that some of the other effects of alcohol are loss of inhibitions, risk taking and using bad judgement. Don't make a decision when you've been drinking that you wouldn't make sober.

There is *no real* cure for a hangover.

*Hangover n* : “The unpleasant physical effects that you are likely to experience after consuming a large quantity of alcohol.” You could wake up with a headache, have an upset stomach, be irritable, feel nauseous or be extremely thirsty. The hangover is your body’s way of telling you that you are dehydrated and the only thing that relieves dehydration is water. The only cure for a hangover is TIME.

Drinking pop will *not* sober you up.

If you’re thirsty, drink water. Drinking pop after alcohol speeds up the process of intoxication. The carbonation in pop increases the rate at which your body metabolizes alcohol because it speeds up digestion. In the end, pop increases the effects of alcohol.



## *Different But Equal*

The size of a drink is not necessarily an indicator of its alcohol content. What is important is the amount of ethanol or ethyl alcohol that is contained in the drink. *Although drinks vary in size, they all contain approximately the same amount of alcohol.* The relative alcohol content in beer, wine, and spirits is compared in the standard serving size.

Comparable amounts of alcohol can be found in one 341mL bottle of regular bottled beer, one 142mL glass of 12% wine, and one 43mL serving of pure alcohol spirits. Understanding the “standard drink” is important because it allows you to monitor how much you’ve had.

Remember the effects of the alcohol will be the same whether the “standard drink” is consumed as beer, wine, or spirits. Keep in mind that there are some drinks that contain more alcohol than others , for example, ‘hard’ lemonade, and strong beers have significantly more alcohol by volume, and lite beers have less.

*Know your limits and be aware of how different drinks will affect you in different ways!*



**H**ey there! Welcome to Queen's.

For the next four years you will spend your time studying a lot and sleeping little, so you will definitely need to spend some time having fun. Often you may go out with friends and have a drink at the end of a hard week, or after an exam. That is your choice. But when you are enjoying a drink, please enjoy it responsibly.

Renovated just last year, the Queen's Pub provides a comfortable, cozy environment to sit back and relax with friends. Not only do we offer a range of alcoholic beverages, but we also offer a wide variety of non-alcoholic "Queen's Pub Quenchers" and pub grub. We invite you to come out and see what we have to offer, but please remember to think when you drink — you'll have a better time!

Cheers,

The Queen's Pub

**W**elcome to Queen's. We were once first year students and we understand how overwhelming the University can be. In the next few years, you will be participating in many of the events that make Queen's such a unique academic and social experience. Whether you're at Alfie's Pub, Clark Hall Pub, the Queen's Pub or any other event, remember to be responsible when you drink. Know the signs of intoxication and know your own limits; you'll have more fun if you do!

The Queen's Student Constables are run by STUDENTS for STUDENTS; we are there for you. If at any time you feel that you need help or just need a question answered, please feel free to talk to one of us; we're the ones in the yellow jackets at various events and rugby shirts with SC on the back at Alfie's Pub.

Take advantage of what Queen's has to offer and make the most of it by making sure you **THINK WHEN YOU DRINK!**

Sincerely,

Queen's Student Constables



**W**elcome frosh. So you found Kingston, well done. But the fun has just started. Many great times lie ahead of you. Whatever hobbies, habits and activities you like to do, there is a place for you at Queen's. All the campus pubs provide a service far beyond the selling of alcohol. We provide a safe environment for you to enjoy yourself. At Clark, we will do our best to make sure you feel comfortable here. Being the oldest pub on campus, we have over 22 years experience at making people feel right at home in Clark.

We have watched many patrons enjoy a drink over the years. Just make sure that one drink doesn't keep turning into a drunken night ending with a bad hang-over. Have a great time, but be responsible when it comes to alcohol. If you want to come to Clark, but don't feel like drinking, no problem. We have plenty of juices and pop to make you up a tasty mocktail. We have the friendliest staff and best music around. This atmosphere attracts people to Clark for more than the drinks.

Please come by and experience the Original Student Pub.

Clark Hall Pub



**W**elcome to Queen's! As a new student you will be presented with many new and exciting experiences. We hope that Alfie's Pub will be included as one of these experiences to be enjoyed, but hopefully not abused.

Alfie's is unique from downtown bars in that its primary focus is to provide a service to Queen's students while profit generation is of secondary importance. This perspective allows us to create an atmosphere where you can feel comfortable ordering pop, juice or just one beer. There is not pressure to drink at Alfie's, and the decision is always yours. All we ask is that you act responsibly and enjoy yourself.

Hope to see you soon.

Cha Gheill,

Alfie's Pub

*“But I never get drunk on two drinks....”*

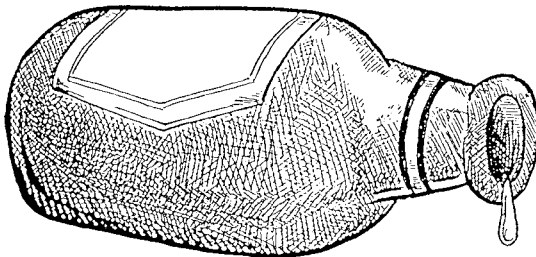
**T**here are a number of factors that will affect *your own* level of intoxication. Your reaction to alcohol will be different when you are tired, under stress, angry or upset. It is also dependent on the setting, mood and atmosphere in which you drink. Be aware of them so that you will be able to recognize the onset of inebriation in yourself. It will help you to make smarter choices.

**The faster you drink**, the more intoxicated you will be. Your body will not have enough time to eliminate the alcohol that will accumulate in your blood system.

**Drinking on an empty stomach** will make you feel the effects of alcohol more quickly. If you haven't eaten, the alcohol will be absorbed directly into the blood. A full stomach, on the other hand, slows down the rate that alcohol is absorbed into your blood. Eating won't, however, keep you from getting drunk if you drink too much, too quickly.

**Taking other drugs** while drinking will intensify the effects of alcohol on your body. Even taking acetaminophen, cold remedies, antihistamines, or prescription drugs can have serious effects when you take them in conjunction with alcohol. Many medications interact with alcohol to increase the drinker's level of impairment.

**Your lean body weight** will affect your level of intoxication. The more lean body weight, the more blood and water you have in your body. The more water in your body, the lower the concentration of alcohol because water dilutes the alcohol in your blood system. Excess fat, on the other hand, does not increase your body's ability to absorb alcohol. Women usually have a higher percentage of fat tissue than men. Compared to a man of the same weight and build, a woman has less water in her body and, as a result, the same amount of alcohol will impair the woman to a greater extent.





# *How to Make It An Evening You WILL Remember*

- **Eat before you go out so you are not drinking on an empty stomach.** Since alcohol molecules need no digestion, they diffuse quickly within the stomach and reach the brain within a minute of entering the body. Eating while you drink slows the absorption of alcohol. Try nibbling on some non-salty snacks.
- **Leave the plastic at home.** Don't take debit cards or credit cards with you to the pubs, you'll end up spending more than you had intended.
- **Don't buy rounds.** You'll end up drinking more than you planned and you will spend more than you can afford.
- **Don't drink shots of alcohol.** Since you are basically pouring straight alcohol into your system intoxication will occur more quickly. Buy mixed drinks, wine or beer.
- **Set a limit on your consumption per occasion.** Think about what you have to do the next day.
- **Say "No" when you have reached your limit.**
- **Don't drink and study.** Drinking before or during studying impairs your ability to retain information.
- **Never participate in drinking games, such as "century club parties" or "sink the ship".** Alcohol is consumed too quickly when playing these games and it may lead to alcohol poisoning.
- **Respect another's choice not to drink.**
- **Drink non-alcoholic drinks** either when you have had enough alcohol for the night, or don't want to drink at all.
- **If you've been dancing and you're really hot and thirsty - ask your waiter or waitress for a pitcher of water or glass of juice.**
- **Drink slowly and don't gulp your drinks -** no more than an ounce per hour.
- **Don't drink on the street.** The Kingston Police will not hesitate to fine you \$105.00.



## *Drinking . . . without getting drunk*

**M**ost people can recognise the onset of intoxication in themselves (loss of balance, poor co-ordination, slurred speech, slow reaction times) as can others around them. If you feel you've had enough to drink for the night, or even just for the time being, try something *non-alcoholic*. The campus pubs serve plain juices and pop, but also their world famous non-alcoholic concoctions called "Mocktails".

Imagine . . . it's 11 p.m., you've had a couple of drinks, the conversation is great, the music terrific and you are having fun. One small wrinkle — that 8:30 appointment tomorrow morning with your T.A. which you really need to go to totally sober.

*Problem:* How to stay sober and still make the 8:30 appointment.

*Solution:* The World Famous "Unebriates"!

*Some of the most popular "Unebriates" at the Queen's Pub:*

**Queen's Quencher**  
orange & pineapple juice  
grenadine & ginger ale

**Rollies Runner**  
orange & pineapple juice  
milk & coconut cream

**Reading Week**  
grapefruit & pineapple juice  
milk & coconut cream

**Vanilla-Fruit Shoosh**  
vanilla ice cream  
a real banana  
orange & pineapple juice  
grenadine & coconut cream

**Juicy Juice**  
cranberry & pineapple juice  
orange juice & ginger ale

**Ruby Tuesday**  
grapefruit & cranberry juice  
grenadine & soda

**Mocha**  
hot chocolate & coffee  
rimmed with cinnamon

**Caffeine Rush**  
coffee, ice, milk  
vanilla ice cream

*Some of the most popular "Unebriates" at Alfie's Pub:*

**Betty Boop**  
lemon juice  
soda & grenadine

**Walking Home**  
pineapple juice & orange juice

**Devil's Pleasure**  
orange juice  
lemon bar mix & grenadine

**Virgin Caesar**  
caesar with no vodka

## *You know you're in trouble when . . .*

...you take your books to Alfie's instead of to the library

...your friends don't recognise you sober

...dinner is the first meal of the day

...you wake up the next morning in the recovery position

...you can't pay for your textbooks because you've spent your savings on alcohol

...you automatically associate a night of partying with vomiting

*If this sounds like your life, it's time to talk. Any of the people listed below would be happy to spend time with you. If you or a friend need guidance, or if you just want someone to talk to, don't hesitate to contact the following people:*

Your Don or Floor Senior

Any of the family physicians at Student Health 533-2506

Campus Observation Room (COR) 533-6911

Dr. Chuck Vetere, Student Counselling Service 533-2893

KAIROS 533-6559

Educating Students on Substances (ESOS) 533-6000 x74816

Brian Yealland 533-2186

Hotel Dieu Hospital Detox Centre 533-6461

Queen's Student Counselling 533-2893

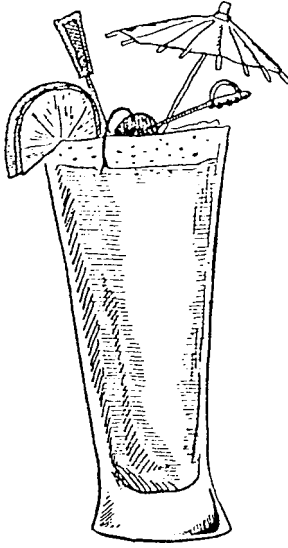
Telephone Aid Line Kingston 544-1771

Sexual Assault Crisis Centre Kingston (SACCK) 544-6424

Drug & Alcohol Information Resource Centre 533-6000 x75329  
(in Room 301 of the Grey House)

*These people are accessible. They are there for you.*

**H**ow many times have you come home from a night of partying and said to yourself, "That was great? I'm glad I went out!" Do you remember what made it so special? Every party creates its own memory. With a little thought up front and some caring attention to your health, every party you go to can be one to remember . . . fondly.



*Remember, you don't have to drink to have fun,  
ESPECIALLY when you are a Queen's Student!*

Special thanks to the office of the Dean of Student Affairs,  
the Campus Observation Room (COR), and  
Educating Students on Substances (ESOS).

