

Letter to the Editor
NZ Herald
27/04/07

Re: Alcohol has memory hangover

While on the subject of alcohol and memory, let's not forget that alcohol even at low doses can be toxic, addictive and harmful to health. There is no such thing as a universal 'safe' level of consumption let alone a beneficial one as your article uncritically implies. Remember that this study assessed only a few aspects of brain function and also found liver damage had started to show up in the rats drinking daily at low levels. Of particular concern is the way the article moved straight to encouraging daily consumption up to the legal blood alcohol level for driving which in New Zealand is high compared to most other countries. Drinking daily at the levels suggested are also contrary to Government guidelines which recommend some alcohol free days each week. Without including these provisos, your article grossly misleads the public regarding the use of a harmful drug.