

17

November 03, 2003

## Binge drinking\*

DR THOMAS STUTTAFORD

ALCOHOL CONCERN is soon to launch a campaign designed to alert people to the hazards of binge drinking. The data that has determined the nature of the campaign has been derived from a MORI survey. Coincidentally, another study, published in *Company* magazine, provides an equally disturbing and detailed portrait of the drinking and mating habits of a thousand 18 to 28-year-old single, childless women. These are the clubbers who keep the tills ringing in the gigantic dancehalls in British provincial cities.

Alcohol Concern is pressing for the Government's limit of safe drinking to be printed together with a health warning on the labels of bottles and cans.

The greatest danger now to the individual, as well as to good order in our inner cities, is that caused by excessive binge drinking. Binge drinking used to be occasional rather than weekly and was rarely as excessive as it frequently is now. By emphasising weekly limits of safe indulgence the greater danger posed by binge drinking is underrated, and young people may even be reassured so much that they believe that 21 units on a single night is safe.

The report in *Company* magazine of the drinking habits of female clubbers shows that more than 60 per cent drink their weekly allowance in one or two sittings over the weekend. After their binge 10 per cent were escorted home by total strangers, 66 per cent admitted to having woken up on one or more occasions with no idea of what had happened the night before.

\* going out and getting drunk  
+ dangers