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Buzz: The Science and Lore of Alcohol and Caffeine (Hardback)

By Stephen Braun

Oxford University Press Inc, United States, 1996. Hardback. Condition: New. New. Language: English . Brand New Book ***** Print on Demand *****.Alcohol and caffeine are deeply woven into the fabric of life for most of the world's population, as close and as comfortable as a cup of coffee or a can of beer. Yet for most people they remain as mysterious and unpredictable as the spirits they were once thought to be. Now, in Buzz, Stephen Braun takes us on a myth-shattering tour of these two popular substances, one that blends fascinating science with colorful lore, and that includes cameo appearances by Shakespeare and Balzac, Buddhist monks and Arabian goat herders, even Mikhail Gorbachev and David Letterman (who once quipped, If it weren't for the coffee, I'd have no identifiable personality whatsoever). Much of what Braun reveals directly contradicts conventional wisdom about alcohol and caffeine. Braun shows, for instance, that alcohol is not simply a depressant as popularly believed, but is instead a pharmacy in a bottle - mimicking the action of drugs such as cocaine, amphetamine, valium, and opium. At low doses, it increases electrical activity in the same brain systems affected by stimulants, influences...



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