

Don't drink and drive

Drunk driving remains one of the biggest threats to road safety in South Africa.

This is according to South Africa Against Drunk Driving, which disclosed some 18 000 South Africans died in motor car accidents every year and 150 000 others seriously injured, with alcohol involved in about 50 percent of them.

Dr Izak Loftus, forensic and anatomical pathologist, said the effect of alcohol could be likened to a tidal wave washing over the brain. As it washes over, it suppresses the normal functions of the brain.

"Alcohol is a deadly stimulant which should be consumed in moderation.

"Depending on your weight and size, the effects of alcohol will vary, thus a bigger person may be able to consume more than someone smaller, although there is no guarantee that he or she will not experience the same side effects," he said.

"Think before getting into a car if you have had too much to drink. Killing an innocent person while you are under the influence may leave you wishing you had stopped at the legal limit.

"The trick is knowing when enough is really enough."

Details: www.sadd.org.za