

Article: Is one drink a day OK? Here's what to consider

Post by “Eikadistes” of January 24, 2025 at 2:39 PM

In a modern context, with our advances in water treatment (so we don't have to spike our drinks to kill parasites), I speculate that Metrodoros might apply his advice about casual sex to drinking:

"I hear that a profuse change throughout your flesh disposes you toward [**drinking alcohol**]. As long as you neither disregard the laws, nor dismiss those reasonably established customs, nor distress any of the neighbors, nor damage your flesh, nor deplete what is necessary, do as you please according to your own preference. It is impossible however not to be a little constrained by at least one of these complications; therefore [**drinking alcohol**] is never advantageous, and desirable only if it has not caused harm." (Vatican Saying 51, but replacing "*Aphrodisian intercourse*" with "*drinking*".)