

Aiming to present a balanced view of drinking and health, the medical columnist of The Times explains his view of how, whilst alcohol taken in excess can be dangerous, in moderation it is actually good for you. He argues that, not only is it good for the coronary arteries, but it prevents strokes, reduces the likelihood of late-onset diabetes, improves sperm count, and even has a beneficial effect on the intellect - especially among the elderly. He also contends that it matters what form the alcohol takes - that, for instance, a wine from France is likely to be healthier than one made from the same grape variety from Chile.

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