

美国一研究中心发现，生活在寒冷气候下的人酗酒的可能性更大。数据资料显示，英国被列为酗酒程度高、日照时间短的国家之一。



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Drinking also is linked to depression, which tends to be more prevalent when sunlight is scarce.

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The study, published online in Hepatology, used data from the World Health Organisation (WHO) and the World Meteorological Organisation. Dr Peter McCann, medical adviser to Castle Craig Hospital, a residential drug and alcohol rehabilitation clinic in the Scottish Borders, contributed to the report.

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He said: "We now have new evidence that the weather, and in particular the temperature and amount of sunlight that we are exposed to, has a strong influence on how much alcohol we consume.

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"Furthermore this weather-related alcohol consumption is directly linked to our chances of developing the most dangerous form of liver disease — cirrhosis — which can ultimately end in liver failure and death." He added: "Stricter laws on alcohol pricing are surely justified when we consider the devastating combined effect of low sunlight and cheaper alcohol on consumption.

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