PREFACE

From ancient times alcoholic beverages have been used to induce a sense of well being. Nowadays alcoholism has become a pervasive problem that threatens most of the countries all over the world. In highly developed countries two thirds of all adults use alcohol occasionally. Alcoholism is a serious problem for any age group and can have pathological effects on vital system of the body. Age differences in alcohol consumption can be influenced by the concentration of alcohol administered. Chronic ethanol intake is known to cause direct and indirect toxic effects in mammals and humans to the effects of byproducts such as acetaldehyde and acetate. Excessive and chronic alcohol intake is considered as one of the risk factors for the onset and development of hypertension, arteriosclerosis, liver and brain damages with consequent neurological disturbances and dialectological complications. The cell function depends not only on receiving a continuous supply of nutrients and eliminating metabolic waste products but also on the existence of stable physical and chemical conditions in the extra cellular fluid bathing it. Water, sodium, potassium, calcium and phosphate are the important substances present in the extra cellular fluid. Loss (or) retention of any one of these substances can influence the body's handling of the others. The kidneys are the organs primarily responsible for regulating the amounts and concentrations of these substances in the extracellular fluid. Alcohol, one of the numerous factors that can compromise kidney function, can interfere with kidney function directly, through acute or chronic consumption, or indirectly, as a consequence of liver disease.

Exercise physiology is one of the active fields of research in modern days since, it presents the material essential for understanding relevant changes in various mechanisms of the body that occur during the onset of exercise. Exercise has beneficial effects on several aging processes, as well as