

G E T T I N G

MORTAL



WITH
DOM
WATERS

STEFANOFF

STEFANOFF

STEFANOFF VODKA

TRIPLE DISTILLED

122306920 08:25

Stefanoff Superior is a premium 100% Pure Grain Vodka, distilled three times for exceptional purity and unsurpassed flavour.

Serve straight, over ice - and perfect mixed in cocktails.

Energy: Per 100ml: 858 kJ / 207 kcal • Per glass (25ml): 215 kJ / 52 kcal

KNOW YOUR LIMITS

The UK Chief Medical Officers recommend adults do not regularly drink more than **14 units a week**.

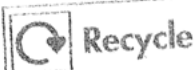
FOR MORE FACTS: drinkaware.co.uk

DRINK RESPONSIBLY

For information in the Republic of Ireland, visit: www.drinkaware.ie

This bottle contains 28 servings.

0.9 26.3
UK UNITS PER 25ml UK UNITS PER 100ml

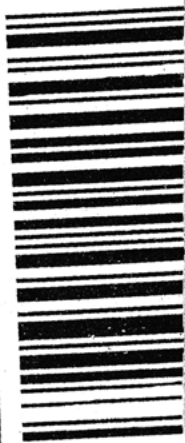


PRODUCT OF GERMANY

EXPERTLY FILTERED
Triple Distilled
100% PURE GRAIN
VODKA



alc. 37.5 % vol.
70cl e



SECURITY
PROTECTED

WELCOME



Drink 1: Introduction.

Drink 2: Drinking in British Culture.

Drink 3: Kalsarikannit.

Drink 4: Pandemic Drunk.

Drink 5: The Trademarks Of Drinking.

Drink 6: Getting Comfortable.

Drink 7: David Nutt.

Drink 8: Dutch Courage.

Drink 9: Drugs in Medical History.

Drink 10: L.S.D 4 G.I.

Drink 11: Introspection.

Drink 12: The Alcoholic Alter Ego.

Drink 13: You Get My Point.

Drink 14: Being Mortal.

Drink 15: Cheers.

drink 1

Alcohol is a hell of a drug. Although it is one of our species oldest intoxicants it maintains a certain mystery around it.

How does it prompt socially awkward introverts to rip into an inspired Elvis impression at a Karaoke bar? Cause pub punters to pick a fight with themselves in the mirror? Or create the kind of confusion in a typically sane man where a PlayStation looks like an inviting place to take a wee? This beloved liquid is responsible for countless stories that will be shared for years to come or forgotten with everything else past the 2am kebab shop mission.

I view alcohol as like a short-term Cyborg modification. The same goes for ecstasy, psychedelics, amphetamines and cannabis.

The man who coined the word Cyborg in 1960, Manfred Clynes described his new word's meaning with:

'A Cyborg is essentially a man-machine system in which the control mechanisms of the human portion are modified externally by drugs or regulatory devices so that the being can live in an environment different from the normal one'



What if substances are a way for us to simply live in an environment 'different from the normal one' for a short-term time span? They can let us have a dalliance with strange and wonderful ways of thinking. People have experiences whilst under the influence that led them to reconsider the ways they exist in a sober headspace.

Sometimes conclusions are arrived upon when intoxicated that have a trajectory changing impact on someone's life.

They're not all circus rides, there's more to it than just 'fun'.

Currently I am on my first drink; A nice double vodka and orange juice. The alcohol volume is roughly 5cl of 37.5% proof Vodka. There's 65cl left in the bottle.

We're going to do an experiment for art and science tonight.

Throughout this book I am going to talk about the ideas around drinking, substances, capabilities and mental malleability. All of this on the path to achieving a status as having 'gotten mortal'.

I'm not too sure what this book is going to look like, so don't close the covers yet and find out with me.



Drink 2

Following my first drink I am slightly more relaxed, I feel close to the same as I did before but with a more comfortable feeling going through my body.

Drinking In British Culture.



Growing up British is to grow up around booze. It's something that's been embedded into our national identity for as far back as the history books go. In the middle ages the natural water supplies around towns and parishes were far too dangerous to ingest. Being littered with faeces and urine or bodily remains of livestock; Bacteria thrived in the water people would drink. Townsfolk got sick, townsfolk died and the stability of upkeeping the vital farmland was never steady if your farmhands were always dying.

Ale became a popular solution to this grim problem, the ethanol in the ale would preserve the alcohol from becoming infected with bacteria and it would get you watered safely with the side affect of becoming drunk.

With that practical origin it grew into a mainstay of British culture for generations to follow. Society has always had a history of going too far with alcohol. In the mid 1700s Gin had to become taxed to stop so many people dying from over consumption.

Beer was taxed yet Gin was still available at as cheap as the manufacturer wanted to sell it.

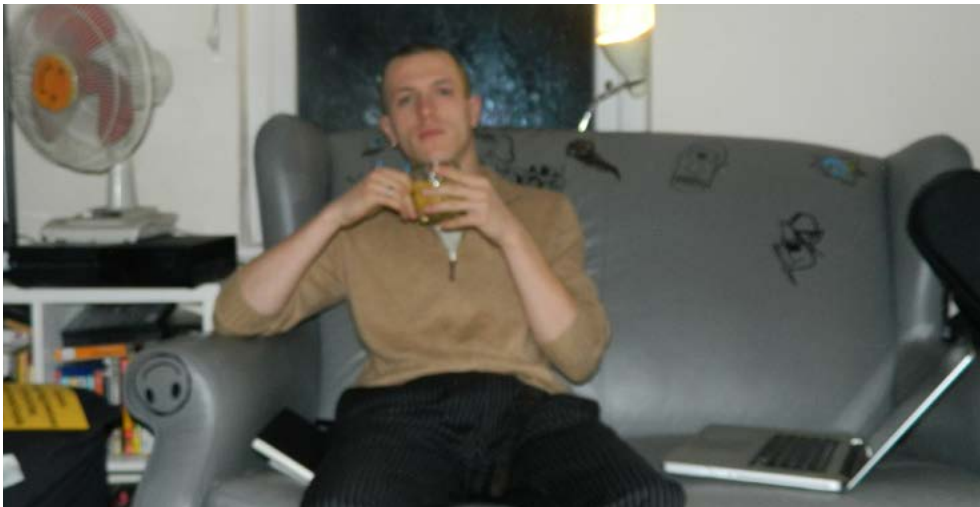
It was the drink of the Edwardian working class. When the tax came in you could say there was a small backlash. In 1743 riots sprouted in London, a prison called Newgate prison was mostly destroyed with many prisoners (including illegal distillers) breaking free. In the small amount of time of rioting there was more damage to property than in the entire French revolution. The British have always loved a drink and hated being denied one.



Drink 3

I feel my facial muscles are looser, I wanted to whack on some music midway through and am now listening to Kind Of Blue by Miles Davis.

Kalsarikannit AKA Pantsdrunk.



Did you know Finland has statistically the world's happiest population living there, now part of me thinks this is linked to another thing Finland has got going for itself...
The cultural history of Pantsdrunk.

Pantsdrunk is the Finnish drinking culture you may be more in tune with than you realise. It even has its own book 'Pantsdrunk: The Finnish art of drinking at home, alone, in your underwear'. I bet that describes at least one night of yours this month. It is a philosophy of self-indulgence and acceptance in the most accessible way possible.

Many lifestyle trends are spreading their way out from their original cultures lately, Hygge and Lagom are two Scandinavian trends which promote a balanced and mature route to comfort. Whereas the Danish philosophy of Hygge is chocked with gorgeous recipes for sweet breads along with the image of a cosy wooden interior with knitted jumpers a hot fire and a meditated contentment wafting through the air... Pantsdrunk is the more achievable dirty sibling of Scandinavian comfort.

Pantsdrunk can be achieved alone or with a friend. It is commonly practiced in the long harsh winters of Finland where being indoors at home is one of the only options to spend an evening, which can of course get lonely. But being drunk can seemingly strip down the wall that's stopping you from being your own best friend for a night. A Pantsdrunk scholar may sit and reminisce with themselves, enjoy a delicious snack and wonder about how beautiful existence is, play a little game, or just have a soul lifting laugh. The notion of being sat in your pants alone speaks to the ideal of not performing for anyone.

***Shakespeare said the world was a stage and we the people players;
But what if I'm tired and burnt out from playing?
What if I just want to be human and exist for myself for one evening?***



DRink 4

When I got up to make my current drink I noticed I was swaying with the music and getting into it. I wasn't just enjoying with my brain but also with my body. I'm starting to want a cigarette.

**Pantsdrunk,
pandemic,
pantsdemic,
pandemicsdrunk,**

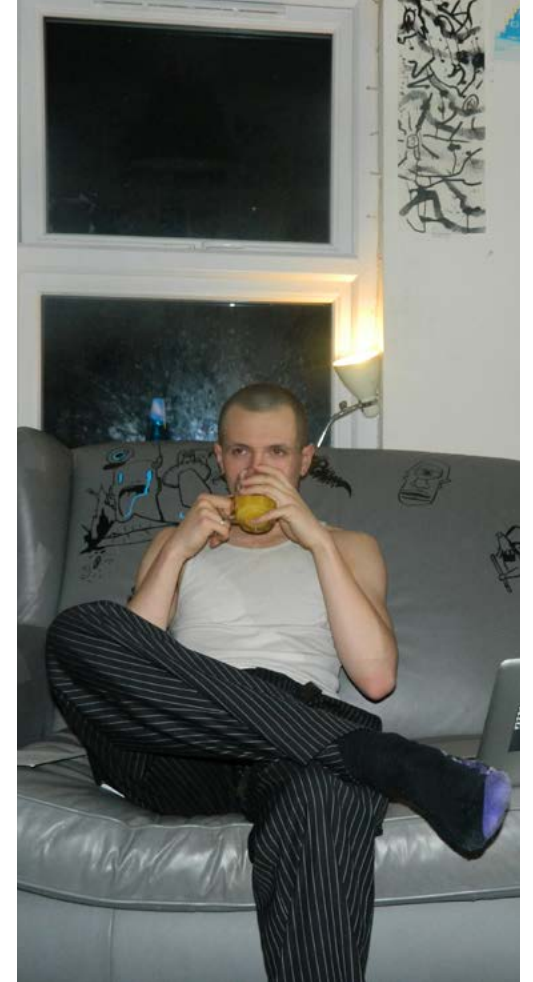
**I was drunk quite a lot
in the pandemic.**



Lockdown was a shock to us all. In 2020 we had our lives hit with a brick wall in the way of life's locomotion. I was 19, still a teenager enjoying the highs of the first days of the rest of my life. Lockdown felt like cataclysm. Being shot down right as I was taking my stride, stung. I missed my new friends, I missed the culture I was getting into, I missed the freedom to explore my new surroundings, I missed everything I held dear to me. Retrospectively thinking, Pantsdrunk was a kind of lifestyle therapy for me going through all of that. I managed to abstain from paying rent in student halls due to some small print on the company website, my loan still came in, even though I couldn't go out and spend my riches at least I was stuck inside with money to burn.

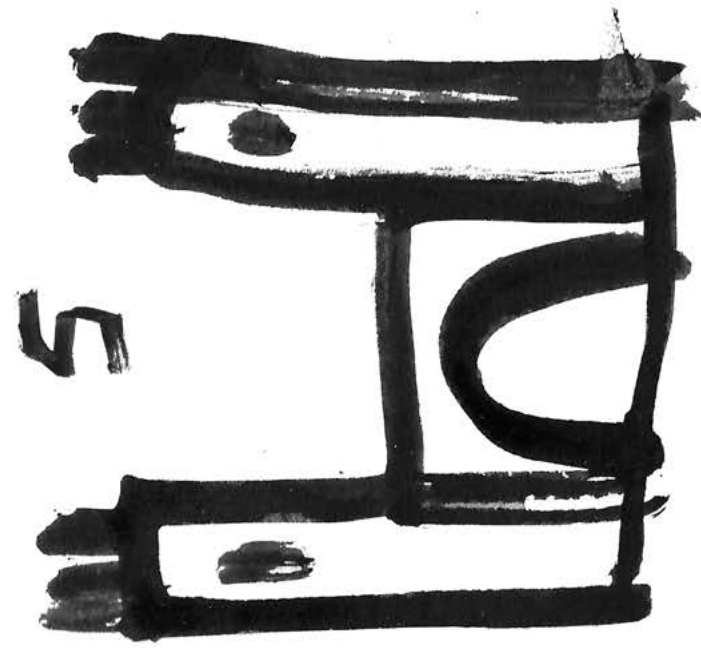
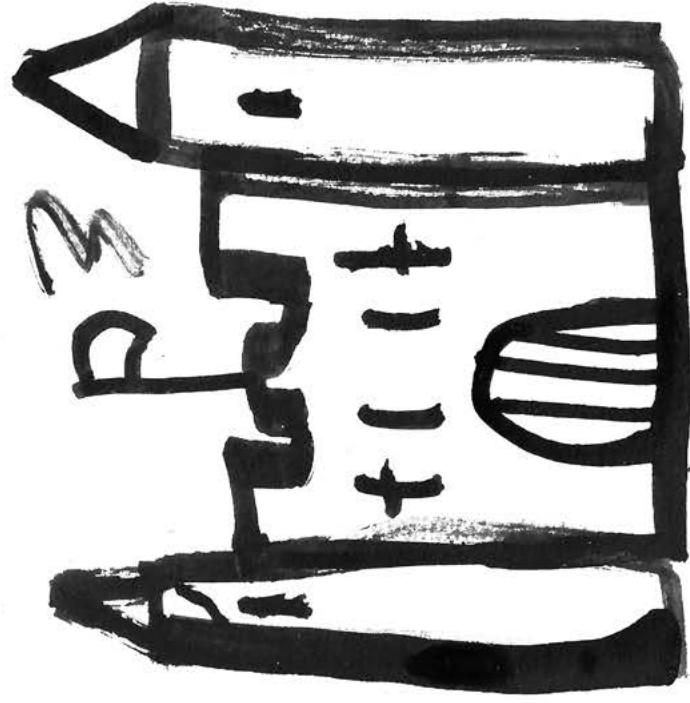
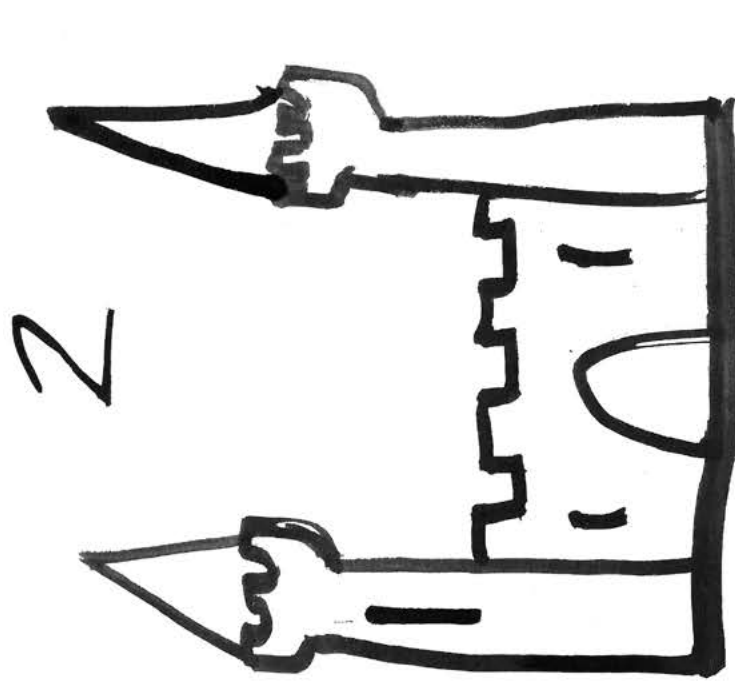
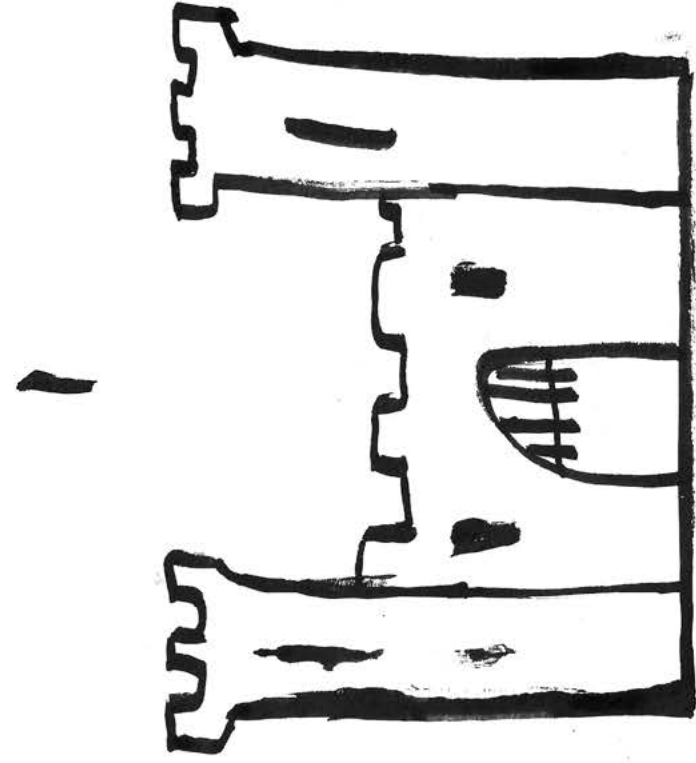
At the height of the first wave of pandemic stretch I was having a white Russian and a cigar for lunch, skateboarding around my empty flat butt naked by 3 and hammered watching comedies by the time the evening came. I think for me drinking in the long fallout of the initial pandemic scare enabled me to take down a barrier of constant thought of fear and simply exist in the space I was in. In the times where the news made smiling difficult, drinking in whatever state I was in made me laugh. I was still me, just cut loose a little.

*I want a cigarette now, we're at that point where it'll feel awesome.
I'll feel like James Bond, only cooler.
My music has gone off, I think I'm going to go for more jazz.*





6 CASTLES.



To test the influence of alcohol on creativity and coordination,
I completed one ink drawing every 2 glasses of Vodka.

DRINK 5



I'm tipsy, my fingers typing this feel lighter and my mood is good. By the markings on my bottle of vodka I am now beyond half way to being Pantsdrunk. My definition of which is 35cl into a bottle of spirits.



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The Trademarks of Drinking:

Inhibitions: people tend to care less about the consequences of their words or actions, anxious quiet people become more talkative and those who are loud sober begin to become booming.

Coordination: I've met people who are strangely steady handed when drunk. One person I know can only juggle if they can't see first, or how when playing a game of pool, the drunker you are, the better at potting balls you become. Most people swing the other way, walking with complete abandon into a jagged paving stone and spiralling hard into the floor. Even standing still I've been hugging someone and still managed to end up on the floor confused why gravity would do that.

Ego: The ego is not a beast to be tamed. That said, it doesn't mean the ego can't become a beast. When intoxicated, people become generally more self-centred, not that that's a bad thing. Just when people find themselves self-righteous, or self-absorbed, the thinking can become very individual, people might think they're great and forget that they're part of the same species as everyone else in the room, long story short, some can find themselves cool but others would suck the fart out of their own arse if they could when given permission by alcohol.

Confidence: An accompaniment to the lack of inhibitions is confidence, confidence blooms in the intoxicated. This is where someone might say, 'hey! Hold my beer' before attempting to perform some feat of bravado and entertainment. Dance offs, limbo competitions, competitiveness is a key element of the confidence aspect of intoxication.

Speech: Speech becomes slurred, enunciation goes out the door, it's just about getting the words out. Many sober wordsmiths start using language as it comes to them instinctively. This is where venue staff get told to 'FUCK OFF' when telling someone to take it easy, where observations whether taboo or not get jettisoned out of someone's mouth at random. Some become extremely eloquent, whereas others can only manage noises, it is entirely dependent on the person. With speech alcohol works in extremes.



17

DRINK 6

*After that last drink I hit a turning point of beginning to feel the change between tipsy and drunk. The lines are blurred between them. I'm craving another cigarette and also some sort of snack. The self indulgent side of alcohol is making me want sensations from all available sources; I want **food**, I want **nicotine**, I want **music** and I want to feel **adrenaline**.*

GETTING COMFORTABLE.



The Finnish tradition of being Pantsdrunk denotes relaxing in your underpants a thing many British people don't feel as comfortable with as say, sitting in a set of pyjamas. This stems from the culture popular in Finland but also more broadly in mainland Europe of nudity being an acceptable thing whereas in our isles its rather taboo. In Finland people have no problem being sat naked with their families and strangers alike enjoying a spa experience such as a sauna. Over here the idea of being naked with anyone but your partner is something which sparks a conversation over taboos.

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EDITORS

NOTE:

I go on to
talk about a
skinny dipping
escapade in
Berlin last
summer.

Drunk me is
very proud of
this.

Sober me does
not want to
broadcast the
beneath text in
full.

Do continue...

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DRINK 7

I am officially Pantsdrunk, I am at the stage where I am definitely drunk to a comfortable point and about to tip the balance into getting mortal. I am relaxed with my feet up, still enjoying jazz and my own company.

David Nutt:

Energy: Per 100ml: 858 kJ / 207 kcal • Per glass (25ml): 215 kJ / 52 kcal	
KNOW YOUR LIMITS	
The UK Chief Medical Officers recommend adults do not regularly drink more than 14 units a week .	
FOR MORE FACTS. drinkaware.co.uk	DRINK RESPONSIBLY
For information in the Republic of Ireland, visit: www.drinkaware.ie	

David Nutt is an important figure in the conversation surrounding substances. He was the chairman of the advisory council on the misuse of drugs for a number of years until his dismissal in 2009 for going against the government policy on the mis identification of certain drugs on the Class A, B and C charts. Nutt's philosophy was that drugs should be legalised and classed based on their individual risks. Drugs policy should be informed by scientific foundations essentially.

In 2009, Nutt created a list of the 20 most dangerous drugs. Shockingly, at number 5, sat alcohol, a drug only out done by heroin, cocaine, barbiturates and street methadone. At number 9 sat tobacco, number 11 cannabis and 18 ecstasy. Nutt was removed from his position on the advisory council, for making stands against the policy around drugs created by the UK government. His key critique being that it didn't follow the science enough and the legislation was more of a PR tool than a practical tool to aid people.

This bottle contains
28 servings.

0.9 UK UNITS PER 25ml	26.3 UK UNITS PER 70cl
------------------------------------	-------------------------------------



20



21

DRINK 8

*I've eaten some bread to help sustain the ability to write..
Lovely. My coordination is taking a dip and food tastes
twice as good now as it does sober.*



Dutch courage is a common phrase in Britain. Most often heard when people are trying to break their comfort zones. A little 'Dutch courage' can make approaching a new environment or person that crucial bit easier.

It's confidence, it's abandoning the thought of what could go wrong, it's-
Well it's courage.

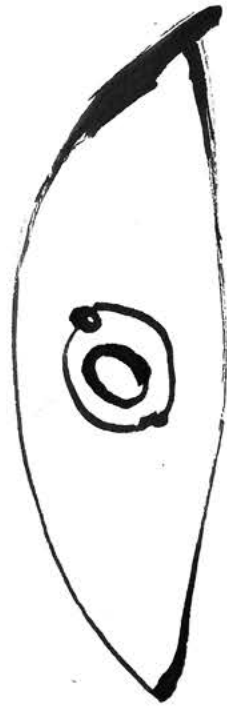
The term originates from military slang during the Thirty Years War in the 1700s. The war saw British soldiers fighting alongside the Dutch against the Spanish. The term has two possible origins. The Dutch were seen drinking gin or jenever as it was called then, before battle to bolster themselves with a braver disposition.

The other possibility is that the English started doing this themselves when given access to Dutch jenever whilst serving in the Netherlands and as the jenever was Dutch, the Dutch courage name was applied to the ritual of drinking before a battle. Either origin, Dutch courage exists because soldiers used gin/jenever to suppress their fears before battling an enemy. In this case the reckless abandon aspect of alcohol had a very real purpose. In the face of unknown perils a drink could help them keep their cool long enough to focus on the task at hand.

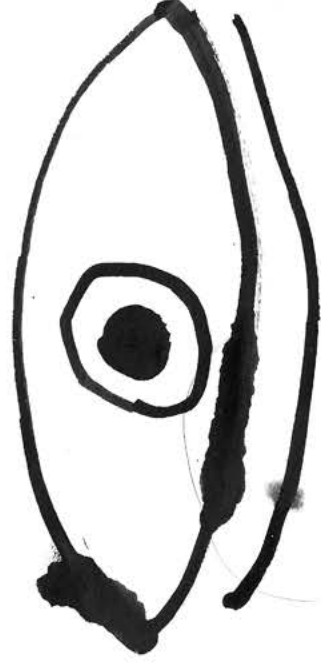


6 EYES.

1



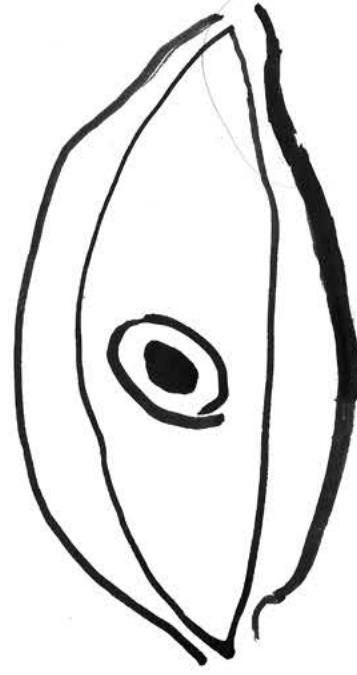
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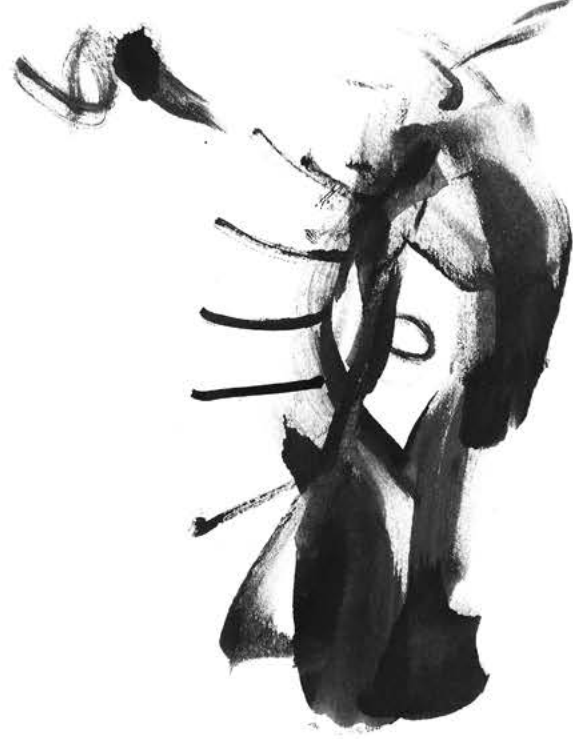
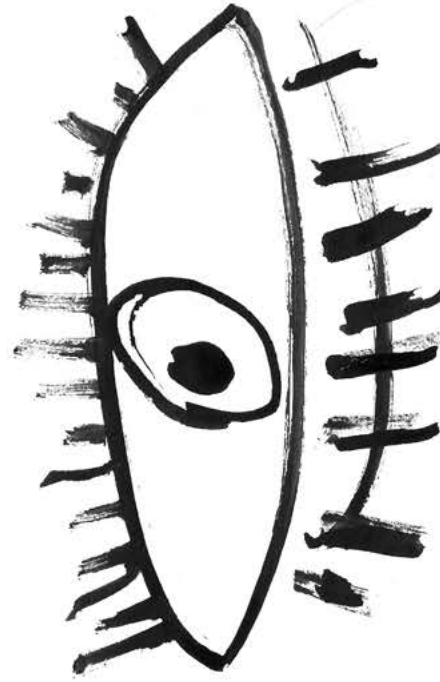
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4



5



To test the influence of alcohol on creativity and coordination,
I completed one ink drawing every 2 glasses of Vodka.



DRINK 9

Music sounds really really good. I've swapped the jazz for some post punk and have my head locked in a back and forth groove that I couldn't stop if I tried. Cigarettes feel better with every fresh drink I make. I have started making my drinks with ice.



Drugs in Medical History.

Did you know that cannabis has been illegal in the UK for less than a hundred years? *No?*

It was made illegal in 1928 under the Dangerous Drugs Act. Prior to that it was available in pharmacies much like opiates and cocaine. It was found in various tonics and health remedies that promised to remove the user of whatever ills they possessed.

Often Cannabis was diluted into a sort of alcohol based tonic and sold over the counter. It's no wonder the people of Victorian and early post Victorian Britain believed in the chemicals benefits however.

The Mary-Jane, the Mungo Jerry, the sorcerer's spinach had a famous friend in the form of Queen Victoria. Queen Victoria had dreadful period pains and was prescribed cannabis by her physician J.R Reynolds. Reynolds even said about cannabis 'when pure and administered carefully, it (cannabis) is one of the most valuable medicines we possess'.



DRINK ID

I'm plateauing, the effects of more drinking are becoming less noticeable as I'm settled into a state of bleary bliss.

L.S.D

4

G.I

LSD, mind altering, life changing, weapon of terror; find the lie. Well the CIA found out for themselves in the late 1950's and early 1960's when they tried to find an application for LSD in the battlefield.

'WHOOPS'

They thought that if they could make an enemy want to put down their guns and start hugging each other or have an induced mental episode then allied forces could plough through their lines and win a battle with ease

It had been discovered in 1943 by Swiss chemist Albert Hoffman when he ingested LSD intentionally for the first time. Hoffman had had a miniature experience with it before when some of the liquid had become absorbed in his skin by accident. Hoffman had taken a small dose at his lab before cycling home with his assistant. He reported numerous visions, strange feelings, distortions of time, he had found one of the most influential chemicals on society since the discovery of alcohol

In the early days the chemical really was a mystery, something which could potentially cause biblical level visions had some secret application to be unlocked. The cold war was the lynchpin for finding out. The CIA were trying everything they could to out engineer the USSR in battle tactics and espionage. LSD was one such experiment of war that had the opposite affect to what the CIA had intended. Soldiers were given LSD to test the affects of the psychedelic on their psyche and performance.

The government agents were looking for ways to make someone easier to kill by making them experience intense visions. However, many of the soldiers they had tested LSD on turned around with a new outlook on life and their role in society.

There are numerous accounts of soldiers completing LSD testing and declaring that they 'no longer believed in war' and wanted to leave the army... *Whoops.*



DIRNK II

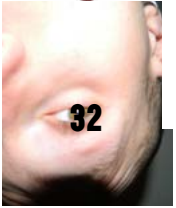
*Cigarette, Sippy sip, I'm feeling relaxed, finishing the bottle
almost feels like a chore...*

But a fun chore that I want to complete.

Blebouruouwrhf jfopsaurrobe
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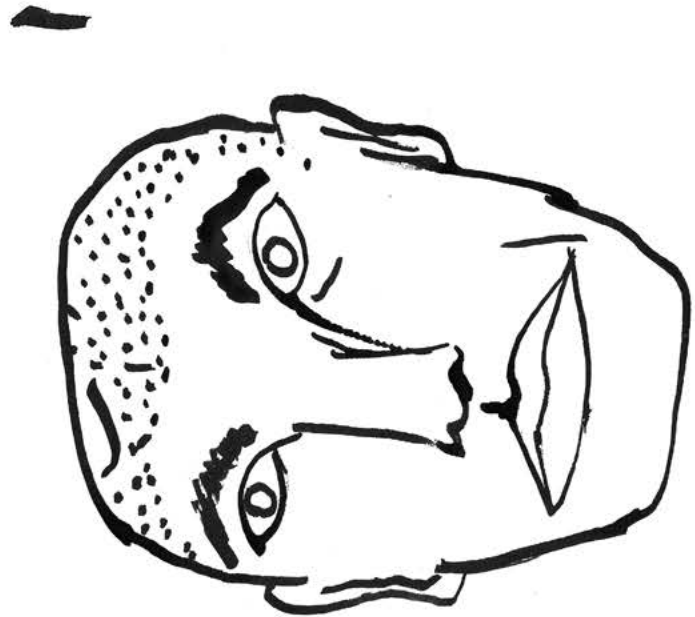
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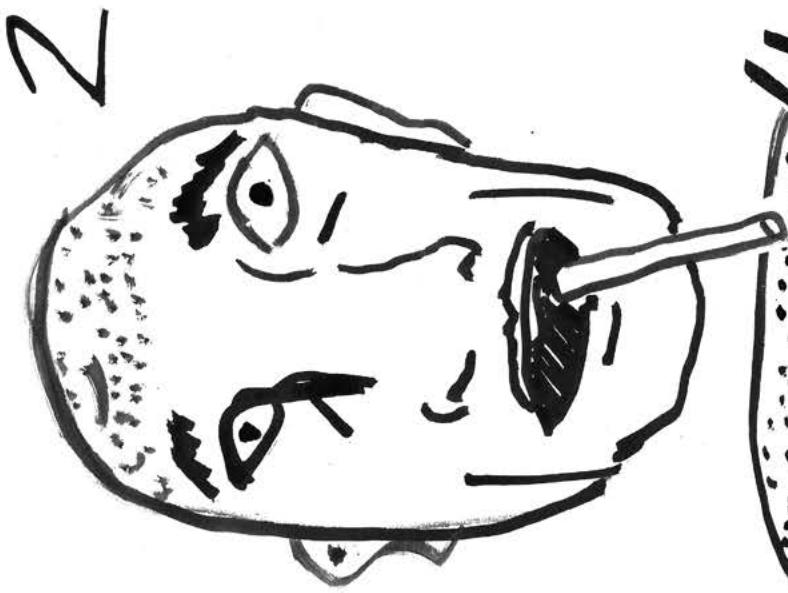


32

6 SELF PORTRAITS.



1



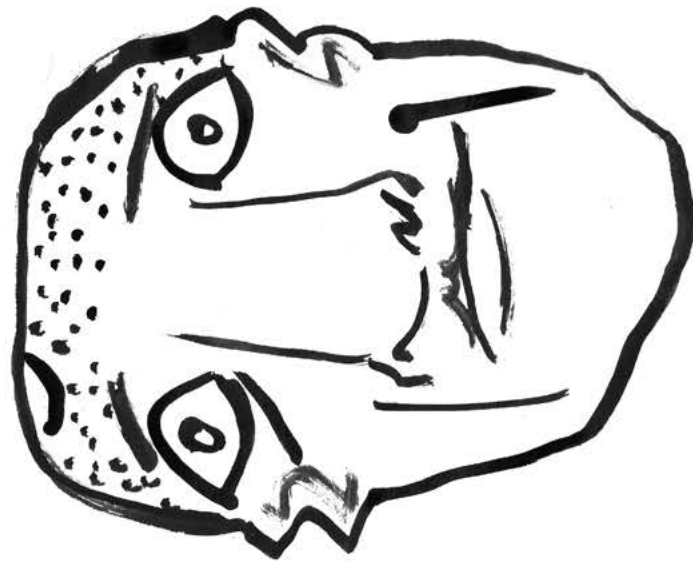
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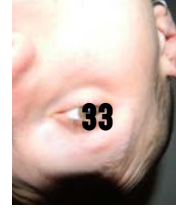
4



5



6



33

To test the influence of alcohol on creativity and coordination, I completed one ink drawing every 2 glasses of Vodka.

DNIRK 12

I'm getting bored of writing this book. I want to be out in the street dancing or in a club with my friends.

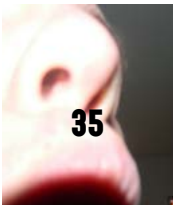
Pantsdrunk is great but after a certain point you just want to laugh with other people and share the joy.

The Alcoholic Alter Ego.

Within everyone of us is an alter ego. Some take two pints to emerge, others an ungodly amount of alcohol but everyone, and I mean everyone has an alcohol induced version of themselves no longer recognisable as the original character. A mate of mine is a mild mannered happy go lucky dude, but when the alter ego is out he's possessed by the spirit of Johnny Knoxville. He's setting things on fire, performing acrobatics, shouting and screaming in the street, he's a savage.

Friends bubbly and vivacious sober will become passionately immediate people, like cannonballs bouncing from floor to ceiling leaving with them a trail of impulse decisions that have led to chaos and debauchery. Some who've never spoken to a member of the attracted sex will become smooth operator number one and start putting the fumbled moves in to try and secure a phone number, whipping out cheesy line after cheesy line. Are these our most true selves? Us at our most primal maybe.

When the walls of preconceived notions on how to be are removed, who do you become?



DKRNI 13

Pissed. 100% pissed.

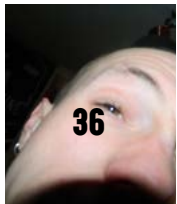
Why is getting mortal so exciting?

**I know I'm going to have the ability to do less shit,
but I'm going to think I can do anything.**

**Maybe the joy of being human is more
about the vision than the execution.**

**It's a good feeling to think we can do anything;
that we're impervious to bullets and sly remarks.**

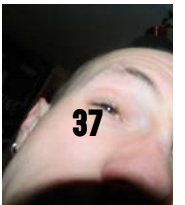
I wish I could do everything I think I could do.



**Right now I think that if I had a unicycle at hand
I could probably nail it by the 3rd or 4th go, if
someone handed me a unicycle I don't know if I'd
give it a go as that would put my ego at risk.**

But you get my point.

**Being drunk lets us forget our limitations, and
when you're not thinking of limitations you can be
just about anything... at least mentally.**



IRNKD 14

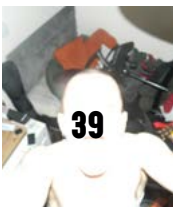
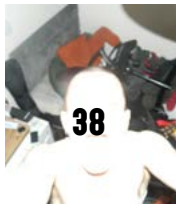
I'm at my last drink, or second to last. My drinks don't seem to make a difference, I'm just compounding the existing feeling of being loose and rather numb to what's going on.

I ran out of orange juice so im now using squash as a mixer



When your mortal you generally don't give a shit, you're there existing in present space. Thoughts of the past and future fade to obscurity, you're primal. You exist in the physically body, stumbling bumbling living free. You will do things you wouldn't normally, you will speak in a way you don't usually. Being mortal is a way to circumvent the expectations of a commodified life. With social media you are a product, you may even post about yourself as if you are a product. When mortal you exist in the most human sense.

People have been getting drunk for millennia, if I took a time machine back to the Middle Ages my idea of drunk and there's would likely have several crossovers. Being drunk is universal, it brings you back to feeling human. When you've had a long day and you find yourself mentally fixated on charts, progress, gains and social status, being mortal can strip all that away. You find yourself comfortable in the most basic circumstances. Extravagance is not necessary, that is an ideal of the sober. My drunk self loves a good bassline, a comfortable chair, looking good and feeling happy, and at the end of the day why should anything else matter. It is a belief in a life beyond systems and a life of desires. Bureaucracy does not matter when you're drunk to a mortal extent, you live free of structures. Religion has no pressure when you're drunk, you live free of condemnation. Sometimes you drink to cut loose with friends, but tonight I drink spirits just to feel my soul.



DRUNK IS

CHEERS
MOTHER-
FUCKERS

