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Raise Your Beer Mug To The World Or How To Say Cheers! In Zulu

By Heather Moffat

The Moguls did it. So did the Vikings. "A mouth of a perfectly happy man is filled with beer." After coining that phrase, you don't think this anonymous Egyptian from 2200 BC kept it to himself. I can see him raise his drinking vessel to his Nile-side neighbors while repeating the words.

Every country in the world has some sort of traditional drinking toast, often dozens. Usually one or two words, common toasts are not in the same league with toasts to the bride (which can drone on for hours), or to the retiree who's been with us for 30 years but would rather get to his food while it's hot. All of these really should be briefer, especially if a meal is being served. The everyday, no black tie, corner pub toasts exist in every culture and the vast majority simply mean 'I wish you good health'. Not surprisingly it is the English who have strayed from the norm. 'Cheers', 'Down the Hatch', 'Bottoms up' and many more. I always assumed the latter referred to the bottom of the glass, however the Hawaiians have taken this literally. 'Okole Maluna' means 'buttocks up'. I am including a list of multi-national toasts to impress your friends and use as a sign of respect when in the company of people from different cultures.

Here's a bit of etiquette to go with your cosmopolitan language skills. It is customary to toast the first round, and let the host go first. There is some controversy over the clinking of glasses. It is said that the tradition started as a sly way to test the authenticity of the host's crystal. Whether the Vikings clinked wooden goblets or not, it is considered more civilized to 'touch glasses' rather than bash together in a resounding crash. And while you're about it, serve on the left and remove from the right!

Toasts From Many Lands

This is just a sampling of simple drinking toasts from around the world. Some are impossible to find in language dictionaries as they are colloquial phrases, slang or in dialect. I apologize in advance for spelling mistakes: I'm no linguist. Meanings have been included when I could find them. Fill in the blanks if you can. Some are just a general 'cheers'. If you were making a bet on possible translation, you wouldn't lose money by suggesting that every one of these toasts is wishing the recipient continued health and general well being. My spell check is about to go wild!

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za vashe zdorovye (Russian) slainte duine a ol (Irish) to your health genatzt (Armenian) a sua saude (Portuguese) good health a votre sante (French) to your health banzai (long life) (Japanese) or kanpai (dry glass!) (Japanese) bud mo (Ukrainian) cin cin (chin chin) (cheers) (Italian) or alla salute (in good health) (Italian) proost (Dutch) cheers vivat (Polish) revival, survival tervist (Estonian) general greeting skal (Danish) cheers here's looking at you (kid, optional) (American/Bogart) kia ora (Maori) all purpose greeting egeszsegedre (Hungarian) to your health Iechyd da (Welsh) good health I sveikas (Lithuanian) your health kippis (Finnish) cheers le'chaim (Jewish) to life na zdravi (Czech) to your health noroc (Romanian) prosit (German) here's to you (and your health of course) wen lie (Chinese) salud (Spanish) bahkt tu kel (Romany/Gypsy) good luck and health be on you Here it is folks - oogy wawa (Zulu) (wawa means `fell', oogy wasn't listed, any ideas?)

We should all feel well cheered and healthy after all that!

Heather Moffat is a contributing writer to Excalibur Communications, the company that created The

Beer Home Page - Your Online Guide to Great Brew Pubs and Beer Labels. If you would like to find the best breweries worldwide and discover the world of beer, visit

<http://www.thebeerhomepage.com>

Sit Back, Relax And Enjoy A Beer - It's Good For You!

By News Canada

(NC)—Summer is often a time of unabashed enjoyment, when sitting on a patio soaking up the sun makes us forget our long, cold winter. But for some, summer can also be a time of watching waistlines and getting into shape. What may come as a surprise to many is that enjoying a beer this summer can be part of both agendas - and might actually be good for you.

It's a common misconception that beer is fattening and unhealthy. The reality is that beer, enjoyed in moderation, can provide a myriad of health benefits.

Most Canadian beers, from nationally available brands like Labatt Blue Pilsener to smaller micro-brews, are made from only the finest natural ingredients - water, grains, hops and yeast — and do not contain any preservatives. Beer is an excellent source of B vitamins and contains soluble fibre and many antioxidants. Recent studies show that moderate consumption of beer may reduce the risk of cardiovascular disease and stomach ulcers.

So, not only does beer have more of the good things we want, it also has less of the bad things we don't want. Fat, for example. Beer contains no fat and has fewer calories than most people probably think. When compared to juices, colas and even brown rice, beer actually has the fewest calories.

Did you know

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12 oz. serving of Labatt Blue has only 140 calories

12 oz. serving of juice has 180 calories

12 oz. serving of cola has 150 calories

1 cup of brown rice has 214 calories

So, from now on, enjoying a beer does not have to be a guilty pleasure. Enjoyed in moderation, beer is better for you than you may have thought.

For more information on beer visit www.labattblue.ca. Cheers!

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