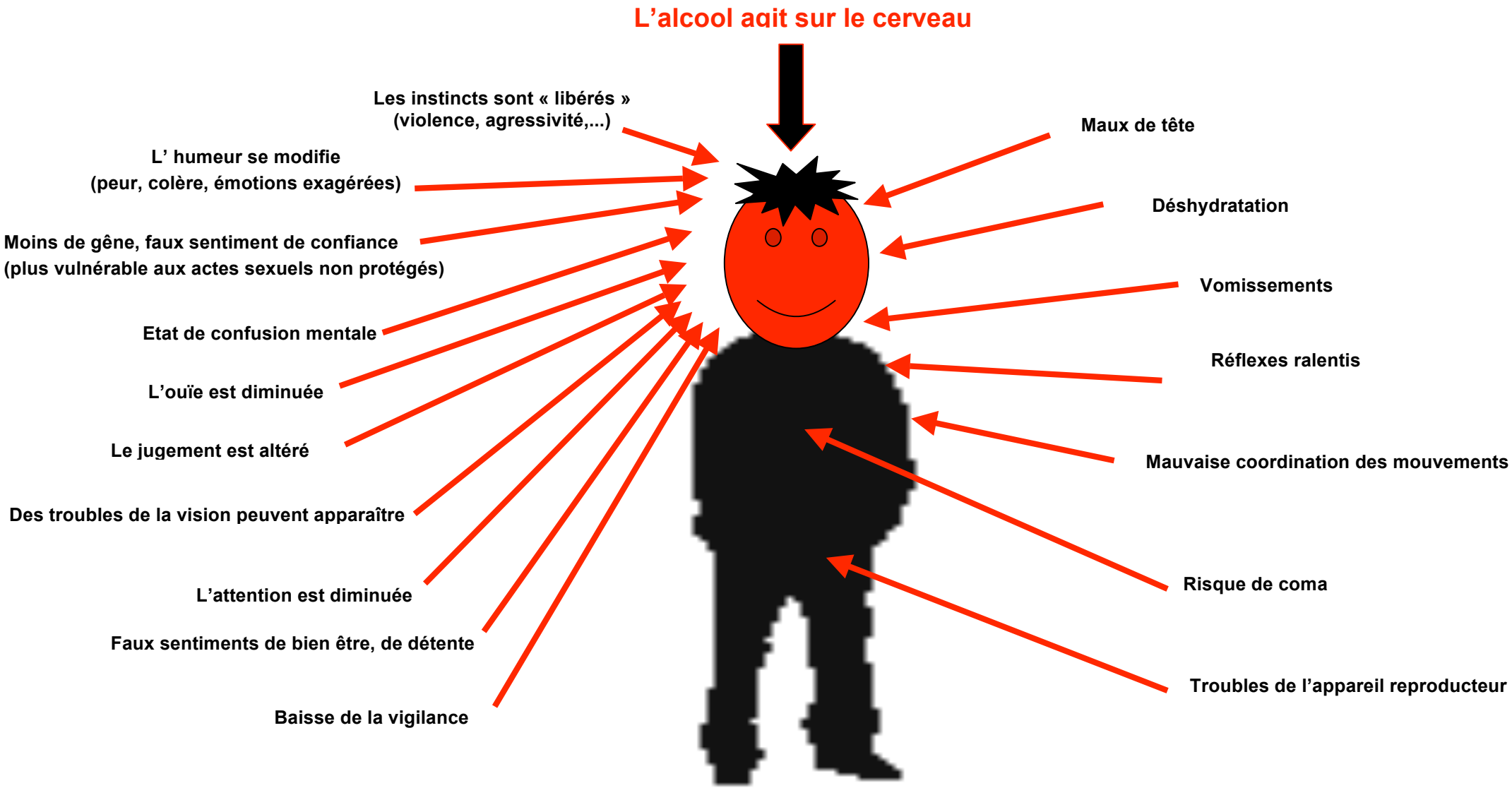Effets de l'alcool à court terme