

Beyond the Prairie Oyster

ROUGH NIGHT OUT? LET ROBERT SWIFT, M.D., PH.D., OF BROWN UNIVERSITY'S CENTER FOR ALCOHOL AND ADDICTION STUDIES, HELP OUT WITH THAT HANGOVER.

WHAT TO AVOID

Skip the aspirin—it'll only irritate your stomach. And don't even think about going the "hair of the dog" route, Dr. Swift says—you're only delaying the inevitable. Popping vitamin B₆ or B₁₂ might help, but only if you have a rare deficiency. Some folks push the caffeine, but it can overstimulate and further dehydrate you, says Dr. Swift. And forget about that dubious combination of raw egg, Worcestershire sauce, and hot sauce—the Prairie Oyster. Though it presumably worked for James Bond, "it'll probably just make you puke," Dr. Swift says.

WHAT ACTUALLY WORKS

You'll need to rehydrate (since alcohol's a diuretic) and replenish those electrolytes you might have lost in the odd prayer to the porcelain god. A hit of sugar can help rectify flagging energy levels, while cysteine, an amino acid that's converted to the antioxidant glutathione, might help your liver recover from the stress of breaking down alcohol, says Dr. Swift. Luckily, one drink already contains all four benefits: chocolate milk. Our advice? Boost the dose of cysteine by making a hangover recovery shake: Blend cold chocolate milk with a scoop of whey protein powder. Now drink slowly, you hear?



THE 20 BEST BARS

In AMERICA

BARHOPS

THERE'S NO ONE BEST BAR, of course. That's the beauty of it. There's a bar to suit every man, and one for every purpose: To sip a venerable single malt. To celebrate a triumph at the office. To decompress about an old girlfriend. To hunt for a new one. You'll find some of our favorite bars here, but one thing remains constant: We're all in the trenches together when we sidle—united with our fellow men, raising a glass together just like our fathers (and fathers' fathers) did.

BEST BAR TO MIX WINE AND (GRILLED) CHEESE

Max's Wine Dive, Houston

Refreshingly free of wine-bar pretense, Max's serves top-notch vino with a side of country music and comfort food. Pair a Purple Angel with Gruyère grilled cheese. 4720 Washington Ave., (713) 880-8737, maxswine.dive.com

BEST BAR TO YELL AT A TV SCREEN

Jerry Remy's, Boston
A dizzying 32-foot HD video wall and 46 plasma TVs—not to mention 30 microbrews—are the all-stars at this Boston Harbor shrine for Red Sox Nation. 250 Northern Ave., (617) 856-7369, jerryremys.seaport.com