



## WINE NOTES

By Dorothy J. Gaiter and John Brecher

**I**N THE YEARS we have been writing our "Tastings" column, which appears on Fridays, we have received thousands of questions about wine from readers. In this column, we answer some questions that touch on common themes. We have edited the questions for space. If you have a question, drop us a note at [wine@wsj.com](mailto:wine@wsj.com). Be sure to include your full name, city and state.

### HEALTH BENEFITS OF WINE

It would be helpful for readers to know your thoughts on the effects of resveratrol and its relation to wine-drinking.

—Roberto Socas, New York

It seems that every day we read about a new study claiming dramatic health benefits from drinking wine. The most recent reported that resveratrol, which occurs in red wine, appears to let mice live longer, though a person would need to drink more than 300 glasses of wine a day to get the amount of resveratrol the mice got (for a copy of the Journal's article about the study, and our editorial page's charming comment on it, titled "Ponce de Pinot Noir," drop us a note at [wine@wsj.com](mailto:wine@wsj.com)). We hope that all of the studies about the health benefits of wine are true, since we'd live to be 200. Seriously, though, we are asked about the health benefits of wine all the time, and this really is something that is best discussed with your doctor. As far as we can tell,



most doctors are wine-lovers, so you will have a sympathetic ear. We have always held that wine certainly has health benefits, but not just because of any chemicals or compounds. We believe that wine, as a regular part of life, helps us slow down a little, helps us enjoy meals more and helps us relax—and it seems to us that this must be

good for our health, both mental and physical.

### WINE STORAGE RESEARCH

Can you recommend a source that discusses wine storage units? I now have the good fortune to afford to buy in case lots. My wife and I would like to lay down some finer wines for tasting over several years.

—Charles Miller, San Antonio

Planning good storage for your growing collection is definitely the right thing to do. For most people, who just want to keep a case or two around for everyday drinking, a dark, undisturbed place with a fairly constant, moderate temperature (under 70 degrees) is fine. But a serious, ageable collection is worth storing well. Wine storage units now come in all shapes and sizes, from 17-bottle units that cost around \$99 to the new GE Monogram walk-in "wine vault" for about \$35,000. Our advice is to start your search at [wineenthusiast.com](http://wineenthusiast.com) and [iwawine.com](http://iwawine.com) because they are big players in this field and you will get an idea of what is available and how much a unit might cost.

—Melanie Grayce West contributed to this column.