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## Can the Percentage of Alcohol Related Deaths be Lowered

### by Simply Reducing the Drinking Age?

Everyday individuals read something new in the papers about someone drinking and driving, becoming dependant on alcohol, and losing jobs and families due to drinking. However, what most people fail to realize is that there are many advantages to drinking. Maybe as many as disadvantages. In America the drinking age is twenty one, as opposed to many other countries who have a significantly lower drinking age. Many teen deaths result from drinking, and America has the highest rate of alcohol related accidents compared to many other countries who have lower drinking ages ("National"). The fact that many countries have lower related accidents could be a hint that America needs to lower the drinking age.

There are many advantages to drinking such as the mental benefits of it. Alcohol leads to better mental function by improving cardiovascular health ("Alcohol Use"). This is because alcohol thins the blood and allows blood to circulate through the blood stream faster. Alcohol also creates a better flow of blood in the brain ("Alcohol Use"). Drinking can also reduce a huge amount of stress as long as its not abused. Drinking a glass of red wine every night will help un-clog arteries in your body (Alcohol Statistics). As Mark Beckner, chief of police in Boulder, Colorado states "the overall advantage is we're not trying to enforce a law that's unenforceable" ("National"). This basically means that the amount of alcohol abuse is so high that it is unmanageable.