

Drinking alcohol



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Drinking alcohol: In the present age, more and more people are getting addicted to alcohol day by day. Alcohol has become a usual and necessary drink in parties, gatherings and functions. Most of the people give alcohol a try in the parties. It is inspirational. People want to see what is so special about alcohol that people become addicted to it. Sometimes, people are driven by their curiosity to challenge themselves. They want to prove to themselves that they can consume alcohol without getting addicted to it. Once an individual takes this challenge, he/she first consumes so much of alcohol that would be enough to become a habit. Once the consumption of alcohol becomes a habit, then the challenge undertaken at the outset becomes too ordinary to be respected. Alcohol offers sudden relief from anxiety and one gets immersed into the sea of dizziness. The feeling is too overwhelming to be spared for a petty challenge. Alcohol consumption ruins the consumer's rapport with friends and family. It makes the consumer irresponsible towards important relations and he/she becomes forgetful of his/her duties. In some religions like Islam, alcohol consumption is strictly forbidden. Therefore, when some Muslim consumes alcohol, he/she tends to hide it from his/her family. Nonetheless, the symptoms are too obvious to let the news remain a secret. When the family discovers this secret, the individual loses trust of the family members, and accordingly, is disrespected for his/her dishonesty. Alcohol consumers are not preferred for selection in jobs because they are often too lousy and undutiful to be offered a place at work. Drinking alcohol can cause a lot of diseases. For example, people who drink alcohol can have cancer. Drinking alcohol is the second biggest risk factor for cancers of mouth and throat. People who drink too much alcohol may suffer from memory loss, high blood pressure, and heart attack.

Drinking alcohol leads to lung infections and inflammation of the pancreas which causes a lot of pain and vomiting. Alcohol has a lot of calories which can make the drinker fat. The alcohol in a drink contains almost as many calories as fat. The glass of wine has almost 600 calories which is not good for the body and health. Alcohol affects many parts of the brain and it can lead to serious mental health problems. Development of health disorders is not the only effect that alcohol consumption causes; it can also lead to crimes. Drinking alcohol may cause the consumer to involve in violence and crime. Alcohol consumers become deprived of the ability to think rationally. So they may cause hurt other people. Many drunk drivers are caught in serious accidents, in which they not only hurt themselves, but also others. In the US, alcohol abuse is a factor that causes 40 percent of violent crimes every year. This statistic is not good and shows that drinking alcohol has many unfavorable repercussions both for the drinker and the society. 70 percent of people drink alcohol before committing suicide. As I mentioned before that drinking alcohol can affect parts of the brain which control judgment, concentration, coordination, behavior, and emotions, so drinking can lead to crimes. For example, newspapers frequently report cases in which drinkers kill their wife after drinking heavily. In conclusion, drinking alcohol may cause problems and destroy life. It can first cause diseases and then death. People who drink a lot of alcohol can commit crimes and complete their lives in jail. I think governments should put rules such as no drinking in public places, no drinking while driving, no selling alcohol anywhere. Drinking should only be allowed in houses. People who drink should not do this regularly. I think God does not want us to have a tragic ending. So we should pray to God to help people stop drinking.