



Understanding Alcohol: 254 (Issues)

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With around nine in 100 men and four in 100 women showing signs of being dependent on alcohol, what are the long- and short-term effects of drinking? This book explores the effects of alcohol on the body and the mind, looks at drinking trends in the UK and considers the safe weekly limits for both men and women. It also looks at alcohol related accidents and the effects on hospitals, and considers whether the legal drinking age should be increased.

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