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The Health Reformer

The Pity of War

This all happened a long time ago, and so the details are smudged—but it was a time of war, and some of the peoples of the world were killing and maiming each other with guns and bombs.

With the leaders of both sides claiming that God was with *them*.

Well, one of the enemies was the crew-member of a bombing-plane that dropped a bomb on a certain city, and killed and maimed a record number of his country's enemies, men and women and their children.

And thus the war was won by *his* side, and peace was given a chance--for a while.

Time passed.

The man (for reasons he didn't understand) went on holiday to the now-rebuilt city he had once helped destroy and met an enemy of those years before--a beautiful young woman.

They fell in love. He bore her back to his own country and, despite the bitter opposition of his family, they married.

They settled down and soon had a child, a beautiful girl the image of her mother, and never a more happy family.

More years passed, and then, when the girl was 10, and almost 11, there came an anniversary of the war; the start, Great Victory, the end--does it matter?

And there was this Big Celebration, which included a program on television that the three watched together--with pictures of that bombing-raid and the destruction rained in fire on that city. And the mother started to cry before the man could switch off the set, though it was already too late.

Because the whole story came out that when the mother had been 10, and almost 11, she had been sheltering there in a cellar and watched her mother and father die--but she had never told him.

And the man, choked with an emotion he now understood only too well, admitted to them that he had been a member of that bombing-run.

And husband and wife cried in each other's arms. Asked their daughter, "Daddy, why did you try to kill Mummy when *she* was my age?"

Author: George Target

Note: Both sides loose during war time. And guess who wins? Evil.

Why kill the enemy in order to teach the enemy that it is wrong to kill? It just doesn't make sense to combat one kind of evil (terrorism) with another form of evil (war)!

Let us never forget that in this world we can win without war.

The 'Drink Responsibly, Drive Responsibly' nationwide campaign is deceptive. Here is why...

A campaign spearheaded by liquor sellers is currently underway that "encourages people to feel free to have a drink before driving." Their motto is, "Drink Responsibly, Drive Responsibly." And they are going to great lengths to get their dishonest message before the public!

Be careful. These persons have turned their backs on the following research that they don't want you to read because it exposes their evil intentions:

Just One Drink Can Impair Driving Skills

Having one or two alcoholic drinks may not put people over the legal limit for driving, but can significantly impair reaction time in certain driving situations, HealthScout News reported Oct. 23.

According to research conducted at the Center for Alcohol and Drug Education Studies at Texas A&M University, impairment can be experienced at much lower levels than the 0.08 percent blood-alcohol concentration (BAC).

"People think if the legal limit is .08, it's OK if I'm at .07999," said Maurice Dennis, director of the center.

For the study, researchers chose 19 people of varying ethnicity and age and trained them in specific driving behaviors. Six of the participants drank no alcohol, while the remainder was allowed to drink any type and amount of alcohol.

When the drinkers' BAC reached about 0.04 percent, all of the participants were asked to drive through a closed course. The course featured six different exercises of varying difficulty.

"We saw losses in skill even at .04," Dennis said. "These increased at higher levels of BAC."

In addition, when a driving emergency arose, the participants who drank were more likely to make poor decisions. Diminished judgment was seen even among those who had only one beer.

Join Together Online, 10/29/2002

Study: Any Alcohol Consumption Affects Brain

New research confirms that drinking even small amounts of alcohol confuses the brain, the BBC reported Nov. 8.

A study by researchers at the University of Amsterdam found that just two glasses of wine or a pint of beer could cloud a person's judgment.

(Over, please)

According to Dr. Richard Ridderinkhof, who led the study, a blood-alcohol reading of just 0.04 percent left people unaware that they were making mistakes.

"Usually after a person makes an error, the brain would tell them to slow down. However, after drinking alcohol this sort of control mode is diminished. It's almost gone," said Ridderinkhof.

Researchers said that alcohol's impact on the brain should serve as a warning not to drive after any amount of drinking.

"Whereas it is difficult to generalize to a real-life situation, until we know more precisely a cut-off point this certainly would be an indication that drinking and driving together is not a good combination," said Ridderinkhof.

The study's findings were based on an evaluation of the brain activity of 14 men who were social drinkers.

The results of the research are published in the journal *Science*.

Join Together Online, 11/12/2002

Results reveal that holidays/celebration days are full of evil

"Many things are regarded as essential which have a most injurious effect upon the people. The many holidays (including celebration days) have had a baleful influence upon the minds of the youth; their effect is demoralizing to the government..." *FE p. 311* The following article is proof of this:

Campus celebrations may be fueling a dangerous drinking style among students. A new survey shows that the combination of peer pressure, home football games, campus events, and holidays can prompt many college students to drink excessive amounts of alcohol -- even if they don't intend to.

Researchers found only 5% of Michigan State University (MSU) students surveyed say they party to get drunk, but more than half of those who drank on occasions like Halloween, St. Patrick's Day, or a big football game ended up getting drunk.

The authors say this "celebration drinking" pattern could increase the risk of health problems associated with excessive alcohol use. In fact, about two-thirds of the students themselves say they've been concerned enough about the health of friends that they have tried to get a friend who had too much to stop drinking.

The survey found the number of students who drink on celebration days, such as "welcome week," Halloween, St. Patrick's Day, home-game football Saturdays, the end of fall semester, and spring break, is greater than the percentage that drink on typical days. In addition, those students who drink on celebration days tend to drink more, drink over a longer period of time, and are more likely to get drunk.

...Even if they do know their limit, many get caught up in the spirit of the occasion and lose track of how much they've had to drink.... (*WebMD Medical News*)

Note: Holidays "have a tendency to encourage an artificial excitement. a desire for amusement. The people are led to squander precious time which should be employed in useful labor to sustain their families honestly and keep clear of debt. The passion for amusements and the squandering of money in horse racing, in betting, and various similar lines, is increasing the poverty of the country, and deepening the misery that is the sure result of this kind of education.

...These holidays, with all their train of evil, result in twentyfold more misery than good. In a large degree the observance of these days is really compulsory...The freedom of

individual action is not respected; a man's time is not regarded as really his own; he is expected to do as others do...The devotion to amusements and the observance of so many holidays, give a large business to the courts, to officers and judges, and increase the poverty and squalor that need no increasing.

...Through the observance of holidays the people both of the world and of the churches have been educated to believe that these lazy days are essential to health and happiness; but the results reveal that they are full of evil, which is ruining the country. ...depravity, cruelty, violence, and crime are the result."

FE pp. 311-313, 317, 320, 321

The numerous holidays increase the evils of intemperance. These holidays are no help to morality or to religion. On them men spend in drink the money that should be used to supply the necessities of their families; and the liquor sellers reap their harvest.

...Holidays are leading them on to temptation; for on a holiday many think that it is their privilege, because it is a holiday, to do as they please. *Temperance, p. 30*

Many addiction programs and most sex-education classes don't address the link between sex and alcohol/drug use

A new study shows that young adults who use alcohol and other drugs are seven times more likely than non-drinkers to have sex. Yet many addiction programs and most sex-education classes don't address the link between sex and drug use, *USA Today* reported Feb. 7.

The survey of 1,200 13- to 24-year-olds also found that teens and young adults are twice as likely to have sex with four or more partners than non-drinking teens. In addition, one out of four sexually active youths have unprotected sex because they've been drinking or using illicit drugs.

Overall, 29 percent of 15- to 17-year-olds and 37 percent of those aged 18 to 24 said alcohol or other drug use influenced their decision to do something sexual. In addition, 25 percent of 15- to 17-year-olds and 31 percent of those 18 to 24 said they have "done more" sexually than they planned because they were drinking or using drugs.

...The study was released by the Kaiser Family Foundation...

Join Together Online, 2/8/2002

"...Considering the high rate of alcohol use among high-schoolers, it is no wonder the Centers for Disease Control reports that almost 1 million unwanted teenage pregnancies occur every year, and one in every three sexually active people in the United States will contract a sexually transmitted disease by the age of 24. This includes everything from genital warts to the life-threatening HIV.

In addition, drinking has been shown to play a predominant role in sexual violence, with more than half of college campus rapes including alcohol use by either the victim, the attacker, or both. Experts believe alcohol causes people to both misread and missend sexual signals, and also can create situations where people are vulnerable to attack.

"...Make sure that every time you talk to your kids about sex, you also talk about drugs and alcohol, and every time you talk to them about drugs and alcohol, you talk to them about sex..."

By Amy Malick, PhD, abc NEWS.com

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