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An informative, provocative and essential newsletter:



The Health Reformer

"Why Drink?"

- We drank for happiness and became unhappy.
- We drank for joy and became miserable.
- We drank for sociability and became argumentative.
- We drank for sophistication and became obnoxious.
- We drank for friendship and made enemies.
- We drank for sleep and awakened without rest.
- We drank "medicinally" and acquired health problems.
- We drank for relaxation and got the shakes.
- We drank for bravery and became afraid.
- We drank for confidence and became doubtful.
- We drank to make conversation easier and slurred our speech.
- We drank to feel heavenly and ended up feeling like hell.
- We drank to forget and were forever haunted.
- We drank for freedom and became slaves.
- We drank to erase problems and saw them multiply.
- We drank to cope with life and invited death.

G Track Society, Inc.

My "friend" the cigarette

How do you feel about a friend who has to go everywhere with you? Not only does he tag along all the time, but since he is so offensive and vulgar, you become unwelcome when with him. He has a peculiar odor that sticks to you wherever you go. Others think both of you stink!

He controls you totally. When he says *jump* you jump. Sometimes in the middle of a blizzard or storm, he wants you to come to the store and pick him up. You would give your spouse hell if he or she did that to you all the time, but you can't argue with your friend. Sometimes, when you are out at a movie

or play he says he wants you to go stand in the lobby with him and miss important scenes. Since he calls all the shots in your life, you go.

Your friend doesn't like your choice of clothing either. Instead of politely telling you that you have lousy taste, he burns little holes in these items so you will want to throw them out. Sometimes he tires of the furniture and gets rid of it too. Occasionally, he gets really nasty and decides the whole house must go.

He gets pretty expensive to support. Not only is his knack of property destruction costly, but you must pay to keep him with you. In fact, he will cost you thousands of dollars over your lifetime. And you can count on one thing, he will never pay you a penny in return.

Often at picnics you watch others playing vigorous activities and having lots of fun doing them. But your friend won't let you. He doesn't believe in physical activity. In his opinion, you are too old to have that kind of fun. So he kind of sits on your chest and makes it difficult for you to breathe. Now you don't want to go off and play with other people when you can't breathe, do you?

Your friend does not believe in being healthy. He is really repulsed by the thought of you living a long and productive life. So every chance he gets he makes you sick. He helps you catch colds and flu. Not just by running out in the middle of the lousy weather to pick him up at the store. He is more creative than that. He carries thousands of poisons with him which he constantly blows in your face. When you inhale some of them, they wipe out cilia in your lungs which would have helped you prevent these diseases.

But colds and flu are just his form of child's play. He especially likes diseases that slowly cripple you --like emphysema. He considers this disease great. Once he gets you to have this, you will give up all your other friends, family, career goals, activities--everything. You will just sit home and caress him, telling him what a great friend he is while you desperately gasp for air. But eventually your friend tires of you. He decides he no longer wishes to have your company. Instead of letting you go your separate ways, he decides to kill you. He has a wonderful arsenal of weapons behind him. In fact, he has been plotting your death since the day you met him. He picked all the top killers in society and did everything in his power to ensure your would

(Over, please)

get one of them. He overworked your heart and lungs. He clogged up the arteries to your heart, brain, and every other part of your body. In case you were too strong to succumb to this, he constantly exposed you to cancer causing agents. He knew he would get you sooner or later.

Well, this is the story of your "friend," your cigarette. No real friend would do all this to you. Cigarettes are the worst possible enemies you ever had. They are expensive, addictive, socially unacceptable, and deadly. Consider all this and NEVER TAKE ANOTHER PUFF!

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©1993 GC HIT Department *Breathe Free: The Plan to Stop Smoking Session 5. Handout 7*

Liquor sellers are the real terrorists!

Whenever a vicious animal attacks an innocent person, people are usually quick to seek legal action against its owner for they know that the laws of our country can hold him or her accountable. But how come no one seems to do anything when we hear of the misery, the suffering, brought into the world by the work of the *liquor seller*? "Houses of prostitution, dens of vice, criminal courts, prisons, almshouses, insane asylums, hospitals, all are, to a great degree, filled as a result of the liquor seller's work." *MH p.338*

Yes, it's time we start dealing with liquor sellers as we deal with careless animal owners. It's time we start holding the liquor sellers and the government also responsible for the evils resulting from the liquor traffic! "The man who has a vicious beast and who, knowing its disposition, allows it liberty, is by the laws of the land held accountable for the evil the beast may do...On the same principle the government that licenses the liquor seller should be held responsible for the results of his traffic. (*ibid.*, p.343)

Note: Have you noticed how popular media usually points the finger of blame to the drunkards, the underage drinkers, the alcohol abusers, but not to the liquor seller or the government? Friend, liquor sellers are the real terrorists! "Let an army be formed to stop the sale of the drugged liquors that are making men mad. Let the danger from the liquor traffic be made plain and a public sentiment be created that shall demand its prohibition. Let the drink-maddened men be given an opportunity to escape from their thralldom. Let the voice of the nation demand of its lawmakers that a stop be put to this infamous traffic." (*ibid.*, p.346)

Doctors play key role in encouraging the young to stay away from alcoholic drinks

....Ralph Hingson, Sc.D., chair of the Social and Behavioral Sciences Department at the Boston University School of Public Health, said that research has shown that the younger a person is when they first start drinking, the more likely they are to become dependent upon alcohol at some point in their lifetime.

Early onset of drinking also can lead to problems other than dependence. Hingson's own research has demonstrated a link between early-onset drinking and an elevated risk of unintentional injuries, drunk driving, and involvement in alcohol-related motor-vehicle crashes. And in a forthcoming study to be published in the journal *Pediatrics*, Hingson and colleagues conclude that children who start drinking prior to age

14 are seven times more likely to engage in an alcohol-related fight over their lifetime than individuals who start drinking at age 21.

Physicians can play a critical role in counseling their young patients about the consequences of starting to drink, said Hingson. Research shows that such brief interventions can be highly effective. *Join Together Online, May 14, 2001*

Note: Is YOUR doctor a genuine health reformer?

Avoid these stomach irritants and promoters of digestive disorders

1. All chili peppers and spices such as ginger, cinnamon, cloves, and nutmeg.
2. Alcoholic beverages and foods having a fermenting, putrefying, or rotting phase in processing such as: sauerkraut, cheese, soy sauce, and vinegar—commonly found in pickles, mayonnaise, catsup, mustard, and salad dressings.
3. Caffeine (coffee, tea, colas), theobromine (chocolate), and the use of tobacco.
4. Milk, egg, and sugar combinations—used in cakes and custards.
5. Baking soda and baking powder products in commercial crackers, cookies, doughnuts, and other bakery products.
6. Unripe or over-ripe fruit.
7. Fruits and vegetables eaten at the same meal.
8. Foods that are too hot or too cold.
9. Meals less than five hours apart.
10. • Eating too much • Eating too fast • Eating late at night
11. Drinking water or any other liquids during the mealtime. Liquids delay digestion and stomach emptying. Stagnation of food in the stomach is one of the commonest causes of ulcers and gastritis.

By Mary Ann McNeilus, M.D.

Note: "Food prepared with condiments and spices inflames the stomach, corrupts the blood, and paves the way to stronger stimulants. It induces nervous debility, impatience, and lack of self-control. Tobacco and the wine cup follow."

Temperance, p. 57

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