

# Free



**Health  
&  
Temperance  
Team**

**SUBSCRIBE  
TODAY!**

Phone  
(773)  
416-4146

Fax  
(708)  
496-3475

E-mail:  
mail@  
healthreformer.org

[www.healthreformer.org](http://www.healthreformer.org)

*An informative, provocative and essential newsletter:*



# The Health Reformer

***One of the surest safeguards against evil is useful occupation, while idleness is one of the greatest curses***

One of the surest safeguards against evil is useful occupation, while idleness is one of the greatest curses; for vice, crime, and poverty follow in its wake. Those who are always busy, who go cheerfully about their daily tasks, are the useful members of society. In the faithful discharge of the various duties that lie in their pathway, they make their lives a blessing to themselves and to others...

A stagnant pool soon becomes offensive, but a flowing brook spreads health and gladness over the land. The one is a symbol of the idle, the other of the industrious.

One of the surest safeguards of the young is useful occupation. Children who are trained to industrious habits, so that all their hours are usefully and pleasantly employed, have no inclination to repine at their lot and no time for ideal daydreaming. They are in little danger of forming vicious habits or associations.

In the home school the children should be taught how to perform the practical duties of everyday life. While they are still young, the mother should give them some simple task to do each day. It will take longer for her to teach them how than it would do it herself; but let her remember that she is to lay for their character building the foundation of helpfulness. Let her remember that the home is a school in which she is the head teacher. It is hers to teach her children how to perform the duties of the household quickly and skillfully. As early in life as possible they should be trained to share the burdens of the home.

Parents, "give some of your leisure hours to your children; associate with them in their work and in their sports, and win their confidence. Cultivate their friendship. Give them responsibilities to bear, small at first, and larger as they grow older. Let them see that you think they help you. Never, never let them hear you say, 'They hinder me more than they help me.'

If possible, the home should be out of the city, where the children can have ground to cultivate. Let them each have a piece of ground of their own; and as you teach them how to make a garden, how to prepare the soil for seed, and the importance of keeping all the weeds pulled out, teach them also how important it is to keep unsightly, injurious practices out of the life. Teach them to keep down

wrong habits as they keep down the weeds in their gardens. It will take time to teach these lessons, but it will pay, greatly pay." *CT pp. 122, 124, 275*

NOTE: The following is NOT useful occupation: sports, video games, most TV programs, and most internet use.

***Social (moderate) drinkers—not alcoholics—are responsible for most on-the-job problems***

....For the first time, researchers have documented that it is...social drinkers - not the hard-core alcoholics or problem drinkers - who are responsible for most of the estimated \$67 billion worth of lost productivity that's attributed each year to alcohol-related problems.

The implications are expected to transform corporate drinking policies across the country. Most now focus strictly on people with serious alcohol problems. As a result of this study, researchers say, they should start educating every worker about the negative "stealth effects" of even low levels of drinking at work, and any heavy drinking off the job.

"For the first time, it specifically ties the hangover issue to production in the workplace," says Robert Stutman, chairman of Employee Information Services, a corporate drug and alcohol consulting company in Coral Springs, Fla.

....Conducted over four years at seven Fortune 500 companies by JSI and researchers from the Harvard and Boston University Schools of Health, the study also found that 80 percent of the drinking that took place during the workday, took place at lunch. The study found that even a glass of wine or a beer with a burger impaired worker productivity.

Counter to popular wisdom, the study also found that it was managers, not hourly employees, who were most often drinking during the workday. Twenty-three percent of upper managers and 11 percent of first-line supervisors said they had a drink during the workday, compared with only 8 percent of hourly employees.

"Basically, managers are freer to leave the workplace to go some place for lunch where alcohol might be available," says JSI's Tom Mangione. "People who are doing it are mostly doing it out in the open, in an acceptable way."

....Public-health advocates hope this study will prompt Americans to reassess the culture that has

(Over, please)

grown up around drinking.

"Intoxication has become normalized and condoned," says Diana Conti, executive director of the Marin Institute, a substance-abuse prevention think tank in San Rafael, Calif. "We've created a culture that says, 'The only way to have fun is to be intoxicated.' How did that happen?"

Ms. Conti and others, like George Hacker of the Center for Science in the Public Interest, believe that alcohol is a drug that needs to have a "balanced public-health approach." They hope the study will fuel efforts to change the alcohol industry's advertising campaigns.

...The study, which was funded by the Robert Wood Johnson Foundation, also found that 21 percent of employees said their own productivity had been affected because of a co-worker's drinking.... By Alexandra Marks, Staff writer of *The Christian Science Monitor*

NOTE: Here are some staggering statistics from The National Council on Alcoholism about the devastating effects of alcohol on America's working force:

\* 1 in 10 employees has a serious drinking problem.

\* 57% of all industrial injuries are alcohol related.

\* 75% of employees who have been involved in 2 or more industrial injuries have alcohol problems.

\* 40% of work related crimes is alcohol related.

\* 87% of occupational homicide is alcohol related.

How sad it is to know that the evils of the liquor traffic are even felt at the workplace. Employers and employees should always remember that "in relation to...alcoholic drinks, the only safe course is to touch not, taste not, handle not."

*Counsels on Diet and Foods, p. 430*

### ***Physicians Often Fail to Warn Drinkers, Smokers***

A U.S. Centers for Disease Control and Prevention (CDC) study found that many doctors fail to advise patients to reduce their alcohol consumption or quit smoking, the Associated Press reported Jan. 13.

The study was based on an analysis of a 10-state random telephone survey. CDC researchers determined that 2 million binge drinkers who saw their doctors for routine checkups in 1996-97 didn't receive any advice on controlling their drinking.

During the same time period, doctors failed to give quitting advice to nearly 2 million smokers.

The study's findings are published in the January 2003 issue of the *American Journal of Preventive Medicine*.

*Join Together Online, 1/14/2003*

NOTE: "Many come under the physician's care who are ruining soul and body by the use of tobacco or intoxicating drink. The physician who is true to his responsibility must point out to these patients the cause of their suffering. But if he himself is a user of tobacco or intoxicants, what weight will be given to his words? With the consciousness of his own indulgence before him, will he not hesitate to point out the plague spot in the life of his patient? While using these things himself, how can he convince the youth of their injurious effects?"

*The Ministry of Healing, p. 134*

### ***News studies challenge the research that credits wine for the low rate of heart disease among the French***

While wine has long been credited for the low rate of heart disease among people in France, new studies challenge that research and say factors other than wine may also be involved,

MSNBC reported Jan. 16.

Although the French eat a diet high in saturated fat, research has suggested that natural antioxidants in wine may counteract the effects of high meat and dairy consumption.

But several studies now indicate that the heart-disease rate in France may not be as low as originally believed, the World Health Organization (WHO) reports. The latest studies show that low heart-disease rates are mainly found in southern areas of France, where people eat a Mediterranean-style diet featuring less meat and more seafood and olive oil. Northern France residents, on the other hand, eat more high-fat meat and butter.

In addition, other studies have found that the French eat more fruits and vegetables than Americans, which also contributes to lower rates of heart disease. Plus, French people do more moderate exercise on a daily basis than Americans, and are half as likely to be obese. *Join Together Online, 1/31/2003*

Hum...how come popular media doesn't give much publicity to this kind of news? Maybe it's because many are putting profits from the liquor traffic over people's health (some even have stock in the alcohol industry!). Or maybe it's because quite a few don't want to accept the fact that they are already addicted to the drug alcohol...and can't break free. Only genuine health reformers have the courage and power to stay away from alcoholic drinks, and to encourage everyone else to do the same. The liquor traffic is evil!

### ***Red Meat + Fats + Pasta = Colon Cancer***

Feb. 10, 2003 -- The typical Western diet means more colon cancer for women, a powerful new study shows.

The huge study of 76,402 women didn't try to keep them on any specific diet plan. Researcher Teresa Fung, ScD, and her Simmons College/Harvard University team just kept track of what they ate. They checked on the women, originally aged 38 to 63 years, in 1984, 1986, 1990, and 1994.

The women's eating habits fell into two patterns. One -- dubbed the "Western pattern" -- included:

Refined grains. These include white pasta, white breads, and white rice -- all made from grains that have had their bran shells removed.

Red meats

Processed meats

Desserts

High-fat dairy products

French fries

The "prudent" pattern included: Lots of fruits, Vegetables, Whole grains, Legumes (beans and peas), Poultry, and Fish.

By the end of the study period, 445 of the women developed colon cancer. Women who ate the most Western foods had 50% more colon cancers than the women who ate the least Western foods. Women who ate the most "prudent" foods tended to have less colon cancer than those who ate the least, but this trend was not statistically significant.

"Our study provides further evidence that switching from a typical Western diet to a more prudent diet may reduce the risk of colon cancer," Fung and colleagues write.

The study appears in the Feb. 10 issue of *The Archives of Internal Medicine*. By Daniel DeNoon, *WebMD Medical News*

**Visit us online for FREE health literature, FREE bumper stickers, FREE subscription, and more.**

**[www.healthreformer.org](http://www.healthreformer.org)**