

Free



**Health
&
Temperance
Team**

**SUBSCRIBE
TODAY!**

Phone
(773)
416-4146

Fax
(708)
496-3475

E-mail:
mail@
healthreformer.org

www.healthreformer.org

An informative, provocative and essential newsletter:



The Health Reformer

Avoid today's popular errors in diet

The disease and suffering that prevail everywhere are mainly due to popular errors in diet. Many ailments are cured if the following instruction is put into daily practice.

1. A major portion of the diet should consist of fruits and vegetables prepared in a natural, tasty way.
2. Vary the diet from meal to meal, but do not eat too many varieties at any on meal. Keep the recipes and the meals simple.
3. Use the whole (unrefined) grains such as whole wheat bread and brown rice. Discard the use of refined grains such as white flour and white rice.
4. Eliminate rich, concentrated foods containing too much sugar, fats and oils (especially lard), salt, and protein (meat and other animal products).
5. Eat at the same time each day. The stomach functions best on a regular schedule. Allow at least 5 hours from the end of one meal to the beginning of the next meal.
6. Do not eat between meals. Eating between meals delays stomach emptying, which causes the partially digested food remaining in the stomach to spoil or ferment.
7. Breakfast should be the largest meal of the day. Supper, if eaten, should be the smallest meal. Supper should be eaten at least 2 to 3 hours before bedtime.
8. Eat all you need to maintain health and enjoy your food, but do not overeat. Too much food dulls the mind, causes fatigue, increases disease, and shortens life.
9. Eat slowly and chew your food thoroughly. This will increase the enjoyment and the nutritional benefits of the food. Mealtime should be pleasant and unhurried.
10. Drink enough water daily to keep the urine pale. Drink liquids in between mealtimes. Avoid drinking during meals, just before a meal, or soon after a meal.
11. Skip 1 to 4 meals periodically. Fasting is an aid in educating the appetite and a rehearsal for self-control. Fasting is an excellent remedy for many illnesses. *By Mary Ann McNeilus, M.D.*

Here is how the census boosts the liquor traffic

As a result of population spikes indicated in the 2000 census, cities and towns throughout the United States will be allowed to issue more liquor licenses, the Associated Press reported March 15.

Officials generally use population figures from the Census Bureau to determine liquor-license quotas.

The findings in Census 2000 means new liquor licenses will be issued for restaurants in Salt Lake City, Utah, while Hamilton County, Ind., will receive one new permit for a carry-out only liquor store.

"There are only so many liquor store licenses for so many in the population," said Ron Carter of the Carmel Redevelopment Commission in Indiana. "These situations only come up once every 10 years."

In addition, Virginia can open state-operated liquor stores in the growing suburbs around Washington, D.C.

"States are desperately seeking more revenue, and raising the fee for a permit -- and of course increasing the number of permits -- is a painless source of revenue," said Richard McGowan, management professor at Boston College.

—*JTO Online, 3/19/2002*

NOTE: "Under the protection of license laws, breweries, distilleries, and wineries are planted all over the land, and the liquor seller plies his work beside our very doors.

Often he is forbidden to sell intoxicants to one who is drunk or who is known to be a confirmed drunkard; but the work of making drunkards of the youth goes steadily forward."

—*The Ministry of Healing, p. 342*

"...(Are) not the rulers of the land largely responsible for the aggravated crimes, the current of deadly evil, that is the result of the liquor traffic? Is it not their duty and in their power to remove this deadly evil?" *Temperance, p. 38*

Parental behavior that prompts Kids to Smoke

Smokers who ask their children to empty their ashtrays, go to the store to buy cigarettes, or light their cigarettes may be unconsciously encouraging them to smoke, the New York Times reported Nov. 5.

These "smoking prompts" were presented to 3,624 7th- and 8th-graders in San Diego, Calif. Based on the responses, Dr. Rafael Laniado-Laborin launched a study of 292 parents who smoked and their children.

Researchers tracked the students for one year and found that those who received smoking prompts from their parents were more likely to experiment with tobacco.

(Over, please)

The study's findings were presented at a recent conference of the American College of Chest Physicians held in San Diego. —*JTO Online*, 11/6/2002

Happiness not linked to money

NEW YORK (Reuters Health) - ...Researchers say those who look for happiness in the almighty dollar may end up short-changed.

"There's no one reason people acquire money, but where people get into trouble is when they try to get it to do things it can't do, such as character-building and self-esteem-building," explained study co-author Dr. Edwin A. Locke. "Money can't buy your own values or love, of course. And if you try to get it to do things it can't do, you're going to be disappointed."

Locke and his colleagues at the University of Maryland in College Park explored the prime factors that drive the desire for money among college students and business professionals.

The researchers report in the June issue of the *Journal of Personality and Social Psychology* on three related studies they conducted involving more than 500 university business students and 145 entrepreneurs. All were surveyed about their aspirations for wealth and their general sense of well-being.

From this, the researchers were able to isolate 10 major reasons why people seek to make money, including: security, the ability to support a family, and to increase purchasing power, pride, leisure time and freedom. Respondents also wanted to be able to behave more impulsively and charitably, to "show off," and to overcome self-doubt.

The researchers described these motivations as being a function of one of three things: a negative desire to socially compete and acquire power over others; a positive desire to meet life needs and achieve a measure of success; or a more-or-less neutral desire to have the freedom to do as one pleases--whether that be to shop until you drop or give it all away to a charity.

It was those who sought money based on negative motives who seemed to have a lesser sense of well-being, according to the researchers. However, those dreaming of wealth based on positive motives neither harmed nor helped their sense of self worth.

They conclude that while "money itself is not harmful," problems arise when wealth is used to fill voids such as self-doubt.

...It was those who sought money based on negative motives who seemed to have a lesser sense of well-being, according to the researchers. However, those dreaming of wealth based on positive motives neither harmed nor helped their sense of self worth.

They conclude that while "money itself is not harmful," problems arise when wealth is used to fill voids such as self-doubt.

"I don't think anyone who has half a brain can think that money alone--divorced from other things--can bring happiness," Locke told Reuters Health. "A lot of other things--your character, your family life, whether you're making money doing something you love--are absolutely critical to your sense of happiness. And wanting to be big-shot, wanting to prove you're not stupid, wanting to show off--if those are your motives, I don't think money will make you happy."

(*Journal of Personality and Social Psychology* 2000;80:959-971)

NOTE: "Money has great value, because it can do great good. In the hands of (health reformers)...it is food for the hungry, drink for the thirsty, and clothing for the naked. It is a defense for the oppressed, and a means of help to the sick." *COL 351*

Caution: Drug ads may cause consumers to demand drugs they do not need

NEW YORK (Reuters Health) - Magazine ads for prescription drugs are high on emotional appeal, but short on evidence that they work, researchers report.

...Looking at ads in 70 issues of 10 leading US consumer magazines, researchers found that 87% chose "vague, qualitative terms" to describe the medication's benefits rather than providing research evidence.

"Our findings indicate that these advertisements rarely quantify a medication's expected benefit, and instead make an emotional appeal," write Dr. Steven Woloshin and his colleagues at Dartmouth Medical School in Hanover, New Hampshire, and the Department of Veterans Affairs Medical Center in White River Junction, Vermont.

"This strategy," they add, "probably leaves many readers with the perception that the drug's benefit is large and that everyone who uses the drug will enjoy the benefit."

The authors also argue that a key danger is that many of these ads may "medicalize" run-of-the-mill problems in the public's mind.

"A runny nose all of a sudden becomes allergic rhinitis," Woloshin said in an interview.

But experts disagree on whether direct-to-consumer, or DTC, drug ads are causing consumers to demand drugs they do not need. At a recent Senate hearing, an official with the Food and Drug Administration (FDA)--the agency that regulates such ads--said there is no evidence that DTC advertising has led to inappropriate prescriptions.

In its position statement on the issue, the Pharmaceutical Research and Manufacturers of America, a trade group, argues that DTC ads help educate the public about diseases and treatments they might otherwise be unaware of.

"Since prescription drugs are available only under a doctor's supervision," the group states, "there is little danger that advertising will lead to inappropriate use."

But Woloshin questioned drug companies' stated purpose of educating the public, since his team found few hard facts in the ads they studied. Instead, according to the researcher, bold-print lines like "Is it just forgetfulness...or Alzheimer's disease?" are likely to raise readers' anxiety about disease rather than their awareness.

Pushing people to see their doctors, Woloshin noted, "is sometimes good, but sometimes bad"--bad, he said, when the office visits and subsequent tests are needless."

—*The Lancet* 2001;358:1141-1146

NOTE: "...Thousands who are afflicted might recover their health if, instead of depending upon the drugstore for their life, they would discard all drugs and live simply, without using tea, coffee, liquor, or spices, which irritate the stomach and leave it weak, unable to digest even simple food without stimulation."

—*Medical Ministry*, p. 229

Visit us online at www.healthreformer.org for FREE bumper stickers, FREE health literature, FREE subscription, and MORE.