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## *What pediatricians can do for teens*

The University of California, San Francisco, study, published in the journal *Pediatrics*, shows a training program to teach pediatricians how to talk to teenagers about risks during annual medical exams can increase by 16 percent the number of teens screened for risky behaviors.

"Most teenagers are healthy," said study author UCSF assistant research psychologist Julie Lustig. "The leading causes of health problems and death in this age group include motor vehicle accidents, unintentional injuries, sexually transmitted infections and teen pregnancy. These outcomes result from unhealthy risk-taking behaviors including use of alcohol and other substances, unsafe sexual practices and risky vehicle use. A routine pediatric checkup provides a wonderful opportunity for a pediatrician to ask important questions and counsel teens about behaviors that are just beginning, potentially preventing lifelong habits from developing."

*Health Tips/May 15, 2001*



## *The Paradox Of Our Time In History*

The paradox of our time in history is that we have taller buildings, but shorter tempers; wider freeways, but narrower viewpoints; we spend more, but have less; we buy more, but enjoy it less.

We have bigger houses and smaller families; more conveniences, but less time; we have more degrees, but less sense; more knowledge, but less judgment; more experts, but more problems; more medicine, but less wellness.

We drink too much, smoke too much, spend too recklessly, laugh too little, drive too fast, get angry too quickly, stay up too late, get up too tired, read too seldom, watch TV too much, and pray too seldom.

We have multiplied our possessions, but reduced our values. We talk too much, love too seldom, and hate too often. We've learned how to make a living, but not a life; we've added years to life, not life to years.

We've been all the way to the moon and back, but have trouble crossing the street to meet the new neighbor. We've conquered outer space, but not inner space;

we've done larger things, but not better things.

We've cleaned up the air, but polluted the soul; we've split the atom, but not our prejudice.



We write more, but learn less; we plan more, but accomplish less. We've learned to rush, but not to wait; we have higher incomes, but lower morals; we have more food, but less appeasement; we build more computers to hold more information to produce more copies than ever, but have less communication; we've become long on quantity, but short on quality.

These are the times of fast foods and slow digestion; tall men, and short character; steep profits, and shallow relationships. These are the times of world peace, but domestic warfare; more leisure, but less fun; more kinds of food, but less nutrition.

These are days of two incomes, but more divorce; of fancier houses, but broken homes. These are days of quick trips, disposable diapers, throw away morality, one-night stands, overweight bodies, and pills that do everything from cheer to quiet, to kill.

It is a time when there is much in the show window and nothing in the stockroom; a time when technology can bring this letter to you, and a time when you can choose either to share this insight, or to just hit delete.

*Taken from an e-mail message by George Carlin*

## **Beware: Many hotels favor and promote pornography addiction**

In many hotels, guests can pay to watch an adult movie in the relative privacy of their rooms. The business is quite but lucrative.

"In general, adult programming represents half to possibly three-fourths of hotel in-room movie sales," says Len Sabal of Cabil Corp., a support and billing service for cable operators.

*By Kitty Bean Yancey, USA TODAY (Feb. 3, 2000)*

"... For hotels, the sex that can be piped through television generates far more money than the beer, wine and snacks sold from the rooms' mini-bars. Just under 1.5 million hotel rooms, or about 40 percent of all hotel rooms in the nation, are equipped with television boxes that sell the kind of films that used to be seen mostly in adults-only theaters, according to the two leading companies in the business. Based on estimates provided by the hotel industry, at least half of all guests buy these adult movies, which means that pay-per-view sex from television hotel rooms may generate about \$190 million a year in sales."

*By Gary Ruskin (24 Oct. 2000)*

(Over, please)



Hotel owners should remove all evil temptation from their rooms. They should never forget that "the lust of the eye and corrupt passions are aroused by beholding and by reading. ... The mind takes pleasure in contemplating scenes which awaken the lower and baser passions. These vile images (pornographic pictures), seen through defiled imagination, corrupt the morals and prepare the deluded, infatuated beings to give loose rein to lustful passions. Then follow sins and crimes which drag... (men) down to a level with the beasts."

(IMCP, p.229)

### **Christian churches are partly responsible for the alcohol epidemic raging in America today**

Alcoholic beverages have become America's number one public health problem, costing over \$117 billion a year and claiming at least 100,000 lives per year, 25 times as many as all illegal drugs combined.



Christian churches are partly responsible for the alcohol epidemic raging in America today, because since the repeal of Prohibition in 1933, most of them have abandoned their stand for total abstinence, encouraging instead moderation in drinking. Moderation has led millions to become immoderate drinkers.

The gradual abandonment of total abstinence by many well-meaning Christians has been encouraged by the belief that the Bible sanctions a moderate use of alcoholic beverages. This belief has provided millions of Christians with an alleged biblical justification for drinking alcohol.

... In his book, *WINE IN THE BIBLE*, Dr. Samuele Bacchiocchi boldly challenges prevailing thinking and scholarship. His painstaking research compellingly shows that the Bible consistently teaches total abstinence as a divine imperative. This teaching has been obscured by many modern Bible versions which mistranslate as "temperance" or "sobriety" some of the clearest biblical admonitions to "abstinence." A thoughtful reading of this book may well provoke a revolution in the attitude of many Christians toward alcoholic beverages.

To learn more about Dr. Bacchiocchi's book, please visit the following link:

[http://www.biblicalperspectives.com/books/wine\\_in\\_the\\_bible/](http://www.biblicalperspectives.com/books/wine_in_the_bible/)

Or call (616) 471-2915.

### **Drinking Plenty of Water Can Reduce Your Risk of Heart Disease**

Getting adequate water intake daily may be protective to your heart a new study in the American Journal of Epidemiology reports. People who have low intakes of water tend to be dehydrated or marginally so. This can affect the blood's viscosity (thickness), hematocrit, and fibrinogen levels, all of which can increase the risk of a heart attack.



This study looked at water and other fluid intake in 8280 men and 12017 women in the Adventist Health Study, a large prospective study in California. Over the 6 years of study, 246 fatal heart attacks occurred. These deaths from heart attacks were then correlated with water intake.

Here is what they found. Men who had a high intake of water (five or more glasses per day) had less than half as many heart attacks (relative risk of 0.46) as men who had low intakes (two glasses per day or less). Women had similar findings, a 41%

lower risk of heart deaths in those women drinking more water. This relationship held even after adjusting for common risk factors such as age, smoking, high blood pressure, obesity, diet, education, etc.

When they looked at other fluids, coffee, soda pop etc. they found no protective effects of higher fluid intake. In fact, those who had the highest fluid intake from other beverages (in place of water) had higher mortality rates, especially in women.

This is a most interesting finding. Here is another simple way to improve your health and reduce your risk of heart disease -- simply drink more water...

Getting adequate water can also reduce the risk for bladder cancer, help prevent headaches, and reduce constipation. It's a simple remedy with great benefits and no side effects! Drink up! Water that is. —Dr. Don Hall/[www.lifelonghealth.org](http://www.lifelonghealth.org)

Please note: "Drunk freely, it (water) helps to supply the necessities of the system and assists nature to resist disease..."

Pure water to drink and fresh air to breathe invigorate the vital organs, purify the blood, and help nature in her task of overcoming the bad conditions of the system.

Water is the best liquid possible to cleanse the tissues. If those who are afflicted would assist nature in her efforts by the use of pure, soft water, much suffering would be prevented." (ML p. 139)

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