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***Internet pornography is a threat to all families with a home computer. Here is what parents should do.***

- Don't allow your kids to use the computer in private. If they have a computer in their bedroom, make sure that they keep the door open when using it and that you can see the monitor from the door.
- Put the computer in the living room where it can be supervised at all times.
- Learn how to check the home computer to see what Internet sites have been accessed.
- If you check the computer and the "history" folder is empty, this may be a sign that someone has been where they shouldn't have, and knows how to cover their tracks.
- Understand that once you learn how to search a computer for sites that users have accessed, they will learn ways of covering their tracks. There are programs made specifically to erase traces of Internet access to sites with sexual content.
- Don't allow anyone to use passwords on the home computer.
- Do not let your kids run the computer without supervision. *By Gary L. Hopkins, Adventist Review (Oct. 2001)*  
"Parents, guard the principles and habits of your children as the apple of the eye.

.... Parents should endeavor to keep out of the home every influence that is not productive of good. In this matter some parents have much to learn." *CT, p. 120*

## ***Warning: Gambling Can Seriously Damage Your Health***

"The link between gambling and suicide is demonstrated conclusively by a recent study revealing that suicide rates in Las Vegas, Reno, and Atlantic City are four times higher than comparable cities where gambling is illegal. The study, published in the December 1997 issue of *Suicide and Life-threatening Behavior*, the official journal of the American Association of Suicidology, also reveals that the Atlantic City suicide rates climbed after gambling was legalized there. Researcher David Phillips, professor of sociology at the University of California at San Diego, compared suicide statistics across the nation and discovered much higher suicide rates in cities with casinos compared to those without.

A Harvard study reported by the *New York Times* showed a 60 percent increase in compulsive gambling between 1994 and 1997. Researchers estimated that seven out of 100 North Americans had gambling problems.

...But the destructiveness of gambling is not limited to those who gamble.

Consider the families. Broken promises, repeated lies, associated violence and abuse. The National Council of Problem Gambling says that people married to compulsive gamblers have a high incidence of stress-related illnesses. More than one third say they have physically abused their children. And they are three times more likely to commit suicide than the general population.

...The cost to society in purely economic terms is, quite simply, astronomical. According to statistics from the National Council on Problem Gambling, in New Jersey alone compulsive gamblers cost the state economy almost \$514 million annually. Insurance-related fraud by gamblers seeking to fund their habit is estimated at \$1.3 billion nationally, a cost passed on to all who use insurance.

.... The argument that gambling brings money into local economies simply does not add up.

Add to all that the unknown costs of lost work time, crime (compulsive gamblers often resort to embezzlement and fraud to fund their habit), and family disintegration, and you wonder why gambling is ever seen as a way of funding even the 'best' of causes.

Yet many states and countries seem not to see gambling as any kind of problem, and many use it to fund a wide variety of programs. State and national lotteries for 'good causes' such as support of the arts and education are increasingly common. Scratch cards are played by the billions, often for huge amounts of money. Many do not make the connection between gambling problems and the 'innocent' lottery ticket.

But consider: though purchasing a single lottery ticket may not make you a compulsive gambler, the principle is the same. The habit can be induced in the same way as 'social drinking' turns into alcoholism and as 'soft' drugs lead to hard-line addictions. Some researchers have identified problem gambling as the fastest-growing addiction."

*By Jonathan Gallagher, Signs of the Times (June 2001)*

Conclusion: Players DON'T have more fun.

## ***Many doctors fail to promote regular exercise***

NEW YORK, Oct 01 (Reuters Health) - Although regular physical activity is known to help guard

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against obesity, diabetes and various other medical conditions, many physicians still fail to promote its benefits among their patients, new study findings show.

"Given the epidemics of obesity and diabetes that we are facing, we need to change the structure of medical office visits and incentives for physicians to treat exercise as they do smoking and blood pressure," lead study author Dr. Russell Glasgow, of the AMC Cancer Research Center in Denver, Colorado, told Reuters Health. Glasgow conducted his research under the supervision of Dr. Ross C. Brownson at the Prevention Research Center at St. Louis University in Missouri.

In interviews with more than 1,800 adults, Glasgow and his colleagues found that only 28% of them reported being advised by their doctor to increase their level of physical activity.

.... While it appeared that doctors were more likely to advise people to be more active if their conditions indicated a need for exercise or a possible benefit from it, the researchers add, "this pattern of advice overlooks the preventive role of physical activity."

Further, only 4 in 10 patients who were advised to exercise more said that they received help in developing an exercise plan, follow-up support or counseling, the investigators found. These individuals were about 80% more likely to meet physical activity recommendations--a half-hour of moderate-intensity activity for 5 or more days per week--than were those who did not receive follow-up care, the report indicates.

In light of this finding, "if consumers would like to receive such (exercise) assistance, they are probably going to have to be proactive and ask for it," Glasgow said.

Overall, "these findings indicate substantial lack of attention to physical activity in spite of growing evidence for its importance," the authors write.

"Physical activity needs to join weight, blood pressure, and, more recently, smoking as a vital sign conducted during routine visits," Glasgow's team concludes.

*SOURCE: American Journal of Preventive Medicine 2001;21.*

"The greatest benefit is not gained from exercise that is taken as play or exercise merely. There is some benefit derived from being in the fresh air, and also from the exercise of the muscles; but let the same amount of energy be given to the performance of helpful duties, and the benefit will be greater, and a feeling of satisfaction will be realized; for such exercise carries with it the sense of helpfulness and the approval of conscience for duty well done." *FE p. 418*

### ***Nonsmoking spouses of smokers share their spouses' bad eating habits***

"Not only do the nonsmoking spouses of smokers risk health damage from secondhand smoke, they also share their spouses' bad eating habits, HealthScout reported Sept. 24.

Smoking dulls taste buds, leading many smokers to eat more sweets to compensate. Now, a new study shows that their spouses are also likely to eat poorly. 'Bad habits tend to cluster,' said Jeffrey Hampl, lead researcher from Arizona State University. 'If a person smokes, he or she is more likely to be a big coffee drinker, more likely to overconsume alcohol, and less likely to eat vegetables and fruits.'

Smokers and their spouses also ate more fat, less fiber, and fewer vitamins. Nutrition experts said that spouses simply may not be getting any encouragement to eat better.

The research appeared in the September/October 2001 issue of

the American Journal of Health Promotion."

*Join Together Online (September 25, 2001)*

### ***A revolution needed in the way governors and state legislators think about and confront substance abuse and addiction***

"The National Center on Addiction and Substance Abuse at Columbia University (CASA) released its three-year study, ***Shoveling Up: The Impact of Substance Abuse on State Budgets***, revealing that in 1998 states spent conservatively \$81.3 billion dollars on substance abuse and addiction -- 13.1 percent of the \$620 billion in total state spending. Of each such dollar, 96 cents went to shovel up the wreckage of substance abuse and addiction; only four cents to prevent and treat it.

The 183-page report -- the first ever to analyze the impact of all substance abuse (involving alcohol, tobacco, and illegal drugs) on state budgets -- using the most conservative assumptions finds that in 1998 states spent:

- \$77.9 billion to shovel up the wreckage of substance abuse, only \$3 billion to prevent and treat the problem and \$433 million for alcohol and tobacco regulation and compliance.
- \$24.9 billion to cope with the impact of substance abuse on children. States spend 113 times as much to clean up the devastation that substance abuse visits on children as they do to prevent and treat it.

'Substance abuse and addiction is the elephant in the living room of state government, creating havoc with service systems, causing illness, injury and death and consuming increasing amounts of state resources,' said Joseph A. Califano, Jr., CASA President and former Secretary of Health, Education and Welfare. "This report is a clarion call for a revolution in the way governors and state legislators think about and confront substance abuse and addiction."

.... 'States that want to reduce crime, slow the rise in Medicaid spending, move more mothers and children from welfare to work and responsible and nurturing family life must shift from shoveling up the wreckage to preventing children and teens from abusing drugs, alcohol and nicotine and treating individuals who get hooked. The choice for governors and state legislators is this: either continue to tax their constituents for funds to shovel up the wreckage of alcohol, drug and nicotine abuse and addiction or recast their priorities to focus on preventing and treating such abuse and addiction,' said Califano.

.... 'Governors who want to curb child abuse, teen pregnancy and domestic violence and further reduce welfare rolls, must face up to this reality: unless they prevent and treat alcohol and drug abuse and addiction, their other well intentioned efforts are doomed,' added Califano." *Alcoholism with Buddy T*

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