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An informative, provocative, and essential newsletter...

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Beer companies partner with U.S. colleges and Universities in addressing campus alcohol abuse

"A number of U.S. colleges and universities are changing their approach to on-campus drinking, and beer companies are playing a key role in funding such efforts, the Wall Street Journal reported in Nov. 2.

Rather than taking a hard line on abstinence from alcohol, colleges are trying campaigns that stress moderation. Funding for the new alcohol policies is coming from beer makers, including Anheuser-Busch, the nation's biggest brewer.

The new concept, called 'social-norms marketing,' includes the placement of upbeat ads about student drinking behavior in campus newspapers. In addition, messages of moderation are displayed on posters, T-shirts, coffee mugs and screen savers.

To date, Anheuser-Busch has committed nearly \$400,000 to the University of Virginia and six other schools for social-norms campaigns. The company also is talking with other schools about sponsoring ads boosting moderation.

...Other brewers funding similar efforts are the Miller Brewing Co., which has given \$25,000 to Georgetown University to develop a social-norms program, and Adolph Coors Co., which contributed \$8,000 to the University of Wyoming to help pay for placards advertising that 'A' students average no more than three drinks when they party, while 'C' students consume as many as five.

School officials must decide, however, whether their partners in addressing campus alcohol abuse should be the companies that make and market the beer and liquor young people use to get drunk.

...Richard Keeling, editor of the Journal of American College Health and a former student health director at both the University of Virginia and the University of Wisconsin, thinks the schools should refuse the financial support from beer makers. He said that social-norms marketing attacks the wrong end of the problem, and he called industry support for it 'amazing, but very predictable.'

'I don't think the industry is prepared to reduce consumption, which is what is necessary,' Keeling said." *Join Together Online, (11/03/2000)*

To this we say: "(The) work of making drunkards of the youth goes steadily forward. Upon the creating of the liquor appetite in the youth the very life of the (liquor) traffic depends. The youth are led on, step by step, until the liquor habit is established and the thirst is

created that at any cost demands satisfaction.

Moderate drinking is the school in which men are educated for the drunkard's career."

The Ministry of Healing, p.p. 332, 342

"—tea, coffee, tobacco, beer, wine, and all spirituous liquors—are not to be taken moderately, but discarded." *3SM, p. 287*

Are YOU doing your part in not permitting the flower of our youth to be lured to destruction through the terrible liquor habit?

Caffeine Linked to Miscarriages

"A new study shows a possible connection between caffeine use and miscarriages, the Associated Press reported Dec. 19.

According to a study conducted by a research team in Sweden and the United States, one to three cups of American coffee a day increases the risk of miscarriage by 30 percent, while three to five cups increases the risk by 40 percent. Five cups of coffee per day more than doubles a pregnant woman's risk of miscarriage.

The study's findings are published in the Dec. 21 issue of the *New England Journal of Medicine*."

Join Together Online (Dec. 21, 2000)

"The stimulating diet and drink of this day are not conducive to the best state of health. Tea, coffee, and tobacco are all stimulating, and contain poisons. They are not only unnecessary, but harmful, and should be discarded..."

Those who use these slow poisons...think they cannot live without them, because they feel so very bad when they do not have these idols... Those who indulge a perverted appetite, do it to the injury of health and intellect."

Counsels on Diet and Foods, p.p. 420, 425

Some husbands ruin spouse's health

"A pain-in-the-neck husband may mean trouble for women's hearts, results from a Swedish study suggest.

In a study of about 300 women who had suffered a heart attack or severe chest pain, researchers discovered that those who reported serious marital stress had three times the risk of further heart trouble as women living closer to wedded bliss.

...The researchers followed the women for about five years after they suffered a first heart problem. They found that marital stress was linked to an increased risk for a recurring problem even after they considered traditional risk factors like old age,

(Over, please)

smoking, diabetes, and high blood pressure...

While the researchers referred to 'martial stress' in their report, they also included women who were living with a male partner in the analysis.

According to Orth-Gomer and her colleagues, research has shown that women are less likely than men to feel strong support from their spouses. Emotional strain and a lack of support can harm the heart by making women less likely to stick with a healthy lifestyle or by directly affecting their physical health, the researchers write.

One study, for example, showed that martial conflict triggered stress hormone responses in women, but not men."

HealthCentral.com (Dec. 19, 2000)

"Let the husband aid his wife by his sympathy and unflinching affection. If he wishes to keep her fresh and glad, so that she will be as sunshine in the home, let him help her bear her burdens. His kindness and loving courtesy will be to her a precious encouragement, and the happiness he imparts will bring joy and peace to his own heart.

The husband and father who is morose, selfish, and overbearing, is not only unhappy himself, but he casts gloom upon all the inmates of his home. He will reap the result in seeing his wife dispirited and sickly, and his children marred with his own unlovely temper." *The Ministry of Healing, p.p. 374, 375*

"When the husband has nobility of character, purity of heart, elevation of mind, ...it will be made manifest in the marriage relation. ...He will seek to keep his wife in health and courage. He will strive to speak words of comfort, to create an atmosphere of peace in the home circle." *21MR, p. 215*

Is gambling as addictive as drinking or taking drugs?

"Gambling can be just as addictive as drinking or taking drugs, researchers report. German investigators found that gambling for money provokes physical symptoms including increased heart rate and the release of certain hormones that contribute to an overall state of arousal and, perhaps, addiction.

'Physiologic responses to gambling enhance mood and...winning has the ability to produce a 'euphoric' state (feeling of happiness, confidence, and well-being), Gerhard Meyer and colleagues write in the November 1st issue of *Biological Psychiatry*.

Meyer and his team suggest that the physiological responses they elicited from the study participants during gambling for money exercises in a real-world setting may explain how an individual becomes addicted to gambling.

...The research team looked at the behavior and stress responses of 10 male gamblers who were approached at random in a casino.

All 10 participants engaged in one real blackjack card game session in a casino for monetary stakes and one session without any money involved. In both cases, their heart rate was measured with a portable monitor and saliva samples were taken to test for hormonal secretions.

The researchers found that the increase in heart rate observed during the for-money gambling session was significantly higher than the increase noted during the no-money session.

Meyer's team also noted that hormone secretions were elevated to higher levels when money was at stake and that these levels were sustained after the gambling ended.

The release of hormones mimics a stress event—such as

parachute jumping—and such an elevation in mood and excitement is often maintained for a number of hours after the gambling has ceased, the authors explain.

Such a physical response to the act of betting may be reinforcing, the researchers note, luring the player back for more—simply for the 'rush.' *HealthCentral.com (Dec. 8, 2000)*

"(Youth) notice that lotteries and fairs and games are sanctioned (even) by the church, and they think there is something fascinating in this way of obtaining means. A youth is surrounded by temptations. He enters...the gambling saloon, to see the sport. He sees the money taken by the one who wins. This looks enticing. It seems an easier way of obtaining money than by earnest work, which requires persevering energy and strict economy. He imagines there can be no harm in this; for similar games have been resorted to in order to obtain means for the benefit of the church. Then why should he not help himself in this way?

He has a little means, which he ventures to invest, thinking it may bring in quite a sum. Whether he gains or loses, he is in the downward road to ruin. But it was the example of the church that led him into the false path." *Counsels on Health, p. 189*

"Card playing is dangerous to the soul, dangerous to the morals. This disposition to play cards will grow by practice into intensity of habit which leads to gambling." *20 MR, p.53*

"The passion for amusements and the squandering of money in horse racing, in betting, and various similar lines, is increasing the poverty of the country, and deepening the misery that is the sure result of this kind of education." *FE, p.311*

Boxing: A school of brutality

"An international doctor's group...renewed its call for a ban on boxing following the collapse of British boxer Paul Ingle in the 12th round of his International Boxing Federation featherweight title fight against South African Mbulelo Botile.

Ingle is in a critical but stable condition at Sheffield's Royal Hallamshire Hospital after surgery to remove a blood clot from his brain, Reuters reported. The 28-year-old is being weaned off drugs that have kept him in a coma since the operation.

The World Medical Association (WMA), which represents doctors in 70 countries, first adopted a policy for a ban on boxing in 1983. Today it reiterated its call for an end of what it considers 'a barbaric practice.'

...Other professional associations that support an all-out ban on boxing include the American Medical Association and the British Medical Association." *HealthCentral.com (December 19, 2000)*

A special note on boxing and other sports: "Some of the most popular amusements, such as football and boxing, have become schools of brutality. They are developing the same characteristics as did the games of ancient Rome. The love of dominion, the pride in mere brute force, the reckless disregard of life, are exerting upon the youth a power to demoralize that is appalling.

Other athletic games, though not so brutalizing, are scarcely less objectionable, because of the excess to which they are carried. They stimulate the love of pleasure and excitement, thus fostering a distaste for useful labor, a disposition to shun practical duties and responsibilities. They tend to destroy a relish for life's sober realities and its tranquil enjoyments. Thus the door is opened to dissipation and lawlessness, with their terrible results."

Counsels on Health, p.189

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