

# Free



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An informative, provocative, and essential newsletter...

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# The Health Reformer

## **America Too Tolerant of Tobacco**

"This past July, researchers at Mississippi State University's Social Science Research Center interviewed more than 1,500 Americans around the country, asking them their views on tobacco and the family, schools, workplace, government, and other social institutions.

... The report's findings included:

- Although more than 90% of Americans believe that smoking harms kids, more than 20% permit smoking in the presence of children. And more than 6% do not believe that second-hand smoke is harmful to children.
- Almost 60% said they do not oppose tobacco advertisements in magazines, and more than 48% support tobacco ads at sporting and cultural events.
- About 64% of Americans believe it is the government's role to regulate tobacco, but more than half say that the government should limit judgments against tobacco firms. And 36% do not believe that tobacco should be regulated as a drug.
- About 90% say that students should not be allowed to smoke at school, but more than 40% believe teachers and staff should be allowed to smoke there.
- More than 96% of Americans reject tobacco firm's claims that nicotine is not addictive, but more than 20% say that smoking either is not dangerous or is only slightly dangerous. *OnHealth, (November 30, 2000)*

"The use of tobacco is inconvenient, expensive, uncleanly, defiling to the user, and offensive to others. Its devotees are encountered everywhere. You rarely pass through a crowd but some smoker puffs his poisoned breath in your face. It is unpleasant and unhealthy to remain in a railway car or in a room where the atmosphere is laden with the fumes of liquor and tobacco. Though men persist in using these poisons themselves, what right have they to defile the air that others must breathe?"

... Boys begin to use tobacco at a very early age...

But what can be done to teach children and youth the evils of a practice of which parents, teachers, and ministers set them the example? Little boys, hardly emerged from babyhood, may be seen smoking their cigarettes. If one speaks to them about it, they say, 'My father uses tobacco.' They point to the minister or the Sunday-school superintendent and say, 'Such a man smokes; what harm for me to do as he does?'"

*The Ministry of Healing, p.p. 328, 329*

## **Significant Relationship between Coffee Consumption and Smoking**

"Researchers have found a significant relationship

between coffee consumption and smoking. In a review and analysis of 6 epidemiological studies, 86.4% of smokers consumed coffee vs. 77.2% of nonsmokers." *JTO Direct (3/1/96)*

"By the use of tea and coffee an appetite is formed for tobacco." *Temperance, p.57*

## **Some physicians responsible for making many drunkards**

"A physician says Americans should have a drink a day, basing his prescription on scientific evidence that alcohol is good for your health..."

'The bottom line is, never go more than 24 hours without a drink,' said Dr. R. Curtis Ellison, chief of the section of preventive medicine and epidemiology at Boston University School of Medicine in Massachusetts. 'Abstinence is a major risk factor for heart disease.'

... Ellison is recommending that doctors begin prescribing a drink a day to their patients."

*JTO Direct, (7/30/98)*

Special Note: "Physicians are responsible for making many drunkards. Knowing what drink will do for its lovers, they have taken upon themselves the responsibility of prescribing it for their patients...What excuse can doctors render for the influence they have exerted in making fathers and mothers drunkards?" *Temperance, p.42*

## **Smoking, Drinking and Sudden Infant Death Syndrome (SIDS)**

"Parents who light up risk losing their babies to crib death. According to a ... report by Reuters, a British study revealed that parents who smoke cigarettes during pregnancy and after birth could be responsible for more than half of crib deaths, also known as sudden infant death syndrome (SIDS).

SIDS deaths were also more common among women who drank alcohol, the study found.

The two-year study focused on 195 babies who died and 780 who did not. Within that period, 62 percent of the mothers of babies who died smoked, compared to 25 percent of the mothers of babies who lived. Babies of fathers who smoked were also more likely to die. 'Over 60 percent of such deaths may be attributed to the effects of exposure to tobacco smoke before and after birth,' said the report in the British Medical Journal.

The report also concluded that the risk of SIDS rose if a mother smoked before and after birth."

*JTO Direct (7/25/96)*

"Many infants are poisoned beyond remedy by sleeping in beds with their tobacco-using fathers. (Over, please)

By inhaling the poisonous tobacco effluvium, which is thrown from the lungs and pores of the skin, the system of the infant is filled with poison. While it acts upon some infants as a slow poison, and affects the brain, heart, liver, and lungs, and they waste away and fade gradually; upon others it has a more direct influence, causing spasms, paralysis, and sudden death... They died martyrs to the filthy lust for tobacco. Every exhalation of the lungs of the tobacco slave poisons the air about him."

*Healthful Living, p.111*

### **Heart association says soy lowers cholesterol**

"People with high cholesterol should consume about 25 to 50 grams of soy protein daily as part of a program aimed at lowering cholesterol, the new American Heart Association recommendation states.

The new recommendation is the result of analysis of 38 clinical studies that demonstrated that substituting soy products such as tofu for meat and other foods containing animal proteins lowered 'bad' LDL cholesterol by as much as 8%. ...

Substituting soy for meat products also lowers triglycerides, another blood product that has been associated with heart disease, while increasing 'good' HDL cholesterol.

... (There) is good science behind the soy recommendation and there are now many soy products, which are designed to appeal to the American public, which is not particularly fond of the 'beany taste of earlier soy products.'

The US Food and Drug Administration allows makers of low-fat foods containing at least 6.25 grams of soy to include a health claim on the label." *HealthCentral (November 14, 2000)*

### **Women 'getting dangerously drunk'**

"Almost half of young women get drunk at least once a week that they put themselves potentially in danger, according to a survey.

They become so inebriated that they are unable to make responsible decisions about matters such as sex or ensuring they are not vulnerable to attack.

The research by Company magazine's found that 50% of women have walked home alone when drunk.

One-third of women admitted to having unprotected sex after having too much to drink.

... Some 19% of young women confessed to driving over the limit.

... The survey found that 41% of women admitted to binge drinking – not drinking much during the week, but over-indulging at weekends.

More than eight out ten (84%) said they started drinking before the age of 16 and 25% drank twice as much when on holiday."

*BBC News (November 2, 2000)*

### **Alcohol Fuels Child Abuse**

The "number of abused and neglected children has leaped from 1.4 million in 1986 to 3 million in 1997 – a rise more than eight times greater than the increase in children's population.

A survey of 915 child welfare professionals from around the country finds 80 percent say substance abuse causes or fuels most cases of child maltreatment, and 40 percent say it is involved in more than 3 out of 4 cases. ... 90 percent say alcohol alone or in combination with other drugs is the main substance of abuse.

'If we're serious about doing something about child abuse and neglect, we better get serious about alcohol abuse.'

*Family Watch Library (January 11, 1999)*

"In many a household, little children, even in the innocence and helplessness of babyhood, are in daily peril through the neglect, the abuse, the vileness of drunken mothers. Sons and daughters are growing up under the shadow of this terrible evil. What outlook for their future but that they will sink even lower than their parents?" *The Ministry of Healing, p.339*

"Were the only evil arising from the sale of ardent spirits (alcoholic beverages) the cruelty and neglect manifested by intemperate parents towards their children, this alone should be enough to condemn and destroy the traffic. Not only does the drunkard render the life of his children miserable, but by his sinful example he leads them also into the path of crime... Should barbarous nations steal our children and abuse them as intemperate parents abuse their offspring, all Christendom would be aroused to put an end to the outrage. But in a land professedly governed by Christian principles, the suffering and sin entailed upon the innocent and helpless childhood by the sale and use of intoxicating liquors are considered a necessary evil!"

*Temperance, p.205*

### **Philip Morris' public image advertising: A subtle attempt to trick consumers?**

"From 1998 to 1999, Philip Morris' corporate-image advertising increased by over 800 percent. In the first half of 2000, the company has spent \$142 million on corporate advertising. 'In essence, the ads constitute a subtle attempt to trick consumers into believing that Philip Morris has always been a benign member of the corporate world, concerned with issues like hunger and domestic violence, even though the corporation spends 1.5 times as much publicizing its so-called 'good works' than it gives away,' noted Mulvey." *JTO Direct (11/28/00)*

Special note:

The following consumer products lie under the corporate umbrella of Philip Morris: Kraft Macaroni and Cheese, Maxwell House coffee and Post cereal. "By purchasing such products, consumers are unwittingly financing the world's premier tobacco producer and creator of the Marlboro Man." *JTO Direct (11/28/00)*

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