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U.S. colleges and universities are doing little to stop the liquor sellers' work of making drunkards of the youth

A majority of college students support some tightening of rules aimed at reducing binge drinking on U.S. campuses, according to a new survey.

But at the same time, other, yet-to-be released survey data show university efforts to combat student alcohol abuse have stalled and that schools are doing little new to halt the problem.

....William DeJong, PhD, the center's director, said that the results belie assumptions from many university presidents that students will react negatively to strong moves to limit alcohol consumption on campus.

"They should not assume that students will be opposed," he said.

....Anderson...said that colleges overall are doing little to tighten restrictions on alcohol abuse and underage drinking. He pointed to data from the federal Monitoring the Future survey on drug and alcohol use that shows that the number of college students who report binge drinking with five or more drinks at one time during the last two weeks has held steady at around 40% for the last 25 years.

Anderson complains that antidrinking policies have waned at U.S. schools since a peak in 1991. Anderson has been surveying college presidents every three years for the last 27 years, and has just completed interpreting data from a 2003 survey of 330 schools.

For example, 75% of presidents said in 1994 that their schools allow beer on campus. The number dropped to 70% in 2000 but stands at 76% in today. Figures for hard liquor are similar, with 63% allowing it in 1994 and 64% permitting it in 2003.

Anderson also said that his data show that 55% of colleges now offer campus support groups for students who want help with problem drinking, far less than the 71% that offered it in 1991.

"Our efforts are not going back up. We have lots of missed opportunities," he said.

By Todd Zwillich, WebMD Medical News

Note: "It is a terrible fact, and one that should make the hearts of parents tremble, that in so many schools and colleges to which the youth are sent for mental culture and discipline, influences prevail which misshape the character, divert the mind from life's true aims, and debase the morals.

....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 Ministry of Healing*, pp. 403, 342

Not All Content in Teen-Rated Video Games is Listed in the Warning on Label

A Harvard University study finds that inappropriate content, such as alcohol use, profanity, and sexual themes, may be included in teen-rated video games but not listed in the warning on the label, the Associated Press reported Feb. 17.

Researchers Kevin Haninger and Kimberly Thompson reviewed the labels of 396 mainstream teen-rated video games and watched a random sample of 81 games. Of the video games reviewed, the researchers found, for example, that just one percent of games that depicted tobacco or alcohol use noted such content on the label.

Ninety-four percent of games reviewed listed violence in their warning labels, however.

"The current voluntary rating system is not providing complete information to parents," said Kevin Haninger. "In many games there's content we think parents would care about."

Researchers cautioned parents to be more aware of the unexpected content in videos that could have a negative influence on their teenagers.

The study is published in the Feb. 18, 2004 issue of the *Journal of the American Medical Association*. *Join Together Online* (2/20/2004)

Part-Time Vegetarians Become More Common

....In recent years the market for vegetarian friendly foods has exploded, with items such as soy milk and veggie burgers showing up in mainstream groceries and fast food restaurants.

But even the diet's activists say that growth can't be attributed to committed vegetarians, who are estimated at about 3 percent of the adult U.S. population, or about 5.7 million people never eating meat, poultry or seafood.

Charles Stahler, co-director of the Baltimore-based Vegetarian Resource Group, credits the growth to flexitarians -- vegetarians who dabble in meat and carnivores who seek out vegetarian meals.

"This is why Burger King has a veggie burger. It's not because of us," he said. "The true vegetarians wouldn't rush to Burger King anyway. It's because of those people in the middle. They are the driving audience."

(over, please)

Though flexitarian headcounts are imprecise, Stahler estimates roughly 30 percent to 40 percent of the population at least occasionally seeks out vegetarian meals.

Suzanne Havala Hobbs, a health policy professor at the University of North Carolina at Chapel Hill, credits the growth of flexitarianism to the nation's better understanding of the diet-disease connection.

"Whether you make a commitment to eating strictly vegetarian or not, cutting back your dependence on meat is something most people acknowledge they know they should do," she said.

Mollie Katzen, a cookbook author and a founder of the iconic vegetarian eatery Moosewood Restaurant in Ithaca, N.Y., takes another perspective. The former vegetarian thinks people who eschew meat would be better off if they didn't.

Though she still advocates vegetable-based diets, Katzen sees room -- and for many people a need -- for flexibility.

"To base our diet there, yes. Absolutely," she said. "However, where the protein comes from in that diet, I don't feel it's wrong if you've got a great big plate of vegetables your protein is from a healthy, happy chicken, or a grass-fed cow."

Plenty of people seem to agree. At Wild Oats stores, a Boulder, Colo.-based chain of natural foods grocers that cater to vegetarians, the majority of shoppers aren't vegetarians.

Tracy Spencer, a spokeswoman for the company, said Wild Oats shoppers are concerned about health and want the grocer's natural and organic products, including meats.

Publishers of vegetarian magazines also are taking notice. To target the part-timers many have softened their approach to meatless diets, even at risk of alienating the far smaller reader pool of true vegetarians.

Until last year Natural Health, a Woodland Hills, Calif.-based magazine with a monthly circulation of 300,000, published only vegan recipes, which exclude even dairy and honey.

Now the recipes regularly include meat, said Barb Harris, the magazine's editorial director.

"There is a big interest in vegetarianism," she said. "But we can also tell from our readership that these are not people who are following a pure vegetarian lifestyle. These are people who are integrating a vegetarian menu in their current diets." A similar change occurred at the 30-year-old Vegetarian Times, considered the standardbearer of vegetarianism. Though still meat-free, the once mostly vegan magazine focuses less on activism and more on recipes with broader appeal.

Carla Davis, managing editor of the Glen Allen, Va.-based monthly, said the changes were made after a survey showed 70 percent of the magazine's 300,000-plus readers weren't vegetarian.

Even the strictest of vegetarian advocacy groups considers the flexitarian trend a good thing.

Bruce Friedrich, spokesman for Norfolk, Va.-based People for the Ethical Treatment of Animals, said he doesn't see any harm in vegetarianism focusing more on food than the issues that spurred the movement.

"From our perspective, if people influenced by health consequently cut back on fish and meat consumption, that helps animals," he said. "If two people cut their meat in half it helps as much as one person going completely vegetarian."

By J.M. HIRSCH (Newsday.com)

Note: "Animals are becoming more and more diseased, and it will not be long until animal food will be discarded by many

besides Seventh-day Adventists [a Christian denomination known for teaching and practicing vegetarianism]. Foods that are healthful and life sustaining are to be prepared, so that men and women will not need to eat meat.

...By meat eating, the physical, mental, and moral powers are weakened. Man is built up from that which he eats. Animal passions bear sway as the result of meat eating, tobacco using, and liquor drinking." *Counsels on Diet and Foods*, pp. 267, 269

Here is why the NCAA, colleges, and universities should not be associated with the beer industry

...New questions are being raised about the willingness of schools to accept millions from the industry amid mounting evidence that beer and college students are a dangerous mix.

Alcohol-fueled incidents are the leading cause of campus crime and health problems, and they sometimes result in death.

"We don't see how colleges teaming with beer advertisers is in the best interests of students," said George Hacker, director of the Alcohol Policies Project for the Center for Science in the Public Interest.

The center is asking 1,200 colleges and universities to sign what it calls The College Commitment, a pledge to eliminate alcohol-related television ads during sports events. The pledge applies to all levels of college sports, from local games to championship contests like the National Collegiate Athletic Association basketball tournament and national football bowls.

...Catherine Bath, program director for Security on Campus Inc. in King of Prussia, Pa., said schools can no longer afford to take money from beer producers. Her group is dedicated to making colleges safer.

"College sports should not be associated with beer," Bath said. "The money is not worth it compared to the damage and chaos caused by alcohol on campus."

Bath's 20-year-old son, Raheem Bath, died five years ago as a result of binge drinking while a junior at Duke University.

Nationally, about 1,400 college and university students die and about 500,000 are injured each year due to alcohol-related causes, according to studies. Another 600,000 students each year are assaulted by classmates who have been drinking.

By Pamela Brogan, Gannett News Service



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