

Free

www.healthreformer.org

An informative, provocative and essential newsletter:



The Health Reformer



**Health
&
Temperance
Team**

**Subscribe
TODAY!**

Phone
(708)
496-3475

Fax
(708)
496-3475

E-mail:
mail@
healthreformer.org

Are some college newspapers unwittingly sustaining liquor sellers in their work of making drunkards of the youth? It appears so...

Advertising bar specials or deals on six-packs of beer generates substantial revenue for Colorado State University's campus press.

....Bars, liquor stores and restaurants marketing drink specials in Fort Collins often turn to CSU's campus newspaper, the Rocky Mountain Collegian to hit their target market.

The CSU student-run paper made \$65,000 on alcohol advertisements last school year, according to the student media department. It was the first time revenue from such ads was tracked.

That income accounts for about 7.6 percent of the \$850,000 the paper earned in advertising revenue last year, including classified ads. Now the right of college newspapers to run liquor-related ads has been upheld by a federal appeals court.

The court last week struck down a 1996 Pennsylvania law banning paid alcohol ads in college newspapers.

The Pitt News, the student-run paper of the University of Pittsburgh, challenged the law.

A three-judge panel of the 3rd U.S. Circuit Court of Appeals said the law, enacted to try to stem underage drinking, placed an unfair financial burden on student-run publications and hindered their right to free speech.

The Pitt News said it lost more than \$17,000 in revenue when the state stepped up its ban in 1999.

Kyle Endres, Collegian editor in chief, said, "As long as (the ads) are responsibly done, it makes sense to have them."

At CSU, the Board of Students' Communications Advertising and Underwriting Policies dictated in 1999 that ads "must not promote alcohol or drug abuse, pornographic movies or related materials, and prostitution or any pornographic services."

Endres said, "Some people do want to know about drink specials. As long as it's not an illegal activity, it can go in the paper."

Jeff Browne, director of CSU student media, said the matter is a freedom of speech issue and should be left to student editors to decide.

During the school year, the Collegian prints 11,500 papers each day, five days a week. An advertiser can potentially reach at least 10,200 students older than 22, according to CSU statistics.

The number of 21-year-old students cannot be tracked because CSU reports students ages 20 and 21

in the same category.

When it comes to keeping underage students away from alcohol ads, colleges are fighting a never-ending battle, said Pam McCracken, director of CSU's Center for Drug and Alcohol Education.

"We know economics play a big role in advertising," McCracken said. "Merchants want to put their best deals out front."

By NIKOLAUS OLSEN

Note: "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. Less harmful would it be to grant liquor to the confirmed drunkard, whose ruin, in most cases, is already determined, than to permit the flower of our youth to be lured to destruction through ...[the] terrible [liquor] habit." *The Ministry of Healing, p. 342*

All those whose money has been made, directly or indirectly, in the liquor traffic, are sharers in the liquor seller's guilt.

The arguments brought against tobacco may also be urged against the use of TEA and COFFEE

Americans are hooked on caffeine. Ninety percent consume it in one form or another every single day. Over half consume more than 300 milligrams of caffeine every day. It is our nation's most popular drug. It is in coffee, tea, cola, chocolate, and a variety of other things.

Caffeine is an addictive drug. It operates on the brain, using the same mechanisms as amphetamines, cocaine, and heroin to stimulate the brain. Although it is milder than the others, it is manipulating the same channels. This is one of the reasons it is addictive.

If you think that you cannot function every day with it, and must consume it every day—you are addicted to caffeine.

...Physicians use it as a cardiac stimulant and also as a mild diuretic (increases urine production). But regular folk take it for the apparent "boost of energy" or feeling of heightened alertness it gives. It is often used to help people stay awake longer.

Obviously, what is happening is that the body is tired and needs rest; but, instead, it is whipped into action. Beating a horse always hurts it. The body, repeatedly pushed into greater activity when it

(Over, please)

wants to stop for rest, is gradually damaged. Instead of recovering, organs gradually weaken. Eventually, the weakest ones become diseased, and the person wonders why it happened.

Caffeine occurs naturally in many plants, including coffee beans, tea leaves, and cocoa nuts. Because of this, it is found in a wide variety of food products. In addition, caffeine is added to many other foods, including beverages.

Here is a dangerous menu to think about:

- Coffee: Typical drip-brewed coffee contains 100 milligrams (mg.) per 6-ounce (oz.) cup.

Whether you are buying it at Starbucks or a store, drinking it at home or at the office, out of a mug or commuter's cup, you are consuming it in one of three sizes: 12 oz. (200 mg.), 14 oz. (234 mg.), or 20 oz. (334 mg.). That is a lot of caffeine!

- Tea: Typical brewed tea contains 70 mg. in each 6-oz. cup.

- Cola drinks: Coke, Pepsi, Mountain Dew, etc., contain 50 mg. per 12-oz. can. Jolt contains 70 mg. per 12-oz. can.

- Chocolate: Typical milk chocolate contains 6 mg. per oz.

- Drugs: Anacin contains 32 mg. per tablet. No-doz contains 100 mg. per tablet. Vivarin and Dexatrim contain 200 mg. per tablet.

Sit down and calculate how much you are taking each day, and you might be surprised. Many people consume a gram (1000 mg.) or more every single day, without realizing it.

By Vance Ferrell, JUNE 2002

Note: "Tea and coffee, as well as tobacco, have an injurious effect upon the system. Tea is intoxicating; though less in degree, its effect is the same in character as that of spirituous liquors. Coffee has a greater tendency to becloud the intellect and benumb the energies. It is not so powerful as tobacco, but is similar in its effects. The arguments brought against tobacco may also be urged against the use of tea and coffee."

Counsels on Diet and Foods, p. 426

Energy drinks like Red Bull have as much caffeine as a cup of coffee. Cereal beverages such as Postum, Pero, and Roma have a coffee-like taste and can take the place of regular coffee. These products contain no caffeine at all and no caffeine (a stomach irritant) which even decaf coffee still contains.

It's not carbohydrates that lead to weight gain, but the type of carbs eaten

A message to the estimated 40 million Americans currently trying to control their weight by counting carbs: It's not enough to do the math; you also need to consider vocabulary.

New research shows what many health experts have long said. It's not carbohydrates, per se, that lead to weight gain, but the type of carbs eaten.

Tufts University researchers find that middle-aged people can successfully avoid middle-aged spread by eating a high-carbohydrate diet -- as long as those carbs are fiber-rich, unprocessed foods such as fruit, vegetables, legumes, and unrefined bread.

"Now that everybody is talking about counting carbs, many people believe that carbohydrates are the enemy," says study researcher Katherine Tucker, PhD, of the school's Jean Mayer USDA Human Nutrition Research Center on Aging. "But the truth is very simple: It's the type of carbs you eat that makes a difference. You need to eat more whole foods and less refined foods."

Her study, in the August issue of the American Journal of Clinical Nutrition, builds on a previous trial by her same research team published last year comparing food patterns in

459 middle-aged adults over an average of two years. The patients kept detailed food diaries and their weight and waistlines were measured throughout the studies. Based on their food choices, they were categorized into any of six "eating patterns."

In the first study, people eating the greatest amount of white bread and other highly refined foods gained the most belly fat, while those eating the typical "meat-and-potatoes" American diet gained the most overall weight, but it was more evenly distributed around their body than just settling around the midsection.

The new study confirms those findings, but also stresses an even more important message. To not gain excess weight during the years, focus on a diet that's rich in unrefined carbs and fibers such as "whole" foods like fruit, vegetables, legumes, and low-fat dairy and nonwhite bread. In both studies, Tucker says most people following this eating plan -- also said to reduce the risk of cancer, heart disease, and other conditions -- typically gained no weight, or had such little weight gain that it was insignificant.

"That's important, because there is a tendency [in middle-aged people] to gain more weight as they age," Tucker tells WebMD.

But that wasn't the case with those eating roughly the same number of calories each day, but whose carbs included more refined, packaged, and processed foods, or starchy vegetables such as potatoes. Their waistlines expanded three times more (about a half inch per year) compared with the group that ate unrefined and less processed "whole" foods.

The take-home message, according to a noted obesity expert not involved in Tucker's research: Don't forego carbs altogether, just the bad ones.

"Many people on low-carb diets are making the same kind of mistake seen with low-fat diets in the past, namely, there's the consideration that an entire category of food -- in this case, carbohydrates -- is unhealthy," says David Ludwig, MD, PhD, director of the obesity program at Children's Hospital in Boston. "Just as we know there are good fats and unhealthy fats, there are good carbohydrates that are rich in fiber, and less helpful carbohydrates such as white bread, excessive intake of potato products, refined breakfast cereals, and the like."

In fact, Ludwig headed a 1999 study, published in the Journal of the American Medical Association, finding that how much fiber was eaten was a better predictor of weight gain, insulin levels, and other heart disease factors in young adults than how much saturated or other fats were consumed.

High-fiber foods help control weight in several ways: They tend to fill you up faster, so you're less hungry and less likely to overeat. But they also tend to be lower in their glycemic index, producing less of a spike in blood sugar levels after meals and therefore less of an increase in insulin levels. High glycemic foods -- which include most refined foods and starches -- are associated with more weight gain and greater risk of diabetes.

"It's unclear whether it's the fiber itself, properties associated with fiber such as vitamins, minerals, and phytochemicals, or the fact that people who eat a high-fiber diet have much smaller swings in blood sugar," Ludwig tells WebMD. "But there's little doubt that eating more whole foods rich in fiber is optimal, for controlling weight and good health."

Most experts recommend getting at least 35 grams of fiber per day, but most Americans get about 12 grams -- largely because fiber is reduced or removed from foods that are refined, packaged or otherwise processed.

"If you look at people in Africa, Asia, and South America, they typically consume fiber in the 50-75-grams-per-day range, and it's quite easy to get that amount consuming a diet based on fruit, vegetables, legumes, and a moderate amount of animal products," Ludwig says. "But it's very hard to achieve that when you're eating highly refined, packaged foods." *By Sid Kirchheimer, WebMD Medical News*