

Free

An informative, provocative, and essential newsletter...

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The Health Reformer



Health
&
Temperance
Team

Phone
(773)
416-4146

Fax
(773)
271-1573

E-mail:
healthreformer
@hotmail.com

Sleep and Your Health

“Have you been skipping sleep in order to have more waking hours in the day? You may be gaining time at the expense of your health. According to sleep expert Dr. William Dement, inadequate sleep takes a bigger toll on your body than smoking, high blood pressure or a sedentary lifestyle. Lack of sleep can result in lowered levels of productivity, impaired mental performance, increased risk of morbidity and mortality and a general decreased in your quality of life.”

By Jennifer Russo at allHealth.com

“Proper periods of sleep and rest and an abundance of physical exercise are essential to health of body and mind. To rob nature of her hours of rest and recuperation ... will result in irreparable loss.” *7T, p. 247*

Inadequate Care at Nursing Homes

“According to research released by The Commonwealth Fund, a private foundation, at least one-third of the 1.6 million nursing home residents in the United States may suffer from dehydration and malnutrition, which can aggravate pre-existing medical conditions and lead to weight loss and even death.

... ‘Malnutrition, dehydration and weight loss in nursing homes constitute one of the largest silent epidemics in this country,’ says The Commonwealth Fund President Karen Davis.”

Onhealth (June 08, 2000)

Elderly people need tender loving care. Let’s make sure we all do our part in bestowing such care upon them. Nursing homes would be history if all of our elderly had a loving family who really cared about them.

Religious People Live Longer

“Researchers led by psychologist Michael E. McCullough of the National Institute for Healthcare Research analyzed 42 studies involving 125,286 people to see what effect religion had on health. ‘The odds of survival for people who scored higher on measures of public and private religious involvement were 29 percent higher...’ McCullough says. Public religious involvement was defined by how regularly a person attends mosque, temple or church; membership in a religious organization; and how much spare time is spent with that organization. Private religious involvement was defined as self-rated religiousness, frequency of private prayer and use of religion as a means of coping.

Religious involvement also increased a person’s social involvement, which has been shown to extend

longevity. ‘Moreover,’ McCullough says, ‘results seemed to indicate that those people with a high level of religious involvement were also less obese.’ Obesity is a risk factor for several chronic illnesses, including heart disease, diabetes and cancer.

People who are involved in religion appear to take better care of themselves overall, McCullough adds, which may also contribute to their longevity.”

Onhealth (June 05, 2000)

The No. 1 problem on every U.S. college

“Alcohol-related arrests on college campuses surged 24.3% in 1998, the largest jump in seven years, according to a survey by *The Chronicle of Higher Education*.

... ‘Alcohol abuse is the No. 1 problem on every college campus in this country, and I don’t care how big they are or how small they are,’ said police Capt. Dale Burke of the University of Wisconsin.”

USA Today (06-04-00)

“Alcohol is just too widely available and too cheap for underage college students who want to party.

According to a new study published in the July issue of *American Journal of Preventive Medicine*, students under the legal drinking age of 21 told researchers that it’s extremely easy to obtain cheap alcohol...

Underage students are more likely to drink in private settings, such as in dorm rooms and house parties. Fifty-seven percent of the underage students who drank said they received their drinks for free, paid a dollar or less, or paid a set amount for unlimited drinks...

Researchers also found underage students got into more trouble when drinking. When drinking, they were more likely to engage in sexual activity, damage property, injure themselves, get into trouble with the police, forget their actions, be treated for alcohol-related overdose and commit an act they later regretted.”

Onhealth (June 19, 2000)

Why is alcohol such a big problem among our dear youth?

“The licensing of the liquor traffic is advocated by many as tending to restrict the drink evil. But the licensing of the traffic places it under the protection of law. The government sanctions its existence, and thus fosters the evil which it

(Over, please)

professes to restrict. Under the protection of license laws, breweries, distilleries, and wineries are planted all over the land, and the liquor seller plies his work beside our very doors.

Often he is forbidden to sell intoxicants to one who is drunk or who is known to be a confirmed drunkard; but 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 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 this terrible habit."

The Ministry of Healing, p. 342

Yes, the liquor traffic is evil. It is high time we raise our voices against the liquor traffic!

Some parents also encourage their teens to drink. "A 1993 study of 15,000 students by the Minnesota-based Johnson Institute, which fights alcohol use at school and work, showed that permissiveness at home affects adolescents choices about drinking more than peer pressure.

The most recent survey from the University of Michigan's Monitoring the Future program reveals that 82 percent of the 12th graders admitted drinking during the previous year. But it comes as a shock to many parents that some parents feel they can be 'buddies' with their teens if they let them drink.

... A recent meeting at Glenview's Glenbrook Hospital attracted local parents who voiced concerns about high school teens being served drinks by other parents at graduation and summer parties.

Louis Kraus, division head of child and adolescent psychiatry at Evanston Hospital, says parents who provide alcohol for their teenagers and their friends justify their actions by saying, "They're going to college in a few months and they'll do what they want and I can't stop them, so why should I try now?" "

Chicago Tribune, Internet Edition (June 14, 2000)

Parents: "It is by the youth and children of today that the future of society is to be determined, and what these youth and children shall be depends upon the home. To the lack of right home training may be traced the larger share of the disease and misery and crime that curse humanity. If the home life were pure and true, if the children who went forth from its care were prepared to meet life's responsibilities and dangers, what a change would be seen in the world!

... Parents may lay for their children the foundation for a healthy, happy life. They may send them forth from their homes with the moral stamina to resist temptation, and courage and strength to wrestle successfully with life's problems."

The Ministry of Healing, p.p. 351, 352

Many of us parents need to open our eyes to the dangers of drinking. Let's start teaching our children that in order to be happy and healthy, they must totally abstain from all alcoholic beverages. This is the only safe course for everyone.

One More Reason why we should not believe in Moderate Drinking

"A Villa Park police sergeant was charged with drunken driving while off-duty.

Sgt. Andrew Subject, 54, was arrested and charged with driving under the influence of alcohol after police in Warrenville pulled him over at a busy intersection. He also was charged with changing lanes in an unsafe fashion."

Chicago Tribune, Internet Edition (June 8, 2000)

"We see the power that appetite for strong drink has over men; we see how many of all professions and of heavy responsibilities, men of exalted station, of eminent talents, of great attainments, of fine feelings, of strong nerves, and of high reasoning powers, sacrifice everything for the indulgence of appetite until they are reduced to the level of the brutes; and in very many cases their downward course commenced with the use of wine or cider. Knowing this, I take a my stand decidedly in opposition to the manufacture of wine or cider to be used as a beverage ... If all would be vigilant and faithful in guarding the little openings made by the moderate use of the so-called harmless wine and cider (or beer), the highway to drunkenness would be closed up."

Temperance, p.96

A 'first time' in the history of tobacco products

"Warning: This cigar may cause cancer and raise the risk of lung cancer and heart disease – even in nonsmokers near you.

That's what cigar labels will be saying in seven months. The agreement reached between tobacco companies and the U.S. Federal Trade Commission is the first time that a tobacco product warning will caution that nonsmokers also may be harmed. The new labels will list more health risks, and warnings will be featured more prominently on the package.

'The message is that cigar smoking is not a harmless alternative to cigarette smoking,' said FTC Chairman Robert Pitofsky, as quoted by The Associated Press.

The agreement was applauded by the anti-tobacco community, which urged that more specific labels be used on cigarette and smokeless tobacco products. U.S. Surgeon General David Satcher called the current labels 'outdated.' Cigarette labels were last modified in 1984.

Cigar smoking has jumped in the last few years, particularly among young people and women, according to several reports. The habit has been glamorized by celebrities in the mass media. Reports indicate that while the cigar craze may be slowing among adults, it's gaining popularity among teens.

There are five new warnings that will be used in rotation:

- Cigar smoking can cause cancers of the mouth and throat, even if you do not inhale.
- Cigar smoking can cause lung cancer and heart disease.
- Tobacco use increases the risk of infertility, stillbirth and low birth weight.
- Cigars are not a safe alternative to cigarettes.
- Tobacco smoke increases the risk of lung cancer and heart disease, even in nonsmokers. *Onhealth (June 28, 2000)*

Parents and teachers: Share this information about noxious tobacco with our children NOW (you don't have to wait until the new warnings on cigar labels appear, you know). These warnings placed on tobacco products may help a little, but it is best for young people to never have to read them personally (by then it may be too late). Teach our children not to touch tobacco products, period.

REMEMBER THAT WE ARE ALREADY ON THE WEB.

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