

## The Health Reformer Newsletter Save Your Body!

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# The Health Reformer

## Today's children are being bombarded with sexual images

"Long before they can read, today's children are bombarded with sexual images in their music, on television and in movies. And if you think children aren't affected, think again, one expert says.

.... According to a recent study by the Kaiser Family Foundation, the average American child spends more than 38 hours a week on video games, music, TV, reading and their computers — nearly the equivalent of a full-time job.

And the report notes that 68 percent of the material the children watch contains sexual content, up from 56 percent just two years ago.

'The kind of increased sexual images that children are seeing in the media and in their toys has a parallel with when they get a little older,' Levin says. 'They start becoming sexually active earlier.'

In fact, research shows that during the 1970s and '80s, an increasing proportion of kids were having sex in their early teens. By the mid-'90s, more than 24 percent of girls and 27 percent of boys had had intercourse by age 15.

.... 'Whether or not they understand the nuances of what's going on, they're absorbing all of that information,' said Bob Salant. 'And perhaps it's not going to affect them today, but who knows how it's affecting their behavior patterns in the next couple of years.'

Sexual material is so entwined in pop culture that even the most vigilant parent would have a hard time keeping their children away from it.

.... Finally, know that taking the middle ground requires taking charge of what they're exposed to. You can't raise kids in a bubble, but parents have to take more responsibility and say 'no' more often, Murphy says."

abcNEWS.com / April 9, 2002

Note: "This is an age when corruption is teeming everywhere. The lust of the eye and corrupt passions are aroused by beholding and by reading. The heart is corrupted through the imagination." *AH p. 408* 

#### The War on 'Drugs' Is Not What It Pretends To and Actually Damages Those It Claims To Want To Help

"The war on 'drugs' is not what it pretends to and actually damages the groups it claims to want to influence in a positive manner, children and young adults.



.... If there were to be a true war on 'drugs' - alcohol & tobacco would not be sold in every outlet imaginable.

So what gives? Why did someone like me really have to spend twelve years of my life being brutally persecuted with taxpayers spending hundred of thousands to do so when alcohol, etc. is sold at every gas station?

How does the current war on 'drugs' campaign actually harm its

intended beneficiaries?

Who does benefit?

... Alcohol and tobacco, industries subsidized by the government, and a huge source of taxes...are known to have products aimed at the same audience as 'drugs' (hmmmm, alcohol and tobacco are 'automatically' left out of most minds when we see 'War on Drugs' propaganda . . . very interesting . . how does this occur) yet even when confronted with evidence of deliberate addiction and related deaths, merely pays more money as a remedy, but no jail time, no inclusion as an enemy in the 'War on Drugs'...

... the propaganda has you believe the real target is children and young adults. Preposterous, if that is true, alcohol and tobacco would not be sold in every little store and outlet kids and young adults visit. Never mind the fact that one of key outlets for alcohol is at gas station (!)...

.... Kids see real adult behavior, know about alcohol and tobacco, and then watch peers condemn those who smoke pot or experiment with other drugs. You really do not think kids and young adults do not notice cops and DEA agents and prosecutors guzzling alcohol while sending millions to prison for 'drugs.' This ridiculous hypocrisy leads to contempt, mistrust, and forced obedience from fear of the ... (government) rather than a healthy respect of a true and honest democracy.

.... Blaming the death of more civil rights, personal freedom, and the World Trade Center victims of Sept. 11th on 'drugs' is so obviously untrue and hypocritical, it does nothing but breed more distrust among those it claims to help and is actually meant to instill more fear and control in those it wants money from to support its war on drugs along with civil rights.

...The 'War on Drugs' is damaging the credibility of our government to future and current generations, wasting an incredible amount of human and financial resources, and has yet to put a dent in the availability of drugs - including alcohol and tobacco." *By Sholland, kuro5hin.org* 

### What money spent on liquor could do for the starving millions

"Students at Clemson University are taking part in a 'Beer for Bread' program by giving their beer money to charity, WYFF-TV reported Oct. 22.

The money raised though Beer for Bread helps buy food for those in need. 'It's very easy for us to put containers out for people to give what money they might have spent on alcohol and give it to the folks that might need some food,' said Clemson University Human Services Coordinator Stefani Goodenow.

The activity is one of several on campus planned for National Alcohol Awareness Week. The event is aimed at teaching students about the dangers of drinking." JTO Direct (October 26, 2001)

(Over, please)



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Phone (956) 905-5268

E-mail: mail@ healthreformer.org "The cries of the starving millions in our world would soon be hushed if the money put into the tills of the liquor sellers were spent in alleviating the sufferings of humanity. But the evil is constantly increasing. The youth are being educated to love the vile stuff, and this is ruining them, soul and body."

Temperance, p. 29

#### Varied diet prevents cancer

"Variety isn't only the spice of life; it could be the secret to avoiding cancer, says experts at the American Institute of Cancer Research. Studies that compare the diet and disease rate of different populations have long shown that the risks of cancer and other diseases are substantially lower in countries whose citizens routinely consume a variety of vegetables, fruits, and whole grains. Since studies involving single foods or food components often fail to uncover strong protective associations, scientists around the world are now looking at the complex protective interactions that take place among the different components in the overall diet. 'We eat foods, not just nutrients, and there is overwhelming evidence that eating up to a pound of diverse fruits and vegetables can markedly reduce the risks of common forms of cancer and other diseases,' says Dr. David Heber, of the UCLA Center for Human Nutrition. He urged Americans to eat five to nine servings of fruits and vegetables each day and to make a special effort to consume a diverse array of these foods." Pulse Direct, Inc. (August 3, 2001)

"The meals should be varied. The same dishes, prepared in the same way, should not appear on the table meal after meal and day after day. The meals are eaten with greater relish, and the system is better nourished, when the food is varied.

Our bodies are constructed from what we eat; and in order to make tissues of good quality, we must have the right kind of food, and it must be prepared with such skill as will best adapt it to the wants of the system. It is a religious duty for those who cook to learn how to prepare healthful food in a variety of ways, so that it may be both palatable and healthful."

Child Guidance, p. 373

## We're not serious about putting an end to drunken driving

...Who do we think we're kidding? We're not serious about putting an end to drunken driving.

Never have been.

Sure, everyone says drunk driving is bad.

But we aren't willing to do what we must to end it.

And a governor's task force -- even one that churns out a sobering 50-page report -- isn't going to terminate this scourge on society.

Neither will local magistrates, prosecutors and judges who've jumped on the anti-DUI band wagon after the gruesome death toll claimed a 16-year-old Norfolk boy, an Eastern Shore state trooper and his 8-year-old son, and a Virginia Beach dad who died in front of his two young children.

Nope, as long as the commonwealth sticks with its present law, we aren't serious.

Because the blood-alcohol standard is a joke.

Think about it for a minute.

As it stands, Virginia allows someone with a blood-alcohol level lower than 0.08 to drive a car, but anyone hitting or exceeding that magic number is considered a criminal.

How does a drinker decide if he ought to drive?

He could be drunk, for crying out loud.

The fatal -- and I mean fatal -- flaw in this law is that the person

least able to judge whether he's had too much to drink is one who's had too much to drink.

So let's just call this statute what it is: rummy roulette. Every time you take your car on the road -- even if you're sober as a judge -- you're an unwitting player.

And as long as we stick with it, the carnage will continue. Count on it.

We in the newspaper business will continue to write moving frontpage stories about kids being killed, and you out there will continue to attend their funerals. We'll all wring our hands and wipe our eyes, and bury more and more of our sons and daughters and mothers and fathers until our cemeteries are full.

But let's not puff up our chests and pretend to be serious.

Not until we ban drinking and driving.

That's the only way to end this curse, but it's a suggestion so radical, so neo-Prohibitionist, that no one seems willing to give voice to it. Well, I will.

...I would support a law that simply says any level of alcohol in a driver's blood is too much.

...Virginia ought to boldly lead the nation by being the first to make it a crime to operate a motor vehicle after consuming alcohol. Any amount

Mandatory jail time would have to accompany any conviction for drinking and driving. Along with that, automatic work release should be required, so offenders could pay their own room and board by being taken to their jobs each day and sleeping in their cells each night.

....The indisputable fact is that alcohol impairs judgment and slows reaction time. Its effects vary from person to person.

Drivers have no business drinking. At all.

Sure, we all say we'd like to end the death and devastation wrought by drunken drivers.

But until we ban drinking and driving, we aren't really serious about it. *By Kerry Dougherty* 

The Virginian-Pilot © August 28, 2003



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