

WE'VE ALL HEARD about the deadly effects of secondhand smoking, but did you know alcohol has a secondhand effect, too? Parental drinking hurts children. Alcohol causes drunkenness and disinhibition. so it's associated with unintended pregnancy, marital disruption, child abuse, incest, auto-mobile accidents, career disruptions, educational underachievement, extra-marital sexual affairs, cheating, stealing, dishonesty, employment underachievement, and the transmission of sexually transmitted diseases, including AIDS. The list could go on and on.

Parents might counter, "But I'm a social drinker. I don't get drunk. How can this possibly hurt my children?" In a study conducted among students who attended 69 parochial schools in North America during the 1994-1995 school year, students were asked if either of their parents used alcohol

and whether or not the students had ever used alcohol. They were also asked about their sexual habits.

The results were striking. Only three and a half percent of the students who had never used alcohol and whose parents did not use alcohol were sexually experienced. However, if the student had tried alcohol and at least one of their parents was a user, the percentage of those who were experienced sexually increased tenfold to more than 30 percent. Since unprotected sexual intercourse is a strong AIDS risk factor, alcohol use in the home is a cofactor for these students' risk of transmitting or contracting the virus that causes AIDS.

Other data from that same research showed that if alcohol was not used by either parent, 37.6 percent of the students had tried alcohol. However, if a parent did use alcohol, the rate of alcohol use by the student jumped to 71.7 percent,

There was even a strong effect of the parents' alcohol use on the student's history of the use of many other drugs. If a parent was an alcohol user, the student's rate of tobacco use increased from 24.4 percent to 47.3 percent, marijuana use increased from 11.5 percent to 27.1 percent, cocaine use jumped from 2.2 percent to 6.7 percent, and use of other hard drugs increased from 4.9 percent to 14.6 percent. Parents who drink must seriously reflect on what they are doing to their children's health!

Is there some area of your life that is causing a negative effort on your children? If so, ask God to give you the strength to overcome.

GARY HOPKINS

Victory in Christ is our goal -
Health of body, mind, and soul.

Come and travel with us.

Natural Remedies

1. Pure air—open up your home and breath deeply
2. Sunlight—has a healing effect on body and home; a dark home breeds disease
3. Moderation—in all things
4. Rest—with regularity of times to rise and go to bed
5. Exercise—regularly but with moderation
6. Proper diet—wide variety of natural foods prepared simply, with few condiments
7. Water—is the best beverage. It should replace most other drinks.
8. Trust in Divine Power—brings peace and health

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HEALTH TIPS!

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Secondhand Drinking

Wine is a mocker, strong drink is a brawler, and whosoever is led astray by it is not wise. Prov. 20:1, NKJV.