

velops into a small red lump or bump which becomes a blister or pimple. You can have 1 or several of these blisters singularly or in groups. Usually the blisters break and ooze a clear fluid leaving an open sore which soon dries up and goes away. An attack of Herpes lasts a few days to a week, although your first bout with it can last up to a month. Girls often find it reoccurs just before their monthly periods because your body temperature is raised somewhat at this time and doctors feel there is some relationship between a rise in body temperature and the virus reoccurring.

Precautions: Never kiss or have oral sex with a person who has a cold sore or fever blister on their mouth. The reverse is also true--never kiss or have oral sex if you have a cold sore. Once the cycle has run its course you are not contagious. Don't make love to anyone with unusual swellings, blisters, or sores on their genitals, and if you have such sores don't make love until the cycle is finished. Be careful not to spread the fluid from these sores to other parts of your body, and be especially prayerful not to spread it to your children.--Keep your towels separate, wear underwear to bed and wash your underwear separately. Obey God's health laws and keep your resistance up with good food and plenty of rest. Pray!

These are just some of the 'facts' we have gathered about Herpes, but we also know God can do miracles and 'heal us from all our diseases'! We know of individuals completely healed thru desperate prayer--so God is on the throne and prayer changes things! PG:

Please pray for others who have Herpes, too. We want to emphasize, too, the need for regular check-ups for afflictions especially if you are doing a lot of FFing and ESing. These check-ups can do a lot to prevent unnecessary spreading of afflictions. Be prayerful in choosing a doctor, too, so that He can lead you to someone who will give you an accurate diagnosis. Sometimes in Asian countries we've run into problems with doctors misdiagnosing your problem. It's often good to get a diagnosis confirmed thru another doctor if you're not sure of the diagnosis. "So if you have any kind of unusual symptoms, an extraordinary variation in your period, any kind of bleeding or discharge that's not normal, any vaginal itch or irritation or blisters or sores or soreness, anything which is not normal and comfortable, if you have anything at all that is at all questionable whatsoever, stop all love making immediately and go straight to the doctor as fast as you can and get diagnosed and treated--and pray!--Amen?" --ML #569:139 Remember, too that "cleanliness is Godliness" and to follow Dad's rules on being clean with sex. See "The Catch" ML#555:55-92 as well checking Index for further references on the subject. GB dear Dad and Maria for their concern--it's all in the Letters, we just need to be faithful to follow them closely. TTL for all our faithful FFers who pick up these afflictions in the line of duty--WLY! GBAKVA in His love! We pray this is a help. (Also see Apollos' article in Mag#45, page 98 for more information on Herpes.) Love, Shem & Zeal (SEA VS's)

A sizeable percentage - as many as 10% - of the 100 million Americans that drink have serious drinking problems. Chances are, you're not one of them. But alcohol is not a substance you can take for granted. It is, strictly speaking, a poison, although one your body can take in moderate amounts. Alcohol affects your body, your mind, your weight & your nutrition. It can be hazardous to your health. So I've written this to give you information on how to be a "better" drinker, a healthier drinker.

WHAT IS ALCOHOL?
Whether it's found in beer, gin, wine, brandy, tequila, bourbon, saki or even vanilla extract & cough extract, alcohol always takes the same form. What makes one alcoholic beverage different from another has nothing to do with the kind of alcohol in the drink. It's the amount of alcohol & the other ingredients besides alcohol.

ALCOHOL ITSELF IS THE END RESULT OF A NATURAL PROCESS CALLED FERMENTATION. Fermentation will occur whenever you leave certain fruits & vegetables with a high sugar content in a reasonably warm environment for an extended period of time. What happens is that micro-organisms known as yeast, already present in the air & on the surface of fruits & vegetables, start to act on the sugars. This process leaves behind some waste products. The waste products are what we normally refer to as alcohol. The yeast that produces the alcohol can't survive in an atmosphere that is too heavily alcoholic. So as soon as the alcoholic content of any fermenting mixture reaches about 12% the yeast dies & fermentation ends. Naturally fermented beverages, like wine, are relatively low in alcoholic content compared to say, whiskey or gin. If you want to increase the alcoholic content of a beverage you must fortify it & the most common method is known as distillation.

WINE is best defined as the fermentation product of grapes. Most of the wines you're likely to drink contain between 11 & 12% alcohol. But certain wines, like port, sherry & muscatel have been fortified - that is, alcohol (usually in the form of brandy) has been added to them.

BEER. The basic ingredients in your beer are water, barley, yeast & hops (a dried flower). What you're drinking when you drink beer is water, which makes up about 90% of beer. Beers brewed in the U.S. contain somewhere between 3.5 - 3.8% alcohol, although the dark ales of Great Britain can go as high as 6.5% in alcoholic content.

WHISKIES are the most potent of all alcoholic beverages & they come in the widest variety of forms. The alcoholic content of whisky, known as "proof", is expressed in a somewhat confusing manner. The number used in describing proof represents twice the actual alcoholic content. A scotch whisky described as 90 proof actually contains 45% alcohol.

CONGENERS are the natural by-product of the fermentation process. They are present, in very small amounts, in virtually all alcoholic beverages. Congeners are one of the main reasons that bourbon, for example, looks & tastes different from gin. They won't get you drunk, but they can influence your reaction to alcohol. It's possible that many of the typical hangover symptoms - headache, upset stomach, etc. - are the result of allergic reactions to congeners & not so much the fault of the alcohol. And beverages higher in alcoholic content generally have a higher congener content. You can expect to find more congener content in, say, bourbon, than in wine. One final word about substances other than alcohol in alcoholic beverages. Many brewers & wine makers use certain chemicals in order to enhance the appearance & prolong the shelf life of their products. Cobalt, for instance, is used by some brewers to give their beers more head.

HOW YOUR BODY HANDLES ALCOHOL
ALCOHOL IS POISON, not as lethal as arsenic or cyanide, but a poison nevertheless. DRINK too much too quickly & it can kill you. But the good news is that most of us are able to drink moderate amounts of it without any harmful effects whatsoever, because our bodies have the ability to detoxify toxic (harmful) substances within limits.

WHEN ALCOHOL REACHES THE STOMACH it is in virtually the same chemical form as when it entered the mouth & it doesn't have to wait around, the way other

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foods do, until the gastric juices break it down into a simpler form. Some alcohol, about 20% of what enters the stomach, is immediately absorbed through the wall linings of the stomach & into the bloodstream. Whoosh! It's this initial quick absorption that gives alcohol its kick. The rest moves along into the small intestine & gets absorbed there.

IF YOUR STOMACH IS EMPTY & YOU DRINK, the alcohol in the drink can possibly irritate your stomach linings. It can prompt the stomach (in self-defense) to secrete a protective mucus & also to secrete gastric juices. This is why the oft-repeated advice about 'lining your stomach' before you drink makes such good digestive sense, and it's never a good idea to drink on an empty stomach. Food - particularly protein-rich foods such as milk, meat or eggs - is your stomach's best defense against the inflammatory effects of alcohol. Food protects the stomach linings & also slows down the process by which alcohol is absorbed into the bloodstream. And keep in mind that soda water - or any beverage with carbon dioxide - noticeably speeds up the absorption process, which explains why champagne has a stronger kick than other wines, even though the alcoholic content is not higher.

YOUR BODY REALLY ONLY HAS ONE WAY OF DISPOSING OF ALCOHOL. It has to burn it up. And only one organ has the chemical ability to do this - the liver, one of the most important organs in your body. The liver does a remarkable job of converting the elements of alcohol into a chemical form that is useful to the body, but it can only handle so much at a time. The average liver can oxidize alcohol at the rate of one-third to one-half ounce per hour (4 ounces of wine, 12 ounces of beer or a highball). If you drink 1 1/2 ounces of pure alcohol (12 ounces of wine or three drinks), it will be a good 3 hours before the last traces of alcohol have left your bloodstream.

THIRST. Alcohol does cause thirst, but the thirst isn't related so much to a loss of body fluid as it is to a loss of cellular fluid. Alcohol disrupts the fluid balance around cells, triggering the nerve mechanism in the brain that makes you feel thirsty. Unfortunately, drinking a lot of water doesn't really quench your thirst because water doesn't have an immediate effect on the liquid balance around the cells.

WHEN ALCOHOL HITS THE BRAIN
ALCOHOL IS A CENTRAL NERVOUS SYSTEM DEPRESSANT, not a stimulant, as is commonly thought. A person may feel, after a drink or two, that he's more awake & alert, but this effect is only temporary. Alcohol is powerful enough to interfere with the brain's communication system. The initial effect is that it removes some of the control that your brain usually holds over your behaviour. You lose some of your inhibitions. Alcohol has the power to make people less fearful, to reduce anxiety & ease mental stress. Some researchers go so far as to describe alcohol as the safest tranquilliser you can take. What alcohol appears to do is to reduce the effectiveness of the part of your brain that controls what psychologists call 'critical judgement'. The judgements & attitudes that normally restrain certain behaviours are temporarily put out of commission. Your world starts to look a little different because you're looking at it through a slightly different set of eyes.

BLOOD ALCOHOL LEVELS & BEHAVIOUR. Blood alcohol levels are measured in percentages. For every 1 ounce of pure alcohol (4 oz. of wine) per hour, your alcohol level goes up approximately .025%. Knowing your blood alcohol level, it's possible to establish some broad relationships with behaviour. Here is a rough view:

- .05% (2 drinks) - You're less alert but you feel mellow, high.
- .10% - Your reaction time slows & you're less cautious than normal.
- .15% (6 drinks) - Reaction time is much slower than normal & things are beginning to spin around. You're drunk.
- .20% - You have trouble speaking or walking a straight line. You're very drunk.
- .25% - More of the same above, only worse.
- .30% - Close to passing out, if you haven't done so.
- .35% - The point of surgical anaesthesia. Anything beyond this point could be lethal.

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Fortunately, your body has a few built-in devices that make it unlikely your blood alcohol level will reach a lethal level. If you reach a level of about .12% too quickly, for example, you will probably activate the vomiting reflex in your body. Also, the more you drink, the more your body cries out for sleep. You usually pass out before you can consume the extra drinks that put you over the top.

THE LONG-TERM EFFECTS of alcohol on behaviour are mainly in the form of nutritional deficiencies that accompany heavy drinking. These deficiencies bring on certain nerve disorders which have been linked to a severe lack of certain B Vitamins.

ARE YOU HEALTHY ENOUGH TO DRINK?
FOR CERTAIN TYPES OF PEOPLE EVEN MODERATE AMOUNTS OF ALCOHOL CAN DO HARM. You can consider yourself one if:

1. You suffer from liver disease.
2. You have a stomach or intestinal problem, such as an ulcer.
3. You have certain types of chronic kidney conditions.
4. You must take certain medications regularly.
5. You are a diabetic.
6. You've had a serious drinking problem in the past.
7. You've come from a family in which either of your parents was an alcoholic.
8. You are prone to severe depression.
9. You are pregnant.

There is some evidence suggesting that expectant mothers who drink moderate to heavy amounts of alcohol subject their unborn children to physiological stresses. At the very least, these stresses can lead to a smaller & malnourished newborn. At the worst, they can produce a newborn baby with serious brain damage and/or deformities.

HOW TO DRINK & STAY THIN
ALCOHOL IS ONE OF THE MOST CALORIE-RICH SUBSTANCES YOU CAN CONSUME. Each gram has 7 calories. A typical highball has 150 calories - the equivalent of a large scoop of ice cream. The catch is that the more calories your body burns up from alcohol, the fewer calories it needs to burn up from other foods in your diet. So these other calories get stored as fat. And some alcoholic beverages, in moderate amounts, serve to increase your appetite. They stimulate gastric juices & enhance the taste of many foods. Below is a list of some of the most popular drinks & their alcoholic content:

Drink	Calories
Gin & tonic	150
Bloody Mary	150
Scotch & water	105
Scotch & soda	170
Beer (12 oz.)	72
wine (3 oz.)	72
Tom Collins	155
Bourbon & ginger ale	150
Martini	150
Tequila	160
Brandy (1 oz.)	71

Remember, if you drink an average of 2 drinks a day, your calorie intake from alcoholic beverages is going to be 2,100 calories a week. This means in an average month, the calories you get from booze can put 2 1/2 lbs. on you. That's 15 lbs in 6 months & 30 lbs. in a year. It sneaks up on you!

TIPS FOR THE CALORIE-CONSCIOUS DRINKER:

1. Limit your intake of sweets.
2. Be careful with your mixers - they can tack on 60-70 calories/drink. Get used to water or soda water.
3. Beware of salted nuts. You drink more quickly - & eat more nuts!

HOW ALCOHOL AFFECTS YOUR NUTRITION
MOST AMERICANS DON'T EAT NUTRITIONALLY BALANCED DIETS. The average diet is