

SOURCES – ESSAY 5

“Beware of using any substance that induceth sluggishness and torpor in the human temple and inflicteth harm upon the body. We, verily, desire for you naught save what shall profit you, and to this bear witness all created things, had ye but ears to hear.” (Baha’u’llah)

“This prohibition of the use of opium is reiterated by Bahá’u’lláh in the final paragraph of the Kitáb-i-Aqdas. In this connection, Shoghi Effendi stated that one of the requirements for “a chaste and holy life” is “total abstinence ... from opium, and from similar habit-forming drugs”. Heroin, hashish and other derivatives of cannabis such as marijuana, as well as hallucinogenic agents such as LSD, peyote and similar substances, are regarded as falling under this prohibition.” (Kitab-i-Aqdas, Notes)

“Experience hath shown how much the renouncing of tobacco, wine and opium, giveth health, strength and intellectual enjoyments, penetration of judgment and physical vigor.” (‘Abdu’l-Baha)

“... violence and force, constraint and oppression, are one and all condemned. It is, however, mandatory that the use of opium be prevented by any means whatsoever, that perchance the human race may be delivered from this most powerful of plagues.” (‘Abdu’l-Baha)

“O Lord! Give to the people of Bahá cleanliness and holiness in all conditions, purify and free them from all defilement, deliver them from the use of all that is execrated, liberate them from the chains of habits, so that they may be pure and free, clean and spotless, that they may be worthy servants of the Sacred Threshold and may deserve to enter into relation with God. Deliver them from alcohol and tobacco, and save them from opium, the purveyor of madness!” (‘Abdu’l-Baha)

“With regard to your first question on alcohol and drinking Bahá’u’lláh fully aware of the great misery that it brings about, prohibits it as He expressly states that everything that takes away the mind or in other words makes one drunk is forbidden.” (Shoghi Effendi)

“Drinking alcohol raises the risk of some cancers. Drinking any kind of alcohol can contribute to cancers of the mouth and throat, larynx (voice box), esophagus, colon and rectum, liver, and breast (in women). The less alcohol you drink, the lower the risk of cancer.” (Centers for Disease Control and Prevention, CDC.gov)

“Drinking a bottle of wine each week is the same as smoking five to 10 cigarettes a week when it comes to raising the risk of getting cancer, according to a new study that’s gotten widespread mainstream news coverage.” (webMD.com)

“No research has proved a cause-and-effect link between drinking alcohol and better heart health. ... The American Heart Association does not recommend drinking wine or any other form of alcohol to gain potential health benefits.” (heart.org)

“Keep in mind that even moderate alcohol use isn't risk-free. For example, even light drinkers (those who have no more than one drink a day) have a tiny, but real, increased risk of some cancers, such as esophageal cancer.” (mayoclinic.org)

“Alcohol Companies Are Funding Research to Convince You Drinking Is Healthy” (Huffpost.com, also see nytimes.com, vox.com, wsj.com, google.com)