

FROM WHERE WE STAND - Is Exercise Out Of Style?

Among the material to come across our desk recently was one piece headlined, "No Longer A Dream". In the first sentence are the words, "Pushbutton farming — Agricultural Automation—is no longer a dream."

In the same mail was an article from a state university describing a "Cow Sitting" service some dairymen, in one of the state's counties have organized

During the same week along came a story about some of the newest developments to come out of the electrical research laboratories. Machines energized by electricity and capable of doing everything from keeping the sidewalks free of snow to massaging the aching back of the young-in-heart-but-not-too-young sport who had so much leisure time he sprained his back in his mad search for recreation, will be on the market shortly.

Almost every day, reports of some new and dazzling apparatus comes along to take more physical activity out of living.

We get to wishing someone would invent a machine to take all the reports and sweep them off the desk into the proper receptacle.

But then along comes a story of Sophie Jaffe, a teacher with 25 years' experience who said recently to a teachers' meeting, "We are going overboard these days on the idea that, by giving our children the best and the most, we make them happy, well-rounded individuals. Today's children have television sets in their bedrooms, carry transistor radios to school, and brag about the money they spend . . . What we should do is get through to the parents that their children must be taught at home that they can not have everything they want, that money and material abundance are not the acme of American democracy . . ."

And another piece of literature called, "Rown With Golf Carts", is in somewhat the same vein. America does the job it takes almost Human being are born with several

organs which seem to have no particular use, it says, and sites the appendix as an example. Then it goes on to say it is interesting to speculate on the idea that some future generations may be born with useless legs.

Now before you get the idea that we are opposed to labor saving devices on the farm, let us hasten to say that we know farming is still hard work and pushbutton farming is still a dream, reports to the contrary notwithstanding.

We believe also that a dairyman is entitled to some time off from the day-in day-out chore of milking and feeding a herd.

We know, too, the farmers of America could not feed our population without mechanical contrivances. Less than ten per cent of the population in 50 per cent of the Russian population to accomplish, and the American farmer does it better.

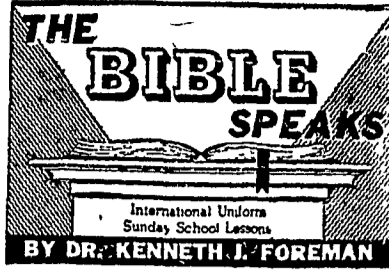
But perhaps that is part of our problem. The trend away from exercise in almost any form, either at work or at play may well be creating a major health problem. In spite of increasing leisure time, Americans are exercising less. Spectator sports are increasing by leaps and bounds over participation sports.

But aside from the health hazard created, lack of exercise causes quite a difference in the food consuming ability of a people.

The rather simple fact is that people who don't use their muscles do not eat as much food as those who do exercise. On a calorie basis, the food intake for people today is only one third to one half what it was in past years. And still Doctors say overweight is one of our national health problems.

Before we lose the use of our legs, and perhaps our arms, backs and our heads too, it might be well for all of us to do some serious thinking about how to make exercise popular again.

At least that's how it looks from where we stand.



Bible Material: John 5.
Devotional Reading: John 8 25-32.

Our Authority

Lesson for January 29, 1961

IT HAS been said that once upon a time the "great man" had authority over others. The modern man who wishes to be great must be an authority on something important. After all, these two are not very different. If a man comes to be an authority on something of importance he will be accepted by others interested in the same things he is, as an authority over them, as well as on the subject.

Christ, Our Authority

Jesus Christ is said by St. Paul to be "Head over all things to the church." That is even more true today than when Paul wrote it. There are many churches, or more exactly speaking, many denominations, many types of Christian individuals and groups. All of these claim Christ for their "head," though they may not all express themselves in just that language. This is a phenomenon that calls for investigation. How is it that Christ has retained his authority from the day he headed a small group of fishermen and other village people around Galilee, to this so different day and time, with more than 848,000,000 Christians around the world all looking to Christ as the Number One Authority for their lives?



Dr. Foreman

Christian churches may differ as to the exact way in which the authority of Jesus Christ comes down to us. Some would say it does not come down at all. He lives in each Christian by His Spirit, and each Christian if he listens well may hear the still small voice of Christ's authority in his own heart. Others find his authority in the Bible, others in the officers and leaders of a church, in its bishops and other clergy. But it all goes back to Christ. How is it thus?

Jesus' followers have never claimed that he is the world's leading authority on railroads, financial methods for political campaigns, or flood-control, Chinese music. There was a time when Jesus was considered by many people to have superhuman knowledge, even perfect knowledge about everything. But the church never took this notion seriously. What the church does take seriously, and does claim, is that our Lord was and is the greatest authority over what is more vital than railroads or political campaigns, more fundamental than Chinese music. He is our authority on life, because he is an authority on it, the authority on it. By life he means in particular and in general all that is concerned with the growth of human relationships, indeed all that is concerned with and growing out of the relationship we have to God.

Authority Over Life

Jesus himself, we may be certain, had won his authority in actual living. His graduate degree in life was an earned degree, not an honorary one. It was not rolled out from a "degree mill," he had actually been through the school that Experience keeps. It may have occurred to you to wonder, sometimes, why the people took the Sermon on the Mount, and other high teachings of Jesus, so quietly as they did. Although his teaching about life is very difficult—more difficult to do than to understand—nobody ever said he was talking nonsense. Why didn't they? If his teaching was so foolish, some critics have thought it was his friends surely would have said to it that none of it would be allowed to the ridicule of posterity. But it was not that way. The teaching was heard, cherished, passed on. And the original reason for this was that the first people who heard him talking knew that he had hammered all this out on the anvil of his own living. They knew that he knew God and knew men, and he spoke out of knowledge, not by guesswork.

So that the church accepts his teaching joyfully to this day not as one who had been taught to say a piece of said it—this is not what he meant by saying he spoke only the words of the Father. Christ was not a recording tape. He was the faithful Son who had learned in his Father's school.

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Davidson

THIS WEEK —In Washington With Clinton Davidson Peace Corps

Senator Harrison A. Williams, Jr., of New Jersey is one of the prime movers in a proposal to recruit a civilian Peace Corps of young Americans dedicated to working for peace

The Corps would, in effect, be a Foreign Legion of young people armed with ideas and ideals, rather than guns, to become people-to-people ambassadors in the underdeveloped nations of the world

"If I am not mistaken," Sen Williams said, "the United States is going to take a growing people-to-people interest in the programs to be developed to help Asia, Africa and Latin America—in

particular—to become more self-sufficient and secure."

Sen Williams has made numerous speeches in support of a Peace Corps to be composed of young men and women of outstanding qualities who would work directly with the people in underdeveloped nations for a period of three years

Volunteer Ambassadors
The proposed Corps, on which President Kennedy has commented favorably, would be recruited from among qualified volunteers, principally young college and university graduates

Those accepted would receive six months training in the language, special skills, needs and customs of the countries in which they are to live and work with the people.

The proposal, Sen. Williams said, is "gaining momentum like a snowball." Women students at Mount Holyoke College, where he spoke, were enthusiastic and eager to enlist. Volunteer units also have been formed at Princeton and Rutgers universities.

"Supreme Court Justice William O. Douglas once said America should export tens of thousands of volunteer workers for peace—men and women with an almost missionary zeal to be of service," Sen. Williams said. "The spirit of which he

speaks is already very much in evidence at our universities; it needs only intelligent direction and a well-considered program to be put to effective work," he said.

Communist Lead

The Peace Corps idea focuses attention on a phase of the cold war too long neglected by the Free World. Communist infiltrations, estimated at (Turn to page 9)

Rural Rhythms TRIBUTE

By: Carol Dean Huber

What can you say about a man

When retirement time has come?

The farmer's counsellor and guide,

Their friendship he has won.

Through forty years of leadership

By giving of his best,
He helped to make the "Garden Spot".

Better than the rest



HARRY S. SLOAT



MAX SMITH

Now Is The Time . . .

BY MAX SMITH

TO GIVE BULK MILK TANK-SPECIAL CARE—Many dairymen have made a recent investment in a bulk milk tank, more dairymen will no doubt face this investment in the near future. Any piece of equipment must be properly managed in order to perform the intended purpose. A recent publication from Penn State University titled, "Tips for Farm Bulk Milk Tank Owners" is full of practical suggestions. A supply is on hand at our Extension Office.

TO KEEP ACCURATE FARM RECORDS—There is little doubt of the great value of an accurate set of farm records. Here at the beginning of a new year we urge all farmers to adopt some recording system. These records are expected by many government agencies and should be of great value in analyzing the farm business.

TO CHECK WITH SOCIAL SECURITY OFFICE—We are informed of a number of changes in the Social Security law that may be of interest to farmers; these relate to severely disabled, working time to be eligible, family employment, and acceptance of individuals in a non-profit organization. We suggest that interested farmers check at Social Security headquarters, West Chestnut St., Lancaster

TO SERVICE FARM MACHINERY—The more severe winter this year might mean an earlier spring than last year. The repair and servicing of farm machinery now will prevent delay later. Many farm equipment dealers will give special service if the work is to be done during the winter months. If working conditions permit on the farm, now is the time to prepare for the field work by having all machinery in good condition.

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