

## FROM WHERE WE STAND - Food Fads - Fact Or Fancy?

There is an old saying that figures don't lie but liars sure can figure.

When applied to research, the old saw takes on a very serious aspect. This is not to say that research men are generally liars, but when a scientist sets out with a premise in mind he can usually find enough facts to prove his thesis. Especially is this so if he is inclined to discard some pertinent facts as unimportant if they do not tend to prove his theories.

We are optimistic enough to think the majority of the scientific persons in America today will accept the findings of experimentation whether the findings concur with their preconceived notions or not. But even highly trained and highly skilled researchers are at times influenced by what they want to believe rather than what their experiments and experiments of others tell them.

If you listen to the food faddists, who have sprung up like weeds in recent years, you won't be able to eat anything that's appetizing. More important, as nutritionists are pointing out, food faddism can be a major menace to health.

The New England Journal of Medicine recently published an ironical little verse by David Kritchevsky of Philadelphia which just about covers the case. It runs thus:

"Cholesterol is poisonous  
So never, never eat it.  
Sugar too may murder you,  
There is no way to beat it.  
And fatty food may do you in;  
Be certain to avoid it —  
Some food was rich in vitamins  
But processing destroyed it.  
So let your life be ordered  
By each documented fact,  
And die of malnutrition  
But with arteries intact."

Some people, of course must follow special limited diets. These should be undertaken only on a physician's orders and under his supervision. The vast majority of us need a standard variety of foods—meats, vegetables, fruits and poultry and dairy products. These are the sources from which we draw our energies.

Americans who have stopped eating cholesterol-rich dairy and meat fats because they fear that the cholesterol will clog their arteries, may be running more, not less, risk of developing heart disease, an article in a recent issue of Newsweek points out.

The magazine cites the work of

Doctor Edward H. Ahrens, Jr., who, after nine years research, reported to the association of American Physicians recently. Dr. Ahrens said work at the Rockefeller Institute showed that a diet rich in sugars and starches but low in fats raises the level of fats in the blood. These blood fats are formed by the chemical breakdown of carbohydrates. They are not cholesterol but triglycerides—the main constituents of body fat. Some medical authorities, including Dr. Ahrens wonder if the triglycerides may not be as important as cholesterol in developing thick artery walls.

Until this time most researchers had assumed that a low-fat diet meant a low fat content in the blood. Dr. Ahrens' research challenges this belief. He has fed his human subjects diets ranging all the way from one made up of 85 per cent carbohydrates and 15 per cent protein and no fat to one made up of 15 per cent carbohydrates, 15 per cent protein and 70 per cent fat. The patients on the high-fat diet showed the lowest level of blood triglycerates, Dr. Ahrens reported.

Since these findings conflict with the findings of Dr. Ancel Keyes, of the University of Minnesota, chief proponent of the cholesterol-heart disease link, Dr. Keyes has this to say: People on low fat diets in countries like Formosa not only have low blood cholesterol levels but few triglycerides as well.

In reply Dr. Ahrens says, "The point is, our subjects were kept well nourished. People who don't get enough calories to maintain body weight won't have a high fat content in their blood—or anywhere else."

Whether it be cholesterol or cranberries, butterfat or bug killer — if someone is against it he can prove it is a road to ruin for the human race.

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

From the Illinois Medical Journal: "It is a strange paradox that the American people are intensely interested in their health, yet they spend more money on smoking and drinking (\$16.6 billion) than on drugs, hospitals, and physicians combined (15.4 billion)—according to the U. S. Department of Commerce. In addition, they complain about the cost of medical care but are willing, if not anxious, to spend comparable amounts on their socially pleasant poisons—tobacco and alcohol."

nual Butler County agricultural, industrial and home exhibition. The idea of flying agricultural queens to the festivities at the show was initiated by the Pennsylvania Flying Farmers' Association last year when a dozen queens participated.

Since the Butler Farm Show started 13 years ago, the Pennsylvania group has participated annually in various contests of skill. This year they will compete for 6 cash awards in port landing and bomb dropping contests commencing at 2 p.m. Emphasis will be placed on the skillful, safe handling of airplanes.

Russell M. Pisor of Butler, chairman of the event, has extended an invitation to Flying Farmers of neighboring states to participate in the roundup.

Completion of a new air strip at the Butler Farm Show grounds, west of Butler on Pennsylvania Rte. 68 is anticipated for take-offs and landings during the show August 9-12. The new strip, nearly 3,000 feet long and 300 feet wide is privately financed by individuals interested in the strip and the show. The new strip will also serve as a base for a number of private planes and hangars

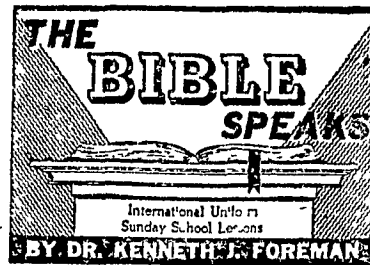
## Holstein Sire Added To Stud By S.P.A.B.C.

Service is now available from the proven Holstein sire, Sequoia Ideal Jo 1289173, purchased recently by the Southeastern Penna. Artificial Breeding Cooperative from Sequoia Ranch at Sprengle, California.

Earl L. Groff, chairman of the Holstein Sire Purchasing Committee, announced that the sire's S.P.A.B.C.—compiled production proof shows 10 daughters with 10 records which average 16,057 lbs. of milk, 3.98% test, and 893 lbs. butterfat (305 days twice-daily milking, mature equivalent basis).

"Sequoia" is sired by Wis. Dink Ideal, a Gold Medal bull with 209 daughters which average 14,083 lbs. milk and 512 lbs. fat. His 227 classified daughters average 81.8.

His dam is the "Very Good" Sequoia Jo Princess Dr. Lane. This cow has produced 16,946 lbs. milk and 741 lbs. butterfat in 351 days on twice-daily milking, starting at the age of nine years.



Bible Material: Matthew 4:18-20, Mark 1:14-19a, John 1:35-44, 6:8-9, 12:23-22  
Devotional Reading: II Corinthians 5:11-20

## Fisher Of Men

Lesson for July 9, 1961

IT TAKES all kinds of people to make a church. When a congregation becomes known as a "middle-class church" or a "Catholic church" or by any name that suggests there is only one kind of person who would be interested in joining, that is a dangerous sign. "They are not our kind of people" is a phrase that can wreck a church. If people had been kept out of church because they don't fit the pattern of the people already in it, there never would have been a church. There never would have been the Twelve Apostles.

### Man In a Bright Shadow

One striking fact about Jesus was the variety of his friendships. He had a drawing power for all sorts and conditions of men. Now you might have thought that Jesus would perhaps have no objection to all kinds of persons in his general following; but wouldn't he select for the "hard core" of his new movement men who were so much alike that they really would go "each for all and all for each"? Men so well fitted for one another that quarrels would never arise? On the contrary, Jesus chose his inner circle from men so different from one another that up to the very eve of Calvary they were quarreling among themselves. Each wanted to be top man. Now there was one natural top man in the group. His name was Simon but Jesus gave him a nickname, that stuck longer than the name his parents gave him. This was Peter, a natural leader if ever there was one. Now booming bright big brothers are not always easy to live with. Many a younger brother without the strength or abilities of some older brother

has acquired an inferiority complex. Simon Peter had a brother, however, who never seemed dazzled by living in the shadow of his older brother. His name was Andrew, and he led his own life in his own light, man less able than Peter but at all cast down by that fact.

### Man Of Action

Andrew's name was Greek. We were there Greeks in his time. We do not know We do not know enough about his life to form a shadowy picture of a man who was certainly much more substantial than a shadow. We know for example that he was a fisherman by trade. A man who likes fishing, you may count on him to be a brave man used to emergencies and not scared by them. He would be a man of muscle too if he got out scumming as we know. And did he was not poverty-stricken but he was not rich. He has seen mending his net, he has made that net do a long haul. He could not be content to buy a new net every time his old one got torn.

We also know that Andrew was one of those people, found everywhere, who "almost make it" but never quite. Jesus had a circle within the circle of the Twelve. Peter, James and John were brothers, so were Peter and Andrew. If Jesus had a special friend of both sons of Zebedee, why not both sons of Jonas? This sort of thing tends to throw some people into a tailspin. "If I can't be content don't want to be shucks" is what some people say. But Andrew was not cut down by this at all.

### He Know About People

Andrew was a man of direct action. He never wrote a good nor any other kind of book. The pictures we have of him are "snapshots" only—show him somewhere. He is not noted for any profound remarks, he never even asked Jesus an important question, as his brother Peter did. This plain ex-fisherman seems to have been a man of one talent but that one was important. It was the talent of knowing people. In John's story, Andrew was the first man to make Peter acquainted with Jesus. He was a man who in a vast crowd found a boy with a lunch, and somehow he persuaded the boy to eat along and share his bread and fish.

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## Now Is The Time . . .

BY MAX SMITH



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TO PRACTICE FARM POND SAFETY—Hot weather makes the farm pond a popular place; however, it may be a dangerous place if safety measures are not practiced. Swimmers should stay out of the water just after eating a meal while they are over-heated; never swim alone is a good rule. Inflated inner tubes, ropes, or a raft are good safety items to have handy.

TO CHECK LIGHTNING RODS—If weather will continue to bring severe thunderstorms; buildings that have rods are protected by providing the rods are in good condition. Owners are urged to check the rods and especially check the ground cable pipe; be sure it is deep enough to reach moist earth.

TO ENROLL IN GRASSLAND AND CORN CLUB—Two state-wide agricultural clubs are now open for enrollment. The grassland club is for the purpose of improving grassland farming methods. The five-acre corn club is for the purpose of stressing good corn production methods for maximum yields. Both of these clubs may be joined until August 1st. Enrollment blanks are available at the Extension Service Office.

TO GET THOSE CANADA THISTLES—Many farmers as well as other property owners are guilty of not controlling Canada Thistles. This noxious weed is to be controlled according to Pennsylvania laws. By either mowing several times during the summer, or by spraying when the plant is shooting the seedhead with either amine form of 2,4-D or Amino Triazole, these thistles may be kept from setting seed and spreading. If the plants are already out in flower, then they should be mowed, left to dry, and then piled and burned. Everyone should cooperate in this control program.

## Flying Farmers To Fly Queens To Butler Fair

One of the largest gatherings of Pennsylvania agricultural queens in one place will be part of the Pennsylvania Flying Farmers' annual state wide roundup, on Thursday, August 10 at the Butler Farm Show.

Flying Farmers from all sections of the state, at a recent "fly in" at Beaver, formulated plans for the roundup. The event has become a popular attraction at the annual

## Lancaster Farming

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