

From Where We Stand . . .

Cholesterol, Killer Or Scapegoat?

The answer to that question probably lies somewhat in your point of view. According to many doctors, the press and some food faddists such good wholesome foods as eggs, meat, and dairy products are to be avoided like the plague because of their high cholesterol content. Our feeling has always been that the fault lay not with the foods but with those who overeat them and put on many excess pounds. It has long been established that overweight people were more prone to heart attacks than others. But, if a causal relationship is positively shown between heart attacks and the so-called saturated, high-cholesterol fats, then for farmers to ignore that evidence would be about as sensible as the ostrich burying its head in the sand when danger appears.

However, in spite of all the talk and panic-dieting (a recent nation-wide poll showed that about 17 million Americans are currently on some kind of diet), all the pieces of this puzzle have not yet been successfully assembled. A recent article in Newsweek Magazine explored the subject in some detail, showing the pieces of accumulated evidence. Unlike the Surgeon General's flat statement on the cigarette-cancer relationship, the government is not yet prepared to try to drastically alter the American diet.

The Newsweek article suggests that with over one-half million people dying annually with heart disease this ailment is reaching epidemic proportions. It points out that there are clearly other factors at work in coronary disease besides fats in the diet. Some of the prime "coronary risk" factors include high blood pressure, physical inactivity, cigarette smoking, obesity, diabetes and heredity. But the risk factor getting the most attention today, Newsweek says, is the elevated level of cholesterol in the American blood stream. Experiments now under way are designed to show whether changing the diet to lower cholesterol levels will lower the risk of heart attacks.

The USDA has also been conducting research into this question in a series of long-term studies. They fed rats 29 different, nutritionally-adequate diets. Results showed that rates of survival varied considerably. This they felt was partly due to the way individuals made use of different combinations of food. For example, rats lived as long when their diet consisted of 100 percent egg (a food supposedly high in cholesterol) as they did on the basic diet containing no egg. But when they were fed a diet of 25 percent egg, length of life was substantially shortened.

Some extremely high cholesterol levels were reported in rats fed the 25 percent egg diet, but cholesterol was also high among rats fed a peanut butter diet, even though the cholesterol level of the latter was low. The USDA study has also shown that heredity plays a great part in the reaction of animals to diet. When two strains of rats were fed under identical conditions a diet containing 25 percent egg, there was a difference of 200 days in the survival rate of the two strains (200 days is equal to about one-third the normal life span of a laboratory rat, the report says).

The effects of the interactions of certain food combinations observed in the USDA study may open an entire new line of research on this question.

In agriculture we're currently faced with a surplus food production pro-

blem. Per capita consumption of our best products — meat, milk, and eggs — appears to be slipping, largely due to dieting. It would be foolish to close our minds to this fact and figure that the increasing population growth rate will relieve our dilemma. It will help, of course, but it is not the answer. In the face of the mounting evidence we must be prepared with a sound counter-strategy. The swine producers have approached the problem through the breeding and feeding routes. They are producing a leaner market hog to satisfy the consumers' demands for that type of pork. A recent report from the Oklahoma State University showed that institution has developed a new low-fat dairy spread containing as little as 40 percent milk fat, in contrast to the 80 percent fat of regular butter. So, we can change

If low-fat products are to be the order of the future, then this is what farmers and processors must produce. Changing the breeding direction in the case of our large animals will be a long-term program. Processing discoveries on the product end will probably be a much-used short cut. The important thing at this point is not that we do something drastic, but rather that we accept the fact that future consumer demands may dictate such changes. In the meantime it is very important that farmers, their associations and agencies, keep posted on the results of research into the "diet and long life" question. We may ignore it, but it isn't going to go away!

What Do YOU Think?

Organization By Coercion!

The right of workers to organize in this country is well-established. This right was won by the dedicated efforts of labor leaders and social-minded legislators. Today it is a fact of life, disputed by few. But shouldn't workers also have the right NOT to organize? If they do not have that right, then aren't we simply replacing one tyranny with another?

There is considerable controversy right now on this subject, and although farmers in Lancaster County are not immediately concerned with the problem, the day could come when they will be.

Section 14(b) of the Taft-Hartley Act permits workers the choice between joining, or not joining, a labor union in those states that have passed "Right-To-Work" laws. Twenty of the states have done so.

President Johnson has pledged his support to the unions, in the form of a campaign promise, to help get Section 14(b) thrown out. It would appear to us that such a step would be ill-advised. It would greatly increase the already-excessive power now concentrated in the hands of a few labor leaders. But worse, it would deprive the individual worker of the right to choose that which he felt represented his best interests.

As it stands now in those states having so-called Right-To-Work laws, it is up to each individual worker whether or not he will join a union. He can not be compelled to join, nor can his employer prevent his joining. It is up to the unions to demonstrate that their services are worth the price.

The right to join, or to refrain from joining, any organization is a fundamental right that should not be violated.

What Do YOU Think?

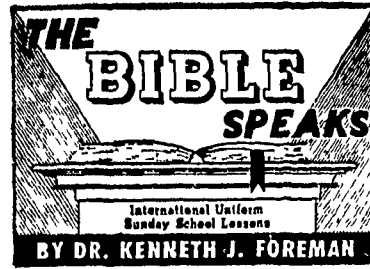
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(Continued from Page 8)

Topics: What Is Livestock Marketing, Where to Market Livestock, When to Buy Livestock, What Livestock to Buy, and When to Sell Livestock.

Any farmer who is interested should contact his near-



Must I Forgive?

Lesson for February 28, 1965

Background Scripture: Matthew 17 and 18
Devotional Reading: Ephesians 4.25 through 5.2.

A NECESSARY MIRACLE — that what forgiveness is. It is necessary because without it the entire world, and the church too, — all human life in fact, would no longer be humane, but only a bloody meaningless welter



of anger, hate and revenge. Nothing in life is more certain than quarrels, injustice, insults and injuries. All around the world today we see the effects of hatred and revenge and memories of past offenses, all leading to private feuds and public wars. But forgiveness is not only necessary to keep life from being a hell on earth. It is a miracle. It calls for a kind of divine make-believe, for true forgiveness wipes out the past as if it had never been. Men acknowledge it is a miracle every time some one says: "I can't forgive that!"

Iffy situation

One thing you can always count on, no matter who you are or where you live. Sooner or later, and maybe every day, somebody is going to do you wrong. They will lie about you, or accuse you of bad motives you never thought of; or take (perhaps legally, perhaps not) something that by rights belongs to you. There are a thousand ways you can be hurt, and the most dreadful way is to hurt you by bringing pain or trouble to those you love. And yet, while the wrong (of some kind) is a future certainty, the wrong itself produces an "iffy" situation. You see, necessary as forgiveness may be, the Bible always — as between man and man, or between man and God — assures that before forgiveness there must be repentance. Call it sorrow, regret, repentance, —

without it forgiveness is only a dream. So Jesus (Matt. 18:15-17) gives some very practical directions on how to persuade the one who has harmed you into admitting he was wrong, or did wrong. You begin with a private personal interview. There's no use in spreading your quarrel beyond yourselves. But if the rascal won't listen? The reader will note the word "IF" coming five times in these three verses. Jesus suggests how you can get through these IF's — all but one. It is clear that as the Master knew only too well, there are situations so bad that nothing can save them.

No limits

As Jesus was speaking Simon Peter was thinking. He was thinking in figures, — not a good way to think about forgiveness. Suppose I succeed every time in making my enemy admit he was wrong, do I have to forgive him every time he repents? What's the statue of limitations on forgiveness? How many times am I required to forgive — perhaps seven times? Peter may have thought he was being generous. If so, he must have been set back suddenly by Jesus' answer — Seventy times seven!

From the heart

It's your heart you are responsible for — not somebody else's. You may not be quite sure when "I am sorry" is sincerely meant; but you can be pretty sure whether your own forgiveness comes from your heart or is just a pretty speech. Forgiveness not from the heart is no miracle; anybody can say the words. But heart-sincere forgiveness is a miracle. "I will forgive but I'll never forget" is not Christian forgiveness, for it keeps the old wound fresh and sore. Forgiveness is a healing medicine; grudging half-forgiveness is no forgiveness at all; it is infection poured into the wound. Forgiveness from the heart means forgiving and forgetting, it means starting over again, it means brotherhood in fact as well as in name. You know Jesus often called God "your Father," but the unforgiving he says, "My Father will" (punish you.) God will not be called "Father" of unforgiving men.

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Now Is The Time . . .

To Select Adapted Varieties

There are many varieties of all kinds of farm and garden seeds; some may give good yields of a quality product while others may end in disappointment. We suggest that farmers stick to adapted varieties in order to get the expected yields. The 1965 Agronomy Guide from Penn State University will cover most of the farm crops.

To Dock Lambs

One of the good management practices of sheep producers is to cut off the tail of the lamb when 3 to 7 days old. At this young age it is not a serious set-back and will make it possible for the lamb to be handled in a more clean and sanitary manner, and will improve the blocky appearance of the animal. Whether the lamb is marketed for meat or maintained as a breeder, we suggest that the tail be removed.

To Plant Spring Oats Early

One of the best ways of getting a top yield of spring oats is to get them in the ground by April 1st. Research work has shown that oats seeded during late March or the first few days of April in southeastern Pennsylvania will give the best yields. Oats prefer cool, wet weather for maximum yields. A complete fertilizer at drilling time is suggested where lodging is not a problem.

Any agricultural teacher at one of the high schools offering the course.

To Plan for Early Pasture

Livestock producers should appreciate the value of very early pasture for their herds and flocks. It will reduce the need for extra hay and silage and increase production of meat or milk. For straight grass stands or for small grains, we suggest the application of 50 to 100 pounds of actual nitrogen per acre as soon as the weather gets warm and spring growth starts. This will bring the new growth much faster and enable the animals to graze from 10 days to two weeks earlier than a field of low fertility.



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