

Softened Water Can Be Health Hazard, Home Economist Warns

Softened water used for cooking and drinking purposes may be a health hazard; artificially softened water may be more detrimental than natural soft, says Miss Margaret

Mangel, director, MU School of Home Economics. An appreciable proportion of the blood and bone building elements, such as iron, calcium, and magnesium, needed by the body may be provided through drinking and cooking water. This, says Miss Mangel, has been well documented for sev-

eral decades, but is still largely disregarded in water-softening decisions. She notes that currently, there are indications of more complex interrelationships between mineral intake and body processes. An example is the correlation between magnesium content of water and heart

disease established in various studies. The relation of sodium, added in most water softening processes, to circulatory disorders has been established for many years, according to Miss Mangel.

She adds that sodium in limited amounts is an important body nutrient. But, excess sodium may upset the fluid balance of the body. This is especially dangerous for persons with circulatory disorders. Persons on restricted sodium intake frequently are not aware of the excessively high sodium content of softened water.

She advises that, "Until our knowledge of the role of water nutrients in body processes is better understood, and until we can better assess the long-term effects of this and other changing living patterns on human health, it is imperative that we be aware at least of the possible effects of changes in water supply."

In naturally soft water areas, this awareness may serve to encourage people to supplement deficient waters by carefully chosen diets or by other means, she adds.

For users of artificially softened water, the problem of excess sodium is added to that of mineral deficiency. In this situation, provision and use of unsoftened water for all cooking and drinking purposes will insure the protection of the family against the known and unknown hazards of softened water.

H. Metz Elected Pres. Producers Co-Op Exchange

At a board of directors meeting of the Producers Co-operative Exchange earlier this month, Harry P. Metz was elected president, filling the vacancy left by William G. Carlin who resigned to accept a position with Agway in New York.

Metz, of Belleville, Pa., is vice-president of Metz Poultry Farms and is currently serving as president of Northeastern Poultry Producers Council and of the Kishacoquilla Valley National Bank of Belleville. He is a graduate of Penn State University, and has served on the co-operative board since 1963.

At the last annual meeting, the president reported to members that a committee was set up to study, prepare, and present a plan to the board that would consolidate the egg marketing programs of various cooperatives. John Melhorn, Mount Joy, a director since 1948, was elected to fill the vacancy on the committee created by Carlin's resignation. The committee now consists of Metz, Melhorn, and Mark S. Hess.

The board did not appoint a director to fill Carlin's vacancy, but plans to do so at a future board meeting.

The present officers are: Harry P. Metz, president; Mark S. Hess, vice president; H. Raymond Stoner, secretary; Melvin R. Stoltzfus, treasurer.

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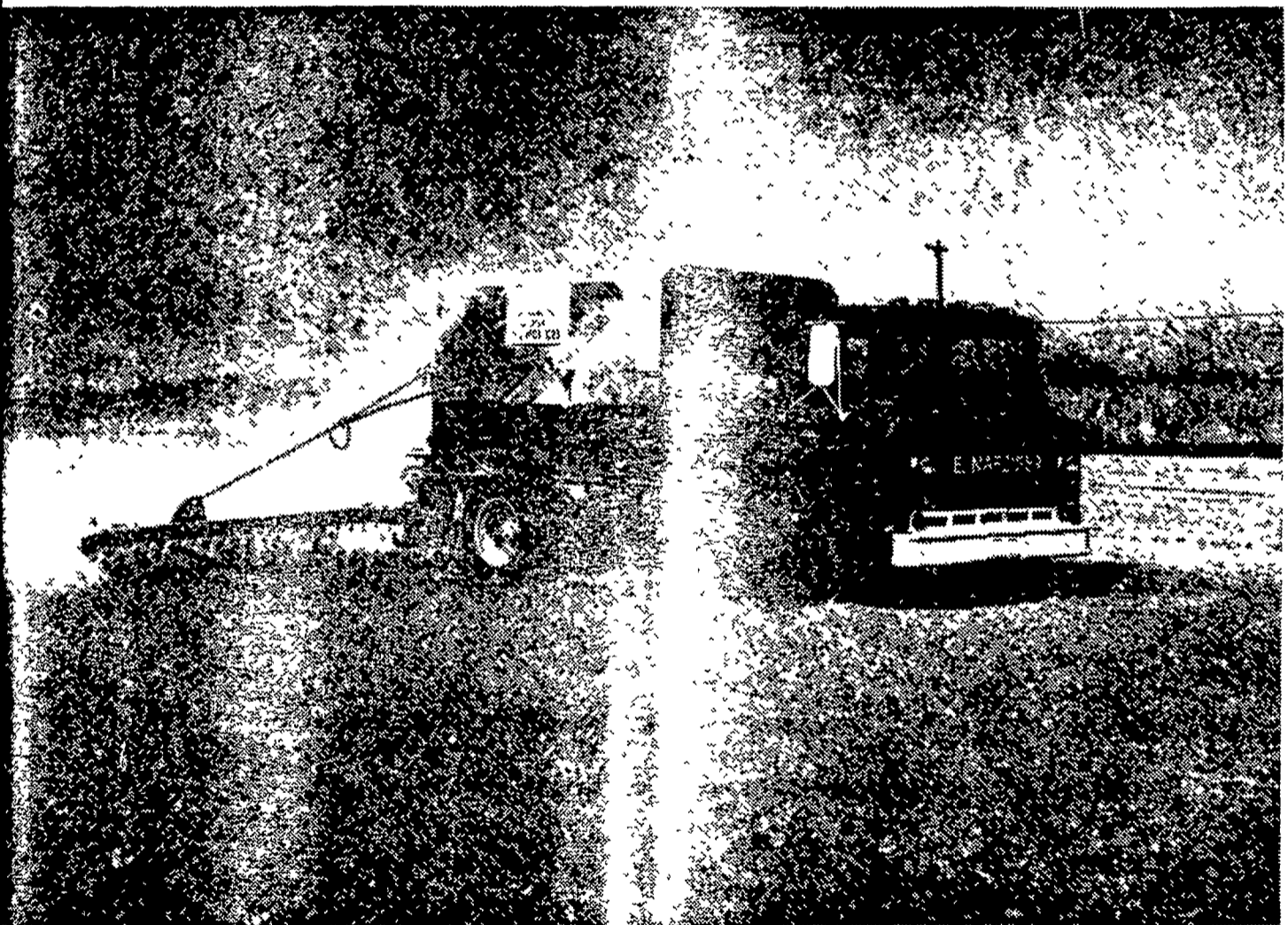


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