

From Where We Stand . . .

That Old Cholesterol Devil

Can diet manipulation alone control the incidence of heart disease? Several years ago, it was quite fashionable for the medics to advise their patients to lay off the food containing saturated fats. Many producers of egg and meat products were consequently hurt as consumption of the suspect foods fell.

Now, the "experts" question that cholesterol in the blood is the leading cause of heart attacks it was once believed to be.

It was reported at a press conference early this summer, held in conjunction with the American Medical Association convention, that: "The public will be greatly misled if the press even hints that dietary manipulation will help prevent heart disease."

This statement was attributed to the report of AMA's executive committee on diet and heart disease. The press conference was held to inform the public of the recommendations of the committee based on feasibility studies conducted by the group. The early studies were not designed to determine whether diet and heart disease were unquestionably linked, but rather to determine whether a long-range, large-scale study would be feasible.

At this point, the National Diet-Heart Study report does not interpret in any way the effects of experimental diets on the incidence of heart disease, according to conference moderator Dr. E. Cowles Andrus.

He goes on to say that it will be at least seven years before a large-scale study on the possible effects of diet on heart disease can be completed. The study itself would take five years, involve up to 100,000 male subjects, and cost up to \$50 million, Andrus stated.

According to the National Meat Board, many observers feel that even after five years the study itself may very well not prove one way or another that diet alone can prevent heart disease. It could merely substantiate what many already contend: that reducing the incidence of heart disease can best be accomplished by a combination of factors such as weight reducing, proper exercise, decreased cigarette smoking, better control of blood pressure, and drug therapy in addition to some possible dietary changes.

So, we still don't have **THE** answer. We hope the AMA will caution and so advise its doctor members, pending completion of the proposed large-scale study. We still find it difficult to understand or believe that any wholesome, nutritious food — consumed in moderation — can be detrimental to health. Five years is a long time to wait for further word, but perhaps if it shows that diet is not the single most important factor in heart disease its benefits to farmers may be worth the wait.

* * *

Any man who thinks he is going to be happy and prosperous by letting the government take care of him should take a close look at the American Indian.

Pennsylvania To Host N.A.A.B. 20th Convention

More than 500 delegates and guests from throughout the United States and Canada are expected to attend the 20th Annual Convention of the National Association of Animal Breeders (NAAB) September 5-8 at Hershey, according to the Holstein News.

Hosting are Atlantic Breeders Co-op of Lancaster and

Northeastern Breeders Association at Tunkhannock. Convention chairman is David Yoder, manager of Atlantic; the program chairman is William Schaefer, Jr., operations manager for Northeastern.

At ten special workshop sessions, featured speakers and discussion leaders will cover many phases of cattle improve-

ment and the A. I. industry programs. Delegates and guests will tour Pennsylvania's scenic Dutch Country with stops at farms and top dairy herds.

The business session, including election of three national directors, will terminate Friday with the annual banquet. Dairy and beef cattle producers are invited to attend.

Star Farmer

(Continued from Page 1)

Seiverling placed fifth in the state in dairy products judging at Penn State, and represented the county in that contest at the Eastern States Exposition at Springfield, Mass.

At the upcoming State Junior Dairy Show, he plans to show the Ayrshire heifer which he won last year at the Lampeter Fair.

Following graduation, Howett plans to take the two-year agribusiness course at Penn State, but hopes eventually to return to the farm.

Tom Houser—17-year-old Lampeter-Strasburg High School senior is the son of Mr. and Mrs. J. Wilbur Houser of Lampeter. He is president of his local chapter and reporter for the county FFA chapter. With his main farming interest concentrated in livestock production, beef and swine, Houser has been active in area fair shows and in 4-H show competition. He recently received national award recognition for his project work in beef.

Tom was a delegate to the Pa Association of Farmer Cooperatives this year, and was

also awarded the citizenship short course which involved a week in the nation's capital. He has spent a good part of the summer traveling, returning this week from a trip to Pittsburgh and Cleveland, which he won by placing 4th in the state in the FFA farm mechanics contest.

His future plans are indefinite at this time but he now plans to take a series of short courses following graduation next June.

Terry Kauffman—Reinholds R1, is the son of Mr. and Mrs. Ray Kauffman. He is a 17-year-old senior at Ephrata High School, and his main farming interest is swine. He has four sows, will feed out about 50 feeder pigs this year, and he has been active in hog shows.

Terry is his chapter's delegate to the county FFA, and serves the Cloister Chapter as treasurer. He has attended the National FFA Convention as a chapter delegate.

While his future plans are not definite, Kauffman looks toward a future in agriculture either through furthering his education or by going directly into farming.

John Kurtz—will represent the Elizabethtown FFA. He is the 17-year-old son of Mr. and Mrs. Jacob Kuitz of 1160 N Market St., Elizabethtown. Kuitz is currently sentinel in the Red Rose Chapter and is president of his local group.

John's main farming interest is dairy, and he has had the complete responsibility for the breeding program in his father's registered Holstein herd for the past year.

In addition to his FFA activities, he is an officer in two

area 4-H Clubs. His farm work short course which involved a good portion of his time as evidenced in the past two years during which he ran an 80-acre crop farm on the halves.

Kurtz tentatively plans to continue his education, and is carrying college-required subjects right along with the vo-ag program.

Gerald Phillips—One of the youngest of the star farmer competitors at 16, Gerry is the son of Mr. and Mrs. Blair Phillips of Quarryville R1, and is a senior at Solanco High School.

Phillips is president of the Solanco Chapter and serves the county FFA as treasurer. In addition to his Future Farmer activities, he is a member of the high school track team and band. He is also a drummer in the State FFA Band.

Gerry's main interest is dairying, and he presently owns four animals. Following graduation, he plans to attend college and major in agriculture education.

Leroy Eshleman—a senior at Penn Manor High School, he is the 17-year-old son of Mr. and Mrs. Chester Eshleman of Willow Street R1. His father produces vegetables and operates a roadside stand.

Leroy has a diversified farming program which includes projects in corn, tobacco, sheep, vegetables, steers and hay. He has nearly 100 percent ownership equity in these projects.

He was assistant sentinel in the Manor Chapter last year, but doesn't hold an office at present. Eshleman has been very active in judging at Lampeter Fair competition, and usually places high in all events.

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NOW IS THE TIME . . .

By Max Smith

Lancaster County Agent

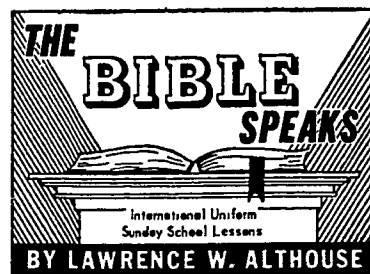
To Wait For Dent Stage
Livestock producers who are looking forward to a top-quality corn silage crop should keep in mind the importance of permitting the corn to reach the dent stage before cutting. The growth is rank this year and full of moisture; with cool and wet weather conditions the crop may mature rather slowly; the feed value per acre is increased nearly four times by waiting until the dent stage as compared to the silk stage.

To Prepare For Winter Oats
With wheat prices at low figures, other winter grains might be considered that may be used locally for livestock and poultry feeds. Winter oats is more adapted to southeastern Pennsylvania than any other part of the state; the danger of winter-killing is the doubtful

factor in winter oat production. If a seeding is to be made it should be done by the middle of September on well-drained soil. Other details may be found in the Extension Agronomy Guide.

To Manage Silage Crops
Due to the rank growth of many fields of corn and to fields of sudan or sorghum hybrids, the need for temporary storage of silage may appear on many farms. Two of the most important factors in using any type of horizontal, or stack silage, is to have drainage away from the silage and make special effort to seal out the air; chopping the silage fine, packing it solid, and covering with air-tight materials will help in obtaining a good, temporary storage system.

Lancaster Farming Ads Pay!



Called To Obey
Lesson for August 27, 1967

Background Scripture: Acts 21:1 through 23:11.
Devotional Reading: 1 Peter 4:12-19.

lieved that God did not intend for him to risk his life and mission at that time.

Up to Jerusalem

This was also evident in the ministry of Jesus himself. He did not needlessly jeopardize his work and risk his life. There were still places where he had to preach and teach, people yet to reach with the kingdom message. Even in the garden of Gethsemane Jesus did not seek martyrdom; his chief concern here was as it had always been; to obey God's will. Only when his Father's will became apparent to him as he prayed did he embrace the cross. Certain now that this was God's will for him, he could not be dis-

What is Christian courage? Some people seem to think it is the native ability to face danger and even death without fear. They assume that it is a rare gift given to the few, rather than the many.



Rev. Althouse—to which all followers of Jesus Christ are called, into thinking that this was a'y less frightening for Paul than for us, nor did he have any assurance that we would not have. He is determined to go and do God's will, but his courage is not that as a man of exceptional Christian courage. Yet there were times when Paul did all he could to escape danger. In those early days just following his conversion on the Damascus road, Paul escaped hostile Jews in that city when he was lowered over the city wall in a basket. Nor was this the last time that Paul was willing to leave town swiftly in order to escape some danger. He did not always stay and face the mobs.

Escape in Damascus

For example, we think of Paul as a man of exceptional Christian courage. Yet there were times when Paul did all he could to escape danger. In those early days just following his conversion on the Damascus road, Paul escaped hostile Jews in that city when he was lowered over the city wall in a basket. Nor was this the last time that Paul was willing to leave town swiftly in order to escape some danger. He did not always stay and face the mobs.

Why not? Where was his courage in these situations? Actually, Paul was little concerned with courage as such. What he wanted most of all was to be obedient to God's will, to do what he wanted him to do. Thus, he did not set out to do the brave thing, but the obedient thing. He wanted to bring his life into harmony with God's plan and purpose for his life.

Quite possibly, then, Paul chose to escape from Damascus and allowed himself to be sequestered from other various towns in the face of danger, not because he was afraid — although he may have been — but because he be-

lieved that God did not intend for him to risk his life and mission at that time. Up to Jerusalem. This was also evident in the ministry of Jesus himself. He did not needlessly jeopardize his work and risk his life. There were still places where he had to preach and teach, people yet to reach with the kingdom message. Even in the garden of Gethsemane Jesus did not seek martyrdom; his chief concern here was as it had always been; to obey God's will. Only when his Father's will became apparent to him as he prayed did he embrace the cross. Certain now that this was God's will for him, he could not be dis-

Hard Enough!

"How wonderful of Paul," we think. "How brave he must have been!" Yet let us not be deceived into thinking that this was a'y less frightening for Paul than for us, nor did he have any assurance that we would not have. He is determined to go and do God's will, but his courage is not that as a man of exceptional Christian courage. Yet there were times when Paul did all he could to escape danger. In those early days just following his conversion on the Damascus road, Paul escaped hostile Jews in that city when he was lowered over the city wall in a basket. Nor was this the last time that Paul was willing to leave town swiftly in order to escape some danger. He did not always stay and face the mobs.

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God does not demand fearlessness, but obedience.

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ATTEND THE CHURCH OF YOUR CHOICE SUNDAY

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