

From Where We Stand . . .

Blame Everything Responsible

LIFE magazine (January 19, 1968) presents a dramatic photo-essay on "The Corridors of the Heart." Unusual color photographs show the inside of arteries, and several photos deal with the build up — what LIFE calls the "insidious build-up" — of cholesterol and other matter in the walls of the arteries.

Within this series there is one two-page photo of an "aorta in ruins." The outline reads as follows:

"This Dantesque scene shows what can happen to a human aorta when it is over-ran by atherosclerosis, hardening and clogging of the arteries. Twisted masses of fatty tissue loom like red stalagmites in a cave and thrombi — blood clots — cling to the floor. This is the disease at its worst. An excess of animal fats and oils, eggs, milk in the diet — all staples of Americans — contribute to the build-up of cholesterol in the body, which also produces it naturally. (Lancaster Farming emphasis.) Low-fat diets and exercise can keep the level down — and drugs may ultimately prevent cholesterol invasions like the one above from occurring."

Now, we recognize this medical problem but we don't think "animal" fats and oils should be mentioned alone when illustrating the culprits of heart disease. If fats and oils are to blame, the vegetables must also share responsibility along with the whole list of weight-adding foods Americans "eat themselves full with", as our Pennsylvania Dutch friends would say.

This is brought to light by research statistics. The public has decreased its per person consumption of animal fats and oils in recent years. They also have increased consumption of fats and oils from other sources beyond the original animal fats consumption. The public has simply changed sources of the fats and oils in their diets.

So, instead of blaming the cow, the chicken, the steer and the pig for cholesterol in the body, let's also blame the synthetic products that have taken their place on many dinner tables.

We've even heard a fluctuating stock market can have a harmful effect on the heart — which is beside the point except to prove that it's time to blame everything responsible instead of just "eggs and milk" for heart problems.

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

Alternative To Catastrophe

In the next 35 years, it has been estimated that quite possibly one billion people

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will succumb to starvation with the greatest blows falling on Latin American nations, Asia and Africa. The movement toward birth control of itself will not stem the rising population curve in time to prevent the greatest catastrophe the human race has ever suffered.

How would the death of a billion souls from starvation in other parts of the world fortunate nations? Commenting on a cosmic disaster of this magnitude, Mr. Robert White-Stevens of the Agricultural Division affect the people of the U.S. and other more of a leading chemical company says, "Its socio-political impact upon our civilization can only be vaguely predicted, but all intelligent people must surely realize that its repercussions will sweep like some monstrous tidal wave across every land, into every home and affect every man, woman and child on earth." Crises such as Viet Nam, Israel, Cuba, Congo, Nigeria and China will recur until the structure of civilization has been virtually destroyed.

As an alternative to placidly accepting this melancholy prospect, Mr. Stevens feels, as do many other authorities on the subject, that we should begin at once a massive exportation of the advanced agricultural techniques of this country. Among the most important of these exports would be pesticides. The time is long past when superstitious shibboleths regarding pesticide use should be abandoned. Attempting to increase production without the aid of pesticides, Mr. Stevens points out, ". . . will merely aggravate rather than resolve the problem, for weeds, insects and disease will promptly absorb the added fertility and destroy the increased growth." In short, every weapon in the arsenal of modern agriculture should be brought to bear on the growing world food shortage.

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

The Direction We're Headed

A lot of discussion is heard about the devaluation of the pound in Great Britain. Here in the United States we are doing it in a more subtle way. We call it inflation — but it still means your dollar buys less. It means your savings account lying in the bank may grow with interest, but it actually diminishes in value. It means that a \$5,400 tractor last year cost \$6,000 this year.

Will your fate be like that of Great Britain? Will waste and deficit spending finally ruin the already devaluated dollar?

It will if we continue in the direction we're headed.

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

Across The Fence Row

The world is not interested in the storms you encountered, but whether you brought in the ship.

A little smile adds a great deal to your face value.

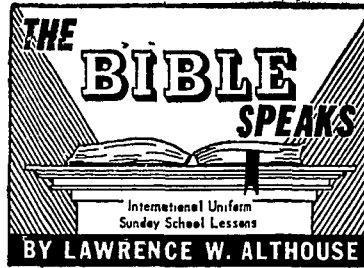
"We can't have the so-called Great Society until we have the Responsible Society — where it's more profitable to work than not to work. You can't help a man by constantly giving him more handouts."

— Senator Edward Brooke (Mass.)

Weather Forecast

The five-day forecast for this area calls for temperatures to average much above normal. Daytime highs are expected to range in the upper 30's, North to 50's, South. Overnight lows to be in the 20's North to mid 30's, South. No marked day to day change. Normal high is 39 and low 23.

Rain may total one-half inch during the first half of the period.



WHEN GOD SAYS "GO!"

Lesson for February 4, 1968

Background Scripture: John 4:43 through 5:47
Devotional Reading: John 10:31-38.

A mother heard her little boy praying aloud in his room. She was faintly amused at the tailed instructions he was addressing to the deity. "Son," she said later, "don't spend so much time telling God what to do; just



Rev. Althouse

only tell God what we want (something he has encouraged us to do), but also how we want him to go about getting it for us (something he does not encourage). It seldom occurs to us to listen for a reply. We seem to forget that he is a God who communicates with us, that he is not just a celestial Order-Taker.

Unless You See

That our relationship is to be two-way, not one, is seen in the incident at Cana, what John calls "the second sign." Like the first sign, this one is also performed at Cana. It is similar also in that the "sign" is performed, not so that Jesus may demonstrate his powers, but in response to an earnest plea for help. In the first incident in Cana, it was the need of the wedding host who was embarrassed because he had run out of wine. The cry for help that precipitates the second "sign" is an even more critical need.

A man's son is dying. The man apparently has already heard of Jesus' power of healing and seeks him out. "Unless you see signs and wonders you will not believe," says Jesus to his request. Whether Jesus is suspicious of the man's motives and is testing him, or is merely responding to the continual sign-seeking

by the crowds, is difficult to tell. Nevertheless, Jesus was putting his finger on something that is true of many of us: we want a faith founded on proof. We want God to show us the fruits of faith before we are willing to respond in faith.

Sir, Come!

The man, however, was not interested in signs and wonders. There was only one thing that dominated his mind: his son was dying and he wanted him to be saved! "Sir, come down before my child dies." He did not need for Jesus to prove himself, to demonstrate what he could do; just come! If we are concerned primarily in getting Jesus to prove what he can do, in debating his authority, in discussing whether or not he can really make men whole, then he is not likely to be able to do anything for us, just as he accomplished little in his own home town.

"Come!" pleaded the man, but Jesus's response is: "Go; your son will live." Here is a second challenge to the man. He had said he did not need signs and wonders and Jesus took him at our concept of his word. Now he was being told to go home and believe that his son would be healed, even though Jesus himself would not be going along as the man had requested. Jesus would do as the man asked, but according to his way. The man was asked to trust Jesus without any evidence to assure him.

Your Son Will Live

Put yourself in his place: how would you feel? Wouldn't you feel perhaps that the Nazarene had let you down? But the man did as he was told and on the way home his servants greet him with the news of his son's recovery. Twice his trust in Christ had been challenged, but now that trust was confirmed. "He and all his household became believers", (John 4:53).

Too many of us want to begin with some proof, some sign, or scientific confirmation that Christ's promises are true. He can work his transforming miracles in us only when we begin personally trusting him and obeying him without any assurance other than his own personal integrity — and when having said to him "Sir, come," we are willing to obey when he says "Go!"

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Lancaster Farming Ads Pay!



NOW IS THE TIME . . .

By Max Smith
Lancaster County Agent

To Practice Good Sanitation . . .

Every successful farm operator should adopt a strict program of cleaning and sanitation. This is especially true with all types of dairy and livestock production. At a recent livestock meeting the four members of the panel discussion stressed the place of good sanitation for success. Get rid of the dirt and filth and then use disinfectants to kill bacteria. Sanitation must be considered for efficient production of all food items.

To Support Pork Promotion . . .

Many swine organizations are supporting a 5c per head "Check-Off" program in order to furnish funds to promote their industry. Pork consumption is slowly increasing throughout the country, and is

in need of additional research and promotion. This voluntary program needs the support of many producers if it is to succeed; marketing agencies are being urged to cooperate in this program, producers are being urged to permit the market places to deduct the amount on each animal marketed.

To Do Forage Testing . . .

Decreased production of milk is being experienced in many herds this winter; now might be a good time to have the hay and silage tested to learn if it is also lower in quality this winter. If this is true, due to higher moisture conditions last summer and fall, then larger amounts of concentrates may be needed. Dairymen are urged to invest in this testing service in order to maintain production and high production.