

From Where We Stand . . .

Divided Against Itself . . .

The nation's capitol is always a smoldering fire of political controversy, we suppose. And even more so in this an election year. But there is another atmospheric pressure here on the streets that seem to outweigh even the political conflicts.

During a free half-hour at the Newspaper Farm Editors of America Annual Spring Meeting held in Washington Sunday through Tuesday, several of us farm editors hired a taxi and drove up 14th Street into the heart of the city's recent riot area. At first we saw a store here and there boarded up after having been stoned, looted and fired over Martin Luther King's death. Then the bombarded stores — especially liquor stores and food stores — became more numerous. We finally came upon two blocks completely wrecked.

Hand painted words kept repeating themselves on walls and broken windows on the riot streets: "Soul Brother" or "Black Power". And on the streets you would catch bits of conversation: "Non-violent"; "Race —" or "Freedom".

We asked the cab driver what he was doing the night of the worst riots. "I was at home," he said, "and I stayed there."

One of the first notices of trouble on the frightful night was the sudden absence of taxi service it was reported.

And it is not over. On Monday night during the Editor's Convention, several fires were set and buildings burned. "The same stuff is still going on," the cab driver said. "I feel it will break out again. Every day on the street I feel like something is going to happen," he said.

Then the taxi driver, a white man, asked us a question. "Why are they (the Negro people) hurting their own people by burning apartment buildings above the stores?" There was silence in the car. No one seemed to have an answer.

Back on the 10th floor of the hotel, we look out across the capitol skyline and count 15 American flags waving proudly in the sun, blown by a rather brisk wind on top of government buildings. And it seems impossible that the two scenes that have caught our eye could be seen in the same town (the home of our beloved nation) only a few blocks apart.

We try to reconcile the scenes — one of national pride and the other of national disgrace. But we can't. From somewhere in our memory the words of Saint Mark come into focus:

"And if a kingdom be divided against

itself, that kingdom cannot stand. And if a house be divided against itself —" We wonder.

★ ★ ★ ★

Sloppy, Biased Research

There's nothing like a little sloppy, or biased research to keep the diet-heart disease controversy going against foods of animal origin — saturated fats, that is. A case in point is a recently published research paper. Its authors have concluded that persons on high saturated fat diets incur a greater incidence of heart attacks and mortality than do persons on high polyunsaturated fat diets. We think this conclusion is poppycock. In fact the portion of their study which was scientifically organized and well controlled proved quite the opposite.

In a study of 100 men with heart problems half were put on high saturated and half on high polyunsaturated fat diets. At the end of five years results showed no significant differences in mortality, in serum cholesterol values or in lowering of cholesterol levels. This portion of the study was an excellently controlled project. But halfway through, noting that the men on saturated fats were not having heart attacks or dying at the pre-research anticipated rate, the researchers tossed in another 100 men to study what happened on non-controlled diets. Well, this is just fine, but half of the new 100 were 20 percent more overweight than the other half . . . and accordingly had problems. The conclusion was that saturated fats were guilty.

Any unbiased researcher would disagree. If anything, the overweight condition has as much or more to do with the increased rate of coronary difficulties. Had the researchers come to the same conclusion after equalizing weight differences we'd be worried . . . particularly if the second 100 men had been reduced to desired weight as the first 100 had. Yet not only was there a 20 percent overweight difference in the second 100, no attempt was made to reduce the overweight problem . . . or study it as another variable.

As much in defense of research validity as in the interests of the meat industry, we're keeping an eye on this one. But we continue to be amazed at the insistence of "polyunsaturated supporters" that certain vegetable oils are the salvation of mankind!

Across The Fence Row

"Try praising your wife, even if it frightens her at first." — Billy Sunday

The ambitious farm boy trades the peace and quiet of the farm for the noise and dirt of the city, so he can earn enough money to return to the peace and quiet of the farm.

A well lived life should lead to tranquility, without tranquilizers.

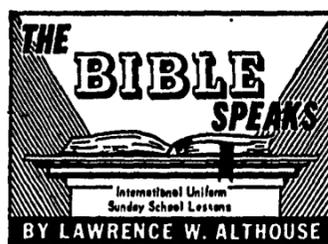
A worm is about the only creature that doesn't stumble and fall, once in a while

It takes some kiddies a long time to learn that bad manners are tolerated only in adults

Weather Forecast

The five-day forecast for the period Saturday through next Wednesday calls for temperatures to average near normal. Daytime highs are expected in the 60's and overnight lows in the 40's. Near seasonable temperatures with little day to day change. Normal high-low for the period is 69-45.

Rain may total greater than one-half inch Saturday or Sunday, and again Wednesday.



THE CLOSED MIND

Lesson for April 28, 1968

Background Scriptures: Proverbs 1 through 3. Devotional Reading: Proverbs 2:6-11.

For most of us the greatest barrier to wisdom is our refusal to acknowledge that we have something further to learn. In his Markings, Dag Hammarskjöld once observed: "What! He is now going to try to teach me!"



Rev. Althouse

A learned ignorance

This is hardly a new discovery. Socrates, the great Greek philosopher who lived before the time of Christ, once said: "As for me, all I know is that I know nothing." Coming from a man who is still remembered for his great knowledge and wisdom, this sounds like a strange statement. Yet, his conclusion is quite in harmony with the findings of all the greatest thinkers.

Spurgeon, the famous preacher, once said something quite akin to this: "The doorway to the temple of wisdom is a knowledge of our own ignorance." He had discovered that the more we learn and the more we understand, the more that we find our learning and understanding are inadequate. Only when we are willing to admit our limitation, can we pass on to the greater wisdom.

It is this failure to acknowledge his own ignorance that so often keeps man in the darkness. We find this same line of thought in the Old Testament Book of Proverbs. "The fear of the Lord is the beginning of knowledge", (Proverbs 1:7 RSV) Of course, when the sage speaks of "fear of the Lord," he refers not to fright, but to reverence. If we revere God, if we approach him,

not as an equal but as one whose knowledge is so far beyond our own, we will be able to receive the gift of wisdom he would give us.

Hard-headed wisdom

The wisdom and knowledge of which the sages wrote in Proverbs must not be mistaken for intellectual brilliance, theoretical learning, or the possession of sheer facts. The Hebrew was not interested in ideas as such, especially not abstract knowledge. What he sought was that which he needed to know in order to live successfully day by day. This wisdom had to be practical and useful.

The source of this hard-headed wisdom to live one's daily life, then, was reverence for God. He was not expected to be dependent upon his intellect alone. The key was his willingness to accept God's guidance. The man who cannot acknowledge his need for guidance will be too proud, too self-satisfied to accept God's direction. Thus, humility is of even greater importance than cerebral brilliance. "Be not wise in your own eyes; fear the Lord, and turn away from evil" (Proverbs 3:7 RSV)

Unfortunately, few of us who read these words from Proverbs will feel that they apply to us. We are certainly not too satisfied with our own wisdom and knowledge! We are certainly not closed to what God would teach us! Are we really sure of that? Really?

All wrong, but . . .

Many years ago there was a stubborn old Scottish elder who vigorously opposed the union of the Scottish Presbyterian Church with the Church of Scotland. Finally, however, the majority vote prevailed and the union was approved. The man was heard to mutter to himself: "It's all wrong, I tell ye, it's all wrong. But evidently it is the will of God." Often it is hard to let go of what we "know" in order to accept the truth of God.

Isn't it quite possible that our minds too are tightly closed against God's truth, that we reject his wisdom for the simple reason that our own unwilling to admit our limitation, standing fits in better with the kind of lives we want to live and attitudes we want to hold? Might it not be that when we claim we are merely standing upon our convictions, what we are really doing is sitting on the lid of a closed mind?

(Based on outlines copyrighted by the Division of Christian Education, National Council of the Churches of Christ in the U. S. A. Released by Community Press Services)

For Full Market Reports Read Lancaster Farming



NOW IS THE TIME . . .

By Max Smith
Lancaster County Agent

To Observe Alfalfa Fields . . .

Alfalfa is still king of the forage crops but does need attention in the spring for the control of alfalfa weevil. Many growers will attempt to make the first cutting before the weevils do much damage to the crop, this will be possible if the crop is thifty and well fertilized. Old stands may be cut in the bud stage for the first cutting but new stands should be allowed to come into the 10 to 20% blossom stage. Have either your sprayer or your custom spray operator handy in the coming weeks.

To Be Careful With Weed Killing Sprays . . .

The time for weed control is at hand and all growers are reminded of the danger of equipment contamination after the use of 2,4-D sprays, this materi-

al sticks to spray tanks and lines and is very difficult to remove. The safest method is to have separate equipment for weed killers or to get some of the spraying done by a custom spray operator.

To Worm Sheep . . .

One of the major problems of the sheep industry in this part of the state is the internal parasite infestation. Due to the humidity and warm temperatures early in the summer, worm spores are very active and contaminate the pastures. Treating each animal in the spring as they go to pasture and again in the fall before they go to winter quarters is strongly recommended. Spring lambs on feed should be treated every 4 to 6 weeks to get the best gains.

Farm News This Week

New Approach Found
For Milk Fat Testing — Page 19

Meetings Set On '69
National Wheat Program — Page 1

Survey Studies Consumer
Attitudes Toward Meat — Page 13

Freeman Says Farmers Are
Now More Respected And
Understood By Consumers — Page 1

Packers & Stockyards Act
Is Explained To Editors — Page 1

LANCASTER FARMING
Lancaster County's Own Farm Weekly
P O Box 266 - Lititz, Pa 17543
Office 22 E Main St, Lititz, Pa 17543
Phone Lancaster 394 3047 or Lititz 626-2191
Everett R Newswanger Editor
Robert G Campbell, Advertising Director
Subscription price \$2 per year in Lancaster County, \$3 elsewhere
Established November 4 1955
Published every Saturday by Lancaster Farming, Lititz, Pa
Second Class Postage paid at Lititz, Pa 17543
Member of Newspaper Farm Editors Assn