

From Where We Stand . . .

It's Time For A Change

This is the time of year for Lancaster County organizations to elect new directors and new officers. In the smaller ones you naturally have many of the same men put back in office on numerous occasions because the simple membership numbers do not allow anything different.

But we would take issue with the large organizations — we have a number with over 500 members — who seem to elect new board members, but if you check they are old board members being brought back again. Many times the ballots list only these people, with the excuse that you need experience on the board to conduct the business. But we doubt that being a director of any local organization calls for that much experience that it couldn't be shared by the numerous farmers who have been faithful members over the years and who should have the chance to gain the experience and knowledge of the organization by serving on its controlling board.

Many politicians get into office on the slogan, "It's time for a change." And when we see the same men being put back into office in our local clubs at the exclusion of hundreds of others, we too echo the phrase, "It's time for a change." Some of you will not like this but that's the way it looks from where we stand.

Eat Your Way Thin?

Well, here goes another one! Want to have a fleeting moment of fame? Dream up a diet idea, get someone to publish it for you, and stand back from the consumer stampede.

We have just heard of another diet fad. This time a physician in Vienna declares a "major breakthrough". He says

eat foods that require more calories to digest than the food itself contributes! For example eat hard-cooked eggs. This food item requires the human body to expend 92 calories to digest 80 calorie eggs. Lean red meat and most fruits and vegetables are said to be included in the "minus calorie foods" list put out by Dr. Heinz Humplik, who says by consuming such foods in considerable abundance, one can literally eat his extra pounds away.

We wonder. It sounds like some of the fads we have heard of before. We are tempted to run with this one of course because Humplik apparently OKs eating lots of lean beef, pork, lamb and chicken. But we still think all foods in the proper amounts with the right amount of exercise is the best bet.

We'll probably hear more about this new "eating man's diet." Meanwhile, build up your shoulder muscles by pushing away from the meal table maybe, before the last dessert. That will help narrow the waistline gap, too. At least that's the way it looks from where we stand.

A Fitting Epitaph

In August, 1968, the general price level was 4.3 per cent higher than in August, 1967. This together with higher taxes has meant that wage increases gained by millions of working people this year have been more than wiped out and that millions more of our citizens unable to increase their income are feeling to a sharper degree the pinch of inflation.

The Bureau of Labor Statistics predicts that for 1968 as a whole inflation will take prices up by 4 per cent or more. This is part of the price of a \$25 billion deficit in the federal budget. Under these conditions, new proposals for enlarging programs of federal welfare spending strike a jarring note.

Unless the new Administration can bring federal spending down to a level that the taxpayers can support, the devaluation of the U. S. dollar will continue to destroy the savings and investments of all of us, and government benefits paid in evermore worthless dollars will provide a fitting epitaph for political opportunism.

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

Across The Fence Row

Count your assets. If you have a clear conscience and a good liver; if you have three good friends and a happy home; if your heart has kept its youth and your soul its honesty—then you are one of life's millionaires.

A big wheel is a feller who runs in circles.

Workers who LET UP on Safety, often get LET DOWN by the undertaker.

Stranger: "Boy, will you direct me to the bank?"

Boy: "I will for a dollar."

Stranger: "A dollar! That's high pay, isn't it?"

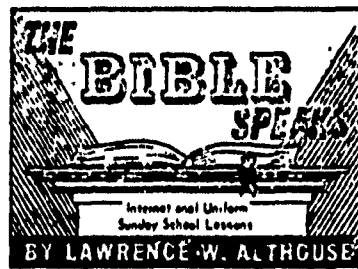
Boy: "Sure, but bank directors always get high pay."

Local Weather Forecast

(From the U. S. Weather Bureau at the Harrisburg State Airport)

The five-day forecast for the period Saturday through next Wednesday calls for temperatures to average above normal with daytime highs in the 50's and overnight lows in the mid 30's to low 40's. Cool over the weekend with moderating temperatures thereafter.

Precipitation may total one-half inch or more as a few rain or snow showers over the weekend and as showers during mid-week.



TO BE SURE

Lesson for November 17, 1968

Background Scriptures: 1 John 1:5 through 2:6, 3:1-10, 3 John.
Devotional Readings: 1 John 4:1-11.

The couple sitting next to us was served a most unusual, but appetizing dish. The long table we shared with them and perhaps seventy other people was one of several that filled the large Salzburg hall where a amateur Tyrolean groups were performing their delightful folk music and dances. I was intrigued by the couple's order. Since they were obviously Austrians, I addressed them in my faltering but undaunted German, adding what I assumed to be a Bavarian accent.



Rev. Althouse

"What do you call that?" I wanted to know, glancing at the food the waitress had set before them. My question met with blank stares. They weren't hostile, nor indifferent — no, it was obvious they hadn't understood me. Surely my German isn't that bad, I asked myself! So I tried again with the same result. Once more, this time pointing to their food, I asked slowly and distinctly and without any attempt at accent. When it was obvious that we still were not communicating, I smiled an embarrassed smile and turned away. As I did, I heard the woman say in the precise, clipped accent of the British: "I think the German gentleman was asking about our food, but I'm not sure."

Quite different

I had been so sure they were Austrian and they were equally certain about me. And we were all wrong. How deceiving appearances can be. How difficult it is to be really sure when we

set out to identify . . . one on the basis of what we have assumed he would be like.

If, for example, you were given the responsibility of surveying your neighborhood in a five-block radius to determine the number of Christians residing there, at first glance it would seem a relatively simple task. You'd simply go door-to-door, asking people if they are Christians — a little embarrassing, perhaps, but not difficult.

But, hold on a minute: you were instructed to find out how many are Christians, not how many say they are. That's something quite different and much more difficult. In fact, it's impossible, for how can you really determine who is a Christian and who isn't? If you were checking on tuberculosis, you could give everyone an x-ray. Or if you are checking on heart disease, an electrocardiogram. Or if poor eyesight, an eye-chart. But what tests can you use to determine a person's commitment to Jesus Christ?

Guidelines

The writer of 1 John gives us some guidelines by which we may measure Christian commitment, although these are intended primarily for the evaluation of our own faith, not that of others. The writer lays down a general principle: God is light and where there is darkness in someone's life there is separation from God.

Well, that's all very fine, John, but rather vague and unspecific. Can't we be more precise than that? So John becomes more specific and perhaps we would have preferred that he had remained vague.

First, ". . . if we walk in the light, we have fellowship with one another". (1 John 1:7) One cannot be close to God and separated from his fellow men.

Secondly, a Christian acknowledges his sin and need for God's mercy. (1 John 1:8-10). One sure indication of "darkness" in a person's life is his assumption that, because he does this or doesn't do that, he is a "pretty good fellow" in God's sight.

Third, a Christian is one who keeps the commandments of Christ. Jesus himself said this (John 14:23).

Finally, "He who abides in him ought to walk in the same way he walked". (1 John 2:6) There needs to be some likeness between the way he lived his life and the manner in which we live ours.

None of these, John makes clear, depends much upon words: "If we say . . . and do not . . ." If one wants to be really sure, we will look, not so much to what is said, as to what is done.

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Attend The Church Of Your Choice Sunday



NOW IS THE TIME . . .

By Max Smith
Lancaster County Agent

To Practice Good Sanitation

All livestock and poultry producers must recognize the importance of clean premises and the most strict sanitary practices. Good management requires sanitary workers as well as clean buildings and surroundings. Travel between herds and flocks should be restricted or special care given not to transfer diseases of any kind. Shoes or boots used to visit public yards or auctions should not be used in home buildings unless cleaned and disinfected. Disinfectants cannot work through dirt and filth.

To Supply Minerals

Nearly all types of livestock need free access to minerals; even though many grain rations do contain some minerals. It may not be sufficient. The animals should be permitted to eat the amount of minerals they desire; the important ones are

calcium and phosphorus, although some others may be needed. Roughages high in alfalfa content contain large amounts of calcium and may need balanced with phosphorus-type minerals. Free choice out of the weather is suggested.

To Utilize Roughages:

For most types of cattle, sheep, and horses, quality roughages should make up the main part of the daily intake; dairymen and swine producers could be the exception where more grains are needed. Usually, the feed nutrients from hay or silage are cheaper than those from grains. Most farmers have their own roughages and can feed liberally. Young stock in many cases will need little grain when fed liberal amounts of hay and silage. If the quality of the roughage is questionable it may be tested for feeding value through our Penn. State Forage Testing Service.

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