

From Where We Stand . . .

About Groundhogs And Bunions

Well, the creature saw its shadow last Sunday according to the men in the Slumbering Groundhog Lodge of Quarryville. That means there'll be six more weeks of winter.

Now, a lot of people say this is superstition. But how many of them seem in a hurry to put the red flannels back into the mothballs. We don't see how anybody can argue with logic like that.

Of course, the whistle pig has a long way to go in his fight to become a successful weather prophet. Then again, he might not even be interested in becoming one taking into consideration how much trouble some other forecasters get into with their predictions.

But the groundhogs, whistle pigs, weather forecasters and scoffers notwithstanding, the Good Lord willing, we're going to be in the midst of spring planting season within a matter of a month and a half — and though that may be a lifetime or time for another morning nap for old Mr. Woodchuck it is a pretty short time in the life of a farmer.

We're more than half-way through the coldest part of our winter, and with the passing of cold weather we need to be thankful that another seed time is on the way.

A survey some years back showed that 98 percent of all Americans are superstitious. We claim to be part of the two percent who are not but our bunions are predicting nice weather for tomorrow and we are grateful for this very reliable information at hand, we don't have to rely on superstitions.

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

No Place For Blackmail

For months the press has carried stories of the dispute between California grape growers and farm workers. The dispute has become a national issue that involves principles that go far beyond a difference between employers and employees. Intense pressure from various groups has been brought to bear on food stores and supermarkets all across the country to disgrade them from marketing California grapes. The pressure has taken the form of real or implied threats of violence, business disruption or strikes.

Mr. Clarence G. Adamy, the president of the National Association of Food Chains, has issued a statement on the moral question of whether parties at dispute have the right to coerce a person or a business, not a party to the dispute, to become an active participant in it. He most emphatically believes that they do not. He makes three well-taken points. Individual store managements

should act freely in a way that best expresses their convictions in any matter. The wisdom of their action can then be judged by shoppers who are free to grant or withhold their patronage. His second point is that coercive action to force stores to withhold a product from the market denies consumers the opportunity to express their own opinions through purchases. His third point is that freedom of action of retail food stores should in no sense indicate lack of interest in social problems.

The retail distribution industry, according to a recent government report, is the second largest cooperator with federal programs in providing training and jobs in supermarkets and other food chain facilities for hard-core unemployed. The industry is also making extra efforts to bring low-cost food distribution facilities to inner-city locations.

The grape dispute brings into focus the vast difference between peaceful persuasion through dissemination of information and attempts to impose the will of a group on the public by coercion and threats of force. The latter cannot be tolerated in a free society.

Don't Ruin Your Health With A Fad

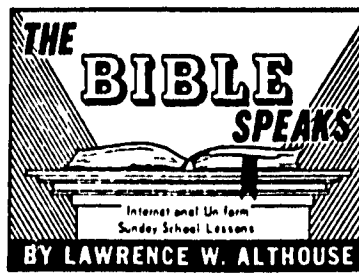
People have a habit of picking up fads which sweep nations in a thousand and one forms. Flagpole sitters, catch words and phrases, and antics of dress and behavior have swept through the country like a prairie fire.

Most fads are harmless. However, there are fads that are dangerous. In recent years, one such fad has had to do with diet. It has become almost as common to ask a person about his cholesterol level as to inquire about his golf score. There has been a lot of discussion about diet, cholesterol and heart disease. The result has been a field day for faddists. They have warned people to avoid basic foods such as meat. Thus, the idea was instilled in the lay mind that certain types of fats caused heart disease.

The results have deeply concerned scientists connected with the medical profession. Not only are these fads foolish and futile, they also carry the risk ending up with dietary deficiency.

To keep your health and nutrition levels where they should be, choose your foods from a well-balanced diet of the our basic food groups — the milk group, the meat group, the vegetable-fruit group and the bread-cereal group.

In short, if you must play with a fad, pick one that does not endanger your health, because you will need your health long after the fad is forgotten. At least that's the way it looks from where we stand.



WHO IS THIS?

Lesson for February 9, 1969

Background Scripture: Mark 4:35 through 6:6.
Devotional Reading: Psalms 103:1-14.

An old Arab folk tale tells us that a caravan once met Pestilence on the desert way to Bagdad. "Why are you in such a hurry to get to Bagdad?" asked the Arab chieftan as Pestilence hurried past. "To take five thousand lives," came the answer. Later, returning from the City of the Caliphs, they again encountered Pestilence. "You deceived me," cried the embittered chieftan. "Nay,"



Rev. Althouse

grinned Pestilence, "five thousand and not one more. It was Fear who killed the rest!"

The old tale does not exaggerate the power of fear. Some physicians believe that more people are rendered ill by fears than by germs. Basil King in his book, *The Conquest of Fear*, (Doubleday, Page & Co. 1921) writes: "I am ready to guess that all the miseries wrought by sin and sickness combined would not equal those we bring on ourselves through fear." It is certainly one of man's arch enemies and we can understand why the admonition, "fear not . . .", was so frequently on the lips of Jesus.

The contrast

Picture in your mind the stormy scene on the Sea of Galilee (Mark 4:35-41) and contrast the manner of Christ and that of his disciples. Jesus is the picture of pastoral tranquility, sleeping soundly in the stern of the boat. The disciples, however, present an entirely different image: they are a group of badly frightened men! Let us not jump to the conclusion that this is sheer cowardice, for the sudden storms on this beautiful sea are very violent and dangerous.

In their panic, they cry out to Jesus: "Teacher, do you not care if we perish?" (Mark 4:38 RSV) It is a panic prayer, similar to some of the prayers which we

pray. For we too reason in our hearts: "Lord, we know you can do something about this, but why aren't you?" Thus they fretted while Jesus slept and perhaps in this scene there is a clue for us. Maybe we cannot help communicating our panic to him, but ought we not to remember that prayer is a two-way street and let him communicate to us his calm?

A foreign will

So Jesus arose and "rebuked the wind and said to the sea, 'Peace! Be still!'" There is an implication here that the wind and sea in their stormy state were possessed by some destructive force set in opposition to the Creator and his will. "Peace! Be still!" is a command to submit to his will. So it is with disease, too. Jesus looks upon it as an enemy and he sees sick bodies as possessed of a will foreign and disobedient to the will of God.

Both the wind and sea responded to the command of Jesus. Mark tells us, "And there was great calm." This is what happens when sin, sickness and disorder in God's world are confronted by the power of Jesus Christ. This incident on the Sea of Galilee, then, has relevance for all who are beset by dangers, both real and imaginary. Christ is the one who can still the storms of life. When we listen to his "Peace! Be still!", then it may be in us as it was on that sea that then there is "great calm."

If we trusted Him

"Why are you afraid? Have you no faith?" he asks them. If we fear it is because we are lacking in faith. Fear is the result of not trusting God, of not being able to place ourselves with confidence into his hands. If we trusted him, we would know that not even death can separate us from him. And if we cannot be separated from him, what need we fear?

The disciples marveled, "Who, then, is this that even the wind and sea obey him?" Who? It is Christ who is Lord of all! He is Lord, not only of men's spirits, but also their bodies and minds. He is Lord, not only of the spiritual forces, but all natural forces too. Not only do the angels in heaven obey him, but also the demonic forces of evil on earth must bow before his power. That is the Lord to whom we turn for our healing, our help, and our salvation.

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Across The Fence Row

Did you hear about the Medicare patient who had surgery? He woke up and found a placard on his incision: "This is a Federal project showing your tax dollar at work."

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 near or below normal with daytime highs in the 40's and overnight lows in the mid 20's. Some moderation over the weekend. It is expected to be colder early next week and then milder again about mid-week. Normal high-low for the period is 40-23.

Precipitation may total one-fourth to one-half inch water equivalent with higher amounts over the Northwest. Rain and snow are expected about Sunday.



NOW IS THE TIME . . .

By Max Smith
Lancaster County Agent

To Prune Trees

The February-March period is one of the best times to prune most any kind of a shade or fruit tree, diseased or injured branches may be removed and the tree may be shaped according to the owner at this time of the season with a minimum amount of injury to the tree. Cuts over one inch in diameter should be painted with tree paint in order to prevent rotting. Sharp pruning shears and saws are recommended to make clean cuts.

To Practice Sanitation

All livestock and poultry producers should be very careful about spreading disease and infections by way of human beings. Traveling from one farm to another, or returning home

from another farm or public livestock activities, may spread infection. Different footwear should be used when away from home, and boots should be well cleaned and disinfected frequently when around other animals and barns. Good sanitation is very important under good management.

To Give Special Care to Baby Calves

Dairymen who are raising their own replacements need to give the best of care and attention to the young calves. Fewer problems will occur if the calves are born in a clean place, and then put them into clean, dry, individual stalls. Plans are available at the Extension office for the new tie stall which is recommended for more healthy calves.

Farm News This Week

Seven Million Nickels Go For Profit Program — Page 1

Extension Annual Meeting Set For Tuesday, February 11 — Page 1

Discussion Of Diagnostic Poultry Lab To Be Held With State Ag Sec. — Page 1

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